



Baystate  
Health

every  
**Woman**<sup>TM</sup> 

*Published for members of the Baystate Health Every Woman program*



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# Seminars & Events

## Heart to Heart

Thursday, February 27, 6-7:30 pm  
Baystate Wing Hospital, 40 Wright St, Palmer



Grace LaValley, DNP

In so many ways the heart of a woman is strong and resilient, yet heart disease is the number one health risk. Join Grace LaValley, DNP, AGACNP-BC, Baystate Heart & Vascular Program, for a talk about women and the heart. LaValley will explain signs, symptoms, and treatment of heart disease, but most

importantly how to prevent it. There will be plenty of time for questions and answers. Show yourself a little love by attending. We will provide a light dinner, heart healthy recipes, and a giveaway. To register: <https://hearttoheartbwh.eventbrite.com> or call 413-794-5200. FREE!

For more information or to join Baystate Health Every Woman, visit [BaystateHealth.org/EveryWoman](https://BaystateHealth.org/EveryWoman) or call Sue Fontaine, Senior Coordinator, Baystate Health, at 413-794-5200. It's FREE to join!

## Weight Loss Seminar

Tuesday, March 10, 6-7:30 pm  
Baystate Medical Center  
Chestnut Conference Center, 1 A& B  
759 Chestnut St, Springfield



Dr. John Romanelli

There are a lot of us struggling with weight control. More than a third of adults in America are obese and obesity is linked to more than 60 chronic diseases. Join Dr. John Romanelli, general and bariatric surgeon, medical director, bariatric and robotic surgery, Baystate Medical Center, for a discussion about obesity, BMI, the multidisciplinary steps

for a weight management program such as diet plans, lifestyle, behavioral treatment, medications as well as when and how bariatric surgery is performed. There will be plenty of time for questions and answers. Can't make it to the event? Watch the lecture live or after the event on the Baystate Health Facebook page. Healthy refreshments served. To register to attend: <https://weightlossbmc.eventbrite.com> or call 413-794-5200. FREE!

# Galentine's Day! A Healthy Celebration

Thursday, February 13, 6-8 pm  
Tucker's Restaurant, 625 College Highway, Southwick

Galentine's Day is one of the best days of the year to celebrate the awesomeness of best girlfriends.



Anastasia Hallisey, CNM



Dr. James Wang



Dr. Robert Wool

Gather your gals and join us February 13 for dinner and helpful tips from clinical experts. Topics covered will be **Strengthen Your Sexual Desire** with Anastasia Hallisey, CNM, MSN, Baystate Midwifery, an expert on pelvic pain and sexual wellness, **Tips to Love Your Bones** with Dr. James Wang, OB/GYN, Baystate Women's Health and **Menopause and Hormones** with Dr. Robert S. Wool, OBGYN, Women's Health Associates of Western MA. Buffet dinner will be provided. Everyone who attends receives a special Galentine's Day gift. To register: <https://galentines-daybh.eventbrite.com> or call 413-794-5200. FREE!



**Cover Photo:** Crystal Senter-Brown, M.S., writer, poet, educator at Bay Path University's Hatch Library, Longmeadow and Baystate Health Every Woman member since 2010.



Follow us on Instagram @Baystate\_Health  
#AdvancingCare #EnhancingLives

## HERE'S TO YOUR HEART! 4 Eating Tips to a Healthier Heart

You are never too young or too old to learn about your risk factors for heart disease and do something about minimizing them. The American Heart Association recommends eating a variety of foods rich in vitamins, minerals, and fiber, and lower in calories, from all the food groups.

Many times people feel they need to make many changes all at once to live a healthier life. It's important to remember that even small changes can



make a difference and can help keep you on track without causing you to feel overwhelmed. Here are some healthy eating tips that can have a positive impact:

**Join us for one or all of our heart and vascular seminars and enjoy a healthy selection of refreshments with recipes. See page 6.**

- 1. Increase your fruit and vegetables:** add fruit and vegetables to all of your meals and snacks – keep pre-cut veggie slices, fruits, and carrot sticks on hand for quick snacks or keep a large salad already put together in the fridge to pull out at mealtimes. Also, fill half of your plate with fruits and vegetables at mealtime.
- 2. Drink more water:** a great way to stay healthy is to keep hydrated. Sweetened beverages like soda and juice offer little to no nutritional benefit and are loaded with sugar. Drinking more water will help cut out many unnecessary calories. Try adding fruit slices, cucumber slices, or mint leaves to give your water flavor.
- 3. Increase your intake of whole grain products:** whole grain breads, cereals, rice, and pasta provide a great source of fiber which offers a variety of health benefits. Choosing whole grains more often will also help to keep you full in between meals and snacks.
- 4. Cook more:** cooking your meals at home instead of relying on pre-made meals or takeout can help give you the opportunity to eat healthier. Many pre-made or processed dishes contain a lot of salt. If you cook your own meals, you can use other herbs and spices to season your dishes which will help decrease your salt intake.

## HOW MINDFUL EATING CAN HELP YOU START THE NEW YEAR RIGHT



**If you struggle with food and weight, mindful eating may help you make healthier choices.**

### WHAT IS “MINDFUL EATING”?

Taking a mindful approach means being fully aware of your mind and body when you're eating. This approach allows you to make choices about what you eat (or don't eat) and how much by listening to your body and paying attention to signals of hunger and fullness.

It also means you are focused solely on the process of eating rather than eating while doing other activities such as driving, reading, or watching TV.

**Paula Serafino-Cross, registered and licensed dietitian at Baystate Health, offers these tips for mindful eating.**

- Slow down and savor your food.
- Use all five senses to enjoy your food.
- Choose just one place in your house to eat, preferably the kitchen or dining room.
- Keep eating a “pure” activity. Turn off the TV and phone and put away books or newspapers.

- Practice mindful eating daily.
- If you find yourself satisfied, stop eating. Give yourself permission to eat again when you are hungry.

### BE GENTLE WITH YOURSELF

Mindful eating is not judgmental and does not dictate what you should eat. Rather, it allows you to listen to your thoughts and decide to respond or not to respond to cravings.

For example, if you have a craving for something sweet, you may decide to have a small piece of chocolate, but eat it mindfully. You will be satisfied and in control, whereas if you totally deny yourself, it may backfire and lead to bingeing.

If you are taking care of your health by trying to eat well but still struggle with food, mindful eating may just be the missing piece of the puzzle.

**For information about weight loss and surgical options, join Dr. John Romanelli on March 10 at the event or on Facebook Live. See more information on page 2.**

# Carpe the Chaos

Wednesday, April 1,  
5-8 pm  
The Log Cabin  
500 Easthampton Road,  
Holyoke, MA

One of the three counterintuitive power tools from the book *No Excuses: Nine Power Tools to Advance Your Career* by Gloria Feldt. Carpe the Chaos is a timely tool for the current times.

When things are chaotic, that is actually **THE** moment when people are open to new ways of thinking, to innovation, and to new roles for women. Seize the day. The power is in your hands to change the world!

**Come join US** as we discuss the techniques used to master the chaos. You will:

- **Understand** how malleable boundaries support change.
- **Learn 5** principles of carpe the chaos.
- **Identify** how a different lens can support innovation during chaotic and disruptive situations.
- **Have fun** as you network with a community of women committed to expressing themselves and use personal beliefs and values to not only carpe the chaos but define your own terms.

## Agenda:

### 5-8 pm

Enjoy delicious food stations, browse products from



### 6-6:30 pm

**Amplifying Women with**  
Jean Ahn, Senior Vice President,  
Chief Strategy Officer,  
Nuvance Health



**The Future of Women in**  
**Technology** with Joel Vengco,  
Senior Vice President, Informatics &  
Technology & Chief Information Officer,  
Baystate Health



**6:30-8 pm, Carpe the Chaos**  
**with Keynote Speaker, Lisa Mead, RN,**  
MS, CPHQ, CHPC, President of Inspiring  
Transitions and Crown Healthcare  
Advisors, includes a fun interactive,  
hands on exercise.

### About the Keynote Speaker: Lisa Mead, RN, MS, CPHQ, CHPC

Starting her career as a registered nurse in 1984, Lisa Mead has been a long-time health care provider and business executive, helping individuals and companies develop, execute and succeed in manifesting change.

Lisa is the President for Inspiring Transitions and Crowne Healthcare Advisors, providing consulting and coaching services to clients across the country. She has more than 30 years' experience as a leader within a variety of settings, including large medical practices, large hospital systems, post-acute care, as well as clinically integrated organizations.

Lisa is also the founder of Arizona Women in Healthcare, an association designed to Promote, Recognize, Inspire, develop and Empower its members (AZWIHC.org). As part of her commitment to women, she is a Leadership Ambassador for Take The Lead. As a certified high-performance coach™ she supports women in reaching new levels of performance through enhanced clarity, energy, productivity, courage and purpose.

Lisa is a mother of two adult men and has been married for 32 years. She enjoys international travel and missed her calling as a travel blogger.

## Menu:

A flowing display of cheeses, fruit, vegetables and dip

Salad Station: Tossed to order. Lavish assortment of greens and vegetables

Fresh Pasta Station: Variety of pastas and sauces

Mexican Station: Flour tortillas, taco shells, seasoned beef, spicy chicken, salsa, sour cream, guacamole, shredded cheese, chopped tomatoes, shredded lettuce, olives, diced onions

Carving Station

Dessert Station

Coffee, Decaf, Tea service

Cash Bar

**Fee:** \$25 for *Baystate Health Every Woman* members and Baystate Women Empowered members. \$40 for non-members.

**To register:** <https://carpethechaos.eventbrite.com> or call 413-794-5200 or cut out and mail form below. Join the free *Baystate Health Every Women* program and receive the discount at [BaystateHealth.org/everywoman](http://BaystateHealth.org/everywoman).

### Baystate Health

## Carpe the Chaos

### Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City State Zip \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

Number of people \_\_\_\_\_ X \$25 = \$ \_\_\_\_\_  
total enclosed

Shirt size     Small             Large             2XL  
                   Medium            XL                 3XL

Complete this form and make checks payable to Baystate Health. Mail to Baystate Health Every Woman, 280 Chestnut St, 5th Floor, Springfield, MA 01199

### Are you a member of:

- Baystate Health Every Woman  
 Baystate Women Empowered

## Heart & Vascular Lecture Series - February 2020

Join us for all or part of the free annual series to learn about the latest advances in heart and vascular care. Heart healthy refreshments and handouts provided with plenty of time for questions & answers.



Amir Lotfi, MD

### SUNDAY, FEBRUARY 2

**Amir Lotfi, MD** – Interventional Cardiologist

***Watchman and CTO: Advances in Care for the Treatments of Atrial Fibrillation and Complete Total Occlusion.***

Come learn how updates in science are allowing for alternative treatments for AFib and Complete Coronary Artery Occlusion. Dr. Lotfi will explain the challenges posed by these heart concerns and discuss who qualifies for these latest treatments.



Leeor Jaffe, MD

### SUNDAY, FEBRUARY 9

**Leeor Jaffe, MD** – Heart Failure Specialist

***CardioMEMS and Heart Failure: Latest Technology to Improve Care for Patients with Heart Failure***

Spend time with Dr. Jaffe as he talks about Heart Failure and the implications of a weakened heart. Hear how updates in technology and a simple device can detect concerns before symptoms arise.



Y. Avery Ching, MD

### SUNDAY, FEBRUARY 16

**Y. Avery Ching, MD** – Vascular Surgeon

***PAD and Carotid Disease: Symptoms, Diagnosis and Best Therapies for Vascular Disease***

Dr. Ching will discuss symptoms and when to seek treatment for Peripheral Arterial Disease and disease of the Carotid Artery. Learn about the most effective treatments available to improve symptoms and minimize other health risks.



Quinn Pack, MD

### SUNDAY, FEBRUARY 23

**Quinn Pack, MD** – Preventive Cardiologist

***Heart Disease Hot Topics: Vaping, E-Cigarettes, Marijuana and Alcohol. Harmless or Destructive? What Patients with Heart Disease need to know.***

Are these hot topics ever helpful or only harmful? How might our hearts be affected? Come listen as Dr. Pack explains what the latest research shows us, and what we still need to keep investigating.

All seminars are held at the Baystate Health Education Center, 361 Whitney Avenue, Holyoke, 12-2 pm. To register visit [BaystateHealth.org/Events](https://www.baystatehealth.org/Events) or call 413-794-5200. FREE!



## Spring 2020 Semester

*In this popular 8-week educational program, an outstanding group of Baystate Health physicians and clinical experts discuss a variety of medical topics. Students graduate being able to make more informed decisions about all aspects of their health care. No homework. No tests.*

**Classes are held on Thursdays at 6 pm:**

Chestnut Conference Center 1A&B | Baystate Medical Center | 759 Chestnut Street, Springfield

**Cost:** \$95; \$80 for Baystate Health employees, Senior Class and Baystate Health Every Woman members. **To register:** visit [BaystateHealth.org/MiniMed](http://BaystateHealth.org/MiniMed) or call 413-794-2413. Space is limited.



**MARCH 19**

6-9 pm

**Orientation, Lecture & Tour**  
**“Hey, I Finally Got Into Medical School!”**

**Kevin Hinchey, MD, FACP**

Chief Education Officer and Senior Associate Dean for Education, UMass Medical School-Baystate

*Tours - Baystate Children’s Hospital; Wesson Women & Infants’ LDRP Unit; Baystate Dining Services; “Talk with our RN’s”*



**MARCH 26**

6-9 pm

**Pathology**

**Wayne H. Duke, MD**

Vice Chair, Pathology

*Tour of the laboratories*



**APRIL 2**

6-8 pm

**Heart & Vascular**

**Aaron Kugelmass, MD**

Vice President and Medical Director, Heart & Vascular Program  
 Chief, Division of Cardiology



**APRIL 9**

6-8 pm

**OB/GYN**

**Heather Sankey, MD**

Chair, Obstetrics & Gynecology



**APRIL 16**

6-9 pm

**Surgery**

**Neal Seymour, MD**

Chief, General Surgery Division  
*Tour of Chestnut Surgery Center, Baystate’s Simulation Center & Goldberg Surgical Skills Lab*



**APRIL 23**

6-8 pm

**Neurosurgery**

**Kamal Kalia, MD**

Baystate Neurosurgery



**APRIL 30**

6-8 pm

**Genetics**

**Mary Alice Abbott, MD**

Chief, Medical Genetics



**MAY 7**

6-8 pm

**Emergency Medicine and Graduation Ceremony**

**Joseph Schmidt, MD**

Vice Chair, Emergency Medicine



## MEGHAN AND ALICIA CELEBRATE IUI SUCCESS



**Meghan and Alicia went through three IUI cycles without success. On the fourth cycle, something changed.**

Three-month-old Olivia Grace sleeps peacefully, snug in her carrier, under the watchful eyes of her moms, Meghan and Alicia Midghall. Looking at that sweet slumbering face, they express their sense of wonder at their precious gift of a daughter and appreciate the special journey it took for her to enter their lives.

Meghan, an acute care nurse practitioner, and Alicia, a Readiness Sargent First Class at the National Guard in Hartford, CT, share their story.

## MEGHAN AND ALICIA'S JOURNEY TO PARENTHOOD

"From the beginning we both knew we wanted a child and I knew instinctively that I wanted to be the one to carry the baby," says Meghan.

They both say it was meant to be that Meghan works within Baystate Medical Center's Chestnut Surgery Center, where Baystate Reproductive Medicine is also located—and where she would be close by to receive some of her treatments. "I knew they had a great reputation and trusted them to help us," says Meghan.

Patients come to the clinic from across Massachusetts, Connecticut, southern Vermont, and New Hampshire because of the clinic's advanced reproductive technologies and treatments and the team's excellent success rates.

Alicia says this was a journey they didn't go into lightly. "We knew it was going to be physically and emotionally challenging and we had to plan financially and for however amount of time it might require," she notes.

Experts at Baystate Reproductive Medicine advised Meghan she would be a good candidate for IUI, Intrauterine Insemination.

## HOW DOES IUI WORK?

IUI is a type of artificial insemination where sperm from a donor has been washed and concentrated and placed directly in the uterus around the time the ovary releases an egg to be fertilized. When successful, the sperm swims into the fallopian tube and fertilizes a waiting egg, with the resulting embryo moving to the uterus for implantation and pregnancy.

Baystate Reproductive Medicine performs approximately 900 IUI cycles per year.

"The decision was we would try six cycles of IUI and then, if we were not successful, we would transition to in vitro fertilization (IVF)," Meghan says. During IVF, mature eggs are collected from the ovaries and fertilized by sperm in a lab. Then the fertilized egg (embryo) is transferred to the uterus.

## CHOOSING A SPERM DONOR

"As we started the IUI process, making the choice of the donor was overwhelming at first," says Alicia. Meghan said she wanted the donor to have Alicia's calm personality, and they looked for a donor with similar coloring of her hair and eyes.

As they looked at their options, there was one anonymous donor that they both knew instantly felt right.

## "A SPECIAL GIFT"

Meghan then went through three cycles of IUI without success. On the fourth cycle, something changed. "I just felt relaxed with no expectations. That's when I became pregnant," Meghan laughs. They did a home pregnancy test and it was positive. "I just fell to my knees crying," recalls Alicia.

Olivia Grace was born a healthy seven pounds, 17 ½ inches.

Both Meghan and Alicia say their doctors at Baystate Reproductive Medicine—Dr. Cynthia Sites, Dr. Halina Wiczuk, and Dr. Kelly Lynch—were wonderful. They praised the nurses, ultrasound technicians, and were thankful for their support and education throughout the process.

They say the experience was humbling, has strengthened their relationship, and given them their beautiful baby girl.

"Baystate Reproductive Medicine gave us the tools and support we needed to build our family and have our daughter, who is the love of our life," says Alicia.

## BAYSTATE HEALTH'S EXPERT FERTILITY TEAM

Doctors at Baystate Reproductive Medicine are board certified in reproductive endocrinology and infertility, and are SART (Society for Assisted Reproductive Technology) members. This means the practice is held to the highest standard of quality, reporting, and ethics. Nurses are specially trained, with certification from the American Society for Reproductive Medicine.

**Visit [BaystateHealth.org](http://BaystateHealth.org) to see their story and learn more about their team of experts.**

“  
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GAVE US THE TOOLS AND SUPPORT  
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AND HAVE **OUR DAUGHTER,**  
**WHO IS THE LOVE OF OUR LIFE.**

”  
- Alicia Midghall

# WHEN A REGULAR SCREENING **LEADS** **TO HARD NEWS**



**Lisa Marie Berthel remembers the phone conversation clearly. She had had a routine colonoscopy at Baystate Mary Lane Outpatient Center and within a couple of days, she got a call from the doctor. He broke the news to her as gently as possible. “I’m sorry to tell you,” he said, “but it’s cancer.”**

The diagnosis was stage 3B colon cancer, the stage when the cancer has begun to spread into nearby organs and tissues.

After receiving the news and telling her husband, Don, Lisa Marie’s thoughts went immediately to how to tell her sons, Elias and Sam, that she had cancer.

It was a hard conversation. “My children are everything to me. I just can’t picture myself not being here to see them grow and become what they’re meant to be. In my mind, I’m thinking I have so much to teach them,” she says.

## COMPASSIONATE CARE AT BAYSTATE REGIONAL CANCER PROGRAM

Lisa Marie met with colorectal surgeon Dr. Kelly Tyler who explained the surgery for removing the cancer and answered Lisa Marie's questions. Baystate's oncology specialists and supporting caregivers are part of the Baystate Regional Cancer Program providing patients with coordinated, expert care and support throughout their cancer journeys.

"I was a nervous wreck before the surgery," Lisa Marie says. From the time she arrived though, she says Dr. Tyler, the anesthesia team, the nurses and others introduced themselves and made her comfortable. "They were just so sweet," she says.

## CHEMOTHERAPY CLOSE TO HOME

After surgery, Lisa Marie started six months of cancer treatment. She would need regular chemotherapy and blood tests, which meant a lot of travel to appointments. The busy mom was thankful she could receive colon cancer treatments 10 minutes from home at Baystate Mary Lane Outpatient Center where medical oncologist Dr. Chandra Loke followed her care closely. "I had great support. Dr. Loke and all the staff on the cancer floor at Mary Lane are fabulous," Lisa Marie says.

“

**ADVANCES IN CANCER CARE ARE HAPPENING AT A LIGHTNING PACE AND IT'S GRATIFYING WE'RE ABLE TO BRING THOSE CHANGES BACK TO PATIENTS ALMOST IN REAL TIME.**

”

- Dr. Loke

The care team worked together to provide the latest cancer treatments. They shared information, studying her history and monitoring her current needs. "Advances in cancer care are happening at a lightning pace and it's gratifying we're able to bring those changes back to patients almost in real time." Dr. Loke says.

Lisa Marie was impressed by how coordinated her care was. "To me, it showed that patients are a priority," Lisa Marie says. "They wanted to make sure I'm healthy and whatever I'd done at Baystate in Springfield bounced back to Baystate Mary Lane. It all goes into happy

harmony. Knowing that they're all united for me makes the difference," she adds.

## KEEPING A POSITIVE ATTITUDE

Lisa Marie believes the support groups offered at Baystate Mary Lane were key to staying positive during her cancer journey, which was difficult and scary at times. She encourages other cancer patients to try attending.

"It made so much of a difference for me. If I hadn't had that group, I would have wallowed in everything I was experiencing. When you're going through something that's happening to other people at the same time, it's enlightening and that support is amazing," she says.

Even if people aren't comfortable sharing their own story in a group, Lisa Marie recommends attending a support group just to listen to what others are going through. If someone is shy or hesitant about visiting a group meeting, Lisa Marie offers to go with them.

Advice from her uncle who had pancreatic cancer also kept her strong. He told her attitude is everything when you're going through cancer treatments. His motto was: Remain positive and upbeat. You can't let it beat you. He inspired Lisa Marie and is the reason she has a streak of purple, the awareness color for pancreatic cancer, in her hair.

## SHARING THE JOURNEY, A CAKE, AND BALLOONS

At Lisa Marie's last chemotherapy appointment, there was a party with cake, balloons and roomful of people who'd supported her.

"Whether a person plays a large or small part, it makes such a difference in the healing and moving forward," Lisa Marie says. "Having friends, family and Baystate—it just completed the whole picture."

## ABOUT THAT COLONOSCOPY PREP

When people say they don't want to do the colonoscopy prep and go through the procedure, Lisa Marie makes it a point to share her story, including on Facebook. "I feel like I'm here to do something and bring awareness," she says. I run into people who know what I've gone through and I'll ask them if they've had a colon cancer screening. "If they haven't, I tell them, 'Get your butt to the doctor, literally. It could save your life, like it did mine.'"

**Learn more about the Baystate Regional Cancer Program at [BaystateHealth.org/Cancer](https://www.baystatehealth.org/cancer)**

# Make a Gift AND Receive Income for Life

What if you could help save lives and save for a sunny day too? Baystate Health Foundation can help you do both with a **Charitable Gift Annuity**.

You can make a gift to Baystate Health Foundation now, receive an immediate income tax charitable deduction, and receive steady payments of income. These payments will continue for the rest of your life and a significant portion of your income may be tax-free for a period of time. And every time a payment arrives, it's a reminder that your gift is also helping ensure the vitality of Baystate Health for your loved ones, neighbors, friends, and our community.

### Baystate Health Foundation Charitable Gift Annuity:

Receive an immediate tax deduction and income for life while helping save lives and advance care for Baystate Health. Sample Rates for a Gift of \$10,000

	Age	Age at First Payment	Rate	Annual Fixed Payments	Charitable Deduction
Immediate	65	65	4.7%	\$470	\$3,231
	70	70	5.1%	\$510	\$3,901
	75	75	5.8%	\$580	\$4,426
	80	80	6.9%	\$690	\$4,833
	85	85	8.0%	\$800	\$5,469
Deferred	65	70	6.7%	\$670	\$3,399
	70	75	7.4%	\$740	\$4,440



**Want to learn more**  
**or receive a personalized illustration?**  
 We're here to help. Please contact  
**Kylie Johnson at Baystate Health**  
**Foundation at 413-794-7789 or**  
**[kylie.johnson@baystatehealth.org](mailto:kylie.johnson@baystatehealth.org)**

*Please note that this information is for illustrative purposes and is not intended as tax or legal advice. Rates are based on rates suggested by the American Council of Gift Annuities and are subject to change.*