

# seniorclass

Baystate  Health

ADVANCING CARE. ENHANCING LIVES.



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# Senior Class Calendar of Events

[ Winter/Spring 2020 ]



## February

2 February, 12-2 pm  
Watchman and CTO

9 February, 12-2 pm  
CardioMEMS and Heart Failure

16 February, 12-2 pm  
PAD and Carotid Disease

23 February, 12-2 pm  
Heart Disease Hot Topics

## March

10 March, 6-7:30 pm  
Weight Loss Seminar

16 March, 5:30-7 pm  
Protecting Your Assets

19 March, 6-9 pm  
Mini Medical School

23 March, 6-7:30 pm  
Oh, My Aching Back!

30 March, 1-2:30 pm  
Hearing Loss and Balance Care

## April

7 April, 12-1:30 pm  
Sleep, Breathing and Apnea

9 April, 6-7:30 pm  
Could that lump be a Hernia?

23 April, 6-7:30 pm  
Bones, Muscle, and Joints Oh My!

29 April, 11-3 pm  
Senior Class Spring Luncheon

More information on the following pages.



**Susan M. Fontaine**  
Loyalty Programs  
Senior Coordinator

Email:  
sue.fontaine@baystatehealth.org

Baystate Medical Center  
413-794-5200

Baystate Mary Lane  
Outpatient Center  
413-967-2200

Baystate Franklin  
Medical Center  
413-773-2433

Baystate Wing Hospital  
413-967-2200

Baystate Noble Hospital  
413-794-5200

Baystate Health Senior Class is a FREE loyalty program dedicated to health and wellness. The program is open to men and women ages 55 and over.

Find us on the web at baystatehealth.org/seniorclass

Like Baystate Health on Facebook

Go to Youtube.com/baystate-health to see all the latest videos

Follow us on Instagram @Baystate\_Health

Baystate Health is a leading not-for-profit health system with the charitable mission of improving the health of the people in our communities every day, with quality and compassion.



**Baystate Health**

ADVANCING CARE.  
ENHANCING LIVES.



This publication is for Baystate Health Senior Class members.

## Not a member? Join us!

Fill out the form and mail it to Baystate Health Senior Class  
280 Chestnut St, Springfield, MA 01199 or visit us at  
BaystateHealth.org/SeniorClass to sign up for the FREE program.

Name		
Address		
City	State	Zip
Telephone	Email	

# Seminars & Events

Visit [baystatehealth.org/seniorclass](https://baystatehealth.org/seniorclass) for links to all events.



## 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 will be served. To register to attend: <https://weightlossbmc.eventbrite.com> or call 413-794-5200. FREE!

## Protecting Your Assets

Monday, March 16, 5:30-7 pm  
Baystate Health Education Center  
361 Whitney Ave, Holyoke



*Chris Cloutier, MSFS*



*Hyman Darling, Esq.*

Join Christopher T. Cloutier, MSFS, Retiree Financial Services; and Hyman Darling, Esq., Bacon Wilson P.C., for a discussion about elder planning and how to protect your assets from long-term illness.

There will also be an overview of probate avoidance, estate taxes, and gifting. Refreshments served and handouts provided. To register: <https://protectingassets-march.eventbrite.com> or call 413-794-5200. FREE!

## Oh, My Aching Back!

Monday, March 23, 6-7:30 pm  
Baystate Health Education Center  
361 Whitney Ave, Holyoke



*Dr. Leslie Lyness*

Numbness, weakness, burning sensations, tingling, pain and cramping are some of the symptoms of a possible back problem. It could be spinal stenosis or pressure on the spinal cord and the nerves that travel through the spine and age-related changes are the most common cause. Join Dr. Leslie Lyness, neurosurgeon, Baystate Neurosurgery, for a discussion about spinal stenosis, symptoms, causes and the treatments such as medications, anti-inflammatories, physical therapy, injections, and surgery. Handouts and plenty of time for questions and answers will be included. Refreshments provided. To register: <https://ohmyachingback.eventbrite.com> or call 413-794-5200. FREE!

## Abdominal Pain, Gallbladder or Hernia?

Thursday, March 26, 6-7:30 pm  
Baystate Wing Hospital  
40 Wright St, Palmer



*Dr. Zeling Chau*

When there is pain or dull ache in the abdominal area it could be stress-related or diet, or it could be symptoms of the gallbladder or hernia. There are other symptoms to know before a hernia, gallbladder and gallstones become a critical health risk. Join Dr. Zeling Chau, general surgeon, Baystate General Surgery, for a discussion about the gallbladder and hernia, symptoms, and when surgery is needed as well as his career path from working on Public Health in New York City with Mayor Michael Bloomberg to becoming a surgeon. Handouts, plenty of time for questions and answer and refreshments provided. To register: <https://abdominalpain.eventbrite.com> or call 413-794-5200. FREE!

## Hearing Loss and Balance Care

Monday, March 30, 1-2:30 pm  
Baystate Wing Hospital  
40 Wright Street, Palmer



*Deborah Stroetzel, AuD*

Hearing loss by itself doesn't cause balance problems but hearing loss can occur together with balance impairment symptoms and indicate an underlying condition. Join Deborah Stroetzel, audiologist, supervisor, and Lori Manseau, physical therapist, manager, Baystate Rehabilitation Care, for a discussion about both hearing loss, from diagnosis to treatment, and vestibular problems such as vertigo and inner ear issues, that affect balance as well as how they are treatable. There will be time for questions and answers. Refreshments and handouts provided. To

*Lori Manseau, PT*

register: <https://hearingloss-andbalance.eventbrite.com> FREE!

## Sleep, Breathing, and Apnea – the ENT View

Tuesday, April 7, 12-1:30 pm  
Baystate Wing Hospital  
40 Wright St, Palmer



*Dr. David Wexler*

Sleep apnea quietly destroys memory, motivation, even relationships and the ability to excel where the now-sleep-deprived once thrived. More than 18 million American adults have sleep apnea but many people have it and don't know it. Join Dr. David Wexler, otolaryngologist, Baystate Ear Nose

& Throat, for a discussion about sleep, breathing and apnea, the symptoms, diagnosis, as well as debunking old sleep myths. There will be handouts, time for questions and answers and a light lunch provided. To register: <https://sleepbreathingapnea.eventbrite.com> or call 413-794-5200. FREE!

## Could That Lump Be a Hernia?

Thursday, April 9, 6-7:30 pm  
Baystate Franklin Medical Center  
164 High St, Greenfield



*Dr. Thampi K Ampadi*

Hernias are extremely common and millions of people have them, and symptoms can vary from men to women. They also vary depending on the type of hernia you have. And if you have one, you should get it treated. Join Thampi K Ampadi, MS, FRCS, FACS, surgeon, Baystate General Surgery, for a discussion about hernias, the many symptoms, when it can get dangerous, treatment, and ways to avoid them. There will be plenty of time for questions and answers. A light dinner will be provided. To register: <https://coulditbeahernia.eventbrite.com> or call 413-794-5200. FREE!

## Bones, Muscles, and Joints, Oh My!

Thursday, April 23, 6-7:30 pm  
Baystate Wing Hospital  
Snow Conference Room, 40 Wright St, Palmer



*Dr. Robert Campbell*

The adult human body has 206 bones, 650 muscles and 360 joints. Add ligaments, tendons, and nerves, and there is a lot going on that allows us to work, move, and be active. When one of these isn't working correctly or properly things can lead to pain, stiffness, spasms, cramps, inflammation, and more. Join Dr. Robert Campbell, orthopedic surgeon, Baystate Orthopedic Surgery, for a discussion about bones, muscles and joints, aka the musculoskeletal system, the causes of symptoms, tests used to diagnosis as well as the many treatments. There will be plenty of time for questions and answers. Refreshments served. To register: <https://bonesmusclesjoints.eventbrite.com> or call 413-794-5200. FREE!

Visit [baystatehealth.org/seniorclass](http://baystatehealth.org/seniorclass) for links to all events.

# TIPS FOR SAFE AND HEALTHY TRAVEL

Americans travel far and wide to celebrate with loved ones or enjoy a family vacation. Learn how to plan a healthy and safe trip.

## SEE A SPECIALIST

If you plan to travel outside of the United States, you should schedule an appointment with a travel medicine specialist 4-6 weeks before leaving. They can help you understand the health and safety risks that traveling to another country can pose to you and your family.

Mary Jo Safford, a travel medicine specialist at Baystate Health, says “More than 40 million Americans travel abroad each year. They travel for business, educational, religious, and humanitarian reasons. The mission of pre-travel healthcare is to prepare the traveler for a healthy journey, to promote healthy behaviors and to prevent, control, and contain disease. Baystate provides a patient-centric practice with evidence-based care.”

Baystate’s travel medicine service offers travelers a customized travel health and safety consultation. During the meeting, you will be able to discuss your travel plans and receive specific vaccine and medication recommendations.

## KNOW WHAT TO PACK

Safford and the Centers for Disease Control and Prevention (CDC) offer the following packing tips for healthy travel anywhere:

**Prescription medicines** – All of your needed prescription medications, traveler’s diarrhea antibiotic, medicines to prevent malaria. All medications should be in their original containers.

**Over-the-counter medicines** – Diarrhea medicine such as Imodium or Pepto-Bismol, antacid, antihistamine, motion sickness medicine, decongestant, pain and

fever medicine such as acetaminophen, aspirin, or ibuprofen, mild laxative, mild sedative or sleep aid, cough drops, cough suppressant, or expectorant. All medications should be in their original containers.

**Medical supplies** – Glasses and contacts, medical alert bracelet or necklace, diabetes testing supplies, insulin, inhalers, Epi-Pens.

**Supplies to prevent illness and injury** – Hand sanitizer (containing at least 60% alcohol) or anti-bacterial hand wipes, water purification tablets, insect repellent (with an active ingredient like DEET or picaridin), sunscreen (with UVA and UVB protection, SPF 15 or higher), sunglasses and hat, earplugs.

**First-aid kit** – 1% hydrocortisone cream, antibacterial or antifungal ointments, digital thermometer, oral rehydration salts, antiseptic wound cleaner, aloe gel for sunburns, insect bite anti-itch gel or cream, bandages, disposable gloves, cotton swabs, tweezers, and eye drops.

## KNOW WHEN TO TAKE A BREAK

It’s a good idea for all travelers, to take rest breaks when traveling by car. Get out of the car in a safe area to stretch. Even if your body doesn’t feel cramped from being in the car, your bladder may tell you it’s time to stop. And, pack healthy foods such as fruits, vegetables and nuts to satisfy any hunger cravings while traveling.

Stretching your legs and keeping well hydrated (consider bottled water, diet, or low-calorie beverages) is important when taking a long car or plane trip because it will help to prevent a blood clot from forming in the leg or elsewhere in the body. The danger is that the clot can travel through the bloodstream and block blood flow to the lungs causing a pulmonary embolism, which can be fatal.

“Remember to get enough sleep. Traveling can be tiring, especially if you are crossing time zones. Be sure you get enough sleep to have enough energy to enjoy whatever plans you may have,” Safford says.

## SCHEDULE A CONSULTATION TODAY

**Schedule a travel medicine consultation at Baystate Travel Medicine-Springfield. Call 413-794-7015.**



## 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



# Senior Class Trips

Senior Class is partnering with Collette Vacations to offer you some great vacation plans. Collette Vacations escorted tours have received rave reviews from our members over the years. Prospectuses are available online at [baystatehealth.org/seniorclass](http://baystatehealth.org/seniorclass) or call the Senior Class office at 413-794-5200.



## Greece Island Hopper

**October 2 – 12, 2020, 11 Days,  
13 Meals: 9 Breakfasts, 4 Dinners**

Highlights: Athens, Taverna Dinner Show, Acropolis, Mykonos, Santorini Island Tour, Ancient Akrotiri, Oia.

Per Person: Double \$4,599;  
Single \$5,599; Triple \$4,549

Included in Price: Round Trip Air from Logan Intl Airport, Air Taxes and Fees/Surcharges, Hotel Transfers. Not included in price: Cancellation Waiver and Insurance of \$315 per person.



## Painted Canyons of the West

**April 18-26, 2021, 9 Days, 11 Meals:  
7 Breakfasts, 1 Lunch, 3 Dinners**

Highlights: marvel at the unspoiled beauty of Utah's five national parks, crossing its byways from Arches to Canyonlands to Dead Horse, Zion, and Bryce National Park. In Colorado's wine country, enjoy a tasting at a family-run winery. Stay on the Colorado River in Moab and have a full day in Zion to explore. Discover the bright lights and glitz of Vegas. Call for pricing or visit [BaystateHealth.org/SeniorClass](http://BaystateHealth.org/SeniorClass).

Included in Price: Round Trip Air from Bradley Airport, Air Taxes and Fees/Surcharges, Hotel Transfers. Not included in price: Cancellation Waiver and Insurance of \$299 per person.



## Discover Scotland Featuring the Isle of Mull

**April 26, 2021, 10 Days, 14 Meals:  
8 Breakfasts, 6 Dinners**

Highlights: Explore the regal city of Edinburgh. Stop in St. Andrews, home of the Royal and Ancient Golf Club. Visit a local family on their farm and meet their sheepdogs. Stop at Dunrobin Castle. Explore the Orkney Islands' ancient Skara Brae. Take a cruise on famed Loch Ness. Marvel at the stunning Isle of Mull. Sample Scotch whisky on a distillery tour. Learn how to play the bagpipes and enjoy dinner at the National Piping Centre's farm-to-table restaurant. Per Person: Double \$3,799; Single \$4,299; Triple \$3,789

Included in Price: Round Trip Air from Boston Logan Airport, Air Taxes and Fees/Surcharges, Hotel Transfers. Not included in price: Cancellation Waiver and Insurance of \$329 per person.

# SCREENINGS

## Free Hearing Screenings

**Baystate Rehabilitation Care**  
360 Birnie Avenue, Springfield  
Appointments: 413-794-5600  
option 3.

**Baystate Rehabilitation Care**  
48 Sanderson Street, Greenfield  
Appointments: 413-773-2227.

## Free Blood Pressure Screenings

**Baystate Wing Hospital**  
Emergency Department  
40 Wright Street, Palmer  
Daily, 7-8 am. No registration required.

**Baystate Mary Lane Outpatient Center**  
Emergency Department  
85 South Street, Ware  
Daily, 7-8 am. No registration required.

# Is it a cold or the flu?

## Tips to recognize and treat both



**The flu season is in full swing and the Centers for Disease Control and Prevention (CDC) has added Massachusetts to its list of hot spots for the flu in the country.**

You've been sneezing up a storm for two days and feel absolutely lousy, and now you're starting to cough. Colds and flu are both highly contagious viral infections that share many of the same symptoms. So, do you have the flu or just a cold?"

"Flu symptoms are much more severe and can appear relatively abruptly such as the sudden onset of a significant headache coupled with chills and a high fever that can last for several days, extreme exhaustion and muscle aches, and a dry cough," said Dr. Sarah Haessler of the Infectious Diseases Division at Baystate Medical Center.

The common cold is usually an upper respiratory infection accompanied by a runny nose, sneezing, sore throat and an often hacking cough. Unlike the flu – which can lead to more serious problems such as bronchitis or pneumonia, especially for those at high risk such as the very young, the elderly, and those with existing chronic conditions – a cold normally does not result in any severe complications or death.

"It is important to be able to recognize the difference between a cold or flu to avoid an unnecessary trip to your doctor or local emergency room. As we've all

heard many times before, there is no cure for the common cold other than treating its symptoms with over-the-counter medications," said Dr. Haessler.

However, the Baystate infectious disease specialist noted that being able to identify flu symptoms more clearly can help you seek treatment from your doctor in the first 24- to 48-hours, the short time period in which antiviral medications can be prescribed and administered to reduce the length and severity of your flu.

You should see your doctor if your cold lasts more than two weeks, or seek immediate emergency care if you have trouble breathing, chest pain, purple or blue discoloration of the lips, vomiting and the inability to keep liquids down resulting in dehydration, which is often characterized by dizziness when standing and the lack of urination.

Viruses and bacteria, the germs that cause respiratory infections leading to colds or flu, are spread from person to person in the form of droplets when someone who is sick coughs, sneezes or even just talks to someone. Some viruses can also be spread when a person touches a surface with the virus on it, such as a doorknob, and then touches their nose or mouth.

To help keep the germs away, be sure to wash your hands frequently, especially before eating or touching your eyes, nose or mouth; don't share foods, beverages or utensils; and don't share things such as towels, toys, lipstick and other items that may be contaminated with germs.

"Whether a cold or flu, be sure to get plenty of rest and drink plenty of liquids, especially water," said Dr. Haessler.

**For more information on Baystate Health Urgent Care visit [BaystateHealth.org/urgent](http://BaystateHealth.org/urgent).**

“

FLU SYMPTOMS ARE MUCH MORE SEVERE AND CAN APPEAR RELATIVELY ABRUPTLY SUCH AS THE SUDDEN ONSET OF A SIGNIFICANT HEADACHE COUPLED WITH CHILLS AND A HIGH FEVER THAT CAN LAST FOR SEVERAL DAYS, EXTREME EXHAUSTION AND MUSCLE ACHES, AND A DRY COUGH.

”

- Dr. Sarah Haessler

# 2020 REVOLUTIONIZE YOUR

**We all know someone who has given up their vague “go to the gym more” goal before the new year even rolls around. Maybe it’s us.**

It’s time to revolutionize your resolutions with attainable goals (and broken down steps) you can actually accomplish in 2020.

## HEALTH SCREENINGS

With so many health websites at your fingertips, it can be easy to search your symptoms online and find the worst diagnosis. But nothing beats being proactive and getting officially screened, especially if you have a history of different illnesses or conditions in your family.

**Get Screened for Type 2 Diabetes:** The American Diabetes Association encourages you to take this quick online test to see if you are at risk for type 2 diabetes at [diabetes.org](http://diabetes.org)

**Get Screened for Lung Cancer:** If you are an older current or former smoker, talk to your doctor about getting screened for lung cancer. Medicare covers those who are at the highest risk.

**Get a Colonoscopy:** If you have a family history of colorectal cancer, personal history of polyps, or have lifestyle risk factors like obesity or smoking, ask your doctor about scheduling a colonoscopy. It’s a great way for people age 50 or older to prevent colon cancer. It may even save your life!

Health screenings are usually recommended based on age and other risk factors. Talk to your doctor about what health screenings they recommend for you—including mammograms, blood pressure screenings, and more.

## EXERCISE

**Work on mind and body this year!**

**Exercise your brain:** There’s no known way to prevent Alzheimer’s disease, but doctors encourage you to keep your brain active. Pick a couple days a week or a specific time in your day to do crossword puzzles or brain games. You can get your friends and family involved in this resolution by playing games like chess or bridge.

**Exercise your body:** Dr. Wilson Mertens of the Baystate Regional Cancer Program says even “moderately vigorous” walking 3-5 hours per week (or 30 minutes most days of the week) can lower rates of breast and colorectal cancer. You don’t have to run a marathon every week. Just commit to doing more than what you are right now.

The key to achieving your goals may be breaking it down into smaller, achievable, and measureable steps.

### What is “achievable”?

“Achievable” is defined by you. If you know you can’t make it to the gym seven days a week, don’t make that a goal. Start off with going two days a week and work your way up.

That way, you don’t get as discouraged and you have small victories to celebrate.

The same can be applied to mental exercise goals. Don’t promise yourself you’ll become a grandmaster at chess. Take a month to learn the rules. Take a month to play mini games. Take a month to play against a computer. You’ll get there.

## HEALTHY HOME

Get a fresh start in the new year by having a tidy home. This could help reduce asthma triggers and reduce the chances of accidents and injuries.

**Deep clean your house:** Scrubbing down your entire home can seem daunting. Break up the cleaning into smaller chunks. Clean the junk drawer one week (and don’t keep throwing things in there!), and clean out your closet the next.

**Make cleaning a routine:** Write a list of all of the things that need to get done and put them in your calendar as “appointments.” That could mean vacuuming happens every Tuesday after work. You could book yourself a “dusting date” every Thursday morning, making sure to tackle one room a week with a damp cloth.

## WHAT DOES A HEALTHY 2020 LOOK LIKE TO YOU?

**Share ways you stay healthy with us on Facebook!**



## 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](http://BaystateHealth.org/Events) or call 413-794-5200. FREE!



SENIOR CLASS

# Spring Luncheon



Wednesday, April 29, 2019

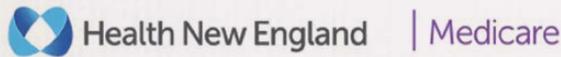
Social Hour: 11- 12 pm

Luncheon & Dancing: 12 -3 pm

Castle of the Knights, Meeting and Banquet House  
1599 Memorial Dr, Chicopee, MA

*Featuring entertainer Richie Mitnick, playing ballroom and line dancing favorites.*

Sponsored by



**Entrée Choice of:**

- Sliced Sirloin of Beef with Sweet Onion Chutney and Natural Juices
- Sauteed Chicken Francaise
- Roasted Salmon with Apple Cider Buerre Blanc Reduction
- Vegetarian upon request

**Cost:** \$30 per person for Senior Class members, \$45 per person for non-members. Register at <https://seniorclassspringluncheon.eventbrite.com> or mail in form below.

**All seating will be assigned on a first come basis.** Send us your request of 2 or more people and we will seat you together.

**Interested in dancing a waltz or foxtrot but need a dance partner?** We have two professional dance partners, Brian and Joe, for your dancing pleasure. A great selection of line dance numbers will be played.

## Registration Form

# Spring Luncheon

Complete this form and make checks payable to Baystate Health Senior Class and mail to:  
Baystate Health Senior Class,  
280 Chestnut St. 5th Floor,  
Springfield, MA 01199.

Name		
Address		
City	State	Zip
Telephone		
Seating Requests		
Entrée Choice: <input type="checkbox"/> Sirloin of Beef <input type="checkbox"/> Chicken Francaise <input type="checkbox"/> Roasted Salmon		
Number of person(s) <input type="text"/> x \$30 per person = \$ <input type="text"/> Total enclosed		

## 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.*