

Summer 2016

Catch the *Spirit*

Published for members of the
Spirit of Women at Baystate Health

Tami Evans

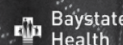
*Author and Motivational Speaker
Thursday, October 6
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Spirit of
Women



Tracy Whitley

Dear Spirit of Women Member:

Welcome to the summer issue of *Catch the Spirit*. We hope that our Baystate Health Spirit of Women programs will be on your “must-do” list during the summer months. The programs that we offer will benefit your mind, body, and spirit, which in turn benefits you and your entire family.

We’ve planned programs that will motivate and empower you to take control of your life. If you have a tween or teen girl in your life, mark your calendar for a for an exciting event at the UMass Center in Springfield, *Hangin’ with Her*, on August 10. Heading into fall, we hope you can join us in South Hadley on October 6 for the Healthy Living Expo with humorist, author, and motivational speaker, **Tami Evans** as she presents, *When the Chick Hits the Fan*. It’s an event you don’t want to miss!

Our Spirit of Women Loyalty Program is one of the ways that Baystate Health reinforces our commitment to the care of our community. Our program brings you relevant information that will help you make informed decisions about health for you and your family. We encourage you to join us to better your health and well-being as we provide you with information and resources that will support you along the way.

Thank you for being a loyal member of our program, volunteering in our hospitals, and donating to our Baystate Health Foundation. You do so much during the year, so remember to take care of yourself, first! It means you’ll have more energy to do the things you love and have a lot more to give to those you love. Make an extra effort to join us for our *Spirit of Women* programs this summer and fall.

Taking care of your mind, body, and spirit is worth the time! We look forward to seeing you soon. Enjoy your summer.

Be Inspired. Be Healthier. Belong.

Sincerely,
Your Spirit of Women Coordinator,

Tracy Whitley
Baystate Health, Manager
Loyalty Programs & Special Events
413-794-2413
spiritofwomen@baystatehealth.org



Want more women’s health news? Follow Baystate Women’s Health on Facebook.

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.



HEART & VASCULAR HEALTH

FREE COMMUNITY LECTURE AND TOUR

Join Us

Wednesday, June 29, 6-7:30 pm
Main Conference Rooms
Baystate Franklin Medical Center
164 High Street, Greenfield

Join us for this important lecture to learn about the latest advances in heart and vascular care available in Greenfield, and tour our new location at Baystate Franklin Medical Center.



Senthil Sivalingam, MD
Clinical Cardiac Electrophysiologist

Slow Heart Beat: When to Worry

Join us for a discussion about slow heart rates, when it's time to worry and seek treatment, and talking points for you to discuss with your physician.



Heba Wassif, MD, MPH
Non-Invasive Cardiologist

Learn about the risks, diagnosis, and treatment of heart disease, as well as new screening options to improve your overall heart health.

Heart healthy refreshments will be served, and handouts will be provided.
Registration is required: 1-800-377-4325. FREE!

Baystate  Heart & Vascular Program

baystatehealth.org/heart

Putt Your Way to Piece of Mind through Successful Financial Planning

Wednesday, August 3, 5-8 pm
Baystate Health Education Center
361 Whitney Avenue, Holyoke



Jean Deliso

the tax-wise and personal benefits of including charitable giving in pursuit of your financial goals.

Please join Jean Deliso, CFP,[®] owner of Deliso Financial and Insurance Services; and Kylie Johnson, CRPC,[®] Baystate Health Foundation, for an evening that will cover all aspects of comprehensive financial planning. Jean will teach you what is par for the course when it comes to creating and sticking to your own financial plan. Kylie will share

Creating a secure financial future for yourself and your loved ones can be a lot like the game of golf. They both take time, dedication, and a little bit of coaching along the way to reach the end goal of success. Whether you are heading to retirement, currently in retirement, or just starting to think about retirement, this workshop will be beneficial to you. A comprehensive plan is essential to financial security; we're here to make sure you don't swing and miss.

Wear comfortable clothing for putting around. A light dinner will be served. Registration required: 1-800-377-4325. FREE!



Kylie Johnson

Do You Want to Change the World?

Dorcas Chapin did. The year was 1886. Mrs. Chapin left a gift of \$25,000 in her will to establish what would eventually become Baystate Medical Center. She believed that every member of her community deserved better, more promising health care close to home.

By tucking a gift in her will, Mrs. Chapin made a powerful statement about what mattered most to her. News of her gift inspired others. Community members from around the region stepped up and gave to the hospital as well, providing crucial resources in support of care and caring.

As an ultimate tribute, Dorcas' generosity inspired her daughter, Anna C. Rumrill, to follow in her footsteps. In the 1920s, Anna made a \$150,000 gift in her will to support the endowment for the hospital, providing for future needs for generations to come.

Thanks to Mrs. Chapin's early support and thoughtfulness, quality health care became a reality. Today and every day at Baystate Health, the lives of thousands of patients in our academic medical center, our community hospitals and care centers, and throughout the region are touched by facilities, technologies, research, and initiatives made possible through the generosity of donors like Dorcas. Won't you consider changing the world too by including Baystate Health Foundation in your will?

For more information and for your FREE copy of our guide to making your will, please contact Kylie Johnson at the Baystate Health Foundation: 413-794-7789 or kylie.johnson@baystatehealth.org.

Commonly Asked Questions:

Q: Is it difficult to make a charitable bequest?

A: Not at all. You can do it today, with a call to your lawyer. Or call Kylie Johnson at Baystate Health Foundation at 413-794-7789. She'll answer your questions and can help guide you through the process.

Q: Is there a certain size gift I need to leave to Baystate Health?

A: Donors have given bequest gifts ranging from \$5,000 to millions. Each gift, regardless of size, was meaningful to the donor and to Baystate Health.

Q: What kinds of assets can I leave?

A: There are several ways to make a charitable bequest gift. You may leave:

- A specific cash amount.
- Financial investments such as stocks, bonds, mutual funds or certificates of deposits (CDs).
- A percentage of your estate or assets.
- A portion, or all, of a life insurance policy or retirement account—by naming Baystate Health Foundation as a beneficiary.

Q: What will my gift support?

A: That's up to you. You may want to give to "the greatest needs of Baystate Health," which allows us the flexibility to meet emerging needs in, say, patient care, fighting disease, or securing new technologies. Or you may wish to direct your gift to a specific area, such as geriatric care, nurse education, or support for a Baystate community hospital. We can help you find the language that reflects your values and interests.

Seminars

Registration is required for most seminars and events, and seating is limited. Unless noted otherwise, for more information or to register for any of these events, please call **Baystate Health Link** at 1-800-377-4325 or register online at baystatehealth.org/spiritofwomen.

With Women through a Lifetime: Certified Nurse-Midwives

Tuesday, August 9, 6-8 pm

Baystate Health Education Center, 361 Whitney Avenue, Holyoke



Join Susan Krause, certified nurse midwife, Baystate Medical Center, to learn about some of the maternal and infant health challenges currently facing our country and trends in women's health through the life span. The focus for the evening will be nutrition, life-style, and other primary prevention strategies. A light dinner will be served. Registration required: 1-800-377-4325. **FREE!**

Watch
Susan Krause, CNM,
on Medical Rounds
on Tuesday, July 26,
at 5:30 pm
on ABC-40!

What's Old Is New: Modern Day Midwives Provide Comprehensive Care

When you think of midwives, what comes to mind? Some people still think of midwives as baby-catchers who deliver babies in log cabins, but modern day certified nurse-midwives are much more. They partner with their patients to provide comprehensive well-woman care that is nurturing and supportive, almost always in a hospital or birthing center. These specially trained health care professionals draw upon the vast medical resources of modern medical centers, while keeping true to the tradition of personal, family-centered, woman-focused care.

Suddenly trendy, the midwifery tradition actually goes back hundreds, even thousands, of years. Yet it has begun to take on new prominence in an era of physician shortages and a growing number of women demanding more personalized care.



The majority of midwives in the United States are certified nurse-midwives (CNMs) – registered nurses with advanced training in routine obstetrical and gynecological care. To become certified, a registered nurse must have a graduate degree, complete a course of study in an accredited educational program, and pass a rigorous examination

administered by the American Midwifery Certification Board, in addition to ongoing recertification.

Comprehensive Care for Women

CNMs care for women throughout their life cycle.

In addition to providing routine obstetrical care – from family planning and delivering babies, to information about conception, nutrition, childbirth methods, and reproductive health – they also provide regular ongoing gynecological care, such as Pap smears, pelvic exams, well-women care, and breast exams.

Their patients range from adolescents and women of child-bearing age, to women during their menopausal years and beyond. Nurse-midwives have prescription writing authority in all 50 states and the District of Columbia.

Growing Numbers

Baystate Medical Center has one of only 38 accredited midwifery education programs in the country. The program was recognized last year by The Accreditation Commission for Midwifery Education for the 100% pass rate of graduates on their first take of the American Midwifery Certification Board examination.

With locations in Springfield and Northampton, the certified nurse-midwives at Baystate Midwifery & Women's Health have delivered over 11,000 babies at Baystate Medical Center. And the nurse-midwives at Baystate Medical Practices – Pioneer Women's Health, with locations in Greenfield and Northampton, deliver the majority of babies born at Baystate Franklin Medical Center.

To learn more, visit baystatehealth.org/midwifery

Hangin' with Her: For Girls and the Women Who Care About Them

Wednesday, August 10, 5-8 pm
UMass Center Springfield, 2nd Floor, Tower Square
1500 Main St, Springfield
(Parking is free, passes will be available at registration)

We invite tween and teen girls (ages 8-15) and the special adult women in their lives to hang out and talk about what's going on in their lives. Age appropriate breakout sessions (some girl only, adult only, and some together) will be led by Dr. Laura Koenigs, pediatrician, Baystate Adolescent Medicine; and Dr. Patricia Bailey-Sarnelli, Obstetrics & Gynecology, who will share strategies to deal with issues and concerns of young women and adults: looking and feeling your best, relationships, and women's health issues.

The focus of this event is to empower healthy young women and to help them build good relationships with the women who love them. We'll also treat you to a light dinner and an informative nutrition session with dietitian Young Hee Kim, MS, RD, LDN, CNSC, manager, Clinical Nutrition, Baystate Medical Center.

Enjoy moisturizing hand treatments, tips for looking and feeling your best, fashion tips from trained experts, and much more. Space is limited. Registration required: 1-800-377-4325. FREE!



Spirit of Women Dragon Boat Outing

Wednesday, August 17, 5:30 - 8 pm
Pioneer Valley Riverfront Club
121 West Street, Springfield



Enjoy summer with an evening paddling in the dragon boats at the Pioneer Valley Riverfront Club. Paddling is a great way to get fit and have fun on the water, and dragon boats (40 foot canoes) are just the right learning platform. Coach Erin and members of Springfield's Dragon Rays boat team will help you learn the basics and feel safe on the river, and our Baystate Cardiac Rehabilitation & Wellness Team will get you prepared by teaching simple stretches before you begin your paddling exercise. Bring a friend and enjoy active living on the river and outside! Space is limited. To register: 1-800-377-4325. \$15/Spirit of Women members, \$20/non-members.

Spa-Tacular Night at the Baystate Breast & Wellness Center

Featuring spa services from local beauty experts

Wednesday, August 31, 5-9 pm

Baystate Breast & Wellness Center, 100 Wason Avenue, 3rd floor, Springfield

You're invited to attend a special evening at the beautiful Baystate Breast & Wellness Center. Experience the spa-like atmosphere of our center as our beauty experts showcase some of their most popular services such as paraffin hand treatments, massage, and makeup tips. Enjoy complimentary hors d'oeuvres while you tour the facility and between spa services and your mammogram. Call your girlfriends and schedule your appointments; it's a night you don't want to miss!

Register early, space is limited. Appointments required: 413-794-8899. FREE!

You must be due for your annual mammogram; your insurance will be billed.



Enjoy your time at the Baystate Breast & Wellness Center

The Baystate Breast & Wellness Center is designed to provide patients with the best in comfort, care, and convenience. Enjoy a quiet and serene environment, with private dressing rooms and comfortable waiting lounges.

Services in the center include digital mammography, bone density testing, women's ultrasound, and breast biopsies.

To schedule an appointment, please call 413-794-8899.



Looking for a Primary Care Provider?

The following Baystate primary care offices are currently welcoming new patients.

Baystate Medical Practices - Deerfield Adult & Pediatric Medicine

424 State Road, Whately | 413-665-7805

Baystate Medical Practices - East Longmeadow Adult Medicine

294 North Main Street, East Longmeadow | 413-525-4555

Baystate Medical Practices - Northern Edge Adult & Pediatric Medicine

3400 Main Street, Springfield | 413-794-8777

Baystate Medical Practices - Quabbin Adult Medicine

95 Sargent Street, Ware | 413-967-2324

Baystate Medical Practices - South Hadley Adult Medicine

470 Granby Road, South Hadley | 413-794-8700

Baystate Medical Practices - West Side Adult Medicine

46 Daggett Drive, West Springfield | 413-794-9110

Baystate Noble Primary Care

24 North Westfield Street, Feeding Hills | 413-568-2801

Baystate Noble Primary Care

800 College Highway, Southwick | 413-569-2257

Baystate Noble Primary Care

57 Union Street, Westfield | 413-572-6050

Baystate Noble Primary Care

70 Court Street #7, Westfield | 413-562-5700

Baystate Wing Medical Center - Belchertown

20 Daniel Shays Highway, Belchertown | 413-370-8799

Baystate Wing Medical Center - Ludlow

34 Hubbard Street, Ludlow | 413-370-8699

Baystate Wing Medical Center - Monson

2 Main Street, Monson | 413-370-8209

Baystate Wing Medical Center - Palmer

40 Wright Street, Palmer | 413-284-5400

Baystate Wing Medical Center - Wilbraham

2344 Boston Road, Wilbraham | 413-370-8800

Our providers will partner with you to help you lead a healthier life through regular checkups, proper diet, exercise, and medical advice. We'll work with you to manage any chronic medical conditions, and address small issues before they become large ones.

For more information call 1-800-377-4325.



**Baystate
Medical Practices**

baystatehealth.org/pcp

News & Notes

Will You Test Drive our new wayfinding mobile application (app)?

Coming Soon!

We're launching a new mobile app to help patients and their families find their way around Baystate Medical Center and we'd like your input! You're invited to come to Baystate Medical Center and test drive the app. You'll use the app to find your way to and from a specific destination at Baystate Medical Center. Following the app test drive, we'll have you join us for a small focus group with light refreshments where we'll explain the app in more detail and ask about your experience using it.

Please contact, Baystate Health Link at 1-800-377-4325 if you're interested and we'll get you on the list to participate. Thank you!



Health Screenings

Exclusive Spirit of Women Mammography Screening

Wednesday, August 31, 5-9 pm
Baystate Breast and Wellness Center
100 Wason Avenue, 3rd Floor, Springfield
Appointments required:
413-794-8899

Free Blood Pressure Screening

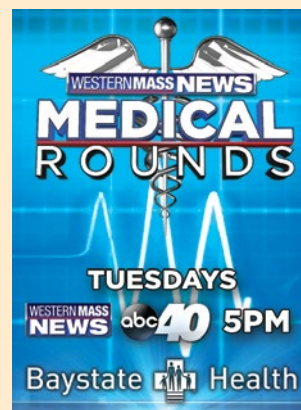
Baystate Franklin Medical Center
164 High St., Greenfield
Thursdays, 9 am-12:30 pm
No registration required.
Baystate Mary Lane Hospital
Emergency Department
85 South St., Ware
Daily, 6-9 am
No registration required

Cholesterol Screening Program

Baystate Cardiac Rehabilitation & Wellness
3300 Main St., Springfield
First and second Wednesday of every month, 7:30-9:55 am
Registration required:
413-794-2255 Fee \$10

Free Hearing Screenings

Baystate Rehabilitation Care
360 Birnie Ave, Springfield
Appointments: 413-794-2222
Baystate Rehabilitation Care
48 Sanderson St., Greenfield
Appointments: 413-773-2227



Learn more about your health, including news you can use to improve your health and wellness, information from Baystate Health experts.

Tune in to Medical Rounds, Western Mass News, ABC-40 Tuesdays at 5:30 pm
Sponsored by Baystate Medical Practices

SAVE THE
DATE!

Spirit of Women

HEALTHY LIVING EXPO

Thursday, October 6, 5-9 pm
Hadley Farms Meeting House
41 Russell Street, Rt. 9
(in the Hampton Village Barn Shops), Hadley

Grab your girlfriends and join us for this interactive night of healthy activities, laughter, exhibits and a fabulous guest speaker and topic!

When the Chick Hits the Fan Featuring Tami Evans

Gather the Girls and Get Ready to ROTFL*!

Just when you think you have the whole work/life balance thing all figured out, along come career chaos, motherhood madness, and skinny jeans. How the hello kitty are we supposed to keep it all together?

But wait! Don't crawl under the covers! Instead, slap on some lippy and a pair of cute shoes and join in as Tami shares stories and insights to help know when to hold 'em, know when to fold 'em, and know when to break out the triangle drinks.

In this entertaining performance keynote, she uses clean comedic storytelling and engages the audience in interactive conversation about all things female. Tami will have you laughing as you learn how to leverage the power of positivity in your professional and personal life!

You'll also enjoy a variety of women's health displays, and have the chance to win great door prizes!

Tami Evans

Motivational speaker Tami Evans shares her energy, passion, and humor to create an unforgettable experience for audiences.

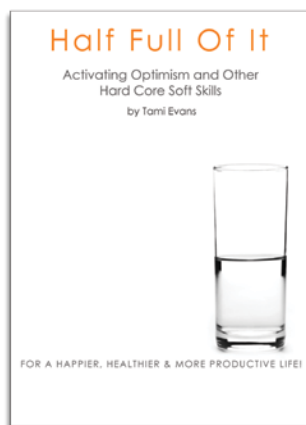
Recently appearing on The Dr. Oz Show (where she taught him to chair dance) Tami lives her belief that laughter is a vital part of learning. Her entertainment-based content celebrates and motivates participants, engages and empowers employees, creates communication cohesion, boosts confidence, and busts stress!

**roll on the floor laughing*



2016

Be Inspired. Be Healthier. Belong.



Tami has a broad professional history which includes working as a: university professor, communications specialist, professional actress in NYC, fashion designer for Banana Republic, personal assistant to Nell Carter, every kind of waitress you can imagine, stand-in for Melanie Griffith (pre-Antonio), accidental illustrator, and author of *“Half Full of It: Activating Optimism and Other Hard Core Soft Skills.”*

Tami holds an MFA, and BAA in Broadcasting Communications, and Theatre. She shares important communication and leadership tools along with fresh ideas like: Personality Trumps Perfectionism; you can Fail with Flair; and we all need to Embrace our Inner Dork!



This event is \$40 for Spirit of Women members and \$60 for non-members. Registration is required by completing the form below or registering online at baystatehealth.org/spiritofwomen. Become a member today and get savings on your admission.



HEALTHY LIVING EXPO 2016 • Registration Form

Name _____

Address _____

City _____

State _____

Zip _____

Phone _____

Are you a Spirit of Women member? ☐ Yes ☐ No If not, would you like to join? ☐ Yes ☐ No

If you are not a member and would like to join the free Spirit of Women Loyalty program, please also include the following information.

E-mail address _____

Birthday (month/day/year) _____

If you are not a member:

Please mail this form and your check for \$40 for members, \$60 for non-members made payable to Baystate Health, c/o Spirit of Women, Baystate Health, 280 Chestnut Street, Springfield, MA 01199. You can also register online at baystatehealth.org/spiritofwomen.

☐ My check is enclosed

Please charge my ☐ MC ☐ VISA ☐ DISCOVER

Credit Card Number _____

Expiration Date _____

Signature _____



Baystate
Health

SPIRIT OF WOMEN

Nonprofit
U.S. Postage

PAID

Springfield, MA

Permit No. 830



Join today. It's Free!



Baystate Health Spirit of women is a free loyalty program that emphasizes a woman's total well-being (body, mind and spirit). To join, visit baystatehealth.org/spiritofwomen or 1-800-377-4325.



Baystate Health Senior Class is a free loyalty program dedicated to health and wellness for men and women ages 55 and over. To join, visit baystatehealth.org/seniorclass or 1-800-377-4325.

Be Inspired. Be Healthier. Belong.

Baystate  Health

baystatehealth.org/spiritofwomen