IN THIS ISSUE

HEART & VASCULAR HEALTH Lecture Series
game 3

Mini Medical School
game 4

Spring Luncheon
game 11
Dear Senior Class Member:

Baystate Health Senior Class was created in 1988 and this year, 2018, is our 30th anniversary. We are proud to be part of your efforts to be healthier by providing information from our premier providers in dynamic ways, as well as social events, financial workshops, walks, trips and more. We strive to make an impact in all areas of personal wellbeing and continue to showcase the best of Baystate Health’s community of physicians and other clinical professionals.

We do this for you, our members, and hope we can all be happier, healthier, and inspired, for another 30 years.

I look forward to seeing you at an event soon. Until then, be well.

Thanks,

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 offered for 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/baystatehealth to see all the latest videos.

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.

[ Winter/Spring 2018 ]

Calendar of Events

February
- 4 February, 12-2 pm
  Veins – Varicose Veins and other issues
- 11 February, 12-2 pm
  TAVR- An Update
- 18 February, 12-2 pm
  Atrial Fibrillation
- 20 February, 5:30-7pm
  Protecting Your Assets
- 23 February 2-3 pm
  Tai Chi
- 25 February, 12-2 pm
  Living with Heart Failure

March
- 6 March
  WMAS Radiothon for Baystate Children’s Hospital
- 15 March, 6-9 pm
  Mini Medical School
- 19 March, 6-7:45 pm
  The Balancing Act
- 20 March, 6-7:30 pm
  Colon Health

April
- 4 April, 9-1:30 pm
  AARP Driver Safety Program
- 4 April, 6-7:30 pm
  Breathe Easier
- 11 April, 2-4 pm
  Who Will Speak For You?
- 16 April, 5:30-7 pm
  Protecting Your Assets
- 18 April, 6-7:30 pm
  Taking Care of Your Feet
- 25 April, 11-3 pm
  Senior Class Spring Luncheon

May
- 2 May, 9-4 pm
  The Lost Towns of the Quabbin
- 2 May, 6-7:30 pm
  Taking Care of Your Feet
Seminars & Events
Visit baystatehealth.org for links to all events or call 1-413-794-5200. Registration is required for all events.

HEART & VASCULAR HEALTH
Lecture Series - February 2018

Join us for all or part of this 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.

FEBRUARY 4
Veins - Varicose veins and other issues related to venous disease
Join Dr. Amanda Kravetz, Vascular Surgeon, Baystate Vascular Practice, for a discussion about the complex network of veins throughout our legs and the important role veins play in our vascular system. Learn what causes varicose veins and if they are harmful. Additional information will be provided regarding venous disease and treatment options.

Amanda Kravetz, MD
Vascular Surgeon

FEBRUARY 11
TAVR: An Update - Transcatheter Aortic Valve Replacement, an alternative to traditional heart valve therapy
Dr. Ashequl Islam, Interventional Cardiologist, Baystate Cardiology, will share an update on the increasing use of TAVR as an option for aortic heart valve disorders. Learn how TAVR differs from traditional heart valve surgery, and what qualifies a person for this type of procedure.

Ashequl Islam, MD
Interventional Cardiologist

FEBRUARY 18
Atrial Fibrillation - How you get it and treatment options for both new onset and long-term management of AFib
Dr. Bernard Lim, Cardiac Electrophysiologist, Baystate Cardiology, will discuss the prevalence of AFib, a common irregular heart rhythm in older adults. Learn about its causes and the different treatment options for those with new AFib versus those with chronic, long-standing AFib.

Bernard Lim, MD
Cardiac Electrophysiologist

FEBRUARY 25
Living with Heart Failure - A review of heart failure, managing symptoms, and latest treatments
Join Dr. Mara Slawsky, Advanced Heart Failure Specialist, Baystate Cardiology, for a look at heart failure (HF). Learn about the causes of HF, what is needed to decrease the effects of this illness, and the treatment options available to patients to help strengthen and support the pumping of the heart.

Mara Slawsky, MD
Advanced Heart Failure Specialist

All seminars are held at the Baystate Health Education Center, 361 Whitney Avenue, Holyoke, 12-2 p.m. To register visit baystatehealth.org/events or call 413-794-5200. FREE!

Baystate Heart & Vascular Program
baystatehealth.org/heart
In this popular 8-week educational program, an outstanding group of Baystate 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.

All classes are held on Thursdays at: Chestnut Conference Center 1A&B, Baystate Medical Center, 759 Chestnut Street, Springfield.

Cost: $95; $80 for Baystate Health employees, Senior Class and Every Woman members.

To register: visit baystatehealth.org/minimed or call 413-794-7630. Space is limited.

Spring 2018 Semester

MARCH 15
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 19
6-9 pm
Anesthesiology
Michael Bailin, MD
Chair, Anesthesiology

MARCH 22
6-8 pm
Geriatrics & Palliative Care
Maura Brennan, MD
Chief, Division of Geriatrics & Palliative Care

MARCH 29
6-9 pm
Pathology
Richard Friedberg, MD
Chair, Pathology
Tour of the lab

APRIL 12
6-8 pm
Anesthesiology
Michael Bailin, MD
Chair, Anesthesiology

APRIL 19
6-8 pm
Genetic Testing
Grace Makari-Judson, MD
Co-Director, The Rays of Hope Center for Breast Cancer Research & Chair, Baystate Health Breast Network
Danielle Gould, NP
Baystate Medical Genetics

APRIL 26
6-9 pm
Surgery
Neal Seymour, MD
Chief, General Surgery Division
Tour of Chestnut Surgery Center, Baystate’s Simulation Center & Goldberg Surgical Skills Lab

MAY 3
6-8 pm
Deep Brain Stimulation
Mohamad Khaled, MD
Neurosurgeon

MAY 10
6-8 pm
Emergency Medicine
Joseph Schmidt, MD
Vice Chair, Emergency Medicine Graduation Ceremony

Cost:
- $95 for the general public
- $80 for Baystate Health employees, Senior Class and Every Woman members

To register:
- Visit baystatehealth.org/minimed
- Call 413-794-7630

Space is limited.
Tai Chi with Dragon Stretch Qi Gong
Fridays 2-3 pm: February 23, March 2, 9, 16, 30 and April 6
Baystate Health Education Center
361 Whitney Ave, Holyoke

9 Form Tai Chi involves a combination of healthful Tai Chi and Qi Gong movements designed for ease with all abilities. The Dragon Stretch Qi Gong presents a set of simple stretches that open the meridians (channels of energy flow) throughout the body, promoting good health and energy. Anyone can do these forms, and with practice, become proficient.

Classes will be led by Tai Chi Instructor, Brian Keane. There will be a focus on Tai Chi stretching, Tai Chi breathing forms, and Silk Reeling. Fee: $10 per class. To register: https://taichidragonstretch.eventbrite.com or call 413-794-5200.

The Balancing Act
Monday, March 19, 6-7:45 pm
Baystate Health Education Center
361 Whitney Ave, Holyoke

Do you have a fear of falling? Have you ever been told you are slightly off balance? Join Baystate Rehabilitation Care experts Nancy Densmore, PTA; Michelle Downs, PT; and Erin Jarosz, OT; Ida Konderwicz, RN, Baystate Medical Center Injury Prevention Program; Karen Kiernan, PT and Dena Plante, PTA, Baystate Wing Hospital, for an interactive event on fall prevention. Each attendee will receive:
• A personal discussion about individual risk factors with a physical therapist
• Instructions for specific exercises to improve balance
• Information about environmental safety and equipment that may help prevent falls
• A falls-prevention checklist
• Prevention strategies to prevent falls
• Information about the injuries that can result from a fall

Wear comfortable clothing. Refreshments served. Space is limited. To register: https://scbalancingact.eventbrite.com or call 413-794-5200. FREE!

Protecting Your Assets
Tuesday, February 20, 5:30-7 pm
Baystate Health Education Center
361 Whitney Ave, Holyoke

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://protectingyourassetsfeb.eventbrite.com or call 413-794-5200. FREE!
In recognition of Colon Cancer Awareness month

Colon Health: Everyone Will Be Relieved

Tuesday, March 20, 6-7:30 pm
Baystate Mary Lane Outpatient Center
85 South St, Ware

Colon cancer, also known as colorectal cancer, is the second leading cause of cancer death in both men and women, and risk increases with age. What most people don’t realize, however, is that it is almost completely preventable, thanks to procedures like the colonoscopy, sigmoidoscopy, barium enemas and blood test. Join Dr. Harbir Sawnhney, gastroenterologist, Baystate Gastroenterology, for a discussion about prevention, screening, latest research, diet, risk factors, symptoms, diagnosis and treatment for colon cancer. Refreshments served. To register: https://colonhealthbwh.eventbrite.com or call 413-794-5200. FREE!

AARP Driver Safety Program

Wednesday, April 4, 9 am-1:30 pm
Baystate Health Education Center
361 Whitney Ave, Holyoke

There have been many changes in cars and roadways to improve driver safety. Join James Murray, AARP Driver Safety instructor, for a discussion about changes to improve driving, including all the technology being put into cars and our ability to adapt or to use it most effectively. Topics will include best practices for managing traffic patterns, congested environments and highway situations as well as the physical changes that can play a role in being the best driver on the roads. Michelle Lantaigne, OT, Baystate Rehabilitation Care, will discuss tips for adapting to our physical changes and when intervention is needed to effectively maneuver today’s roadways.

Fee: To be paid at the event, $15 per person for members of AARP and $20 per non-member of AARP. Each attendee receives a certificate and a book for the class. Make checks payable to AARP.

A discount on car insurance is voluntary by the insurance companies in Massachusetts (mandatory by law in Connecticut) and each person should contact their insurance company to find out if they qualify. A boxed lunch will be served. To register: https://aarpdriversafety.eventbrite.com

Breathe Easier

Wednesday, April 4, 6-7:30 pm
Baystate Franklin Medical Center
164 High St, Greenfield, MA

Every breath is important. Join Dr. Fahad Alroumi, Pulmonologist, Baystate Greenfield Pulmonary and Sleep Medicine, for a discussion about lung health and how to breathe easier. Topics will include how to protect your lungs, warning signs to watch for as well as asthma, COPD (chronic obstructive pulmonary disease), pneumonia and other pulmonary diseases. There will be time for questions and answers. Healthy refreshments and handouts provided. To register: https://breatheeasierbfmc.eventbrite.com or call 413-794-5200. FREE!

In recognition of National Healthcare Decisions Day

Who Will Speak For You?

Wednesday, April 11, 2-4 pm
Baystate Health Education Center
361 Whitney Ave, Holyoke

Join Baystate Health Palliative Care experts and Michelle Sikes, Esq., Schmidt & Sikes, for a discussion about advanced care planning. Topics will include terms and barriers associated with advanced directives, as well as the forms, such as the health care proxy and the Massachusetts Medical Orders for Life Sustaining Treatment. There will be tips on how to discuss your wishes with family, loved ones, and friends.

All attendees will leave with a packet of information and forms that can be looked over and discussed with family and health care providers. Friendly staff from Health New England will be available to help answer questions about advanced directive forms such as the Health Care Proxy, Living Will, Five Wishes and more. Refreshments served. To register: https://whowillspeakforyou.eventbrite.com or call 413-794-5200. FREE!
Protecting Your Assets
Monday, April 16, 5:30-7 pm
Baystate Health Education Center
361 Whitney Ave, Holyoke
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://protectingyourassetsapril.eventbrite.com or call 413-794-5200. FREE!

Taking Care of Your Feet

Wednesday, April 18, 6-7:30 pm
Baystate Health Education Center
361 Whitney Ave, Holyoke
To register: https://takingcareofyourfeet.eventbrite.com. FREE!

Wednesday, May 2, 6-7:30 pm
Baystate Wing Hospital
40 Wright St, Palmer
To register: https://takingcareofyourfeetbwh.eventbrite.com or call 413-794-5200. FREE!

Join Dr. Lauren Perica, podiatrist, Valley Podiatry Associates, for a discussion about common podiatric issues including conservative and surgical treatment of bunions and hammer toes as well as diagnosis and treatment of conditions including plantar fasciitis, Achilles tendonitis, arthritis, warts, neuromas and generalized foot pain. Pam Proulx, Physical Therapist, Baystate Rehabilitation Care, will provide exercises to help strengthen ligaments in the foot, stretch the arch and improve foot flexibility. Handouts will be provided with time for questions and answers. Refreshments served.

The Lost Towns of the Quabbin: A Natural History and Historic Field Trip

Wednesday, May 2, 9 am-4 pm.
Rain date: Monday, May 7
Meeting Place: Crystal Spring Mall
Route 9 & Route 202, Belchertown

Join Dave Gallup, President, Springfield Naturalists Society on this hike back to the 19th century and discover the once thriving community of Dana – one of the four towns lost when the area was flooded to form the Quabbin Reservoir. This all-day adventure has been expanded to include the Enfield Lookout to view the Quabbin Reservoir; the Quabbin Cemetery to view artifacts from the four towns lost to the reservoir (Enfield, Prescott, Greenwich, and Dana); and Hardwick, which resembles what Dana looked like during the early 1900s. On this four-mile round-trip walk, you will journey on an old dirt road through the open forest with stops along the way to explore the history and wildlife of the region. Once at Dana Commons, you can examine the cellar holes, stone walls, sidewalks, and streets of this town frozen in time. Dave has many surprises, including rare photographs of the beautiful Dana homes that stood one hundred years ago. Bag lunch, bottled water, and shuttle bus transportation provided. Bring a camera. For ecological reasons, this hike is limited to 25 participants. Be prepared for a four-mile walk and a lot of standing. Don’t miss this adventure! To register: https://quabbinwalk.eventbrite.com or call 413-794-5200. Fee: $35.
With one sentence in your will or trust, you can make a powerful future gift to support the lifesaving and life-changing mission of Baystate Health. Gifts of all sizes make an impact. You may:

• Designate a gift for greatest needs, cancer care, technology and innovation, or another area of interest.

• Leave a larger gift than might otherwise be possible during your lifetime.

• Retain control over your assets, and the flexibility to adjust your gift until your passing.

• Establish a legacy that carries on your caring.

• Join with other community members who believe in keeping quality care local for generations to come.

We’re here to help!
To learn more about how you may make a difference, reach out to Kylie Johnson at Baystate Health Foundation:
413-794-7789 or kylie.johnson@baystatehealth.org.

MARCH 6 – MARCH 7, 2018
Save the Date
17th annual 94.7 WMAS Radiothon for Baystate Children’s Hospital

PUT YOUR MONEY WHERE THE MIRACLES ARE
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 and we are pleased to offer our members the opportunity to travel. Prospectuses are available online at baystatehealth.org/seniorclass or call the Senior Class office at 413-794-5200.

The Colorado Rockies
featuring National Parks and Historic Trains
September 29, 2018, 9 days, 12 meals

Sunny Portugal
featuring Estoril Coast, Alentejo & Algarve with optional 4-Night Madeira Island Post Tour Extension
October 30, 2018, 10 days, 14 meals

The Best of Eastern Canada
featuring Montreal, Quebec City, Ottawa, Niagara Falls & Toronto
October 21, 2018, 8 Days, 10 meals
Highlights: Montreal, Choice on Tour, Quebec City, Ottawa, 1000 Islands, Toronto, Niagara Falls. Visit baystatehealth.org/seniorclass for rates.

Colors of Morocco
February 13, 2019, 11 days, 18 meals
Screenings

**Free Blood Pressure Screenings**
*Baystate Franklin Medical Center*
164 High Street, Greenfield
Every Thursday, 9 am-12:30 pm No registration required.

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

*Baystate Wing Hospital*
40 Wright Street, Palmer
Every day, 7-8 am No registration required.

**Cholesterol Screening Program**
*Baystate Franklin Medical Center*
164 High Street, Greenfield, Conference Room “A,” Main entrance of BFMC 2nd Wednesday every other month:
Pre-registration is required by calling 413-773-2727.
12 hour fasting required. Fee: $10

**Free Hearing Screenings**
*Baystate Rehabilitation Care*
360 Birnie Avenue, Springfield
Appointments: 413-794-2222.

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

Spring Luncheon

Wednesday, April 25, 2018
Social Hour: 11am-12 pm
Luncheon & Dancing: 12-3 pm
The Cedars, 375 Island Pond Road, Springfield, MA
Cost: $30 per person for Senior Class members
     $45 per person for non-members

Sponsored by Health New England

Featuring the music of popular entertainer, Richie Mitnick playing ballroom and line dancing favorites.
Complimentary photo with Memories in an Instant
Seating will be assigned on a first-come basis.
Send us your request of two or more people and we will seat you together.
Tables accommodate no more than 10 people.
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 as well as a great selection of line dance favorites will be played.
Shuttle transportation to and from the event from Baystate Franklin Medical Center in Greenfield; and Baystate Mary Lane Outpatient Center in Ware will be available if we register the minimum number needed for shuttles. To register for bus: 413-794-5200.
Handicapped accessible.

Register at https://seniorclassspringluncheon.eventbrite.com or mail in form.

Registration Form

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

Name
Address
City     State     Zip
Telephone
Seating Requests
Number of people  $30 per person = $  Total enclosed
Baystate Health Every Woman is a free program that provides a wide range of opportunities for women including special events, conferences, and seminars about women’s health, work and family with a mission of inclusion and empowering women as individuals living the best life. To join visit baystatehealth.org/everywoman or call 413-794-5200.

Baystate Health Senior Class is a free program dedicated to health and wellness for men and women ages 55 and over. To join, visit baystatehealth.org/seniorclass or call 413-794-5200.