



# VALLEY

## health & life

**CELEBRATING  
OUR WORKFORCE  
LOSING WEIGHT  
FOR BETTER  
HEALTH**



## DEAR READERS,

I hope the holidays were joyful and fulfilling for you and your loved ones. As we are readying ourselves for another year of service to you, we want to devote this issue to recognizing and honoring the most important and valuable aspect of our organization: the people who serve you—our staff and volunteers.

There are many important components in a healthcare system, like medical technology, facilities and equipment. However, the most important part is the human factor; the people who work hard to ease the physical and mental pain and who heal and comfort the sick, like our nurses, doctors, advanced practitioners, therapists and aides. There are also key staff who often work behind the scenes including our technologists in the lab, in cardiology and in radiology who make sure diagnostic tests are done correctly and that results are on time. Our kitchen staff labors to make and serve nutritious meals. Our maintenance, central sterile and cleaning crews maintain, repair and clean our equipment and building to create a safe and pleasant environment. Our registration, medical records and finance staff make sure that all the paperwork is in order, the record is complete and the bills are accurate. Our IT staff maintains our information technology system and our computers. There are also many others whose contributions are notable such as our medical interpreters, our receptionists, administrative assistants, greeters, parking attendants, security staff, case managers, call center staff, our management team and our volunteers.

It takes all of them to give you, our patients, your families and friends the best possible experience when using our services. You see many of their faces on the cover of this issue. I want to take this opportunity to thank and recognize all of our staff

for their work and dedication to our community.

I wish you all a Happy and Healthy New Year!!

Sincerely,

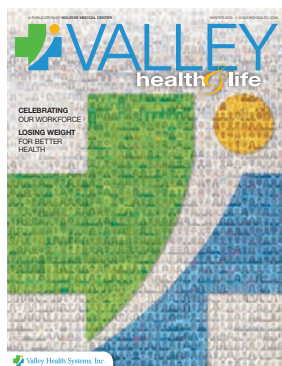
**SPIROS HATIRAS**

President and Chief Executive Officer,  
Holyoke Medical Center &  
Valley Health Systems, Inc.



### Celebrating Our Workforce:

Like this cover, Holyoke Medical Center is a mosaic of dedicated, talented and caring employees.



## CONTENTS

- 3 HEALTHY HABITS** Tips for you and your family, plus hospital wellness events.
- 4 SLEEP WELL** Good sleep is critical to good health. Here's your guide to healthy habits.
- 6 UNDERSTANDING GUT TROUBLES** Navigating the common disorders of the lower digestive tract.
- 8 CELEBRATING OUR WORKFORCE** Holyoke Medical Center offers unique benefits to celebrate its dedicated employees.
- 10 LOSING WEIGHT FOR BETTER HEALTH** When one woman's doctor said her weight would likely shorten her life, she took action.
- 12 GRATITUDE** Celebrating donors who helped raise \$2.8 million for new facilities.
- 13 GIVING AND RECEIVING** Mary Jo Maydew's heart and health belong to Holyoke Medical Center.
- 14 PAIN RELIEF** New help for patients with acute or chronic pain.
- 15 MIGHTY MICROGREENS** These mini veggies pack maximum flavor and nutrition.

## Valley Health Systems, Inc.

- **HOLYOKE MEDICAL CENTER**  
575 Beech Street, Holyoke | 413.534.2500
- **HOLYOKE MEDICAL GROUP**  
10 Hospital Drive, Suite 301, Holyoke | 413.535.4714
- **HOLYOKE VNA HOSPICE LIFE CARE**  
575 Beech Street, Holyoke | 413.534.5691
- **RIVER VALLEY COUNSELING CENTER**  
319 Beech Street, Holyoke | 413.540.1100

# HEALTHY HABITS

FOR YOU AND YOUR FAMILY



**100,000**

The number of miles most of us will walk in a lifetime.

—American Podiatric Medical Association

## HELPING YOUR (FUTURE) KIDS LEARN

Research shows that doing activities that are both mentally and physically challenging (think dancing, for example) triggers a genetic change in sperm, which influences your future offspring's capacity to learn.

—German Center for Neurodegenerative Disease

## THROW IN THE (KITCHEN) TOWEL

You know that dish towel you grab to dry just about everything in the kitchen? Studies indicate that about 49 percent of those towels harbor illness-causing germs like staph and E. coli. Experts recommend replacing towels daily.

—American Society for Microbiology

## WANT KIDS TO EAT MORE FRUIT?

Researchers found that kids who engaged in a memory game involving fruit ate more of it than those players engaged in a non-food memory game.

—Radboud University



## DON'T LET EXCESS WEIGHT SIDELINE YOU

No need to sit on the sidelines while others get healthy. People who are obese and start exercising build stronger bones. How? Studies show that the bone marrow fat they burn improves the strength of their bones.

—University of North Carolina School of Medicine

## WELLNESS EVENTS

Programs will take place at 5:30 p.m. in the HMC Auxiliary Conference Center. To register, visit [HolyokeHealth.com/Events](http://HolyokeHealth.com/Events) or call 413.534.2789.

### DIABETES, GLUCOSE AND YOU

Join Dr. Kartik Viswanathan from Holyoke Medical Group for a talk on diabetes, covering primary prevention of the disease, its impact and the treatment resources available in the community.

**Date: Wednesday, February 20, 2019**

### JOINT PAIN: OSTEOARTHRITIS

Osteoarthritis is the most common form of arthritis. Come learn how it differs from the other types as Dr. Mariam Alikhan discusses how it is diagnosed and what treatment options are available.

**Date: Thursday, March 7, 2019**

### COLON HEALTH: PROBLEMS AND PREVENTION

Everything you need to know about your colon! As we age, our risk of developing colon-health problems increases overall. Join April Bowers, NP, and Dale Pappas, PA, as they explore common health issues of the colon, symptoms and key approaches to prevention.

**Date: Wednesday, March 13, 2019**

## ONGOING EVENTS

### WEIGHT MANAGEMENT PROGRAM INFORMATION SESSIONS

Topics will include non-surgical and surgical options for weight loss available at Holyoke Medical Center. Members of the Weight Management team will discuss this comprehensive and multidisciplinary weight loss program. The program will be presented several times each month in both English and Spanish. For upcoming meetings, call 413.535.4757, or visit [www.holyokehealth.com/events](http://www.holyokehealth.com/events).

### QUIT SMOKING WORKSHOP

Our READY, SET, QUIT! Smoking Cessation Workshop is made up of four one-hour classes designed to give you the information and support you need to get through one of the most important changes of your life. Each week, the workshop will cover a different topic. Although the series begins the first Monday of the month, participants are encouraged to jump in when the urge to quit first arrives!

**Date: Mondays**

**Time: 4:00–5:00 PM**

**Cost: Free**

To register and for location information, please call 413.534.2789 or email [SmokeFree@holyokehealth.com](mailto:SmokeFree@holyokehealth.com).


# Sleep WELL

GOOD SLEEP IS CRITICAL TO GOOD HEALTH. HERE'S YOUR GUIDE TO HEALTHY HABITS.


## SCHEDULING BETTER SLEEP

So now that you know you want it, how do you get solid sleep on a consistent basis? "Good sleep hygiene is critical to developing and maintaining an optimal sleep pattern," says Kristie Harrington, FNP-BC, a nurse practitioner at HMC Sleep Center. Harrington's recommendations for good sleep hygiene (habits that promote a good night's sleep) include the practices listed in the sample schedule at right.

### FOR A HEALTHY SLEEP LIFE, FOLLOW THIS SCHEDULE:

**7:00**  
a.m. 


Maintaining a schedule is vital to sleep health. Work backward eight hours from the time you need to get up most days to determine when you should go to bed each night. On weekends, get up within 45 minutes of your normal time or you disrupt your internal clock.

**2:00**  
p.m. 

Cut off caffeine now or risk fragmented sleep from overstimulating the central nervous system.

**2:30**  
p.m. 

This is your last chance to nap unless you work nights. Limit shut-eye to 30 minutes to awaken refreshed. Sleeping for more than an hour can make you groggy and make it difficult to fall asleep at bedtime.

**6:00**  
p.m. 

It's time to eat dinner so that your body can fully digest what you've eaten before bed. A full stomach can cause indigestion or gastroesophageal reflux disease (GERD). It's also last call for alcohol, which knocks you out faster but makes sleep shallow. A diuretic, alcohol also increases the urge to urinate, which disrupts sleep. Stick to one serving.

✱ To make an appointment at the HMC Sleep Center, call 413.534.2557.



**YOU'VE NO DOUBT HEARD** the expression “You snooze, you lose,” but when it comes to your health, it’s quite the opposite.

Your life’s quality depends on your alertness, and alertness depends on getting a good night’s sleep. “We all need sufficient and restful sleep to optimize our physical, emotional and cognitive well-being, as well as our daytime functioning and overall safety,” says Kristie Harrington, FNP-BC, a nurse practitioner at HMC Sleep Center.

## THE IMPACT OF SLEEP

To best understand how critical sleep is to our overall health, we need to appreciate the effects of not getting enough of it on a routine basis. “For an adult who sleeps less than seven hours per night,” says Harrington, “there’s increased risk for many adverse health outcomes.” These include an impaired immune response, increased pain response, headaches, diabetes, weight gain, stroke, heart disease, high blood pressure and even death. “In addition,” says Harrington, “there are elevated risks of cognitive dysfunction, mood disorders, increased risk of errors and increased risk of accidents, especially

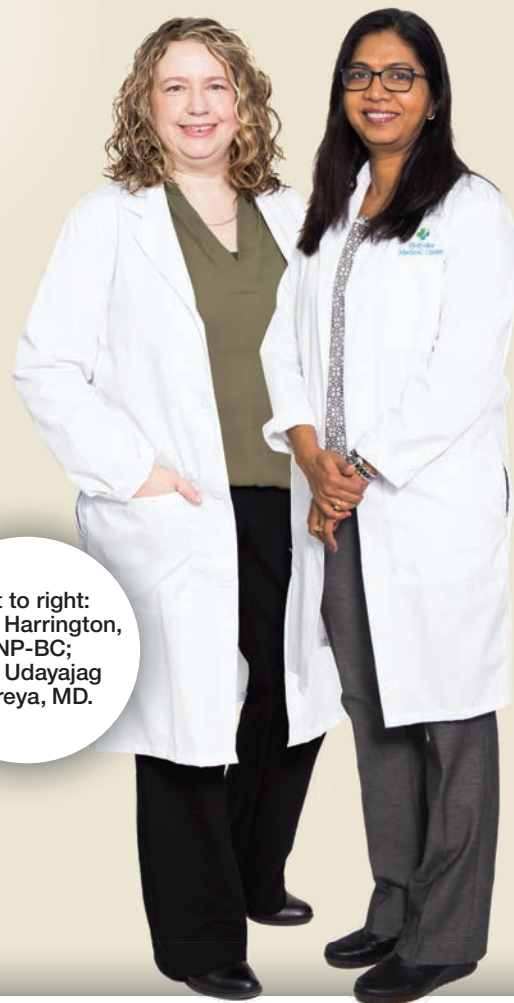
workplace and motor vehicle accidents.”

According to the Centers for Disease Control and Prevention, more than a third of American adults aren’t getting enough sleep, though it’s clear that sleep deprivation can cause catastrophe. It’s thought to have contributed to the errors that led to the 1989 Exxon Valdez oil tanker disaster, the 1986 Space Shuttle Challenger explosion and the Chernobyl nuclear meltdown that same year.

Some 90,000 auto accidents yearly are linked to nodding off at the wheel, causing an estimated 800 fatalities and 41,000 injuries, according to the National Highway Traffic Safety Administration. However, there’s broad agreement that this is an underestimate of the impact of drowsy driving.

Of course, good sleep takes time—at least eight hours. The body needs that time to complete all phases of sleep for muscle repair, memory consolidation and the release of hormones regulating growth and appetite. If it doesn’t get enough, weight and blood pressure rise along with the risk of depression, while resistance to illness, mood, judgment, reaction time, logic and creativity stumble.

Left to right:  
Kristie Harrington,  
FNP-BC;  
Rani Udayajag  
Athreya, MD.



# 6:30

p.m.



This is your last opportunity to begin a workout. Exercise improves sleep and adds years to your life. But don’t exercise later than this: Physical activity boosts your internal thermometer, which does the opposite of induce sleep. Your body looks for a natural drop in body temperature to signal that it’s time for bed.

# 8:00

p.m.



Cut off all liquids. The need to urinate disrupts sleep in 28 percent of adults, rising to 41 percent of those over 60. You should also stop snacking around this time.

# 10:00

p.m.



Head to your bedroom, where lights should be dimmed to less than 60 volts to raise your melatonin levels. Wind your day down with a ritual. Take a long shower or bath, do yoga or gentle stretches, listen to soothing music or read something mindless (that won’t leave you wondering what will happen next) till you feel drowsy. Write down—then dismiss—things weighing on your mind and a list of tasks for the next day. Shut off TVs, laptops, cell phones and other flickering or blue light-emitting devices.

# 11:00

p.m.



Lights out. If you’re restless, imagine reclining in a beach cabana as a gentle ocean breeze caresses your face.

# 4:00

a.m.



If you wake, inhale gently through your nose, counting to four. Your belly should expand. Hold your breath for a few seconds, then exhale audibly through your mouth for eight seconds, leading your belly to fall. Take deeper, slower and more regular breaths. Count backwards from 100. If you’re still awake after 15 minutes, head to a dimly lit area and read until you feel sleepy. Then go back to bed.

# UNDERSTANDING GUT TROUBLES

NAVIGATING THE COMMON DISORDERS OF THE LOWER DIGESTIVE TRACT.

**THE SYMPTOMS** aren't fun to talk about, but persistent diarrhea, constipation, bloating or abdominal pain can indicate a disease of the lower digestive tract. Here's a quick overview of the most common culprits:

Irritable bowel syndrome (IBS) affects 25 to 45 million Americans, more than two-thirds of them women. It causes abdominal cramps, gas, bloating, consti-

pation and/or diarrhea. If you have IBS, you should identify the foods that seem to cause problems so you can avoid them—and find other sources for the nutrients they provide. Your doctor may recommend over-the-counter medications for diarrhea or constipation, whichever is your primary symptom.

Diverticulosis is a condition in which small pouches or bulges called divertic-

ula form in the digestive tract. It affects about half of all Americans older than 60. Many people with diverticulosis feel no symptoms; others may have gas, abdominal cramps, bloating, diarrhea or constipation. If you have diverticulosis, diet and exercise can help. Cut down on high-fat foods, eat more foods high in fiber and try to exercise for 30 minutes a day most days.

Diverticulitis, inflammation in the diverticula, affects about 10 to 25 percent of people who have diverticulosis. It causes fever, nausea and abrupt pain, usually in the lower left part of the abdomen. Treatments include dietary restrictions, antibiotic medications or—especially if it's recurrent—surgery to remove the diseased portion of the colon.

## WHEN TO SEEK CARE

Lifestyle changes and medications can ease symptoms for many patients with these digestive-tract conditions, though surgery may be required for some. If symptoms like diarrhea, bloating and constipation aren't getting better with diet and exercise changes or over-the-counter medications, see your doctor, says gastroenterologist Rubeela Malik, MD.


"For example," she adds, "if you have constipation and it doesn't improve after you increase your water intake and add more fiber to your diet. Also seek care immediately if your symptoms are associated with abdominal pain (especially if it wakes you up from sleep), fever, weight loss, blood in the stool or black and tarry stools."



(left to right): Rubeela Malik, MD; Mary Norris, MD; Dale Pappas, PA-C; April Bowers, ANP-C

**✳ If you experience persistent gastrointestinal symptoms and follow-up specialty care is needed, ask your primary care provider for a referral to HMC Gastroenterology, now with four providers and accepting new patients. Location: 11 Hospital Drive, Holyoke. Phone: 413.540.5048**



A person wearing a blue apron over a dark shirt and jeans is shown from the waist down. They are holding their stomach with both hands, indicating discomfort or pain. The background is white.

# 2,375

Colonoscopies performed  
at HMC in FY 2018

# 1,207

Endoscopies performed  
at HMC in FY 2018

# 1,389

Lab tests at HMC related to  
celiac disease in FY 2018

# 20-40%

of all visits to gastroenterologists  
are due to IBS symptoms

## 6 HABITS FOR BETTER GI HEALTH

There's truth in the saying, "You are what you eat," but there's more to gastrointestinal health than what you put in your mouth. Follow these tips to protect your gut.

**1. Avoid late night eating.** Your GI tract is less active late at night and overnight. Eating at those times can cause weight gain, insulin resistance and inflammation. Schedule meals and snacks within a 12-hour time frame throughout the day and make breakfast and lunch your heavier meals.

**2. Listen to your stomach.** Aside from obesity and other health problems, an overfull stomach can cause gastroesophageal reflux (undigested food comes back up). This increases your risk for cancer of the esophagus, the tube through which food travels to the stomach. So pay attention to feelings of fullness and don't overeat.

**3. Eat mindfully.** Chewing food thoroughly makes it more enjoyable. You'll also eat less and still feel full.

**4. Get enough fiber.** Fill half your plate with fruits and vegetables at every meal and add whole grains and nuts to your diet.

**5. Avoid processed foods,** which contain additives that can cause GI inflammation.

**6. Relax.** Stress can cause indigestion and has been linked to irritable bowel syndrome. Reduce stress with relaxation breathing and mindfulness exercises.





# CELEBRATING OUR WORKFORCE

HOLYOKE MEDICAL CENTER CELEBRATES ITS DEDICATED WORKFORCE WITH AN OPEN DIALOGUE, A GENEROUS BENEFITS PROGRAM AND FAMILY-FOCUSED SPECIAL EVENTS.

## SHARING AND CARING

Communication is key in large families. Nowhere is this more evident than at Holyoke Medical Center, where its diverse family—1,500 physicians, employees and volunteers—interacts and shares ideas every day. Recently, 82 percent of the hospital's workforce completed a confidential survey titled *Your Voice Matters*. Responses were positive, creative and taken seriously.

"We introduced several education programs based on the survey," says Beverly Fein, Vice President of Human Resources, noting the hospital's commitment to employee development. "Training is free on-site and a tuition reimbursement program is among the region's most generous," she says.

Fein says the survey revealed the heart of Holyoke Medical Center. "People love working here. It's a personal place where everyone knows one another. Employees value their colleagues and are proud to provide great care for their community."

This circle of caring includes senior leaders, who connect with employees throughout the hospital. President Spiros Hatiras writes a blog on the hospital's

intranet to inform staff about hospital events and healthcare news. He and senior managers take part in new employee orientation. "They also spend time rounding the departments, talking with staff and getting feedback about improving the workplace," says Fein. The Great Idea Program further taps employee know-how, offering incentives for cost-saving ideas.

## HELP FOR HEALTHY LIVING

To promote healthy living, fitness classes such as Zumba and yoga have been offered on-site, free of charge. Employees and families have access to River Valley Counseling Center's CONCERN Employee Assistance Program, where counselors conversant in English, Spanish and Portuguese provide free mental health services. "Challenges include work-life balance, emotional problems, relationship and family issues, difficulty coping with stress and major life changes," says Director Valerie Bourdon, MA, CAGS.

Patrick McIntyre, who manages The Work Connection, the occupational health center affiliated with Holyoke Medical Center, says an employer's most important asset is its workforce. The Work

Connection provides pre-employment exams and vaccinations, drug testing and injury care, physical rehabilitation and more. "A healthy and safe workforce is a more productive workforce," says McIntyre.

## GIVING THANKS

As a "thank-you" to its dedicated workforce, the Engagement and Recognition Committee organizes celebratory activities. Exemplary staff members are honored as "employees of the month" and at ACE (Awesome Care Every time) Awards ceremonies. Annual appreciation events include an employee picnic at the end of the summer, a holiday appreciation meal, a volunteer luncheon, a physician-appreciation dinner and a children's holiday party at the Holyoke Merry-Go-Round. Many employees take part in the annual Holyoke St. Patrick's Day Parade, where marchers receive branded fleece jackets and the signature HMC umbrellas.

"There are employees who've worked here for 40 and 50 years," says Fein of the annual Service Awards reception that honors their tenure. "It's heartwarming to see them surrounded by loved ones at the event," she says. "This is their home."

**\* If you are interested in joining our highly qualified team of professionals, dedicated to being the best place to work and providing the best care, visit [HolyokeHealth.com](http://HolyokeHealth.com)**





3



4

**1** Angelo Martinez and Wanda Then were proud Holyoke Medical Center participants in the 2018 Holyoke St. Patrick's Day Parade.

**2** Sarah Casal-Moran enjoys a Mister Softee ice cream cone at the 2018 Employee Appreciation Picnic.

**3** This group, with seniority ranging from five to 45 years with Holyoke Medical Center, posed for a picture at the 2018 Service Awards. From left to right: Peggy Colon, Jessica Youmell, Cynthia Smigiel, Melissa Perry, Laurie Burnash and Andrea Garon.

**4** Beverly Fein, Vice President of Human Resources

# STRENGTHENING COMMUNITY WORKFORCES

HOW HOLYOKE MEDICAL CENTER HELPS AREA EMPLOYERS KEEP THEIR TEAMS HEALTHY.

**BUSINESSES ACROSS** the Pioneer Valley are creating healthier employees and increasing productivity through their affiliations with The Work Connection, an occupational medicine center, and CONCERN, an employee assistance program—both located on Holyoke Medical Center's campus.

## OCCUPATIONAL HEALTH AND SAFETY

The Work Connection has provided a menu of occupational health services to Western Massachusetts businesses for 30 years, both at work sites and at its occupational health clinic at 575 Beech Street. Services include everything from pre-employment physicals with medical testing and drug-and-alcohol screening to work-related injury care to vaccine clinics, wellness programs and physical rehabilitation.

"We collaborate with all types of industries including manufacturing, healthcare, construction and transportation as well as municipality employers like fire and police departments," says Manager Patrick McIntyre. Specializing in workers' compensation claims, The Work Connection acts as a liaison between patient, employer and workers' compensation insurance provider.

Staff include internal medicine physician Garry Bombardier, MD, three physician's assistants, four nurses and insurance specialists. The clinic's close proximity to Holyoke Medical Center ensures seamless access to hospital resources. "We do everything in our power to help employees return to work at full function as soon as possible," says McIntyre.



Valerie Bourdon, MA, CAGS



Patrick McIntyre

## MENTAL HEALTH COUNSELING

Mental health in the workplace is just as important as physical well-being. CONCERN, the only locally-based Employee Assistance Program (EAP) serving Hampden, Franklin and Hampshire counties, helps businesses develop custom EAPs that foster healthier, happier workplaces. Services include counseling, information and referrals for employees struggling with significant work-life, family or personal issues.

"Some companies only consider having an EAP after a catastrophic event has occurred, such as the suicide of an employee or a workplace violence incident," says Director Valerie Bourdon, MA, CAGS. "Providing an EAP increases the likelihood that anyone who needs help will get help because it's free to the employee and immediate family, confidential and easily accessed."

An EAP supports the employer by helping a manager or human resources department to manage a complex employee situation. "For example, EAP services can be key to assisting management in being sensitive and responsive to an employee who is a victim of domestic violence," says Bourdon. "It's also a valuable tool in reversing declining job performance in employees of previously good standing."

**\* To learn how your workplace can increase employee health and productivity, contact The Workplace Connection at [413.534.2546](tel:413.534.2546). Contact CONCERN Employee Assistance Program at [413.534.2793](tel:413.534.2793).**

A woman with short brown hair and glasses, wearing a white hoodie and dark jeans, is smiling broadly while holding up a pair of very large, old denim jeans. The jeans are so large they cover her torso and one of her legs. The background is a plain, light-colored wall.

# LOSING WEIGHT for BETTER HEALTH

WHEN ANNE SCIBELLI'S  
DOCTOR TOLD HER  
THAT HER WEIGHT WAS  
GOING TO SHORTEN HER  
LIFE SPAN, SHE TOOK  
IMMEDIATE ACTION.

AFTER  
Anne Scibelli





**BEFORE | Anne Scibelli**

**MILLIONS OF AMERICANS** struggle mightily to lose weight and keep it off.

Anne Scibelli knows about this chronic struggle. A feisty 60-year-old grandmother, she found herself so overweight that she was unable to pick up her youngest granddaughter and could barely walk down a hallway. Weighing 216 pounds at 5'1" tall, she was suffering from heart failure and had undergone a heart-valve replacement due to a childhood bout of rheumatic fever. Beside that, she also had chronic obstructive pulmonary disease (COPD) and used sev-

eral inhalers to help her breathe.

"I had weighed around 120 pounds all my life until I developed heart disease," says Anne. "When my doctor told me at a recent visit that my life span would be shortened because of my weight, I thought: Well, if my time is going to be reduced, at least I'm going to try to improve the quality of it."

That's when she heard about Dr. Ursula McMillian, a board-certified surgeon who specializes in bariatric and general surgery and is the newest member of the Weight Management Program at Holyoke Medical Center (HMC). The Program stresses individualized plans and a multidisciplinary approach, along with frequent communication before and after surgery and extensive guidance and training in nutrition and exercise.

## CUSTOMIZED CARE

Dr. McMillian says that she was drawn to the Holyoke program because of the personal, individualized care. "I'm very invested in my patients and passionate about my work," she says. "I want to find ways to help them succeed. If one diet or method doesn't work, I customize another method that's a better fit."

HMC offers non-surgical weight-loss programs as well as all widely accepted surgical procedures, including laparoscopic Roux-en-Y gastric bypass and laparoscopic sleeve gastrectomy. The majority of patients require only a one-day stay in the hospital after surgery, one of the lowest rates in the country.

One reason Dr. McMillian is so empathetic about her patients' weight-loss struggles is that she has undergone the hard work of maintaining her own weight. "I've had my own challenges with weight throughout my life, so I understand what my patients are going through."

Dr. McMillian and Anne were the perfect match of dedicated doctor and committed patient. Anne says she

immediately connected with Dr. McMillian's optimism and charisma. "I could tell she loves what she does, and that's what drew me in."

For her part, Dr. McMillian found Anne to be a dedicated and excited patient. "She had such a great outlook and the motivation to succeed. That makes all the difference."

At her first visit, when Dr. McMillian asked Anne what she was willing to do, without hesitation Anne replied, "Anything you tell me."

## SURGERY BRINGS BENEFITS

After an extensive evaluation, Anne became Dr. McMillian's first surgical patient at HMC, undergoing a sleeve gastrectomy. In this procedure, approximately 75 percent of the stomach is removed, leaving a narrow gastric tube or "sleeve." The surgery substantially reduces the size of the stomach, limiting the amount of food that can be eaten at one time. The minimal surgical time of one to two hours is an important consideration for patients like Anne who are suffering from heart or lung disease.

"It was a laparoscopic surgery," says Anne, "with five small probes, and that's it. When I went in, I was 193 pounds—now I'm 157."

Dr. McMillian encouraged Anne to attend support classes both before and after her surgery. "It was the best experience I've ever had," says Anne. "All of Dr. McMillian's colleagues were awesome."

In addition to shedding pounds after surgery, most patients find that the impact of obesity-related illnesses, including diabetes, hypertension and sleep apnea, is either resolved or reduced. Anne was no exception: Her cardiologist reduced her heart medication after surgery and discontinued one of her inhalers.

And then there were the boosts in energy levels and self-esteem. "The difference in the way I look is unbelievable," says Anne. "I have a neck now.

Before it went directly into my shoulders. And a month after surgery, I went disco dancing—I hadn't been able to dance in years. I love Dr. McMillian. I'd never go to anyone else."



**"I've had my own challenges with weight throughout my life, so I understand what my patients are going through."**

*Dr. Ursula McMillian,  
Board-Certified Surgeon*

**\* The Weight Management Program is accepting new patients. To learn more or attend an upcoming information session, call 413.535.4757.**

# Gratitude

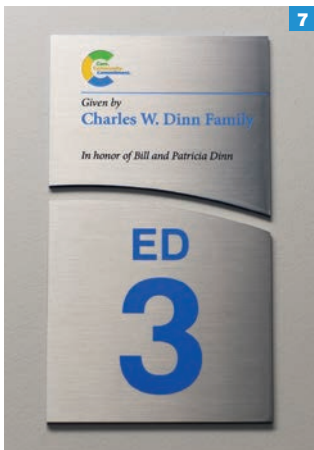
**ON THE EVENING** of November 28, 2018, Holyoke Medical Center held an appreciation event to celebrate the conclusion of "Care. Community. Commitment. The Campaign for Holyoke Medical Center." The campaign was supported by 345 staff members, 46 physicians and 50 businesses and individuals! Thank you to all those who helped us raise \$2.8 million.



**1** Members of the Mont Marie Rehabilitation and Healthcare Center / Marquis Health Services team were happy to attend the appreciation event. From left to right: Kathryn Auclair, Teri Gallagher, and Katie Theriault.

**2** Longtime donors Dr. Stephen Levine and Barbara Bernard have each helped to support Holyoke Medical Center for more than 30 years.

**3** Eliza Childs and her husband, Will Melton, were proud to represent their family on behalf of Alice Newton Childs Smith's estate contribution, supporting the behavioral health section of the Emergency Department.



recognition

**4** Rain or shine, the sign recognizing The Hazen Paper Company and the Hazen Family in support of the Emergency Department Entrance Garden can be seen outside of the Emergency Department entrance.

**5** Barbara Bernard's recognition sign can be seen just behind the check-in desk in the waiting area.

**6** The donor recognition wall greets visitors in the front vestibule of the Emergency Department.

**7** Donor recognition signs can be found throughout the individual patient-care areas of the Emergency Department, including this one given by the Charles W. Dinn Family in honor of Bill and Patricia Dinn.

**8** The Emergency Department entrance.



# GIVING *and* RECEIVING

Mary Jo  
Maydew

MARY JO MAYDEW'S HEART AND HEALTH BELONG TO HOLYOKE MEDICAL CENTER, WHERE SHE'S A LONGTIME BOARD MEMBER, GENEROUS DONOR AND GRATEFUL PATIENT.

**WHEN MARY JO MAYDEW** became Treasurer of Mount Holyoke College in 1987, she followed in her predecessor's footsteps and was elected to the Board of Directors at Holyoke Medical Center (HMC). Maydew admits to knowing little about the medical center back then. Having relocated from upstate New York, she was new to Massachusetts and to the intricacies of community healthcare. That would quickly change.

## 30 YEARS OF LEADERSHIP

"I got to know Holyoke Medical Center well over 30 years," says Maydew. She immersed herself in hospital governance and was named Chairperson of the HMC Board of Directors in 1998 and Chairperson of the Valley Health Systems' Board in 1999. She began chairing the Finance and Investment Committees of both entities in 1996.

Maydew played a pivotal role when HMC chose not to merge with the Sisters of Providence Health Systems in the 1990s. "It was the right decision to consider the partnership and the right decision to dissolve it when it became

clear that the two organizations were not culturally compatible," she says. The decision allowed HMC to retain its independence as a community hospital.

## A PERSONAL CHOICE

In 2002, Maydew was faced with another difficult choice—this one profoundly personal. "I was diagnosed with colon cancer and soon after with breast cancer," she says. "Decisions had to be made about which cancer to treat first and where to receive treatment."

HMC had been Maydew's go-to for preventive care. It was natural she receive cancer care there. Though she did get a second opinion from a Boston cancer center, Maydew was reassured that her local hospital could provide the same high level of care—close to home.

"I was able to work and stay active during treatment," says the South Hadley resident, who had multiple surgeries and received chemotherapy and radiation. "And I got to know so many wonderful medical center employees."

Now retired but still active with HMC's Board, Maydew says her experiences as a hospital leader and a patient shaped her charitable giving. In addition to annual gifts, the longtime donor has included HMC in her estate planning. "That Holyoke Medical Center has prevailed for so long is a testament both to the people who work there and to the support from the community. I'm happy to do my part."



Carly Berneche, DNP, FNP-C, and Joseph Strebel, MD, outside the new Musculoskeletal Spine Center.

# ONE PLACE FOR PAIN PROCEDURES

PATIENTS EXPERIENCING ACUTE OR CHRONIC PAIN NOW HAVE A ONE-STOP LOCATION FOR MINIMALLY INVASIVE PROCEDURES AT HOLYOKE MEDICAL CENTER'S NEW MUSCULOSKELETAL SPINE CENTER.

**LAST YEAR**, Holyoke Medical Center launched an integrated Pain Management Center for patients with debilitating pain caused by injury, illness or surgery. This year it is expanding its reach with a new location and more comprehensive patient care. Unique in western Massachusetts, the program gives patients early, coordinated access to medical, surgical and support services to help them conquer pain.

"Our plan is to take the many pain resources within Holyoke Medical Center and centrally locate them in one space," says Joseph Strebel, MD, DPT, of the new Musculoskeletal Spine Center. He says an integrated, multidisciplinary approach assures pain is comprehensively evaluated and addressed. "It promotes better communication among providers and minimizes stress and cost for patients."

## TREATING PAIN WITHOUT PILLS

A first step is centralizing all interventional procedures at the Musculoskeletal Spine Center's location on the second floor at HMC. Here, patients receive a host of minimally invasive, non-surgical treatments designed to relieve pain and improve function. These include steroid injections that block nerve pain; radiofrequency ablation using heat to inhibit nerve signals; cryoablation that shuts down nerves by freezing them; and kyphoplasty, which treats spinal compression fractures by shoring up affected bone with a cement substance to keep it from collapsing again. Minimally invasive techniques for cancer patients include ablations of boney tumors and intrathecal pumps placed under the skin that deliver pain medication directly to the spinal cord.

Dr. Strebel says the Musculoskeletal Spine Center uses the cohesive

patient-care approach of cancer-treatment centers where patients' many appointments and stages of recovery are carefully monitored and coordinated. He stresses the importance of educating pain patients about adopting a cohesive, long-term treatment plan.

"We're teaching patients that a pill is not always the answer to pain," says Dr. Strebel. As the Musculoskeletal Spine Center grows, the comprehensive multidisciplinary team will include physicians from orthopedics, neurosurgery, bariatrics and oncology as well as behavioral therapy, physical therapy, tobacco cessation and addiction treatment specialists. "Our strategy is to catch pain at its earliest stage before it becomes chronic. We want to help patients resume a high-quality life while reducing or eliminating possible dependence on opioids."

**\* To learn more about interventional pain procedures in the Musculoskeletal Spine Center, call 413.535.4933.**



# MIGHTY MICROGREENS

GOOD THINGS COME IN SMALL PACKAGES—JUST LOOK AT MICROGREENS, TRENDY MINI VEGGIES THAT ARE PACKED WITH BOTH BIG FLAVOR AND NUTRITION

## DID YOU KNOW?

The idea for microgreens started in the mid-1990s in Southern California with a few basic varieties like arugula and cilantro, and now they're a nationwide trend, with myriad types that include radish leaves, cabbage and sunflowers. Not to be confused with sprouts, which are seeds that are germinated in water, microgreens are simply veggies and herbs grown in soil but picked when they're immature. Cultivated from the same seeds as their full-grown counterparts, they're typically harvested within seven to 14 days of planting, when they're about 1 to 3 inches long. And the taste? Their flavors are more intense than those of mature greens.

## POWERS

Don't let "micro" fool you—these tiny veggies actually have a higher concentration of nutrients than their full-grown counterparts. That's according to a new study in the *Journal of Agricultural and Food Chemistry*, in which researchers found microgreens

had generally six to nine times—and sometimes as much as 40 times—more vitamins and phytochemicals. The reason: Since they're harvested before the plants have a chance to really grow, they're packed with all the nutrients the greens would need to develop and flourish. Red-cabbage microgreens are among the biggest health miracles, with 40 times the amount of vitamin E and six times the vitamin C as there is in the fully mature vegetable.

## BUY · STORE · GROW

Want the most nutritious microgreens? Simply choose those with the most intense colors. You'll find them at farmers' markets and specialty food markets, but they're also surprisingly easy to grow at home—you can use a nursery flat or even an old yogurt container! Simply moisten a couple inches of soil. Scatter seeds on top—no need to be precise because you'll harvest the greens before roots really form. Cover with a thin layer of soil, keeping it moist until greens sprout to a few inches in height. Then you're ready to snip!

Microgreens should be stored in a covered container in the fridge—38°F to 40°F is ideal—and can be kept for about seven days after harvesting. They're best enjoyed raw, as their high water content causes them to break apart under heat.

## RECIPE

» MUSTARD MICROGREEN PESTO  
COURTESY OF MELISSA MCLEAN JORY,  
[GLUTENFREEFORGOOD.COM](http://GLUTENFREEFORGOOD.COM)

### INGREDIENTS

- 2 cups mustard microgreens, washed and dried
- 2 garlic cloves, peeled and coarsely chopped
- 2 Tbs. pine nuts
- 2–3 Tbs. extra-virgin olive oil
- 1 Tbs. freshly squeezed lemon juice
- ½ cup freshly grated Parmesan cheese
- Pinch of sea salt

### PREPARATION

- Place microgreens in a food processor. Add garlic, pine nuts and lemon juice, and pulse a few times to chop and blend well.
- Add the Parmesan, then slowly add the olive oil while pulsing to reach the consistency you desire, adding more for more liquidy pesto.
- Serve over grilled fish such as salmon, or use in place of tomato sauce in homemade pizza. It's also a good topping for pasta or crackers.



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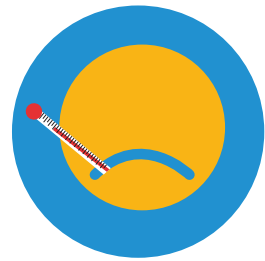
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