



'SCREENING SAVED MY LIFE!'

» KID-FRIENDLY
LUNCHES

» HEAL
WOUNDS
FAST

» REHAB
ROCKS

» MEET 12
NEW DOCS



COMMUNITY CARE

DEAR READERS,

I hope you have enjoyed the summer and the many delights in the beautiful Pioneer Valley.

I want to talk about a subject that has been in the news quite a bit lately: the future of community hospitals. With local mergers, the media has been quick to point out that Holyoke Medical Center is the last remaining independent community hospital in the Valley. On behalf of the more than one thousand employees of our hospital, I want to share our thoughts about independent community hospitals.

Let me begin by saying that we consider being an independent community hospital a badge of honor that we wear with pride. We are firm believers that the best care is delivered in the local community. Don't misunderstand; there is a need for strong academic medical centers that have the resources to deal with complex health problems such as trauma, heart surgery and transplants. But nothing comes close to the care that can be delivered in a smaller, local community hospital.

Just take a look at Medicare's "Hospital Compare" website and see how patients rate healthcare in the Valley. Notice that Holyoke Medical Center received four stars vs. three stars for many of the bigger systems. Notice the quality ratings and see how well a smaller hospital like ours can be ranked. Of course it makes sense. Why wouldn't it? Holyoke Medical Center provides great care close to home, clean and comfortable private rooms, caring staff who you recognize and who recognize you, great doctors, valet parking and room service. What's not to like? I will let you in on a little secret. I like to refer to our hospital as a "boutique hospital." We're the place that can give you an exquisite patient experience, the experience only we can provide because we are smaller, friendlier and focus on the individual. Make no mistake—a pleasant and caring environment, good food and a staff that reduces anxiety with empathy and compassion are just as important to healing as are medicines and surgeries.

This knowledge motivates us to work hard to keep improving the experience at Holyoke Medical Center and to focus even more on the individual needs of every patient, every time. It also drives us to grow and to provide more services, like our new Wound Care Center.

Rest assured that we will continue to be the voice that reminds our legislators of the importance of independent community hospitals, and we will stay on our path to make Holyoke Medical Center better than ever. We hope that you, our readers and your families, will be standing with us, supporting us, encouraging us, rooting for us and advocating for us. Most importantly, when you need care, come and see for yourself what the buzz is all about.



Best Regards,

SPIROS HATIRAS

PRESIDENT AND
CHIEF EXECUTIVE OFFICER,
HOLYOKE MEDICAL CENTER &
VALLEY HEALTH SYSTEMS, INC.



CONTENTS

3

Healthy habits

Reports on staying well—including the danger diet soda poses to heart health.

4

Meet our new physicians

These additions to Holyoke Medical Center's staff bring top credentials and a passion for helping patients.

6

Helping wounds heal

When an open cut or sore proves intractable, a special Wound Care Center is the place to go.

8

Screening saves a life

Learn why one Holyoke woman is glad she didn't postpone her regular mammogram.

10

At the core of rehab

Newly expanded centers offer physical and occupational therapy and more.

12

Stretch your exercise dollar

8 tips to help you stay physically—and fiscally—fit.

13

Pack healthy!

Ideas for school lunches kids will actually eat.

14

The promise of red pepper

It's sweet—not hot—with health benefits galore.

14



**Valley Health
Systems, Inc.**

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- HOLYOKE VNA HOSPICE LIFE CARE
- RIVER VALLEY COUNSELING CENTER
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Material contained herein is intended for informational purposes only. If you have medical concerns, seek the guidance of a health-care professional.

HEALTHY HABITS

FOR YOU AND YOUR FAMILY

GRIN AND WIN

Don't have anything to smile about? Do it anyway; it'll boost your mood. A University of Kansas study found that when people smiled during a difficult test, they reported feeling more positive afterward than those whose expressions were neutral.



WELLNESS EVENTS

Our lineup of upcoming seminars and programs is designed with your health in mind. Join us!

ALL ABOUT KIDNEYS

Date: Tuesday, September 22

Time: 4–5:30 p.m.

Place: HMC Auxiliary Conference Center
Join Jonathan Slater, M.D., and American Renal Associates staff to learn more about kidney health, including chronic kidney disease and treatment options for end-stage kidney disease. Hear from a panel of patients on dialysis and former patients, who have had a transplant, about the treatment options they chose and why. Please pre-register to ensure materials are available by calling 413.534.2789.

MIDWIFERY CARE CELEBRATION

Date: Saturday, October 3

Time: 3–5 p.m.

Place: Holyoke Merry-Go-Round
Midwifery Care of Holyoke has been providing services to our community for 30 years! Join us for a “birthday party” to kick off National Midwifery Week in honor of this practice and the care it continues to provide to the women in the Pioneer Valley. Enjoy the merry-go-round, face painting, refreshments and more.

ANNUAL ALUMNI BRUNCH

Date: Sunday, October 18

Time: 11 a.m.

Place: Castle of Knights in Chicopee
All Holyoke Hospital School of Nursing alumni are invited to the brunch honoring the Class of 1974. For more information or to purchase tickets, please contact Connie Kurdziel at 413.533.6974.

WOMEN'S HEALTH FAIR

Date: Wednesday, October 28

Time: 8 a.m.–1 p.m.

Place: HMC Main Lobby
Whether you're looking for information on breast health, osteoporosis, heart health, nutrition or menopause, you'll find it here. Schedule a free clinical breast exam, have your blood pressure checked, schedule a mammogram and enter a free raffle for a gift basket. We also will be offering free fasting cholesterol/lipid profile and A1c diabetes screening from 8–10 a.m. Please pre-register for blood work by calling 413.534.2789.

For more upcoming events, please visit holyokehealth.com/events.

TAKE A HIKE!

Outdoors, that is. Not only will you get a good workout, but you'll also enjoy the mood-boosting benefits of being out in the crisp autumn air, listening to the sounds of nature and taking in beautiful views. Here are a few places in the Holyoke area to explore this fall.

■ Dinosaur Footprints, Northampton Street, Route 5, Holyoke

■ J.A. Skinner State Park, 10 Skinner State Park Rd., Hadley

■ Mount Holyoke Range State Park, 1500 West St., Amherst

■ Mount Tom State Reservation & Little Tom Mountain, 125 Reservation Rd., Holyoke



I ♥ CHOCOLATE

Folks who sipped a cacao-based drink daily for a week scored 32 percent better on tests revealing circulatory system function than abstainers did. It's thought that the flavonoids in cacao help blood vessels dilate. Don't like your chocolate in liquid form? A square of 70 percent dark chocolate will net 200 mg of the antioxidants, and that's the recommended daily “dose.”



DIET SODA AND YOUR HEART

Drinking two or more diet sodas a day can increase your risk of a heart attack or stroke by 30 percent, according to a recent University of Iowa study.

MEET OUR NEW PHY



NEAL CHUANG, M.D.

Dr. Chuang is a board-certified thoracic and general surgeon who completed his medical degree at the University of Colorado Health Sciences Center. He then spent 10 years at the New York University School of Medicine, where he completed his internship and residency in general surgery followed by a fellowship in cardiothoracic surgery. Afterward, he was at the Mount Sinai School of Medicine in New York City, where he obtained further training in minimally invasive thoracic surgery. Dr. Chuang is accepting new patients at HMC Thoracic Surgeons in Holyoke Medical Center, Suite 404. To schedule an appointment, please call 413.535.4721.



CELSE DIAS, M.D.

Dr. Dias offers comprehensive vascular services, including endovascular surgery, at Holyoke Medical Center. Dr. Dias is board-certified in vascular surgery and general surgery. He completed a fellowship in vascular surgery and a residency in general surgery at Stony Brook University in New York. Dr. Dias' clinical areas of interest include abdominal aortic aneurysms, carotid disease, endovascular approaches to peripheral vascular disease, varicose vein disorders, dialysis access and wound care. He is accepting new patients at HMC Vascular Surgeons in Holyoke Medical Center, Suite 404. To schedule an appointment, please call 413.535.4721.



RENUKA DULALA, M.D.

Dr. Dulala is a board-certified specialist in hematology and oncology. After attending medical school at Osmania Medical College in Hyderabad, India, she went on to complete the Primary Care Internal Medicine Residency Program at the University of Connecticut. She then finished a fellowship in hematology and oncology at Long Island Jewish Hospital. Dr. Dulala is a member of the Massachusetts Medical Society and the American Society of Clinical Oncology. She is currently accepting new oncology and hematology patients at Holyoke Medical Center. To schedule an appointment, please call 413.534.2543.



MARTIN LESSER, D.O.

Dr. Martin Lesser, family medicine provider, received his medical degree from the New York College of Osteopathic Medicine. He completed a rotating internship at Coney Island Hospital and his residency in family medicine at the Catholic Medical Center of Brooklyn and Queens. Lesser is also a lieutenant colonel in the Massachusetts Army National Guard. Dr. Lesser is currently accepting new patients in the Chertoff Medical Building, 1236 Main Street, Suite 201, in Holyoke. To schedule an appointment, please call 413.536.7040.



SANDIP T. MARU, M.D., FACS

Dr. Maru, a board-certified vascular and general surgeon, is also a certified wound specialist. He is certified by the Undersea & Hyperbaric Medical Society for hyperbaric oxygen therapy and is a registered physician for vascular interpretation. With a medical degree from the University of Medicine and Dentistry in New Jersey, he went on to complete his general surgery residency at Monmouth Medical Center and a vascular surgery fellowship at the State University of New York at Buffalo. Dr. Maru offers comprehensive vascular services, including endovascular surgery, and is accepting new patients at HMC Vascular Surgeons in Holyoke Medical Center, Suite 404. To schedule an appointment, please call 413.535.4721.



JOHN MAZZUCCO, M.D., FACS

Dr. Mazzucco is a board-certified general surgeon. After attending Fairfield University in Connecticut, he went on to Loyola University Chicago-Stritch School of Medicine in Maywood, Ill. He completed his residency at Waterbury Hospital Health Center in Connecticut, where he was chief surgical resident in 1992 and 1993. Dr. Mazzucco is accepting new patients at HMC General Surgeons at 10 Hospital Drive, Suite 104, in Holyoke. To schedule an appointment, please call 413.532.1411.

PHYSICIANS

A DOZEN DOCTORS HAVE JOINED THE HOLYOKE MEDICAL CENTER FAMILY, EXPANDING OUR SERVICES IN THE PIONEER VALLEY.



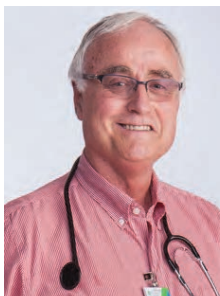
ELIZABETH J. NOYES, D.O.

Dr. Noyes is a board-certified family practitioner. After attending the College of New Jersey, she went on to the University of Medicine and Dentistry of New Jersey, School of Osteopathic Medicine. She completed her residency in family medicine at the Forbes Health System in Monroeville, Pa., where she served as chief resident from 1993 to 1994. Dr. Noyes is accepting new patients with Western Mass Physician Associates at 10 Hospital Drive, Suite 305, in Holyoke. To schedule an appointment, please call 413.533.2452.



DAVID PIERANGELO, M.D.

A board-certified rheumatologist, Dr. Pierangelo brings his expertise to patients of Holyoke Medical Center. After attending Tufts University Medical School, he went on to complete a residency in internal medicine at Baystate Medical Center. He then finished a fellowship in rheumatology at the University of California, Irvine. Dr. Pierangelo is a member of the American College of Rheumatology. He is currently accepting new patients at Holyoke Medical Center Rheumatology, 575 Beech Street, Suite 402, Holyoke, and 75 Springfield Road, Suite 3, Westfield. To schedule an appointment, please call 413.534.2682.



JAMES PRIBULA, M.D.

Dr. Pribula, a board-certified pediatrician, is also certified in pediatric advanced life support and neonatal resuscitation. A graduate of St. George's University School of Medicine in Grenada, West Indies, he brings 30 years of experience to pediatric care for infants through adolescents in the Pioneer Valley. Dr. Pribula is accepting new patients at Western Mass Pediatrics, located at 10 Hospital Drive, Suite 201, in Holyoke. To schedule an appointment, please call 413.534.2800.



L. WILLIS ROBERTS, M.D.

Dr. Roberts, a general surgeon, attended Brown University for both his undergraduate and doctor of medicine degrees. He began his surgical residency at University Hospital, Stony Brook, N.Y., and completed his residency at Lehigh Valley Hospital Center in Pennsylvania. He also served in the Army Medical Corps. Dr. Roberts is currently accepting new patients at HMC Specialty Surgeons, 2 Hospital Drive, Holyoke, and 75 Springfield Road, Suite 3, Westfield. To schedule an appointment, please call 413.540.5048.



LAKI ROUSOU, M.D.

Dr. Rousou is certified by the American Board of Surgery and the American Board of Thoracic Surgery. Dr. Rousou attended the Boston University School of Medicine before completing an internship and residency in general surgery at New York University Langone Medical Center. He completed a fellowship in cardiothoracic surgery at Yale New Haven Hospital in Connecticut as well as a research fellowship in cardiothoracic surgery at Harvard Medical School/Beth Israel Deaconess Medical Center in Massachusetts. Dr. Rousou is accepting new patients at HMC Thoracic Surgeons in Holyoke Medical Center, Suite 404. To schedule an appointment, please call 413.535.4721.



HARI SUBRAMANIAN, M.D.

Dr. Subramanian is board-certified in echocardiography and nuclear cardiology. After attending Kilpauk Medical College in India, he went on to finish a residency in internal medicine at Abington Memorial Hospital in Abington, Pennsylvania. He then completed a cardiology fellowship at Hahnemann University Hospital in Philadelphia. Dr. Subramanian is a member of the American College of Cardiology. He is currently accepting new patients at Holyoke Medical Center Cardiovascular Specialists. To schedule an appointment, please call 413.534.2870.

A close-up photograph showing a healthcare professional's hands, one with a gold ring, applying a white gauze bandage to a patient's arm. The patient's arm is resting on a light-colored surface. The background is softly blurred, showing a clinical setting with a window and some medical equipment.

HELPING WOUNDS HEAL

WHEN AN OPEN CUT OR SORE
PROVES INTRACTABLE, A SPECIAL
WOUND CARE CENTER CAN HELP.



Amy Pierno

FOR MOST OF US, a cut, sore or other open wound is a minor inconvenience—spray some antibiotic on it, cover it with a plastic bandage, and it heals in a few days. But for

people with diabetes or another condition that causes circulation problems or nerve damage, wounds can sometimes prove stubbornly resistant to traditional treatment. And a chronic wound is susceptible to infection and can even lead to a stay in the hospital and, worse, to amputation.

Fortunately, this fall Holyoke Medical Center (HMC) will open a new Wound Care Center to provide state-of-the-art care for patients with stubborn or resistant wounds—right in the Holyoke area.

The center will be located on the medical center campus at 18 Hospital Drive in the space formerly occupied by Western Mass Pediatrics, which has relocated to 10 Hospital Drive, Suite 201. The space has been thoroughly renovated to accommodate the special equipment needed to treat chronic wounds.

That equipment, which includes two hyperbaric (high-pressure) oxygen chambers, will make a remarkable difference in the treatment of wounds over the past decade or so, says Amy Pierno, the Wound Care Center's program director, who is a certified wound specialist and a physical therapist. "Advanced therapies have helped to heal wounds that were previously never expected to heal," she says. "We used to accept the fact that certain wounds could be around for months or years. Now we are more aggressive in diagnosing their causes and addressing them, so

we can close them faster. As a result, we are seeing a reduction of hospital admissions and amputations, and that has improved life expectancy."

This new service is being offered in partnership with Healogics, a nationally known wound healing company, but will function as an outpatient department within Holyoke Medical Center. HMC decided to open its own wound care center, Pierno says, because many patients were coming in with wounds and not receiving specialized help, or were having to leave their hometown for that care.

"We want to streamline care and communication for those patients and their primary care doctors," she says. "Patients would always prefer to stay with their local hospital team. And we can work closely with primary care physicians and home care providers to reduce the frustrations that can come with trying to heal chronic wounds."

While wounds are often related to complications of diabetes, they can also be caused by non-diabetic circulation diseases, obesity, damage from radiation used to treat cancer or trauma from accidents. They can also be worsened by poor nutrition, lack of movement, excessive alcohol consumption or smoking, weakened immune systems and aging.

For some kinds of wounds, hyperbaric oxygen therapy may be recommended. In this treatment, patients sit inside a special chamber. The air pressure inside the chamber is about two and a half times greater than the normal pressure in the atmosphere—hence the term hyperbaric. This pressure helps the blood carry more oxygen to organs and tissues in the body, which can help some wounds heal faster.

Wounds may also require a process known as debridement. This involves removing dead skin and tissue to assist

the healing process. Other treatments may include management of any infection with topical or medication treatments, skin substitute therapy (a less invasive form of skin grafts) or negative pressure therapy (pulling the air out of a closed dressing to create a vacuum, which improves blood flow).

Along with these treatments, advances in bandages and dressings have helped wound patients heal faster. "It's a lot more than just selecting a band-aid," Pierno says. "There are dozens of options to use." These dressings are used in combination with special gels and ointments, some of which contain materials produced naturally by the body that help wound-healing cells grow. Follow-up care, when needed, will include help managing diabetes, weight and medications, in collaboration with the patient's primary care doctor.

The Wound Care Center will be staffed by a medical director, a hyperbaric oxygen technician, a nurse manager, a wound care nurse and an administrative assistant. Along with the hyperbaric oxygen chambers, there will be five treatment rooms. It will be open five days a week, and requires a referral and appointment.

"We are really excited to bring this service to the community," Pierno says.

TO LEARN MORE

If you have any questions about wound care or the Wound Care Center at Holyoke Medical Center, please call 413.535.4740.

» FACTS & FIGURES ON WOUNDS

■ 6.7 million patients suffer from non-healing wounds.

■ There are more than 29 million diabetes patients in the U.S., almost 10 percent of the population, and their ranks are expected to grow by 2 percent per year over the next decade.

■ Each year, 2.5 million patients age 75 and older suffer from a pressure ulcer.

■ Wounds are becoming a larger burden to the healthcare system because of an aging population and the increasing prevalence of diabetes and obesity.

Source: Healogics



SCREENING SAVES A LIFE

REGULAR MAMMOGRAMS
ENABLE A HOLYOKE WOMAN
TO BE TREATED FOR BREAST
CANCER BEFORE THE
DISEASE HAS SPREAD.



MARGARITA COLON KNOWS SHE WAS

lucky. "If I had waited another year, it would have been too late," says Colon, 49, of Holyoke. She is talking about breast cancer; "I was very blessed they caught the cancer in time."

She was also very smart, because she was vigilant in getting yearly mammograms, which is the best way to detect breast cancer at its earliest and most treatable stages. Colon—who has five children, ages 14 to 31, with her husband, Raul Vazquez, 47, a materials scientist with Bayer—earned that awareness the hard way. Her mother died from breast cancer at the age of 56, and her mother's father and older brother lost their lives to other types of cancer. "My mother's oncologist said that her daughters have to start getting mammograms early," Colon says. "I have been getting them since I was 35, and I go every year."

It was at her regular screening in July 2014 that her radiologist detected what was thought to be calcium deposits in her left breast. A second mammogram confirmed that something was there, so surgeons took a biopsy. It was breast cancer, but stage 1, meaning the mass was still small—1.5 centimeters—and had not spread. Because it was caught so early, her surgeon was able to perform a lumpectomy in August 2014 to remove the tumor and nearby lymph nodes. That was followed by chemotherapy and then radiation treatments, which ended this past March.

Her experience is a far cry from her mother's, thanks to modern medicine. "Radiology has advanced during my career, partly because of technology," says Steve Urbanski, M.D., chief of radiology at Holyoke Medical Center. "When I started in the mid-1980s, the quality of mammography was not like the quality today. Over the last few decades the American College of Radiology has devoted tremendous effort to standardizing the ways we perform and

report mammography. In the old days you'd see TV shows where someone was holding an X-ray up to a light box. That was how we did it. Now we read images on computer workstations with large monitors that allow high resolution and focus."

Treatments have improved as well. "Biopsies are now simpler and less invasive," the doctor says. "When I was in training a biopsy was done through open surgery in the operating room. Now it can be performed in an office setting, takes 30 minutes with a needle through the skin, and is painless." Finding cancers earlier means more women can have a lumpectomy instead of mastectomy, which not only stops the spread of cancer, it also provides better cosmetic results after surgery.

"Although Holyoke is a community hospital, we have all the things you'd find in a larger institution," says Dr. Urbanski. "We have a comprehensive breast program from screening to total treatment. It starts with imaging and biopsy and includes pathology, surgeons, support programs, and medical and radiation oncology. You don't have to leave the area—everything is provided here."

As soon as she fully recovers, Colon plans to return to work as a consultant to organizations that help the developmentally disabled. And she vows to promote breast cancer awareness to other women. "Get your yearly mammogram and check yourself in the shower before and after your period," she advises. "It's good to know your body, so you can notice any changes in it. You can always be the first person in your family to get cancer. I am the second in my family, and that made me more conscious of it, more careful and more faithful to my mammograms. My mother had stage 4 cancer and her ending wasn't happy. So it is very important that women get screenings every year. It saves lives—it really does."



Deborah Panitch, M.D.

SURGICAL OPTIONS FOR BREAST CANCER

"Many women still believe that survival is always better with mastectomy, but that is not true," says Deborah Panitch, M.D., a general surgeon at Holyoke Medical Center with a special interest in breast surgery. "As long as you are an appropriate candidate for lumpectomy, there is no advantage with mastectomy."

Dr. Panitch describes the options available for breast cancer surgery:

■ **Lumpectomy.** "This involves removing the area of disease with a small amount of surrounding normal tissue. It is recommended for invasive and noninvasive breast cancers measuring 5 centimeters or less or encompassing less than 25 percent of the breast volume. For invasive cancers, evaluation of the lymph nodes with sentinel lymph node biopsy generally is done at the same time. After recovery from surgery, radiation therapy commonly is administered to reduce the risk of cancer recurrence."

■ **Mastectomy.** "Generally not required, this may be needed to treat larger cancers or multiple cancers in the same breast. Sentinel lymph node biopsy usually is done at the same time. Reconstructive surgery may be done after mastectomy, and the process often is started at the time of the mastectomy and completed later."

■ **Oncoplastic surgery.** "This newer technique combines a lumpectomy with rearranging the remaining breast tissue for a better cosmetic result. It may be appropriate for some women."



Victor Colon Vázquez
of Holyoke with
physical therapist
Josh Mull.

AT THE CORE OF REHAB

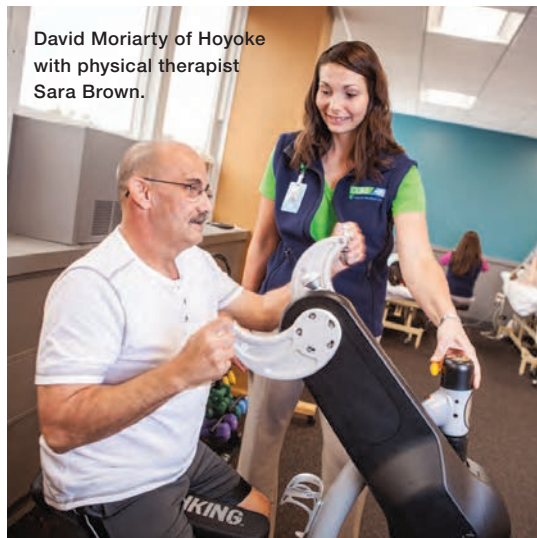
THE NEWLY EXPANDED
CENTERS OF REHABILITATION
EXCELLENCE OFFER SERVICES
THROUGHOUT THE REGION.



IT USED TO BE CALLED THE DEPARTMENT OF PHYSICAL, Occupational, Cardiac and Pulmonary Rehabilitation at Holyoke Medical Center (HMC)—a mouthful to be sure. And though that moniker accurately described the services that it provided, both the name and the structure of those services were ripe for updating. That's why HMC has been working for the past year to renovate the existing rehab space on the hospital campus, expand into new satellite locations in surrounding communities and, last but certainly not least, change the name of the department to the Centers of Rehabilitation Excellence, or CORE.

At the core of CORE's transition is the continued growth and demand for rehab services in the region, according to

David Moriarty of Holyoke
with physical therapist
Sara Brown.



Trisha Neill, manager of the department. “We knew we had tremendous potential, and we finally had the opportunity to bring a strong vision to reality,” she says. “We have great clinicians offering fantastic care, but we were almost unnoticed. We wanted to showcase our skills, and in order to do that we had to make transformative changes, including renovations.”

These changes will mean creating three new facilities, in West Springfield, Chicopee and South Hadley. “Our goal is to deliver the same care that we offer on the hospital campus in settings that are closer to where people work and live,” explains Neill.

As a result of the renovations, the 30-year-old on-campus rehab center now features an open floor plan that can accommodate state-of-the-art equipment such as treadmills, stationary bikes and elliptical machines. There’s also open floor space for dynamic balance and functional activities. The entire space was re-floored in recycled rubber, which provides added traction and cushion for patients and staff members.

Aesthetic enhancements include a new color scheme—“a soft cream with blue and green accents, which ties into the hospital’s logo colors,” Neill says—as well as offering an expanded and redecorated waiting room. “It’s a welcoming and refreshing space with all new furniture and amenities to help family members feel comfortable while they wait for their loved ones to receive their care.”

That care is also changing—for the better. Patients now can receive extended sessions as prescribed by a therapist, which are longer and more frequent than was possible before the facelift. “No one wants to be in therapy longer than they need to be, and our role is to help expedite the process and return patients to a pain-free, healthy lifestyle,” she notes. “Being able to accommodate patients with continuity and expanded care is absolutely key to recovery.”

CORE’s clinical and support staff has nearly doubled in size—from 16 to more than 30, according to Neill. She expects continued growth and hiring as the new locations are established. Neill also hopes to expand CORE’s vision into a robust schedule of community programs at senior centers, health fairs and hospital-sponsored events. “We want to get our name out there and ultimately serve more people,” she says. “It’s very exciting to have the support from our referral sources who entrust their patients to us, and for us to give back to the community.”

Holyoke Medical Center’s motto, says Neill, is “‘the best place to receive care and the best place to work,’ and we want to deliver that to our patients and employees. HMC is a community hospital where everyone knows everyone, both within the hospital and within the community. It’s important that we deliver respectful, kind and compassionate care. That speaks very loudly to who we are and what we strive to do every time.”

CORE OFFERINGS

The Centers of Rehabilitation Excellence (CORE) at Holyoke Medical Center offer the following outpatient and inpatient rehab services:

Physical therapy. CORE provides physical therapy for a wide range of people—teenagers to seniors. “Many issues are related to injuries, illnesses and aging, including orthopedic, neurologic, vestibular and musculoskeletal diagnoses,” says Trisha Neill, manager of CORE. “As people age and want to stay active, we treat more

patients with arthritis and joint replacements. They do very well with physical therapy intervention.”

Many of the physical therapists carry advanced doctoral degrees and numerous specialty certifications, and stay current with continuing education training, according to Neill.

Occupational therapy. At CORE, occupational therapists devote most of their time to the rehabilitation of hand injuries and disabilities. They work closely with the physicians to deliver collaborative care to patients. The therapists carry advanced certifications to treat patients for hand therapy and lymphedema, a common

complication of breast cancer surgery.

Cardiac and pulmonary rehab.

CORE provides specialized, structured rehab programs to meet the needs of those patients who may have had heart attacks, heart surgery or chronic lung disease. This service line includes trained staff ranging from exercise physiologists to nurses to respiratory therapists and physical therapists. The educational components of the rehab programs extend even further to include a panel of healthcare professionals and physicians.

If you have questions about the services and locations of CORE, please call 413.534.2555.

STRETCH YOUR EXERCISE DOLLAR

WANT TO BE FIT PHYSICALLY AND FINANCIALLY TOO? HEED THESE 8 TIPS.

SO, LIKE NEARLY EVERYONE, YOU have a goal of dropping a few pounds and getting back in shape. But you're watching your wallet too—and again, you've got lots of company. Can these two lofty ambitions actually coexist? With some crafty maneuvering, the answer can be a resounding “yes!” As Brett Fischer, president and CEO of Gr8FITness, a website devoted to helping people achieve their fitness goals, says: “One can get in great shape without spending a lot of money.” Here are some strategies for getting these two unruly rascals—fitness and finances—on the same page.

1 Negotiate your gym membership rate. Gyms face a lot of competition and can be persuaded to negotiate their rates. It may pay to sign up when gym sales are typically slow (summer and toward the end of the year) and they're more eager to sign up members. A good negotiating tip: Ask the gym to write off the initial membership fee if there is one. And find out if there's a discount for paying up front for the year.

2 Simplify your workout gear. Do you really need to spend more money to be seen with a logo? Go with generic, low-cost workout clothing until you can afford the logo-wear...or feel you've trained hard enough to earn it as a reward.

3 Gather information and become your own “expert.” “The most effective way to save money on fitness is to do your own research,” says Fischer. Become knowledgeable

about dieting and training, and you can reach your health and fitness goals faster and more efficiently, saving you money and time.

4 Go back to basics. There's no reason to blame your financial situation for getting out of shape. Rent workout DVDs from the library, start a walking group or put on a pair of shorts and go jogging. Cost: \$0.

You can do a tough workout using only your bodyweight (remember push-ups and pull-ups?) and a minimum amount of equipment (jump rope, bands). Alternatives like these may not be cool, but they're effective. Modern weight training machines are great—if you can afford them. If not, use your creativity and make use of what you have. Does your house have stairs?

5 Join a group; there's health in numbers. From sharing a personal trainer to joining a health food co-op, there are savings in numbers. Join up with like-minded people and pool your resources. If no group exists, start one.

6 Get the most out of freebie apps and websites. Apps that do everything for you and websites that give you detailed, customized information are a blessing. Check out 7 Minute Workout, a high-intensity program; Simply Yoga, which provides 20-, 40- and 60-minute sessions; and YogaYak,

which can guide you to free yoga classes. Count calories, get fitness advice and receive community support from websites like sparkpeople.com and myfitnesspal.com. You'll also find free workout programs at thetumblogym.com/workout.

7 See if your company will kick in something. Some employers will give you a rebate on your gym membership—it more than pays for itself with lower healthcare costs. “Employers look at workplace wellness programs as investments,” says Lacie Glover of NerdWallet, a website dedicated to helping people make smarter buying decisions. Your company may also have corporate rates from gyms. According to Glover, “Securing a group rate is one of the most affordable investments an employer can make.”

8 Consider pre-owned equipment. There's a *huge* market in used home exercise equipment because many people don't have the drive that you do, nor are they as careful with their money. Most fitness equipment stores—both online and brick-and-mortar—that sell new equipment also sell pre-owned. But your preference should be to buy from the previous owner, who's likely anxious to get rid of it. Check out the offerings on ebay.com too.





PACK HEALTHY!

FOLLOW THESE 5 TIPS TO MAKE LUNCH A NUTRITIOUS SUCCESS FOR YOU AND YOUR KIDS.



Zoraida Rodriguez, R.D.

NOBODY SAYS IT'S EASY. GETTING your child to “eat healthy” can be a challenge even at your dinner table. Packing a lunch that will be eaten in the relative freedom of the school cafeteria—where it’s tempting to toss away unwanted items or trade them for a cupcake—can seem like a big undertaking. But it’s worth the effort because studies have shown that children who eat healthy, balanced meals are more alert throughout

the school day and get higher grades than those who have an unhealthy diet.

Zoraida Rodriguez, R.D., knows all about this, both as a registered dietitian with Holyoke Medical Center and as the mother of two school-age boys. “As parents we have to provide our kids with healthy choices, and then their job is to pick from those choices,” she says. Rodriguez offers these tips to help you prepare nutritious lunches that your kids will actually eat.

1 THINK SAFETY FIRST. “The most important thing is to keep cold food cold and hot food hot,” Rodriguez says. “Be sure to use ice packs to keep perishable foods cold, particularly dairy products like yogurt, cheese and milk.” Rodriguez also tells her own children to eat perishable foods first—and not save them for an after-school snack to prevent spoilage. (To learn more about food safety, check out the web-site foodsafety.org.)

2 AIM FOR BALANCE. Try to include at least four of the five food groups: fruits, vegetables, grains, dairy and protein. “Encourage your kids to eat fruits and veggies as snacks,” she suggests, “and limit empty-calorie snacks like chips and cookies to once or twice a week.”


3 GET KIDS ON BOARD. When children take part in food selection and preparation, they’re more likely to eat what they pack, according to the dietitian. “When my little one helps make lunch he eats everything that he chose,” Rodriguez says. “When I do it myself, there are always some items left.”

4 EXPAND THE OPTIONS. Carrot sticks and celery stalks can get boring fast. Other ideas for keeping things varied include low-fat or Greek yogurt, hummus, a hard-boiled egg, trail mix (without nuts, depending on your school’s rules), homemade rollups (wrap a slice of deli turkey around string cheese), bean salad with corn and peppers, and pasta salad with tuna or chicken, made with olive oil instead of mayonnaise.

5 BE PERSISTENT. Often, it takes time for kids to try new foods let alone like them. Don’t give up! “Even when your children refuse to eat something, include it in their lunch anyway,” she advises. “The more they see it, eventually we hope they will try it.” A stealth approach may help. “Sneak things in—add some spinach or shredded carrots to a sandwich,” says Rodriguez. She tried that trick with her oldest son. “It took a few weeks, but he likes spinach and carrots now—even for breakfast,” she says with a laugh.

the promise of RED PEPPER

ITS SPICY COUSINS MAY WIN MORE FAME, BUT THIS SWEET-TASTING VEGGIE IS PACKED WITH DISEASE-FIGHTING NUTRIENTS.



IN CULINARY TERMS, THE RED BELL PEPPER IS A vegetable, but botanically it's actually a fruit—just like tomatoes. No matter. Whichever bin you drop it in, you've got a nutritional superfood. In fact, red peppers are some of the most nutrient-dense vegetables you can eat, boasting 30 different antioxidants, which protect the body from damage caused by free radicals.

POWER UP

One medium red pepper provides a hefty 253 percent of your daily value of vitamin C and 74 percent of vitamin A. It's also a very good source of B₆ (17 percent), folic acid (14 percent) and fiber (10 percent). And it's high (second only to tomatoes) in the antioxidant lycopene, which can help prevent cardiovascular disease, lower your risk of certain types of cancer and lessen the likelihood of chronic inflammation. Red peppers are potent when it comes to eye health too: They're rich in lutein and zeaxanthin, which combat macular degeneration. Added bonus: One medium red pepper contains just 37 calories, making it an ideal snack for waist-watchers.

BUY • STORE • SERVE

Choose red peppers with deep color, taut skin and stems that look green and fresh. They should feel heavy for their size and firm enough so that they only "give" slightly to a small amount of pressure. If you'll be eating your peppers in a day or two, there's no need to refrigerate them. Beyond that, unwashed peppers will keep in the fridge for 7–10 days; wrap them in a damp paper towel. Options for incorporating red peppers into your daily diet are limited only by your creativity: add finely chopped pepper to soups, stews and tuna or chicken salad; toss sliced pepper into stir-fries and green salads; dip slices into hummus or low-fat ranch dressing for a healthful snack or appetizer.

DID YOU KNOW?

Bell peppers come in a palette of colors—green, yellow, orange, red—and the difference in their hue is a matter of maturity. Spicy-crunchy green peppers are harvested before they are fully ripe. When left on the vine, they usually turn yellow-orange and then red. Since red peppers spend more time on the vine before being picked, they're sweeter, have a higher nutritional content and are more expensive.

The ACE

Awards

A RED CARPET EVENT IN SUPPORT OF HOLYOKE MEDICAL CENTER

Saturday, October 24, 2015
MassMutual Center • 5:30 PM

Please join us as Holyoke Medical Center presents the ACE Awards, a celebration honoring Dr. Samuel Mazza and Angela Wright for their outstanding dedication and hard work on behalf of the Holyoke community. Also being honored are select members of the Valley Health Systems staff who exemplify exceptional care.

Enjoy dinner and entertainment as we acknowledge those whose dedication and selflessness make our Medical Center and our community better places to live and work.

To purchase tickets or for more information, please contact Denise Rebmann at rebmann_denise@holyokehealth.com or (413) 534-2579.



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