



VALLEY

health & life

Coming Soon:

NEW EMERGENCY DEPARTMENT

CUTTING-EDGE
BREAST CARE

RHEUMATOLOGY:
RELIEF FOR ACHES

HOME-GROWN
SUPERFOODS



SPRING FORWARD

DEAR FRIENDS,

Happy spring! Here at Valley Health Systems, the spring of 2017 has been a topic of conversation for two years now and we are excited for it to finally be upon us. The end of this season will be marked by the completion of the new Emergency Department and Medical Office Building.

The current Emergency Department, originally built to accommodate 15,000 patients annually within its 8,200 square foot space, has been challenged with treating over 44,000 patients each year. Although physically confined, the limited space has not affected our ability to provide awesome care—our patient satisfaction scores are in the 95th percentile.

The new Emergency Department will increase the size of the department to over 20,000 square feet. This transformation will allow us to provide the same high quality treatment to our patients in a more comfortable and dignified way.

We are proud to soon open “The Emergency Department Our Community Deserves,” especially given the limited resources available as a stand-alone independent community hospital. In the face of much larger competition, and through the dedication and hard work of exceptional staff, HMC has been able to create an alternative, high quality, low cost health care choice for the Pioneer Valley.

While being independent, we know that we cannot do it alone. **Care. Commitment. Community.** The Campaign for Holyoke Medical Center[™] is about halfway to its goal of raising \$3 million. It is with the support of many that this building will become a reality and I hope you will consider joining us in that support.



Best Regards,

SPIROS HATIRAS

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



New TMS Service

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A nutrition powerhouse that's tasty, tender and easy to prepare.



**Valley Health
Systems, Inc.**

■ HOLYOKE MEDICAL CENTER

575 Beech Street, Holyoke
413.534.2500

■ HOLYOKE VNA HOSPICE LIFE CARE

575 Beech Street, Holyoke
413.534.5691

■ RIVER VALLEY COUNSELING CENTER

319 Beech Street, Holyoke
413.540.1100

■ WESTERN MASS PHYSICIAN ASSOCIATES

10 Hospital Drive,
Suite 301, Holyoke
413.535.4714

HEALTHY HABITS

FOR YOU AND YOUR FAMILY



EAT FRUIT, BE HAPPY

You already know that taking in the recommended daily amounts of fruits (two cups) and veggies (three cups) has health benefits, but new research shows that eating more—eight cups per day—can boost your happiness.

—American Journal of Public Health

COUNTERACT THE EFFECTS OF THAT DESK JOB

You don't have to worry about being stuck at your desk for hours on end—as long as you're exercising an hour or more each day, that is. A recent meta-analysis of 16 studies of more than 1 million people found no correlation between how much time people spent sitting and how soon they died—as long as they stayed active.

—The Lancet



Vitamin A gets an 'A' for allergy relief

Eating a diet high in vitamin A and fiber can beat food allergies by boosting the immune system. It's believed that fiber helps bacteria in the stomach make short-chain fatty acids, which control allergic reactions, while vitamin A helps those cells function at peak performance.

—University of Australia



8.9 MILLION

The number of fractures that occur annually worldwide. To combat osteoporosis, get plenty of exercise and eat a diet rich in calcium, protein and vitamin D.

—American Bone Health



5+

The number of servings of nuts per week that folks need to eat to reduce inflammation, which is linked to heart disease and cancer. Walnuts are especially heart healthy because they're chock full of omega-3s.

—Brigham and Women's Hospital



FOR THE RECORD

WELLNESS EVENTS

HMC WEIGHT-MANAGEMENT PROGRAM INFORMATION MEETINGS

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. It will be presented monthly in Holyoke, Westfield and West Springfield. For more information, visit www.HolyokeHealth.com/Events or call 413.535.4757

QUIT SMOKING SEMINAR

Join Seneca Egan, RN, BS, BSN, a Tobacco Cessation Specialist, for our READY, SET, QUIT seminar. Topics will include: Learning About Your Triggers; Developing Coping Skills; How to Use Medications, and How to Remain Smoke Free. **DATE:** Wednesday, May 17, 2017 **TIME:** 5:30 PM **PLACE:** HMC Auxiliary Conference Center. Register at www.HolyokeHealth.com/Events or call 413.534.2789

MEN'S HEALTH EXPO

DATE: Wednesday, June 21, 2017
TIME: 11 AM - 1 PM. Join Holyoke Medical Center for a men's health fair in the main lobby. We invite you to come and take a tour of the services available to support men and a healthy lifestyle. The following lectures will take place in the HMC Fran Como Conference Room:
11 AM: Orthopedic Health Q&A with Dr. Instrum, HMC Orthopedic Center
11:30 AM: It's About How We Live with Jami-Lynn Lamy, Holyoke VNA & Hospice Life Care
12 PM: Man Down: Understanding Men's Response to Trauma with Michael Chunyk, MSW, LCSW, River Valley Counseling Center
12:30 PM: Urological Health Q&A with Dr. Berry, HMC Urology Center
Take the time to take care of yourself (or a male loved one!) and collect all of the health information you need. You can have your blood pressure checked, schedule a colonoscopy, bring your medications and questions for the pharmacist, and enter a free raffle for prizes! Pre-register for the lectures at www.HolyokeHealth.com/Events or call 413.534.2789.





This rendering shows the front entrance to the new 22,000-square-foot emergency department, which will have 40 private treatment areas.

CAPITAL CAMPAIGN

To Bring New Emergency Department and More

THE NEW FUNDRAISING CAMPAIGN FOR HOLYOKE MEDICAL CENTER WILL BRING KEY ENHANCEMENTS FOR THE COMMUNITY.



Peter Connor,
Campaign Chairman

THERE'S A LOT OF EXCITEMENT IN THE AIR AT HOLYOKE MEDICAL CENTER.

Staff and community members alike are anticipating the improvements that will be made possible by *Care. Community. Commitment. The Campaign for Holyoke Medical Center*. The campaign seeks to raise \$3 million to fund a new emergency department, much-needed additional outpatient-care space, and the purchase of cutting-edge diagnostic and surgical technologies.

"Being an attorney in Holyoke and a resident, I know that the medical center is critical to the health of the city and the region," says Peter Connor, chairman of the campaign committee. Over the past 15 years, Connor has served on the board of directors for both the medical center and its parent organization, Valley Health Systems. "The medical center is not only important for community members, but also for employers," he says. "If an employee is hurt or becomes ill, it's vital that there's an excellent hospital nearby."

The jewel of the expansion will be a new state-of-the-art emergency department. It will be more than double the size of the existing ED, enabling the hospital to better accommodate the 45,000 patients who rely on Holyoke Medical Center for emergency care each year. This new 22,000-square-foot facility will reduce wait times and provide 40 private treatment areas, 12 of which will be dedicated to behavioral health.

Connor remembers the time his wife developed a potentially life-threatening issue after a fall. "She received a quick diagnosis and excellent treatment," he says, "but it became clear to me that a modern ED that can comfortably accommodate the number of patients who need it is fundamental to the continuing success of our community hospital."



The new emergency department's patient-reception area, shown here in a rendering, will be a bright and welcoming space.



Eliza Childs, one of Alice Smith's four daughters, holds a portrait of her mother, who included a generous gift to Holyoke Medical Center in her will. "Alice believed in supporting her community with her talents and her treasure," says Eliza.

Alice N. Smith: A Lifetime of Service

For Alice Smith (born Newton), family was everything and community a close second. She was born and raised in Holyoke, and raised her own family here. "My mother was a gracious lady with a warm smile and a wonderful laugh," says Eliza Childs, one of Alice's four daughters. "She was well read, always pleasant and an energetic and organized volunteer. She believed in supporting her community with her talents and her treasure. It was, I believe, a trait passed down in her family, but my mother excelled at it."

After graduating from Vassar College in 1936 and working for a few years as a bookkeeper and secretary in Boston, Alice married Benjamin W. Childs, also a Holyoke native, in 1943. When Ben finished his service in the U.S. Navy, the couple returned to Holyoke. Alice gave birth to their four daughters at Holyoke Hospital (as it was then called). Sadly, her youngest daughter, also named Alice, died of leukemia at the hospital in 1956. "My father, who was born at home and later died at home, was never admitted to any hospital in his lifetime," says Eliza. "But most of the rest of us have been there at one time or another."

For the Childs family, Holyoke Medical Center has been a partner in sickness, but also in health. Alice was an active volunteer, and a very capable one. She was involved with the Holyoke Hospital Aid Association, serving as chairman and in many other roles. In the 1930s, she was one of the original Spinsters, founding the annual ball that was a successful fundraiser for the hospital for nearly 50 years. Alice also served on the hospital's board of directors and was chairman of several Follies shows (a series of fundraising musical revues featuring local talent), treasurer for the coffee shop, an honorary co-chair of the 1993 centennial celebration, and more.

After the death of her first husband, Alice married William H. Smith, a former president of the Holyoke Savings Bank, in 1993. Alice died November 18, 2015, leaving more than \$375,000 in her estate to Holyoke Medical Center. More valuable still, she left a legacy of love, generosity, and lives made richer for her having touched them.

For more than two decades, the Board of Directors, hospital volunteers, staff and management have hoped to build a new ED. “To see it actually being built now is thrilling,” says Connor.

Above the new ED, a new 20,000-square-foot outpatient facility will house Weight Management, General Surgery, Specialty Surgery and Gastroenterology offices. All these services will have much-needed additional space once they move.

In addition to new patient-treatment spaces, the campaign will fund new technologies such as state-of-the-art MRI, computerized tomography and specialty surgical equipment.

Though just launched this past fall, the capital campaign has already made significant progress toward its goal. Connor points with gratitude to generous donations received from Alice Smith and the Holyoke Hospital Auxiliary Association (see sidebars).

As Connor reflects on the campaign’s name, *Care. Community. Commitment.*, he says: “Those words sum up the feeling of the committee well. Holyoke Medical Center definitely shows these qualities in its daily work. The hospital’s acknowledged success delivering care at lesser cost to all economic levels of the community is clear. As we work hard to reach our goal of \$3 million, the campaign is asking for those same qualities and consideration from the community. HMC has a great story to tell and with the new additions the campaign will make possible, it will be able to remain a strong community resource to all area residents.”

The Auxiliary Association Gives One Final Gift

Ever since Holyoke Medical Center first opened its doors as Holyoke City Hospital in 1893, the Auxiliary Association has been raising funds to support its mission. “I’ve lived in the area my whole life,” says Merle Ryan, a 15-year member of the Auxiliary and its most recent president. “When I started volunteering after retiring from the University of Massachusetts, I realized what a valuable asset the hospital is to the community. I felt very strongly about helping it achieve its goals.”

And that’s just what Merle and her fellow Auxiliary members have done, carrying on a long tradition of raising money for a variety of hospital projects, from purchasing medical equipment to updating a waiting room and remodeling the coffee shop.

As more families have come to rely on two incomes, the Auxiliary has had to accomplish its goals with fewer and fewer volunteers. Last year the group had to dissolve. But it went out with a bang: The Auxiliary’s final gift to the hospital—\$254,000—brings total donations over the years to nearly \$2 million. “That represents a lot of fundraising,” says Merle.

Some of the ways the Auxiliary raised money included a monthly craft fair and an annual apple-pie sale. “Hospital staff and Auxiliary members would bake pies for people to buy and take home



Left to right: Linda Healy, Merle Ryan and Patricia McNiff, members of the auxiliary board of directors, tour the construction site of the new emergency department.

for Thanksgiving,” says Merle. “We also used to put on fundraising galas with dinner and dancing, and wine tastings—those were hugely successful and fun to do.”

With regard to the current capital campaign and the improvements it will bring, Merle is thrilled. “The new emergency department is going to be fabulous,” she says. “The existing ED is tiny—much too small for the community. I’ve seen renderings of the interior of the new ED, and it’s the most modern, up-to-date ED in the whole area.”

In addition to being part of the Auxiliary, Merle has volunteered at Holyoke Medical Center as a patient representative. “Time and time again patients would rave about how well they were treated and the excellent care they received,” she says. “That personal touch is really important and gives tremendous value to the community. Many patients told me that Holyoke was their first-choice hospital because of the care they received.”

Merle credits the staff for making the hospital such a valued part of the community. “All the way from the housekeepers to the president, everyone believes in their job and believes in the hospital,” she says.



Excitement is building: Construction on the new emergency department is nearly complete.

» Although the construction will be complete this spring, the campaign will continue through the end of September with the close of our fiscal year. Any donations received by then will help us to meet our financial goals for the year. Please consider making a contribution with the included donation envelope, or to make a secure gift online and learn more about the campaign, please visit <http://holyokehealth.com/Support-HMC/>

Targeting Depression

TRANSCRANIAL MAGNETIC STIMULATION (TMS) THERAPY CAN BRING RELIEF WHEN ANTIDEPRESSANTS DON'T WORK.

HOLYOKE MEDICAL CENTER has a new weapon in its arsenal to fight depression: Transcranial Magnetic Stimulation (TMS) therapy. TMS uses a strong magnet to activate a specific area of the brain, which can alleviate depression symptoms in people who aren't helped by medication.

"It's a noninvasive treatment with targeted magnetic pulses," says Kirsten Lindgren, a technician for the TMS Service at Holyoke Medical Center. "We're the only hospital in the area offering TMS therapy."



HMS is the only area hospital offering Transcranial Magnetic Stimulation (TMS) therapy. Above: Kirsten Lindgren, a technician for the TMS Service, demonstrates with co-worker Cynthia Gonzalez in the chair.

WHO QUALIFIES?

People who suffer from depression may be eligible for TMS therapy if antidepressants haven't improved their symptoms or if they're unable to tolerate the medications. To qualify, patients meet with a psychiatrist who works in the TMS Service department—Tedd Ackerman, M.D., Alice Graham-Brown, M.D., or Piyush Johari, M.D.—who would need to confirm a history of depression without improvement. Most health insurance companies cover TMS therapy for patients who meet the criteria.

Because the magnet is placed near the head during treatment, patients who have metal in their head or neck, such as an aneurysm clip or implanted electrodes, won't be eligible. "No permanent metal within a foot or so of the magnet," says Dr. Ackerman, chief of the department of psychiatry at Holyoke Medical Center. "Patients can have other metal in their bodies: The foot, knee, stomach or shoulder, for example."

THE TMS SESSION

Patients receiving TMS therapy are usually treated five days a week for four to six weeks. Each session is a little more than half an hour. During therapy, patients recline in a special chair. They can watch TV, listen to music or talk. A coil containing the

magnet is placed on the head in a specific location that has been mapped out by the treating psychiatrist.

"The target area is always the same: the left prefrontal cortex," says Dr. Ackerman. "It's an area involved in integrating behavior, mood and reasoning, and has connections to deeper parts of the brain that regulate sleep, energy and appetite."

MINIMAL SIDE EFFECTS

Any side effects should be mild and temporary. "You might have a transient headache or discomfort at the treatment site, where the coil is," says Lindgren, the TMS technician.

TMS therapy doesn't affect your ability to function. "There's no sedation, no confusion and no problems driving," says Dr. Ackerman, "and none of the typical antidepressant side effects like nausea, sexual dysfunction and weight gain."

TMS therapy has been FDA-cleared to treat depression since 2008. Half of patients who undergo treatment improve significantly, and one-third of patients become symptom-free.

"A lot of patients don't benefit from medication and suffer for months or years," says Dr. Ackerman. "This is something that offers a possibility to decrease suffering. Depression is a significant cause of lost work time and stress on the family and marriages. Anything that helps people to function, to reintegrate into their families again, is a wonderful thing."



Tedd Ackerman, M.D.



Your Breast Health Center

NEW FACILITY IS SET TO PROVIDE STATE-OF-THE-ART CARE IN BREAST-CANCER DETECTION AND TREATMENT.

EVERY TWO MINUTES, a woman is diagnosed with breast cancer. So it's important to get recommended mammograms and take advantage of the most current technology available for detection and treatment of the disease.

Holyoke Medical Center's new Breast Health Center has technologies you won't find anywhere else in Western Massachusetts—and top medical experts—to make sure you receive the absolute best breast care.

The center's Medical Director, Steven Schonholz, M.D., F.A.C.S., is a board-certified breast surgeon and a pioneer in research, early detection and treatment of breast cancer. He has established a high-risk screening program and developed diagnostic treatments that have helped thousands of patients.

"A lot of mammography facilities don't have a program to identify women who are at high risk for breast cancer and may need additional screening," says Dr. Schonholz. "Every woman who comes to us for a mammogram is evaluated. If she has risk factors or family history, we can do a consultation for risk assessment."



Steven Schonholz, M.D.

To Learn More:

Join Dr. Steven Schonholz, Medical Director of the new HMC Breast Health Center, as he discusses the state-of-the-art services offered by the Breast Health Center, and how those services can help with early detection of breast cancer.

Date: Wednesday, May 24, 2017

Time: 5:30 PM

Place: HMC Auxiliary Conference Center



RISK ASSESSMENT

Women in high-risk categories meet with Dr. Schonholz, who asks about several generations of the family tree. “We want a family history going out three to four generations,” he says. “Parents, siblings, aunts, uncles, cousins, nieces, nephews and grandparents. We have a specialized form that we use to collect the necessary information.”

Dr. Schonholz offers genetic testing to patients who may have gene mutations that increase cancer risk. His panel of tests reaches well beyond breast cancer genes BRCA1 and BRCA2. “There are more mutations that can cause breast cancer, ovarian cancer, colon cancer, stomach cancer, uterine cancer, pancreatic cancer and melanoma,” says Dr. Schonholz.

SCREENING AND DIAGNOSIS

The Breast Health Center screens patients with 3D mammography. “The machine takes multiple images of the breast, like a CT scan does,” explains Dr. Schonholz. Compared to traditional mammography, this technology is more effective at discovering cancer in dense breast tissue, and has a lower rate of false positives for women who don’t have cancer.

Other imaging studies used to detect breast cancer include ultrasound and MRI, which sometimes are ordered for high-risk individuals or to identify specific areas of the breast that look suspicious on a mammogram.

If breast imaging confirms a suspicious finding, Dr. Schonholz performs a biopsy, removing a small sample of breast

tissue for analysis in the laboratory to determine whether the cells are cancerous. “We’re the only hospital in the area that can do a biopsy under 3D mammography,” says Dr. Schonholz, “and one of the few hospitals in the U.S. to have this capability.”

In 3D stereotactic breast biopsy, the surgeon uses images from a 3D mammogram to pinpoint the exact location in the breast from which to take tissue for analysis. The system positions the biopsy device (a fine, hollow needle) to that exact location, and tissue samples are extracted. Advantages of 3D-guided biopsy include greater precision, a shorter procedure time and less total X-ray exposure than biopsy guided by standard mammographic X-rays.

SURGICAL CARE

Some women with gene mutations that increase breast-cancer risk opt for bilateral prophylactic mastectomies—surgical removal of both breasts as a precaution. “Having a genetic mutation turns the normal risk of breast cancer, 7 to 8 percent by the age of 70, up to almost 80 percent by age 70,” says Dr. Schonholz. “Somebody with a genetic mutation faces a choice: whether to do bilateral mastectomies, with or without reconstruction, because the risk is so high.”

Insurance companies pay for breast reconstruction after mastectomy, whether or not a woman has cancer. Patients are expertly cared for at the Breast Health Center. “I do the mastectomy, and the plastic surgeon does the reconstruction,” says Dr. Schonholz. “We work as a team.”

Though the need for such significant preventive measures is not common, the need for regular mammograms is nearly universal for women. Early detection and treatment of breast cancer significantly improve patient outcomes—and save lives.

What’s Your Risk?

7 FAMILY-HISTORY FACTORS THAT CAN AFFECT YOUR BREAST-CANCER RISK.

Understanding your family medical history can play a crucial role in determining your risk level for breast cancer. Factors that increase risk include:

- A first-degree relative (parent, sibling, child) with breast cancer under age 50.
- A blood relative with ovarian cancer at any age.
- Any relatives who had breast cancer more than once.
- Three or more relatives on the same side of the family with breast cancer.
- A male relative with breast cancer.
- A family history of breast cancer in someone of Ashkenazi Jewish heritage.
- A known breast cancer gene mutation in the family.

The Breast Health Center can help you make a proactive, informed decision about your breast health. Learn more at <https://www.holyokehealth.com/breastcancer>, where you can download our free guide, *What’s Your Risk?* For an appointment, call 413.535.4795.



RHEUMATOLOGY: NOT JUST FOR JOINTS

IS IT ARTHRITIS, AN AUTOIMMUNE DISEASE OR SOMETHING ELSE? RHEUMATOLOGISTS ARE ON THE CASE.



**Marie-Claire Maroun,
M.D.**



**Samuel McArthur,
P.A.-C.**

WHEN YOUR JOINTS ARE ACHY OR SWOLLEN AND your muscles are sore, a rheumatologist can help. Doctors in the Holyoke Medical Center rheumatology department can diagnose and treat your condition, whether it's run-of-the-mill arthritis or a rare autoimmune disease.

"Most people think our specialty is joints and joint pain," says Marie-Claire Maroun, M.D., a rheumatologist at Holyoke Medical Center. "This is an important aspect of what we do, but most of the conditions we treat are autoimmune diseases, which are systemic diseases that affect most organs of the body."

Dr. Maroun recommends making an appointment with a rheumatologist if you have muscle or joint pain that doesn't go away after about four weeks, and is not resolving with conservative measures



The Many Faces of Arthritis

Marie-Claire Maroun, M.D., Rheumatologist

Did you know that arthritis is a term applied to several different conditions, each with its own causes? Join Dr. Maroun as she explains the difference between inflammatory and non-inflammatory arthritis, and discusses when to seek a rheumatologist.

Date: Thursday, May 11, 2017

Time: 5:30 PM

Place: HMC Auxiliary Conference Center

and over-the-counter medications. “The earlier you are treated, the better your prognosis will be,” says Dr. Maroun. “The research in the rheumatology field is booming and we have a lot of new medications we can use.”

When you visit the office, you’ll be interviewed about your medical history and your symptoms. “We’ll ask a series of questions,” says Samuel McArthur, P.A.-C., certified physician assistant in the rheumatology department. “What hurts? What makes it worse? What have you done that makes it feel better?”

You’ll also receive a complete physical exam. “Patients will say, ‘I’m here for my joints,’” says Dr. Maroun. “Unless they’re coming for really specific shoulder pain, or symptoms without any other systemic symptoms, they should expect a complete physical exam, not just a joint exam. Basic blood-work. And sometimes we need some X-rays, too.”

Treatment depends on the specific diagnosis, but it’s very common to receive medication and physical therapy. Patients also may receive a handout with information about exercises that can be done at home to help improve flexibility.

For some painful joints, patients may need steroid or lidocaine injections to find relief. If eyes or mouth are dry, special eye drops or synthetic saliva can be prescribed. If patients get rashes across the face in direct sunlight, they may be directed to wear hats and sunscreen and stay indoors in the height of the afternoon.

For rheumatologists, it’s important to keep tabs on each patient’s condition and confirm that medication and other treatments are helping. “When patients are well treated and monitored, the brain or the kidneys or the lungs won’t be affected,” says Dr. Maroun. “Patients who keep follow-up appointments help to ensure that any chronic conditions improve or remain stable, instead of worsening.”

What do rheumatologists treat?

Some of the common conditions that rheumatologists treat include:

- **Fibromyalgia**—a disorder that causes widespread musculo-skeletal pain, fatigue and issues with sleep, memory and mood.
- **Osteoarthritis**—the most common form of arthritis, caused when the protective cartilage between bones wears down.
- **Lupus**—an autoimmune disease in which the immune system attacks the body’s own tissues and organs, leading to chronic inflammation.
- **Rheumatoid arthritis**—an autoimmune disorder that can damage a variety of body systems.
- **Tendinitis**—irritation or inflammation of a tendon.
- **Scleroderma**—a group of rare diseases that cause the skin and connective tissues to tighten and harden.
- **Osteoporosis/osteopenia**—related conditions that lead to weakened bones that break easily.
- **Sjögren’s syndrome**—an immune-system disorder that causes dry mouth and dry eyes, and often occurs with rheumatoid arthritis and lupus.

It Takes a Team

Your rheumatologist may refer you to different care providers as part of your treatment, including:

A physical therapist. You may need some help with mobility or flexibility as you get used to living with your condition. “Physical therapy is one of the mainstays of our treatment,” says Marie-Claire Maroun, M.D., a rheumatologist at Holyoke Medical Center. “We want to keep the muscles strong so the patient is able to function and do daily activities comfortably.”

A dietitian. Eating right can help you lose weight, which can help to improve some health conditions.

A therapist. People with autoimmune diseases or conditions that limit their mobility may need mental health counseling. “If you’re in chronic pain, that is one major reason for depression,” says Dr. Maroun. “Chronic pain keeps patients from functioning normally. Anybody who isn’t able to live life normally like he or she used to do a few months ago will be feeling down or depressed.”

NUTRITION

A woman and a young girl are working together in a garden. The woman, wearing a beige sweater and a grey apron, is holding a white watering can and pouring water into a wooden planter box. The girl, wearing a black and white striped shirt and yellow gloves, is holding a small blue watering can. They are both smiling and looking down at the plants. The planter box is filled with dark soil and several green leafy plants. The background is a soft-focus outdoor setting.

SUPERFOODS YOU CAN GROW EASILY AT HOME

BUMP UP YOUR HEALTH BENEFITS BY TAKING THESE NUTRITION DYNAMOS FROM GARDEN TO TABLE.



WANT TO RAMP UP YOUR ANTIOXIDANT intake, boost your health and feel more energized? You can start by integrating a few select superfoods into your diet. We've chosen nutrient-dense dynamos that are easily grown in a home garden, and fare well in our region.

Most of these superfoods don't take up a lot of square footage in the garden, and also will thrive in outdoor containers, or inside on a windowsill. Taking vitamin-rich produce from garden to table gives you the freshest food available, with the greatest possible health benefits.

THE BOUNTY OF BLUEBERRIES

They grow well locally and are chock-full of vitamins, minerals, antioxidants and fiber. A hardy blueberry patch will yield bounty for years to come, and kids love to pick the berries every summer.

Spring is the ideal time to plant blueberry bushes. For best results, choose a sunny spot with acidic soil that has been amended with organic material, like peat moss. Add two to four inches of mulch to protect the shallow roots, and water regularly. Fertilize about one month after planting. Finally, blueberries are catnip for birds, so be sure to cover your bushes with netting.

HERBS THAT PACK NUTRITIONAL PUNCH

Mint is a nutritional superstar that will amp up your smoothies. Other uses? Stir fresh mint into hot or iced tea, or snip into Mediterranean salads, dips and entrees. Mint is loaded with antioxidants, and is a natural antimicrobial agent and breath freshener. High in chlorophyll, fresh peppermint helps reduce inflammation in the gut and soothe an upset stomach. So much

so that it's sometimes used to bring relief to patients with irritable bowel syndrome. Mint spreads rapidly in the garden. To control the creep, plant in a confined outdoor space or a container.

Parsley, best known as a garnish, is delicious when blended into pesto and chimichurri sauce, or chopped into an array of soups and salads. Loaded with iron and vitamins C, A, K and B-12, parsley may help relieve joint pain, and some studies show it can inhibit tumor formation. Parsley seeds are slow to sprout. To give them a boost before planting, cover in warm water and let stand overnight. Parsley can be planted in pots indoors or out in the garden two to three weeks before the last frost. It likes moist, nutrient-rich soil and does best in partial shade or full sun.

SUPER SEEDS AND SPROUTS

More than ever, nutritionists are touting the benefits of seeds and sprouts. Chia can be eaten in both forms. Chia seeds, which have a mild, nutty flavor, can be eaten whole—sprinkled on cereal or yogurt, mixed into vegetable or rice

dishes, added to sauces, or baked into muffins.

Sprouted chia has even more vitamins and minerals, and is a tasty addition to salads, soups and sandwiches. Chia sprouts are tiny workhorses, high in omega-3 fatty acids, protein, fiber, antioxidants, calcium and magnesium.

Chia sprouts grow happily in a sunny indoor spot. (Remember the Chia Pet®?) Use the sprinkle-sprouting method: Add equal amounts of chia seeds and bottled spring or filtered water to a shallow glass baking dish. After an hour, tilt the dish to pour out the water, leaving behind the moistened chia seeds. Cover the tray with foil or a plastic lid to trap in the moisture, but leave one corner slightly open.

Keep the seeds in a warm place. After about four days, they'll sprout into seedlings, and when they're about one-half inch long, it's time to taste! Leftovers? No problem—you can store them in a sealed container in the refrigerator for two weeks.

One caveat: If you're taking blood-pressure medications or blood thinners, ask your doctor before eating chia, which can interact negatively with some of those medicines.



HOW YOU RATE:

- 7 boxes checked:

Good for you!

- 0–6 boxes checked:

Take steps to improve **your** safety.

This isn't one of those quizzes where you can congratulate yourself on a less-than-perfect score. If you failed to mark even one box, it's time to start working to improve your safety habits.

TAKE OUR ACCIDENT PREVENTION QUIZ

ARE YOU DOING ALL YOU CAN TO KEEP YOU AND YOUR FAMILY FREE FROM ACCIDENTAL INJURY? **ANSWER THESE 7 QUESTIONS—HONESTLY—AND SEE HOW YOU RATE.**

HOSPITAL EMERGENCY ROOMS TEND TO BE WELL-EQUIPPED, efficient places, but you don't want to visit one if you don't have to. So keep those thumbs away from that power saw, check your home for frayed electrical cords, and take the quiz below for a quick accident-prevention review.

The two biggest causes of preventable accidents are motor-vehicle collisions (among younger adults) and falls (among adults age 55 and older). So, while a prudent lifestyle warrants many kinds of safety precautions, we've focused our quiz on those two danger areas. Check the boxes below if you can truthfully make these statements:

☐ **1 "I'M ALWAYS AN ATTENTIVE DRIVER."** That means you never talk or text on your phone behind the wheel—and you also avoid eating, drinking and reaching for objects while driving. A recent report suggested that 80 percent of car crashes were caused by distracted drivers.

☐ **2 "I DON'T SPEED."** The faster you're going, the more severe your injuries will be if there's a sudden collision.

☐ **3 "I KEEP MY VEHICLE WELL MAINTAINED AND MAKE ADJUSTMENTS PRIOR TO GETTING UNDER WAY."** That means putting in gas and oil promptly when needed, keeping tires at an adequate pressure and adjusting mirrors and setting temperature controls before you start driving.

☐ **4 "I ALWAYS WEAR MY SEAT BELT WHEN I DRIVE OR RIDE IN A CAR."** An easy one, right? When you're in an accident without a seat belt, the risk of death increases by 45 percent, and of serious injury by 50 percent.

☐ **5 "I REGULARLY CHECK OUT ALL MY MEDICATIONS—including those prescribed by SPECIALISTS—with my primary care doctor."** You don't have to be behind the wheel to have an injury-causing accident; it can happen in a simple fall at home, especially if you're over 55. And side effects of medications—particularly when medications for different problems are taken concurrently—can make falls more likely. It's a good idea to review all your medications periodically with your doctor. And definitely let him or her know if you've been feeling unsteady on your feet. There may be some medications contributing to the problem that you could be weaned off.

☐ **6 "I EXERCISE REGULARLY."** The stronger and more flexible you are, the smaller your chances of a fall. Regular walking, swimming, yoga and tai chi are all great exercise options to build strength and flexibility.

☐ **7 "I KEEP MY HOME FALL-PROOFED."** Remove hazards on stairways, hallways and walkways. Make sure your home is well lit, and if there are any seniors living with you, install grab bars in the bathroom and non-slip pads or carpets on stairs.



Almighty ASPARAGUS

LOADED WITH NUTRIENTS, THESE SPIRITED SPEARS ARE PACKED WITH POWERFUL HEALTH BENEFITS.

THIS SPRINGTIME GREEN VEGETABLE IS TENDER, TASTY, easy to prepare and packed with nutritional benefits. So maybe it's time to make these succulent stalks a menu regular in your home.

POWER UP

Asparagus helps the heart in several ways. It's rich in fiber, which can reduce risk of cardiovascular disease, and full of inflammation-fighting antioxidants. It also packs plenty of B vitamins, which help regulate the amino acid homocysteine, high levels of which can be a danger to your arteries. What's more, one ½-cup serving of this powerhouse vegetable provides 57 percent of your daily requirement of vitamin K (which helps blood clotting and strengthens bones), and 34 percent of the daily requirement for folate (needed to produce DNA and to help the body's cells divide properly). Asparagus also contains a type of soluble fiber that helps us absorb nutrients by supporting the colon's probiotic bacteria. You get all that—and distinctive taste too—for only 20 calories!

BUY/STORE/SERVE

Choose stalks that are round and neither fat nor twisted. The stems should be firm and thin with deep green or purplish closed tips. To store your spears, wrap a damp paper towel or cloth around the ends and place in your fridge. Try to consume asparagus within 48 hours of purchase, when it's at its best both in taste and nutritional value. Pre-cooking prep is minimal. Use a vegetable peeler to remove the outer skin of the stem's thicker bottom portion, which tends to be tough and stringy. Don't cut the tips off! Wash asparagus under cold water to remove any grit and then cook stalks whole to maintain nutrients. Serve asparagus as a side dish by sautéing in your choice of vegetable broth, chicken broth or olive oil, or by roasting in the oven, lightly sprinkled with Parmesan cheese. In the mood for a breakfast with a difference? Asparagus makes a flavorful addition to any omelet. Or liven up that lunchtime salad by chopping up asparagus spears—raw or cooked—and tossing them into the mix.

10

GROWTH RATE:
UP TO 10 INCHES
IN 24 HOURS.

3

TIME FROM
SEED TO HARVEST:
3 YEARS.

15-20

A PERENNIAL VEGETABLE
THAT PRODUCES FOR
15-20 YEARS.

20

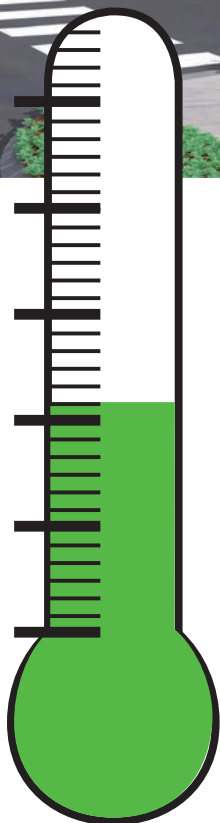
OF 300 VARIETIES,
ONLY 20
ARE EDIBLE.



**\$3M
Goal**

\$2M

\$1M



Community Hospital. World-class Goals.

We're half way to raising \$3 million to bring world-class healthcare, including a state-of-the-art Emergency Department, to our community. The Campaign for Holyoke Medical Center is all about people – the thousands who rely on us for care each year and the benefactors who have already contributed over \$1.5 million toward our goal.

Now it's your turn. Make your campaign pledge today online at HolyokeHealth.com/Support-HMC or call our Development Office at (413) 534-2579.

The Campaign for  Holyoke Medical Center