

VALLEY

health & life



**NOW OPEN: NEW
EMERGENCY
DEPARTMENT**

**ACE
LIFETIME
ACHIEVEMENT
AWARDS**

**LUNG CANCER
SCREENING**

**OB/GYN PRACTICE
OPENS IN WESTFIELD**

DEAR FRIENDS,

I hope this summer was enjoyable and relaxing, and that this issue finds you in good health and spirits. For us at Valley Health Systems, it has been an exciting time. We finished our beautiful new Emergency Department in July and enjoyed seeing many of you at our open house events and tours of this state-of-the-art facility. Once again, we were overwhelmed by the outpouring of support and excitement from the community. We received many, many gifts, small and large, and are now just \$500,000 short of our goal of \$3 million. We have included a pledge form on the back cover of this issue for anyone who would like to participate and contribute to our campaign. No gift is too small to be meaningful to us, and we appreciate support at any level.

I am also very happy to report that treating patients in this new facility is just as wonderful as we expected it would be. It is modern, spacious, quiet, and in time of pain and anxiety, our staff can offer the reassuring healing touch our patients deserve in the best environment possible. The emergency behavioral health unit offers respite to those in crisis in a dedicated, calm environment and has been well received.

We are also quite busy. Since our opening, many more patients choose to have care at Holyoke Medical Center, and we are happy and ready to serve them.

We have moved our surgeons, our weight-management program and the gastroenterology department to our new, gorgeous second-floor offices above the Emergency Department.

This fall, we are excited to host our third annual ACE awards on Saturday, October 7th, 2017, at the UMass campus in Amherst. In addition to honoring our staff in the categories of best physician, caregiver, supporting employee and leader, we are also honoring two Lifetime Achievement Award recipients: Mrs. Esmat Ezzat and Mr. Thomas Hazen. We hope many of you will be able to join us for a great evening to honor our award recipients and celebrate a year of many accomplishments.



Best Regards,

SPIROS HATIRAS

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



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**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



PHONES AND KIDS

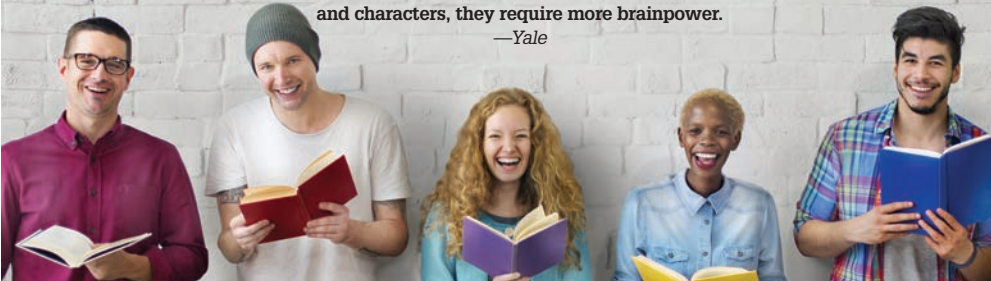
What's the right age to let youngsters have a smartphone? According to parents in a recent study, 11.9 years is the average age they say they gave kids a phone.

—Family Online Safety Institute

BOOKWORMS LIVE LONGER

Folks who read books more than 3.5 hours a week had a 23 percent decrease in mortality compared with those who didn't read at all. And those who averaged 3.5 hours of book reading had a 17 percent lower risk. Researchers theorize that because books are longer and more complicated than, say, websites and streaming screens, and have more complex plots and characters, they require more brainpower.

—Yale



SODA AND DIABETES

Drinking one to two cans of soda daily puts you at a 26 percent greater risk of developing Type 2 diabetes than those who ban the beverage. Think diet is better? People who drink one can daily are 2.9 times more likely to have an ischemic stroke and three times more likely to develop dementia than those who don't touch the stuff. —Stroke



CURB ROAD RAGE

You're 78 percent more likely to be in a car crash if you're an angry driver—so stay calm.

—Centre for Addiction and Mental Health



FOR THE RECORD

WELLNESS EVENTS

WOMEN'S HEALTH EXPO

Whether you're looking for information on breast health, osteoporosis, heart health, nutrition or menopause, you'll find it here!

DATE: Wednesday, October 11, 2017

TIME: 8 a.m. to 1 p.m.

PLACE: HMC Main Lobby

EARLY DETECTION: BREAST-CANCER SCREENING

Join Dr. Steven Schonholz as he discusses the state-of-the-art services offered by HMC's new Breast Health Center, including two brand new procedures, and how these services can help with early detection of breast cancer.

DATE: Tuesday, October 24, 2017

TIME: 5:30 p.m.

PLACE: HMC Auxiliary Conference Center

ALZHEIMER'S DISEASE

Millions of people in the U.S. suffer from dementia, and Alzheimer's is the most common type. Come and learn about Alzheimer's and other types of dementia, how they present, are diagnosed and managed. Speaker: Dr. M. Zubair Kareem, Neurologist. This is an informal discussion. Bring your questions on any topic related to dementia.

DATE: Thursday, November 9, 2017

TIME: 5:30 p.m.

PLACE: HMC Auxiliary Conference Center

DIABETES WELLNESS FAIR

Featuring free blood-pressure screening, flu shots, type 2 diabetes risk-test questionnaire, chair massage, raffles and more! Educational Resources: Preventing Diabetes Related Complications—Skin, Foot, Dental, Eye and Ear Health

DATE: Wednesday, November 15, 2017

TIME: 3 to 7 p.m.

PLACE: HMC Auxiliary Conference Center

To register for these programs, visit www.holyokehealth.com/events or call 413.534.2789



HEALTHY LUNCHES KIDS LOVE

FOUR TIPS TO HELP YOU PACK SCHOOL LUNCHES THAT TASTE GOOD TO KIDS AND ARE GOOD FOR THEM, TOO.

HOW DO YOU PACK a school lunch that's healthy, but has enough kid appeal that even the pickiest eater won't trade it or toss it? In general, focus on foods that are low in sugar, trans fats and high-fructose corn syrup, but provide plenty of brain-boosting vitamins and minerals—and a dash of fun. Here are some packed-lunch ideas to keep your conscience clear and your children satisfied.

Applewiches

Switch carb-loaded bread out for pairs of crisp apple slices, filling the space between with your choice of cheese, almond butter or peanut butter. (Check the rules regarding peanut products at your child's school.) Applewiches are a good source of brain-friendly vitamin B6, protein and folic acid. If you're using a nut spread, mix a few raisins in for a sweet surprise that adds fiber and iron.



Colorful veggies and hummus

Kids love to dip their food, and if they're dipping raw vegetables into calcium-rich, uber-healthy hummus, so much the better. If hummus doesn't pass your child's taste test, pack some low-fat ranch dressing. For dippers, try crunchy slices of cucumber, carrot sticks, slices of red pepper or sugar snap peas.



Cheese wheel and crackers

Pump some calcium and protein into those growing bones by putting a fun spin on cheese and crackers. Individually packaged cheese mini-wheels travel well, and are fun to open and eat. (Check the ingredients to be sure you're getting a real, rather than processed, cheese product.) Add whole-wheat crackers and you're good to go.



Easy add-ons

Kids love lots of little items at their disposal. Tossing a yogurt "squeezer" (Greek yogurt packs more protein) or prepackaged fruit smoothie in with lunch is easy to do and keeps calcium, protein and B12 flowing. Look for brands and flavors with less sugar.





OB/GYN PRACTICE NOW OPEN IN WESTFIELD

WESTFIELD WOMEN CAN NOW ENJOY THE CONVENIENCE OF HIGH-QUALITY OB/GYN CARE CLOSE TO HOME.

AFTER BRINGING A NEW PHYSICIAN into their Holyoke-based practice, Western Mass OB/GYN has opened a new office in Westfield. The new physician, Yi-Lo Yu, M.D., is excited to be providing care in a location that's convenient for Westfield women. Along with her colleagues Gretchen Loebel, M.D., Marc Zerbe, M.D., and the certified nurse midwives of Midwifery Care of Holyoke, Dr. Yu practices patient-centered care.

"I want women to feel empowered to make their own decisions about their health care, so I share all the options with the best evidence to support those decisions," says Dr. Yu, who is a Diplomate of the American Board of Obstetrics and Gynecology and a Fellow of the American College of Obstetrics and Gynecology.

After earning her medical degree at the University of Minnesota Medical School, Dr. Yu completed her residency at the University of Connecticut School of Medicine. Dr. Yu also holds both bachelor's and master's degrees in Neuroscience and Behavior from Wesleyan University, and is very experienced in minimally invasive surgery.

Dr. Yu provides standard OB/GYN services, including but not limited to annual exams, PAP tests, birth-control counseling, treatment for heavy periods, colposcopy, prenatal care and testing for sexually transmitted diseases (STDs).

Patients can expect the same high-quality care they receive at Holyoke Medical Center in a more convenient location.

Western Mass OB/GYN is affiliated with The Birthing Center at Holyoke Medical Center. This is the first and only Baby Friendly hospital in the area. The Baby Friendly designation is a global program launched by the World Health Organization and UNICEF. It recognizes facilities that offer optimal care for mothers and babies. The Baby Friendly program helps recognized facilities give mothers the information, skills and confidence they need to begin and continue breastfeeding or feeding infant formula safely. The program also works with hospitals to promote mother-baby bonding.

Making sure that women are well informed with the most current medical information is vital to making sure they have the tools they need to make important health-care decisions. "I really believe in patient autonomy," says Dr. Yu, "and I like to guide the patient with evidence-based medicine." This philosophy of patient-centered care drives Western Mass OB/GYN and ensures that patients receive the highest-quality care. Now, they can receive that care in Westfield, too.

Westfield Appointments

Currently, Dr. Yu offers appointments on Mondays (all day) and Wednesdays (afternoon only) in the new Westfield office, with expanded hours and staffing likely in the near future.

**WESTERN MASS
OB/GYN WESTFIELD**
94 North Elm Street,
Suite 102
Westfield, MA 01085

■ To make an appointment, please call 413.534.2826



YI-LO YU, M.D.



NOW
OPEN

ALL-NEW EMERGENCY DEPARTMENT

MORE SPACE AND PRIVACY AND
ADVANCED TECHNOLOGY MAKE
HOLYOKE MEDICAL CENTER'S NEW ED
AN EXCEPTIONAL COMMUNITY RESOURCE.

ON JULY 6, Holyoke Medical Center's new Emergency Department opened. Growing from 7,000 square feet to more than 20,000 square feet, the new facility has added not only space, but state-of-the-art features as well. Located next to the main hospital entrance, the ED entrance can be accessed via Hospital Drive or Corser Street in Holyoke.

The new ED was funded as part of the medical center's capital campaign, called *Care. Community. Commitment. The Campaign for Holyoke Medical Center*. The \$3 million campaign also made it possible to add new space for Weight Management, General Surgery, Specialty Surgery and Gastroenterology, and funded the purchase of new technologies, including a state-of-the-art MRI machine, computed tomography and specialty surgical equipment.



Opposite page: The official ribbon-cutting ceremony took place July 6, 2017, with many staff, local and state officials on hand to celebrate. Left and below: The new Emergency Department offers private rooms and a spacious check-in area with abundant natural light. Bottom: Several members of the Emergency Department staff gathered in front of the new Emergency Department entrance.

Paul Russo, M.D., Chief of the Emergency Department, is excited about what he describes as a big benefit to the community. "Having a new, cutting-edge facility that gives patients privacy in their time of need provides great benefit for area residents," he says.

The new ED has several enhanced features, most notably that each room is private. In contrast to the previous ED, in which only certain rooms had certain capabilities, all rooms in the new facility are stocked the same, enabling the medical team to care for any patient, whatever their need, in any room. Every room also has telemetry monitoring, which allows staff to monitor patients' vitals from the nursing station, a feature previously available in only a few rooms.

Talking about other expanded services within the ED, Dr. Russo says, "we now have X-ray and CT scan facilities right in the department, and have 24/7 staff for those resources." This allows patients to be assessed within the ED, with staff available any time of the day or night.

Another huge benefit: The new department includes a separate behavioral health unit. Previously, patients coming in with a mental health issue were treated within the general ED. "We had limited space for people who were in crisis. They were spread among all the other patients, and in a stressful situation, which was not ideal," says Dr. Russo. "Now we have a whole unit with 12 beds, a gathering room with a couch and TV, and a separate nursing staff and station. Everyone has their own private room to be evaluated."

The new ED benefits the Holyoke community by providing the best possible equipment, technology and facilities to patients in their greatest time of need. The staff will be better able to care for patients, and patients will benefit from having privacy when they most need it. Thanks to wide-based community support of the capital campaign, area residents can feel confident, knowing that the highest-quality medical care is available right here in the Pioneer Valley.



PAUL RUSSO, M.D.



INSPIRED TO GIVE

READ WHY THESE DONORS DECIDED TO GIVE BACK TO OUR COMMUNITY HOSPITAL THROUGH **CARE. COMMUNITY. COMMITMENT.** THE CAMPAIGN FOR HOLYOKE MEDICAL CENTER.



LEFT: Barbara Bernard. RIGHT: John H. Hazen, President of Hazen Paper Company, and his father, Thomas Hazen.

GENEROUS CONTRIBUTIONS from individuals, families and area companies have allowed Holyoke Medical Center to make investments in state-of-the-art facilities and new technologies, including the new Emergency Department. The many reasons people chose to support our community hospital can best be expressed in their own words.

■ BARBARA BERNARD

"During the last campaign, I contributed the patient-admitting room and I am doing the same for the new outpatient waiting room. The wonderful care given to me, my family and so many of my friends by Holyoke Medical Center, and the fact that this hospital is the largest employer in my city, has always made me grateful for its existence and very much aware of how much our community needs it. This new emergency room, and in fact the entire new building, are long overdue. The citizens of the Pioneer Valley are fortunate to have this outstanding facility with state-of-the-art equipment and superior staffing. I hope so much that every person in this part of western Massachusetts will contribute to this fundraising."

—Barbara Bernard

■ HAZEN PAPER COMPANY AND THE HAZEN FAMILY

"Hazen Paper employs more than 200 people in Holyoke, and we view Holyoke Medical Center as a vital resource for the health and safety of our employees. My father, my siblings and I were all born at Holyoke Hospital. The Hazen Family has deep ties in the community. Hazen Paper believes

in supporting our community, which we also do by offering the 'World Is Our Classroom' program, inviting every fifth-grade student in Holyoke to spend the day in our factory learning how to make paper."

— John H. Hazen, President, Hazen Paper Company

■ JEFFERSON RADIOLOGY

"Jefferson Radiology is very pleased to join the Holyoke community in support of the new Emergency Department. The expanded medical services will truly benefit so many and will positively impact the local community and western Massachusetts for generations to come. Holyoke Medical Center not only provides the highest-quality, compassionate care, but does so in a uniquely friendly, collaborative and team-spirited environment. Everyone is so personally engaged and supportive of one another."

— Steven R. Urbanski M.D., board-certified radiologist at Jefferson Radiology and Chairman of the Department of Radiology at HMC

■ PEOPLESBANK

"Holyoke Medical Center plays such an important role for the City of Holyoke and the surrounding area. PeoplesBank was founded in Holyoke more than 130 years ago, and is headquartered here today, so we share a concern for the health and well-being of the community. Supporting the HMC Emergency Department capital campaign was an easy decision for us. It's just the right thing to do."

— Matthew Bannister, First Vice President, Marketing & Innovation, PeoplesBank



THE CAPITAL CAMPAIGN NEEDS YOU!

In support of the Emergency Department our community deserves, the Holyoke Medical Center capital campaign has reached \$2.5 million of its \$3 million goal. Anyone interested in helping with the campaign is invited to submit the pledge form on the back cover of this issue, or call the hospital's Development Department at 413-534-2579.



KEEPING STUDENTS READY TO LEARN

RIVER VALLEY COUNSELING CENTER HELPS KIDS STAY MENTALLY AND PHYSICALLY HEALTHY, IMPROVING THE SCHOOL EXPERIENCE FOR ALL STUDENTS.

RIVER VALLEY COUNSELING CENTER, an affiliate of Holyoke Medical Center, offers on-campus mental health services to students within the school districts of Holyoke, Chicopee, Granby and, beginning this fall, Easthampton. In addition to counseling, the center runs Teen Clinics that provide medical services at Holyoke High School, Peck School and Dean Technical High School.

Offering school-based health care allows families to take advantage of services they may not otherwise be able to access. There is no cost to the school, other than providing a private meeting space, and the student's insurance is billed for health-care services provided.

At a time when school budgets are being cut and "auxiliary services" are going away, River Valley Counseling Center's school-based programs are a much-needed resource.

"When you have kids with high needs, you hurt education by cutting things like counseling services," says Elaine Campbell,



ELAINE CAMPBELL, PSY.D.

Psy.D., Senior Director of Outpatient Services and Clinical Director at River Valley Counseling Center. "Kids aren't available to learn and are misbehaving or distressed, so they're taking energy away from the classroom. Counseling services are critical services; they're not extras."

Jackie Glasheen, former principal at Kelly School and current principal at E.N. White School, agrees. "We feel that social-emotional support is paramount to student performance."

Dr. Campbell explains that school staff identify children they think could benefit from support. "It's not just that we see our student clients for therapy," says Dr. Campbell. "We also consult their teachers and the administration. We become a really integral part of the school team."

"The River Valley counselors build relationships with staff and students," says Glasheen. "They are involved in student meetings, and are an integral part of students' overall academic environment."

Dr. Campbell says her clinicians love what they do. "They're so enthusiastic and amazing and care so much about these kids. It's really neat to see them so passionate about their work and the communities they're in. Working with such dedicated people makes my job a true pleasure."

SUMMARY: RVCC SCHOOL SERVICES

Health-care services received through River Valley Counseling Center programs are billed to the student's insurance (all forms of public and private insurance are accepted) or directly to the parents, but no student will be turned away due to inadequate insurance or a parent's inability to pay.

■ SCHOOL-BASED BEHAVIORAL HEALTH SERVICES

has mental health clinicians at every school in the Holyoke, Chicopee and Granby school districts, and the Zanetti Montessori School in Springfield. Starting this fall, clinicians also will be available in Easthampton schools. In addition to elementary and secondary school programs, RVCC offers behavioral health services on the campus at Springfield Technical Community College.

■ TEEN CLINIC

hours are Monday to Friday during school hours at Holyoke High School, Peck School and Dean Technical High School. These licensed health clinics are staffed by physicians, physician assistants, nurse practitioners and counselors. Available services include immunizations, sports physicals, health education, comprehensive health assessments, physical exams, acute and chronic illness care, lab work and mental health care.



SAVING LIVES BY SCREENING SMOKERS

A NATIONALLY RECOGNIZED SCREENING PROGRAM AT HMC HELPS
DETECT LUNG CANCER WHEN IT'S MOST TREATABLE.



LAKI ROUSOU, M.D.



STEVEN URBANSKI, M.D.

"LUNG CANCER IS A BIG PROBLEM in this country," says Laki Rousou, M.D., a thoracic surgeon and Medical Director of the Lung Cancer Screening Program at Holyoke Medical Center. Though effective screening techniques for breast cancer and colon cancer are now widely used, screening for lung cancer had fallen behind. That changed recently when a screening method was developed that can reduce lung cancer deaths in high-risk patients by 20 percent.

The Lung Cancer Screening Program uses a multi-disciplinary approach to detect and then

treat lung cancer. Eligible patients can be referred to the program by their primary care physicians. Participating patients undergo an annual low-dose CT scan, a type of X-ray. "Patients can look at it as an annual physical for smokers because that's what this is intended to be," says Steven Urbanski, M.D., Chief of Radiology. "There's no preparation for this CT scan," he adds. "You don't have to fast, there's no IV and the scan literally takes seconds."

The doctors look for nodules, or signs that there may be a growth in the lungs. If any are found, follow-up



scans and care will be coordinated. "Many people have small nodules in their lungs, which are aftereffects of infections earlier in life," explains Dr. Urbanski. "That's why it's important to do the annual screening because one of the things we look for is not whether you have a nodule, but how big it is and whether it shows any evidence of growth." The earlier potential lung cancer is detected, the better the treatment options are and the more likely the patient is to survive.

"The goal of the program is to have patients who are as informed as they can be, who are taken care of in a comprehensive manner in conjunction with primary care, and who are part of every step of the pathway," says Dr. Rousou.

Another critical piece of the screening program is the associated smoking-cessation program. "Smoking is related to 90 percent of lung cancers," says Dr. Rousou. "Smoking cessation has to be a part of lung-cancer screening, and it's probably half the benefit you get from a screening program." Studies have shown that 25 percent of smokers who participate in a lung-cancer-screening program are able to quit, whereas the national average is 5 to 7 percent.

Holyoke Medical Center's program is accredited by the American College of Radiology as a Lung Cancer Screening Center. "The program we have is really great," says Dr. Urbanski. "We use standardized reporting; we use a low-dose radiation technique; we're in the lung-cancer registry; and we're a multi-disciplinary team."

The effectiveness of the screening cannot be overstated. "Reducing deaths by 20 percent in high-risk patients is huge," says Dr. Rousou.

Dr. Rousou emphasizes that low-dose CT scan is secondary prevention. "Secondary prevention is good," he says, "But the best thing is primary prevention. With smoking being related to 90 percent of the lung cancers we see, smoking cessation has to be a part of the equation."

Who's Eligible?

To participate in the Lung Cancer Screening Program at Holyoke Medical Center, patients must meet the conditions listed in one of the bullet points below.

- People aged 55–77 who smoked at least an average of one pack a day for 30 years, including people who still smoke or have quit within the last 15 years.

- People aged 50–77 who currently or in the past have smoked at least an average of one pack a day for 20 years. They must also have at least one other risk factor for lung cancer such as emphysema, pulmonary fibrosis, personal history of cancer, family history of lung cancer or exposure to certain substances.



Tips for Quitters

With smoking, the opposite of the old adage is true: Quitters always win. To quit and make it stick, keep these powerful tips in mind.

- 1 FIND YOUR MOTIVATION.** Define a concrete reason to quit, whether it's to improve your health, be a good example for your children or save money.
- 2 BE ACCOUNTABLE TO SOMEONE.** Let friends and loved ones know that you're trying to kick the habit. It will help to keep you honest and on-track, and allow them to lend support along the way.
- 3 DON'T MAKE DEALS WITH YOURSELF.** Letting yourself sneak a cigarette today will only make it harder for you to get through tomorrow.
- 4 DO SOMETHING ELSE.** Find stress-relief alternatives: taking walks, biking, talking to friends, knitting—whatever works for you.
- 5 DON'T LATCH ONTO LAPSES.** There's no shame in stumbling. If you fall off the wagon, don't beat yourself up, just climb back on.
- 6 FIND STRENGTH IN NUMBERS.** Support groups foster a sense of solidarity. HMC offers a FREE Quit Smoking Workshop every Monday 4–5 p.m. Visit www.holyokehealth.com/ events to learn more.



HONORING LIFELONG SERVICE

HOLYOKE MEDICAL CENTER'S ACE LIFETIME ACHIEVEMENT AWARDS
RECOGNIZE OUTSTANDING CONTRIBUTIONS
TO THE HOSPITAL COMMUNITY.

IT'S NOT EASY TO STAND out among all those who are passionately engaged in Holyoke Medical Center's mission: to improve the health of everyone in our community. Still, each year the hospital selects two individuals to recognize for their exceptional service over two decades or more. This year's Lifetime Achievement Award winners are Esmat Ezzat and Thomas Hazen. The awards will be given at the hospital's annual ACE Awards celebration, which takes place Saturday, October 7, 2017 at the University of Massachusetts, Amherst.

ESMAT EZZAT began her 40-year career with Holyoke Medical Center as a speech pathologist. She played a pivotal role in the tremendous growth of the Speech and Hearing Center, a health service that was started by the Junior League of Holyoke in 1962 in response to the large number of children who developed hearing loss due to a rubella epidemic. In 1964, the program was turned over to the hospital, and Ezzat was asked to help develop it.

"The hospital gave me one room, and I started networking with physicians and others in the community, explaining the role of a speech pathologist and what I could do for patients," says Ezzat. Today, the center consists of seven therapy rooms and two audiological suites for hearing testing and the fitting of hearing aids.

Ezzat, who has a master's degree in speech pathology, developed many innovative programs and built a reputation for the center as a regional leader in speech and language therapy. A hallmark of Ezzat's philosophy is collaboration. "I never worked as a speech therapist alone," says Ezzat. "I had the opportunity to learn from a

tremendous team of physicians, dentists, physical therapists, and so many others."

In addition to running the Center, Ezzat continued to be an active speech and language therapist. "I gave therapy until my last day working there," she says. "It has been my passion." Ezzat retired from the hospital in 2007.

THOMAS HAZEN, now retired but a past partner in his family's Holyoke-based Hazen Paper Company, was on the Holyoke Medical Center Board of Directors for 11 years. He continues to serve on several committees, including the Investment Committee. His father, who also sat on the hospital's Board, and his mother were great supporters of the hospital, too. "It has been our family hospital," says Hazen. "I had my tonsils out there. That was a long time ago. I remember they used ether, the only option back then, which was quite unpleasant!"

Hazen explains his reasons for supporting Holyoke Medical Center over the years, both with time and financial contributions. "The new Emergency Department facility is critically important to people in this area," he says. "In addition, the hospital is a large employer and a major contributor to the community."

Over the course of his time working with the hospital, Hazen has found the relationships built and friendships made to be highly rewarding. "I've had a long kinship with the Holyoke community," he says. "The people I've had the pleasure of working with over the years are a distinguished group. I have many fond memories of friends who are dedicated to both the hospital and the Holyoke community, and contribute readily to the long-term well-being of both."

ACE Awards

will also be given in the categories of:
Best Physician, Best Caregiver, Best Supporting Employee and Best Leader.

This year's finalists are:

■ BEST PHYSICIAN FINALISTS

Dr. Zubeena Mateen, *Oncologist*
Dr. Kevin Snow, *Primary Care*
Dr. Arthur Weinstock, *Intensivist*

■ BEST CAREGIVER FINALISTS

John Glogowski, *Primary Care*
Iris Romero, *Oncology*
Sara Taylor, *Behavioral Health*

■ BEST SUPPORTING EMPLOYEE FINALISTS

Angela Callahan, *River Valley Counseling Center*
Darlene Gramolini, *Physician Services*
Maria Young, *Environmental Services*

■ BEST LEADER FINALISTS

Lynn Grondin, *OR and Peri-Operative Services*
Vimari Lassalle-Garcia, *Orthopedic Center*
Kaye Van Straten, *Nursing*

DIABETES:

HOW MUCH DO YOU KNOW?

IN THE U.S., 29 MILLION people have type 2 diabetes. In addition, research shows that 1 out of every 3 American adults has prediabetes (blood-sugar levels that are borderline high), which puts them at increased risk for developing the disease. When it comes to diabetes, knowledge is power.

TAKE OUR QUIZ TO LEARN MORE.

Mark each of these 9 statements about type 2 diabetes “true” or “false,” then check your responses against the correct answers printed upside-down on this page.

1 Cardiovascular disease is the leading cause of death in people with diabetes

☐ TRUE ☐ FALSE

2 Blindness is a common complication of poorly controlled diabetes.

☐ TRUE ☐ FALSE

3 A person at risk for diabetes should avoid eating nuts.

☐ TRUE ☐ FALSE

4 Almost everyone with diabetes has some noticeable symptom.

☐ TRUE ☐ FALSE

5 A half-hour a day of aerobic exercise, with moderate weight loss, can halve your risk of developing type 2 diabetes.

☐ TRUE ☐ FALSE

6 Type 2 diabetes is now a threat to children as well as adults.

☐ TRUE ☐ FALSE

7 Cinnamon can raise blood sugar levels.

☐ TRUE ☐ FALSE

8 It's impossible to have type 1 and type 2 diabetes at once.

☐ TRUE ☐ FALSE

9 It can be OK for a person with diabetes to enjoy an occasional sweet treat, such as cookies or cake.

☐ TRUE ☐ FALSE

1. TRUE. Diabetes that is not properly controlled can result in high blood pressure and hardening of the arteries, which can lead to heart disease.

2. TRUE. Diabetic retinopathy, a degeneration of the blood vessels in the retina, is a leading cause of blindness in adults.

3. FALSE. In fact, several studies have linked a diet that's rich in nuts to a lower risk of diabetes.

4. FALSE. Some 30 to 50 percent of individuals with type 2 diabetes have no noticeable symptoms.

5. TRUE. One study showed that 30 minutes a day of moderate physical activity such as walking, along with a 5 to 10 percent reduction in body weight, reduced the risk of type 2 diabetes by 58 percent.

6. TRUE. What used to be called adult-onset diabetes is now developing at younger ages because of the obesity epidemic.

7. FALSE. Cinnamon sugar may indeed elevate levels of glucose in the blood, but Pakistani researchers have found that cinnamon alone can actually reduce them.

8. FALSE. Studies suggest that a growing number of persons actually have this “double diabetes.” Doctors say that when some type 1 diabetics become overweight, they develop type 2 as well.

9. TRUE. An occasional indulgence is fine, doctors say, as long as it's small and you control overall consumption of foods that cause levels of blood sugar to spike.

■ ANSWERS



{ POWER FOOD }

How SWEET IT IS

VITAMIN-PACKED SWEET POTATOES LEAVE WHITE SPUDS IN THE DIRT.

A PRIMARY SOURCE of nourishment for native Americans, early European colonists and soldiers during both the Revolutionary and Civil Wars, sweet potatoes later were relegated to holiday tables, served as a complement to Thanksgiving turkey or holiday roast. Today, sweet potatoes are making a comeback: orange-fleshed mashes, fries and tots are commonly found on restaurant menus and in the frozen-food aisle at grocery stores. Though fried potatoes of any color should be eaten sparingly, baked or boiled sweet potatoes offer exceptional health benefits.

POWER UP

Considered one of the healthiest vegetables of all, sweet potatoes are the root of a tropical vine in the morning-glory family. Brimming with beta-carotene, fiber and vitamins A (five times the recommended daily intake), C and E, they're a good choice when it comes

to adding cancer-fighting nutrients to your diet and improving digestive health. Compared to white (also called Irish) potatoes, they have more vitamins, more fiber, fewer calories and fewer total carbs—despite having more sugar. They're also fat-free.

BUY | STORE

When shopping, choose sweet potatoes that are firm and smooth, without bruises or discoloration. Store them unwashed in a cool, dry place and use within three to five weeks. Sweetness increases during storage. Don't refrigerate—the cold turns the potato's natural sugars to starch.

SERVE

Like white potatoes, sweet potatoes can be baked, grilled, boiled or microwaved. Serving ideas:

- Lightly season with salt and pepper, or highlight their sweet side by sprinkling with brown sugar and cinnamon.
- For healthy potato chips, slice thinly, brush lightly with olive oil and bake for 15 minutes at 350 degrees (or until lightly browned and crisp).
- Add thinly sliced, cooked sweet potato to your sandwich.
- Cut into cubes and place on a piece of foil. Drizzle with olive oil and season with salt and pepper. Close foil edges up into a package. Place on the grill on low to indirect heat for about 20 minutes.
- Shred raw sweet potato onto a salad.

DID YOU KNOW?

Sweet potatoes and yams are two different vegetables, with sweet potatoes offering more nutritional benefits and being more widely available in the U.S.

50%

OF U.S. SWEET
POTATOES ARE GROWN
IN NORTH CAROLINA

2X

A SWEET POTATO HAS
TWICE THE FIBER OF A
WHITE (IRISH) POTATO

1

U.S. PRESIDENT WHO WAS
A SWEET-POTATO FARMER
(GEORGE WASHINGTON)

2,700+

YEARS HUMANS HAVE
BEEN CULTIVATING
SWEET POTATOES

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The Campaign for  Holyoke Medical Center



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The Campaign for Holyoke Medical Center.

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New Emergency Department

- 40 Treatment Areas
- Multi-patient Trauma Rooms
- Crisis Center for Behavioral Health Services
- Advanced Lifesaving Equipment

New Outpatient Care Center

- General Surgery
- Specialty Surgery
- Weight Management Program
- Gastroenterology



\$500,000

remains to be raised to reach our \$3 million campaign goal.



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All gifts to Valley Health Systems, the parent company of Holyoke Medical Center, are tax-deductible as allowed by law. Unless otherwise requested, your gift will be acknowledged in our annual Donor Report.

 **The Campaign for
Holyoke Medical Center**