

VALLEY

health & life

SUCCESS STORIES: WEIGHT LOSS



ADDICTION HELP

BLOOD CLOT
PREVENTION

HERE TO SERVE

DEAR FRIENDS,

It's hard to believe that winter is behind us and that the signs of spring are now visible. We at Valley Health Systems have much to look forward to as we enter the new season.

The most significant event in 2018 will be the recognition of Holyoke Medical Center's 125th Anniversary. The Medical Center was established in 1893 with funding from committed business leaders to take care of sick and poor citizens. Since that time, our medical center has provided continuous healthcare leadership, improved health outcomes, and quality care to the local and surrounding communities. To mark this milestone, an Anniversary Gala has been planned for Sunday, September 16, 2018, at the Log Cabin in Holyoke. We encourage you, our friends, supporters and patients, to save the date and celebrate with us.

Continued growth and change have enabled the organization to reach its 125th year. One of our most recent successes is the Weight Management Program, which has helped thousands of patients achieve weight-loss success. In addition, it is the only program in the Northeast that will be participating in an FDA trial for an innovative weight-loss technique. You can read more about our Weight Management Program on page 8.

Valley Health Systems has also expanded with the addition of many new providers in various specialties, particularly in primary care. Dr. Emily Urquhart has recently started at Western Mass Pediatrics and is accepting new patients ages newborn through adolescence. We are excited to welcome Dr. Urquhart and invite you to consider her if searching for a new pediatrician. There will be many more introductions as we continue into 2018, including those in the specialties of gastroenterology, sleep medicine, interventional cardiology, rheumatology and endocrinology. Stay tuned to learn more about these new providers in future issues of *Valley Health & Life*.



Best Regards,

SPIROS HATIRAS

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



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Foundation support
helped build the new ED

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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



THE EARLY-BIRD DIET

Early risers eat fewer calories, less sugar and more protein than night owls. Scientists speculate that people have an easier time making healthy decisions in the morning, when the brain is fresher and willpower stonger.

—Obesity



BELLY BULGE BEGONE

Waistline expanding? Add some color. Diets high in bright fruits and veggies (think berries and peppers), which are loaded with antioxidants, could help trim your midsection.

—BMJ

SAVE FACE

Sure you wear your sunscreen, but that alone won't block harmful particles. Air pollution, caused by the nitrogen dioxide emitted from fuel-burning vehicles, is doing a number on your skin by promoting wrinkles and age spots. To combat the damage, use creams and lotions with vitamins C and E, which boost skin's defense.

—Journal of Investigative Dermatology



FISHING FOR DEPRESSION RX

Folks who regularly eat fish have a 20 percent reduced risk of depression compared with those who eat little to none. The reason? Researchers theorize that the omega-3 fats may affect levels of some neurotransmitters involved in depression.

—Journal of Epidemiology & Community Health



28%

The drop in cardiovascular disease risk when people ate 10 daily servings of produce rather than little to none.

—Journal of Epidemiology

FOR THE RECORD

WELLNESS EVENTS

PROTECTING YOUR SKIN

The ultraviolet radiation that shines from the sun can be very dangerous to your skin. Please join Dr. John Mazzucco as he talks about ways to protect your skin and prevent skin cancer.

DATE: Wednesday, May 16, 2018

TIME: 5:30 p.m.

LOCATION: HMC Auxiliary Conference Center

To register, call 413.534.2789 or visit HolyokeHealth.com/events

MEN'S HEALTH FAIR

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!

DATE: Wednesday, June 13, 2018

TIME: 11 a.m.–1 p.m.

LOCATION: HMC Lobby

DIABETES SELF-MANAGEMENT

You are invited to attend an upcoming series on diabetes self-management. This program offers a team approach in a roundtable discussion format to empower patients, their families and caretakers with the knowledge on how to manage their diabetes. Facilitated by registered nurses, certified dietitians and pharmacists, sessions will include: What is Diabetes?; Medications; Diet; and Exercise. This program is offered at various times throughout the year.

Call 413.534.2703 for upcoming program dates and locations.

QUIT SMOKING WORKSHOP

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

DATE: Mondays

TIME: 4–5 p.m.

To register and for location information, please call 413.534.2789 or email SmokeFree@holyokehealth.com.



ADVANCED ARTERY & VEIN CARE CLOSE TO HOME

HMC'S EXPANDED VASCULAR AND ENDOVASCULAR SURGERY SERVICES OFFER COMPLETE CARE FOR AN ARRAY OF VASCULAR CONDITIONS—FROM VARICOSE VEINS AND ULCERS TO COMPLEX WOUNDS, ARTERIAL BLOCKAGES AND AORTIC ANEURYSMS.

THE VASCULAR SYSTEM—also known as the circulatory system—is the body's network of blood vessels. It includes arteries, veins and capillaries. Diseases affecting the vascular system are wide-ranging as are their symptoms and complications. For common conditions such as varicose veins, patients may experience minor leg discomfort while severe conditions such as atherosclerosis may result in a life-threatening stroke.

COMPREHENSIVE SERVICES

At Holyoke Medical Center, patients with vascular conditions now have access to a full spectrum of services. Sandip Maru, M.D., Holyoke's new chief of vascular and endovascular surgery, is bringing comprehensive, leading-edge vascular surgery care to the Holyoke community. Under his direction, services include state-of-the-art diagnostic testing, medical treatment and surgical options—both open surgery and endovascular techniques, a specialty of Dr. Maru's and a first for HMC.

MINIMALLY INVASIVE FOCUS

Patients who are eligible will benefit from Dr. Maru's expertise in minimally invasive endovascular approaches. "Minimally invasive procedures involve small incisions

and result in shorter hospital stays and quicker recoveries," says Dr. Maru who is trained in endovascular aortic aneurysm repair as well as balloon angioplasty and stenting for peripheral artery disease and blocked arteries.

VEIN CENTER

Holyoke's Vein Center provides cosmetic care for unsightly varicose veins along with therapeutic treatment for associated swelling and ulcers. Dr. Maru is experienced with radiofrequency ablation, a nonsurgical option to vein stripping. "There's very little downtime," he explains. "The procedure is done in our office and patients can return to work after a few days."

"My goal is to build a strong vascular program at Holyoke Medical Center that offers comprehensive care without the long waits typical of larger hospitals," says Dr. Maru. "Patients with artery and vein conditions often face serious threats to life and limb. We make this difficult time easier by providing access to an experienced surgeon backed by a team of specialists."

■ **The Vascular and Endovascular Surgery office is located at 2 Hospital Drive, Suite 203. To make an appointment, call 413.535.4785.**

Venous Disease and You

Do you have veins that cause discomfort, pain, fatigue or even embarrassment? Join Dr. Sandip Maru to learn all about varicose veins and simple, minimally invasive procedures—often office based—that can help you.

Date: Thursday, June 7, 2018

Time: 5:30 p.m.

Location: HMC Auxiliary Conference Center

Register: Online at HolyokeHealth.com/events or call 413.535.4785.



Sandip Maru, M.D.,
HMC Vascular Surgeons

OPIOID ADDICTION: A NEW TREATMENT OPTION

WESTERN MASS PHYSICIAN ASSOCIATES' NEW MEDICATION MANAGEMENT PROGRAM OFFERS SUBOXONE TREATMENT AND OTHER THERAPEUTIC SERVICES FOR SUBSTANCE-USE DISORDER.

A MIDDLE-AGED MAN whose drug use for back pain escalates to dependence. A teenager experimenting with pills that become an obsession. A pregnant woman terrified that her addiction will harm her unborn child. The faces of opioid addiction are many and varied.

The Medication Management Program—a new partnership between Western Mass Physician Associates and River Valley Counseling Center—hopes to stem this tide of addiction. Recently opened at 10 Hospital Drive on the Holyoke Medical Center campus, the program offers a comprehensive, confidential treatment option for people looking to quit prescription painkillers, heroin and other opioids. The program takes a whole patient approach, blending effective and safe medication with mental-health care.

PHYSICIAN-SUPERVISED MEDICATION

Amelia Jaworek, M.D., directs the program's medical component. Patients 18 and older are self-referred or referred by a healthcare provider. "Patients may have been prescribed opioids and now feel hooked and want to see if there's any addictive potential developing. Others have used illegal drugs on the street and want to give up their habit," says Dr. Jaworek. Eligible patients must be diagnosed with substance-use disorder.

Dr. Jaworek does an initial medical evaluation and screens patients for associated illnesses. She says she was drawn to substance abuse treatment through her experience as an infectious disease physician treating HIV and Hepatitis C patients who also had substance abuse

issues. "These diseases go hand in hand," she says.

Patients are prescribed buprenorphine-naloxone (trade name Suboxone) to help break their addiction so they can focus on healing. "Buprenorphine interacts with brain receptors to reduce cravings and euphoria while naloxone prevents misuse as it blocks the effects of opioids," says Dr. Jaworek.

MENTAL HEALTH COUNSELING

Guy Ciano, a licensed mental health counselor with River Valley Counseling Center, addresses psychological and behavioral concerns. "Most opiate users have co-occurring disorders such as depression or post-traumatic stress disorder. It's not enough for patients to just get Suboxone without working on other aspects of life that are not functioning," says Ciano. He and his team help patients understand why they misused drugs and help them develop skills to follow through with treatment and recovery goals.

"Studies show that when people enter treatment programs, crime rates go down," says Ciano. "People get back to being productive citizens on many levels. A mother may engage with her family more. Someone else may find a job. Others rebuild broken relationships. It's a win-win for individuals and the community."

■ For information about the Medication Management Program or to schedule an intake appointment, call 413.535.4889.

Join Us

Join Dr. Amelia Jaworek for a community education discussion about opioid dependency and learn more about this new Medication Management Program.

Date: Wednesday, June 20, 2018

Time: 5:30 p.m.

Location: HMC Auxiliary Conference Center

Register: online at HolyokeHealth.com/events or call 413.534.2789.



LEFT: Guy Ciano, licensed mental health counselor.
RIGHT: Amelia Jaworek, M.D.

EXERCISE:

Don't Go It Alone

RESEARCH SHOWS THAT SOCIAL SUPPORT FROM FAMILY AND FRIENDS CAN HELP YOU KEEP YOUR FITNESS ROUTINE ON TRACK.

WE'VE ALL BEEN THERE—those days when your get-up-and-go went elsewhere, leaving you with a long list of possible excuses not to exercise, from “I have more important things to get done today” to “It’s raining” or “Skipping one day won’t hurt.”

But getting off track on your fitness routine can impact your health. Regular exercise reduces your risk for a host of diseases, including diabetes, stroke, heart disease and cancer (see sidebar).

HOW MUCH IS ENOUGH?

The Centers for Disease Control and Prevention recommends two hours and 30 minutes of aerobic activity that’s of at least moderate intensity (for example, brisk walking) per week. That’s about the amount of time you might spend watching just one movie.

Another way to break it down is 30 minutes of activity five days a week. But you can exercise in increments as small as 10 minutes each, if that works better for you, and still reap health benefits.

Recommended in addition to aerobic activity: two or more days a week of muscle-strengthening activities that work all the major muscle groups.

TEAM UP FOR SUCCESS

Fortunately, research shows there’s a reliable way to help ensure that you exercise consistently: Get yourself some social and emotional support. When you exercise with a family member or close friend, you’re more likely to stick to your fitness commitment. If you can’t exercise together, just talking about your fitness activities, successes and challenges can help you stay the

course. Even having someone to complain to when you don’t feel like heading to the gym or out for a walk is beneficial.

Once you’ve started exercising consistently, practical support also can help. For example, teaming up with someone who is willing to give you a ride to the gym when you need it, or who remembers your fitness-accessory wish list when your birthday rolls around.

POTENTIAL PITFALLS

Studies have found that it’s equally important to avoid negative support—those friends or family members who repeatedly remind you that you may injure yourself, for example.

Another important caveat: Don’t let a spouse or anyone else take away your autonomy by telling you when to exercise or what you should be doing. Studies show that when people feel pressured to be physically active, they avoid it. Instead, set a plan that will work for you and ask others to support your chosen approach.





PHYSICAL ACTIVITY & HEALTH

REGULAR, MODERATE EXERCISE is one of the best things you can do to protect your health. The many benefits of consistent physical activity include reduced risk of:

- Obesity
- Cardiovascular disease
- Type 2 diabetes
- Cancer (some types)
- Osteoporosis
- Depression
- Falls as you age

More Choices for Weight Loss

YANNIS RAFTOPOULOS, M.D., OF HOLYOKE MEDICAL CENTER'S WEIGHT MANAGEMENT PROGRAM, HAS TRANSFORMED LIVES WITH BARIATRIC SURGERY. NOW, HE'S EXPLORING A PROMISING NONSURGICAL SOLUTION AS PART OF A CLINICAL TRIAL.



SANDRA BROUGHAM

before and after her 165-pound weight loss.

SANDRA BROUGHAM AND MILLIE SANTANA can't say enough about Holyoke Medical Center's Weight Management Program and their bariatric surgeon Yannis Raftopoulos, M.D., the program's medical director. The women battled obesity for years before meeting Dr. Raftopoulos and his team. "They gave me back my life," says Sandra.

In 2017, Sandra tipped the scales at 305 pounds. The 65-year-old used a cane and sometimes a wheelchair. "I had high blood pressure, high cholesterol and needed an inhaler," she says. Sandra feels the loss of her son to suicide 20 years earlier exacerbated her unhealthy lifestyle. "As a parent, I blamed myself and coped by eating."

Sandra's primary care doctor recom-

mended HMC's Weight Management Program. "I went to an informational meeting and was blown away by the before and after photos," she recalls.

When Sandra had her first appointment, Dr. Raftopoulos explained that surgery is only the first step. "He told me to prepare myself for a long, hard road. He was honest and I was ready."

Sandra had a laparoscopic Roux-en-Y gastric bypass, which restricts food intake and absorption. During the procedure, Dr. Raftopoulos also repaired a large diaphragmatic hernia. Months earlier he had removed her gallbladder, as gallstones were discovered while planning for bypass surgery. Despite two surgeries in one year, Sandra flourished under her new weight-loss regimen.



RESTORING WELL-BEING

Sandra followed a meal-replacement diet and began exercising regularly. A year later, she's down 165 pounds. "I haven't been this small since I was a teenager," she says. Sandra is loaded with energy and free from aches and ailments. She lives on a small farm raising 180 fancy poultry for the 30 members of a 4-H youth club. "I am able to work harder than ever keeping everything running and feeding twice a day," she says.

Happiness defines Millie Santana's life since losing 108 pounds after gastric bypass surgery. Petite at 4'11", the 51-year-old native of Puerto Rico weighed more than 200 pounds. Her job as a social-work supervisor was sedentary, but fulfilling as she helped low-income residents secure benefits. "I helped everyone, but couldn't help myself," she says.

When a frightening side effect to a

statin medication sent Millie to the ER, she knew she needed a change. A colleague recommended HMC's Weight Management Program. "I received such a thorough exam," says Millie of the psychological evaluation and battery of tests required pre-surgery.

"We have a holistic approach to care," explains Dr. Raftopoulos, who says he and Elana Davidson, PA-C, act as secondary primary care providers, identifying and managing medical conditions. "It's about more than weight loss. It's about restoring well-being."

For Millie, it has meant a new life with daily exercise and without medication or a CPAP machine. Puerto Rican cuisine is now made with healthy substitutes. "My arroz con gandules has cauliflower rice and it's delicious," says Millie. She plans to walk Holyoke's St. Patrick's Day road race and wants to inspire overweight people as a Zumba instructor one day.

Millie credits her family and the Weight Management Program's Support Group with her newfound confidence. "To be successful you must work hard, hold yourself accountable and follow doctor's orders."

■ **To learn more about the Weight Management Program or to make an appointment, call 413.535.4757.**

MILLIE SANTANA
before and after
her 107-pound
weight loss.



YANNIS RAFTOPOULOS, M.D.

New Approach to Nonsurgical Weight Loss

Beyond caring for bariatric surgery patients, Yannis Raftopoulos, M.D., Medical Director for Holyoke Medical Center's Weight Management Program, is investigating a non-surgical approach to weight loss. Holyoke Medical Center is one of 12 sites nationwide involved in the U.S. Food & Drug Administration's clinical study of the Elipse Balloon.

The Elipse Balloon is a device that is swallowed and removed without surgery, endoscopy or anesthesia. The balloon is swallowed in a capsule and filled with water through a tube, which is then detached. It remains in the stomach as built-in portion control while patients learn healthier lifestyles. The balloon empties on its own and passes naturally after four months.

"I am excited to be part of the clinical study for FDA approval after seeing the benefit of this product in Europe," says Dr. Raftopoulos, who has been offering the procedure to patients in Greece since its approval there in 2016. "Once approved in the U.S., this innovative device will offer a new approach to nonsurgical weight loss."

Join Us

Join Dr. Raftopoulos at an information session, offered monthly, to learn more about the services available at the Weight Management Program. To register, **call 413.534.2789 or visit HolyokeHealth.com/events.**

ORTHOPEDIC INJURIES: WHEN TO SEEK CARE

MOST OF US EXPERIENCE EVERYDAY INJURIES FROM TIME TO TIME. SHOULD YOU GET MEDICAL CARE? THIS GUIDE WILL HELP YOU DECIDE.

EVEN THE MOST COORDINATED among us will likely experience injury at various times in our lives: an overzealous serve on the tennis court; a simple trip over an unnoticed obstacle; aching knees from... who knows what? Most often, these types of common injuries can be treated at home with rest, ice, compression and elevation (RICE), and maybe an over-the-counter pain reliever.

In some situations, however, it's important to see an orthopedic doctor—a specialist who treats injuries and diseases of the bones, joints, muscles, ligaments, nerves and tendons. Why? Because some conditions can get much worse if not treated quickly and properly.

In the knee, one such condition is an anterior cruciate ligament (ACL) tear. The symptoms can include hearing a “pop” during the injury, immediate inability to continue activity, knee swelling in the first 24 hours and knee instability. If you experience any of these symptoms, it's best to see a doctor as soon as possible.

Hip problems are also common and can lead to serious complications if not treated. Always consult your physician for personal medical advice, but a general rule is to seek medical help for hip pain that came on suddenly or is the result of a fall. Other red flags include hip pain that occurs at night or when resting; swelling, redness or warmth around the joint; not being able to put weight on the hip; and not being able to move the leg or hip.

Not every injury or pain requires a trip to the doctor, but in the situations outlined above, getting prompt treatment can mean the difference between a quick recovery and a lifelong problem. As always, these are guidelines, not rules.

Knee Replacement

Is knee arthritis interfering with your quality of life? Have you exhausted all other treatment options? Join Dr. Kelly Instrum, HMC Orthopedic Surgeon, as he discusses at what point you should consider knee-replacement surgery, and what outcomes you can expect from it.

Date: Thursday, April 26, 2018

Time: 5:30 p.m.

Location: HMC Auxiliary Conference Center

To register: Call **413.534.2789** or visit **HolyokeHealth.com/events**

WHEN TO SEE A DOCTOR

Make an appointment if you experience:

- Chronic pain; anything lasting longer than 12 weeks
- Range of motion that becomes more limited
- Instability while walking or standing
- Difficulty performing everyday activities, such as walking the dog or using stairs
- A soft-tissue injury, like a sprain or twisted ankle, that doesn't improve despite applying RICE (Rest, Ice, Compression, Elevation)




TA-MARA MEUSE, PA-C; NOAH EPSTEIN, M.D.; OWEN ZARET, PA-C; KELLY INSTRUM, M.D.
For more information, contact the HMC Orthopedic Center at 413.536.5814.

ANTICOAGULATION SERVICES:

PROVIDING CONVENIENT CARE IN THE PIONEER VALLEY

OUR CERTIFIED PROFESSIONALS
PROVIDE MONITORING, EDUCATION
AND SUPPORT TO HELP PREVENT
COMPLICATIONS FOR PATIENTS ON
BLOOD-THINNING MEDICATION.



YOUR HEALTHCARE PROVIDER may have prescribed an anticoagulant (“blood-thinner”) such as warfarin, also known by the brand names Coumadin or Jantoven, to treat or prevent harmful blood clots, but knowing how to best care for yourself or a family member taking this medication can be a challenge. That’s where Holyoke Medical Center’s Anticoagulation Services steps in to help.

For nearly two decades, this service has been providing a multidisciplinary team of specialists with extensive experience in anticoagulation therapy to our community. The team works closely with you and your referring providers to ensure the proper dosage of the medication is being maintained in your bloodstream.

“Our experienced registered nurses have been professionally certified as anticoagulation care providers,” says clinical coordinator Theresa Ames, RN, BSN, ACP. “We provide patient centered care, including face-to-face education with patients and families to ensure medication is taken safely.”

INDIVIDUALIZED TREATMENT

Nurses take a thorough medical history, perform an initial health assessment and provide education. “We review all medications, including prescriptive, over-the-counter and herbal supplements, and discuss dietary habits and lifestyle,” says Ames. “This helps us develop an individualized plan of care to maintain the patient’s blood levels in a safe and therapeutic range.”

The effects of anticoagulation medication must be monitored carefully with blood testing. “We perform a point-of-care finger stick to obtain a blood sample to test patient’s levels. These results, along with our nurses’ holistic assessments, allow us to provide immediate, on-the-

spot dosing instructions,” explains Ames.

“We are then able to provide results to referring providers, regardless of their location,” says Ames. “We help many patients who have specialists in Boston and Connecticut, but choose HMC for anticoagulation services closer to home.”

COORDINATED CARE

Anticoagulation medication is most commonly used to treat patients with atrial fibrillation (AFib), artificial heart valves, deep vein thrombosis (DVT), pulmonary embolism (PE), or patients who have suffered from a stroke. Because of the conditions that require the need for anticoagulation medication, a patient’s team of referring physicians may include primary care providers, cardiologists, hematologists, oncologists, neurologists, surgeons and more.

As anticoagulation medication can be easily affected by illness, diet, activity, other medications and supplements, it’s important that dosage be carefully monitored for interactions. By monitoring patients with HMC Anticoagulation Services, the team ensures overall health and wellness to help prevent major complications and potential hospitalizations.

CONVENIENTLY LOCATED

The Anticoagulation Service is accepting new patients and is conveniently located on the first floor of HMC, adjacent to the lab for easy access. A free valet service and shuttles for patients from Holyoke, Chicopee and South Hadley are available. The office is open Monday–Friday, 8 a.m. to 4:30 p.m.

■ **Call 413.534.2834 to obtain a physician referral form or to schedule an appointment.**



LEFT TO RIGHT: LORI POPE, RN, BSN; SUSAN FEYRE, RN, ACP; GERALDINE CLOUTIER, RN, BSN, ACP; THERESA AMES, RN, BSN, ACP, CLINICAL COORDINATOR; LINDA DUGUAY, RN, BSN, ACP; TERRI LARAMEE, SECRETARY



FROM THEIR FAMILY TO OURS

THE IRENE E. & GEORGE A. DAVIS FOUNDATION CONTRIBUTED \$100,000 TOWARD THE HOLYOKE MEDICAL CENTER CAPITAL CAMPAIGN, **CARE. COMMUNITY. COMMITMENT.**, IN SUPPORT OF THE NEW EMERGENCY DEPARTMENT.



THE IRENE E. & GEORGE A. DAVIS Foundation has awarded Holyoke Medical Center a \$100,000 grant for HMC's capital campaign—Care. Community. Commitment. Funds will support Holyoke Medical Center's newly expanded Emergency Department.

A SPIRIT OF CARING

Established in 1970 by the late James E. Davis, the Irene E. & George A. Davis Foundation supports a variety of local nonprofit organizations seeking to improve the quality of life for Hampden County residents.

In keeping with the family's legacy and spirit of caring, the Davis Foundation awards grants to community organizations in support of programs and projects that improve outcomes and life prospects.

"The Davis Foundation is pleased to play a role in supporting all the important work taking place at Holyoke Medical Center," said Mary Walachy, the foundation's executive director. "Our community's well-being and access to health services drive its success and allow us all to thrive."

A STRONGER ED

"We are deeply appreciative to the Irene E. & George A. Davis Foundation for its contribution toward our improved Emergency Department," said Spiros Hatiras, President and CEO of Holyoke Medical Center and

Valley Health Systems. "The Davis Foundation and the Davis family have been philanthropic community leaders for decades, investing in organizations and addressing issues that impact our region's families. We are honored that they have chosen to extend their support to Holyoke Medical Center."

WIDESPREAD SUPPORT

In addition to the grant provided by the Davis Foundation, the new Holyoke Medical Center Emergency Department also has received strong support from the Amelia Peabody Foundation, the Beveridge Family Foundation and the Chicopee Savings Bank Charitable Foundation.

More than 26,000 patients received treatment at Holyoke Medical Center's new \$25 million Emergency Department in its first six months of operation.

YOUR SUPPORT MAKES A DIFFERENCE

To date, the Holyoke Medical Center capital campaign has reached \$2.65 million of its \$3 million goal. Anyone interested in helping to advance Holyoke Medical Center's capital campaign, Care. Community. Commitment., is encouraged to call the hospital's Development Department at 413.534.2579. Secure donations also can be made online at HolyokeHealth.com/Support-HMC.



STRAWBERRY FIELDS FOREVER

WELL-KNOWN AS A COLORFUL TASTE TREAT, THIS FRUIT IS ALSO A NUTRITIONAL POWERHOUSE RICH IN VITAMIN C.

DID YOU KNOW?

Strawberries are the only fruit with seeds on the outside, a distinction that means they are not classified by botanists as true berries, which house their seeds on the inside. Indeed, the seeds—the average strawberry sports 200—are actually each considered a separate fruit. The U.S. is the world's top producer of strawberries, and 94 percent of American households consume the fruit.

POWER UP

A Harvard study of women ages 25 to 42 found that those who ate three or more servings of strawberries and blueberries weekly were less likely to have a heart attack. One reason: Both fruits have a high concentration of anthocyanin, a flavonoid that may help improve blood flow to the heart and reduce plaque. Strawberries are

also known to contain powerful antioxidants, and they're a significant source of both fiber and vitamin C. Because foods rich in vitamin C help the body absorb iron, pair strawberries with iron-rich foods such as spinach and dried fruit.

GROW • BUY • STORE

In Massachusetts, strawberry-harvesting season runs June through September (depending on the variety). If you like gardening—and the luxury of fresh strawberries—you might want to try planting your own patch. Specific requirements differ by variety, but in general strawberries grow best in loose, fertile, somewhat acidic soil in a location with full sun.

Strawberry plants sprout lots of runners that will form new plants if left unchecked. Cut these runners, and you'll have a higher berry yield. Strawberries

spoil quickly—pick them the day they ripen and use within three days. At the store, look for bright red berries. Refrigerate, either in a single layer in a dish lined with paper towel or in a colander, and hold off washing until you're ready to use.

To clean, put strawberries in a colander and rinse with cold water, or wash each one gently with a damp cloth or paper towel. You should cut away the leaves and the portion surrounding them because that area can be difficult to clean—but do so after washing because this can change berry texture and flavor.

Finally, whenever possible, dietitians recommend choosing strawberries that are certified organic. The Environmental Working Group ranks strawberries No. 1 on its “Dirty Dozen” list of fruits and vegetables with the largest amounts of pesticide residue.

80%

of U.S. strawberries are grown in California as a perennial crop

103

distinct species of strawberry plants exist

1

strawberry museum in the world—it's in Wépion, Belgium

53%

of 7–9 year olds say that strawberries are their favorite fruit

Celebrating 125 Years of Service



SAVE THE DATE
SUNDAY, SEPTEMBER 16, 2018

*125th
Anniversary Gala*



Holyoke Medical Center

HolyokeHealth.com