



VALLEY

health & life

NEW RESOURCE
FOR PAIN

DO YOU NEED A
MAMMOGRAM?

**A BLOOD
DONOR
FOR LIFE**

DEAR FRIENDS OF HOLYOKE MEDICAL CENTER AND VALLEY HEALTH SYSTEMS,

SUMMER IS HERE, and, although recovery from COVID-19 is not yet complete, there is hope that by fall things will be back to normal, or at least to a "new normal."

Smaller, independent hospitals, like ours, are going through some hard times financially because the pandemic has had longer-lasting effects. The disruption in our normal operations has not ended. We are confident we will work through these hard times and be back on solid footing soon. We are anticipating that our governor and our legislature will do the right thing and assist smaller hospitals. If there is one thing we learned from the pandemic, it is how much we need to have a robust healthcare system and how important Safety Net Hospitals, like Holyoke Medical Center, are in time of crisis. The Commonwealth has received \$5.3 billion in federal assistance, and the legislature is discussing how to distribute the funds. While there are many needs, there is certainly a need to financially support Safety Net Hospitals. We will be advocating for Holyoke Medical Center, and I ask that you help by letting your representatives and senators know the importance of the hospital.

Our two brand-new behavioral health units are helping to diffuse the crisis caused by the lack of capacity for behavioral health patients across the state. In addition, our outpatient behavioral health agency, River Valley Counseling Center, is growing and helping our community. This July, the agency was awarded a \$4 million grant by the federal government to develop the "next generation" model of behavioral healthcare called, "Certified Community Behavioral Health Clinic" or "CCBHC." This new model will fill many existing gaps in care for patients with behavioral health and substance abuse issues.

In the fall, we are planning to resume our annual Gala to fundraise for the hospital and to get together with our supporters to recognize staff and physicians for their outstanding service. This year, more than ever, I ask that you join us in recognizing the many unsung heroes of the pandemic, the staff and doctors who stood at the front lines and took care of those who fell ill. We will mail invitations, but make note of the date: Saturday, November 20, 2021, at the Log Cabin. Our Lifetime Achievement Award recipient this year will be the late Dr. Kimat Gul Khatak, who served Holyoke Medical Center and the community for 43 years.



Best wishes for a happy and healthy summer.

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

On the Cover:
Anthony Lucia, Jr., a South Hadley resident, has been donating blood for 30+ years. Read his story on page 5.



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Valley Health Systems, Inc.

- **HOLYOKE MEDICAL CENTER**
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15 Hospital Drive, Holyoke | 413.535.4800
- **HOLYOKE VNA HOSPICE LIFE CARE**
575 Beech Street, Holyoke | 413.534.5691
- **RIVER VALLEY COUNSELING CENTER**
P.O. Box 791, Holyoke | 413.540.1234

HEALTHY HABITS

FOR YOU AND YOUR FAMILY



SPEED IT UP

Researchers found that when couples who walk at different speeds walked together, the faster person slowed down to accommodate his or her slower partner. However, researchers note that gait speed is a sign of overall fitness, thus it's healthier for the slowpoke to speed up. They note that mixing in yoga and strength training with walking may help slower walkers to speed up.

—Gait & Posture



BUDDING HAPPINESS

Fresh flowers don't just look nice, they're a mood lifter and stress buster, according to a recent study.

—University of North Florida



INFLAMMATION FIGHTER

Antioxidants—specifically ergothioneine, selenium and glutathione—found in mushrooms help fight inflammation. The highest levels are found in oyster, shiitake and porcini varieties.

—Food Chemistry



3.7 BILLION

The number of cups of tea consumed daily around the world. That's good news, as both green and black teas have been found to lower blood pressure.

—Cellular Physiology and Biochemistry

WELLNESS EVENTS

COMMUNITY EDUCATION PROGRAMMING

A collection of videos of community education lectures is available on the Holyoke Medical Center (HMC) website. We hope you find them helpful and informative! Topics include:

- **Kidney Stones** with HMC Urologist Alexander Berry, MD
- **Colon Cancer Screening** with HMC Gastroenterologist Tuyyab Hassan, MD
- **Congestive Heart Failure** with HMC Cardiologist Nirav Sheth, MD, FACC
- **Understanding Lung Cancer Screening** with HMC Thoracic Surgeon Laki Rousou, MD

The videos are available at holyothealth.com/communityeducation.

QUIT SMOKING SUPPORT SERVICES

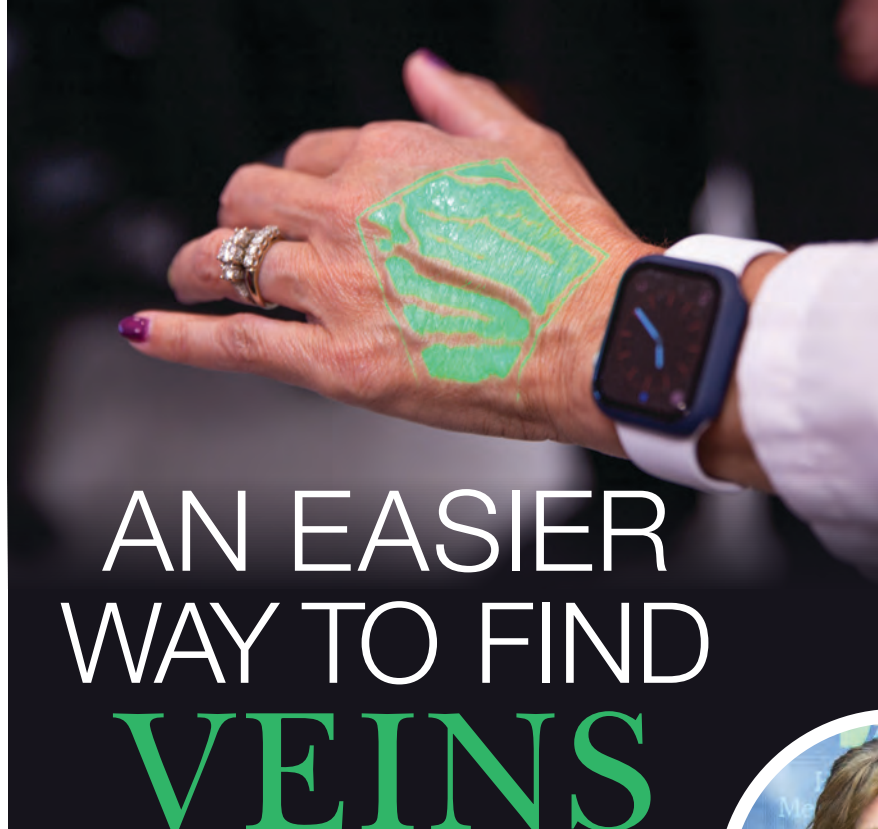
Our Smoking Cessation Counselors are available to give you the information and support you need to get through one of the most important changes of your life. For more information or to register for one-on-one counseling (in English or Spanish), please call 413.534.2789 or email Smoking_Cessation@holyothealth.com.

MANAGING DIABETES

Managing diabetes is a journey, but not one you have to make alone. Sign up today for a virtual, group-based distance learning experience and discover what you can do to better manage your diabetes. Topics covered will include:

- Your Experience with Diabetes
- Monitoring Your Blood Sugar
- Healthy Eating and Activity
- Long-term Management

To sign up or learn more, please call 413.535.4732.



AN EASIER WAY TO FIND VEINS

THANKS TO AN ANONYMOUS DONOR, THE HOSPITAL PURCHASED THREE NEW ACCUVEIN DEVICES TO LOCATE VEINS QUICKLY DURING IV SETUPS, BLOOD DRAWS AND INJECTIONS.



Above: Lynn Garreffi, MS, RN, CNL, Director of ICU, IMC and Nursing Supervisors, with one of HMC's AccuVein vein finders. Left: Janet Laroche, bCRE-Pro, HMC Fund Development Manager.

WHILE SOME PATIENTS have prominent veins that are easy for medical professionals to access, others have veins that are extremely difficult to locate. "Nurses are trained to find veins by feel when placing an IV or drawing blood," says Lynn Garreffi, MS, RN, CNL, Director of ICU, IMC and Nursing Supervisors. People who are "difficult IV placements" may need a warm pack to increase blood flow so a nurse can find a suitable vein. "Sometimes a valve is in the way or a vein won't accept a catheter and the patient is then subject to being stuck all over again," says Garreffi. "This slows down care if a patient is waiting for blood, antibiotics, or anti-nausea or pain medication."

NURSING GAME CHANGER

Garreffi says elderly patients and people with chronic illnesses like diabetes, cancer and heart disease often have fragile veins. She had this group in mind when she approached Colleen Desai, Chief Nursing Officer, about allocating Nursing

Department money toward the purchase of two AccuVein vein finders. "They became a game changer for our nurses," says Garreffi of the devices that were shared throughout Holyoke Medical Center (HMC).

The AccuVein is a portable device that shines a bright green light on the skin with a laser camera, creating a vivid map detailing underlying superficial veins and intraluminal valves (valves that ensure blood flows properly through the veins), which are often invisible to the naked eye. It takes the guesswork out of locating accessible veins for clinicians and helps minimize patient discomfort.

A DONOR STEPS FORWARD

In the fall of 2020, Janet Laroche, bCRE-Pro, HMC Fund Development Manager, received a cash donation from an anonymous donor who requested the

funds be used for medical equipment. A decision was made to purchase three additional AccuVein devices. The donation covered the technology as well as power equipment and wheeled carts to transport them to patient rooms.

"We now have a vein finder on every nursing unit," says Garreffi. "These devices are safe for patients and easy to use for our staff. They've really transformed our practice."

Laroche says monetary gifts of any size are essential to our community hospital. "Donations give us the resources to meet Holyoke Medical Center's greatest needs," she affirms.

Garreffi is grateful that the needs of patients are being met. "A huge shout-out from my staff to this generous donor and to those who support the care we deliver every day."

✳ For information about donating to Holyoke Medical Center, call **413.534.2579**. To donate online, visit holyokehealth.com/give-now.



Marlene Feliciano Martínez, BS, MLS (ASCP), and Anthony Lucia, Jr., who has been donating blood regularly for more than 30 years.

TO DONATE BLOOD, YOU MUST:

- Be at least 16 years old and weigh at least 110 lbs.
- Be free of major cold, flu and allergy symptoms
- Eat breakfast and drink plenty of water the day you donate
- Bring driver's license or picture ID

URGENT CALL FOR BLOOD DONORS

A SOUTH HADLEY RESIDENT'S 30-PLUS-YEAR HISTORY OF DONATING BLOOD SPOTLIGHTS THE IMPORTANCE OF COMMUNITY DONORS AMIDST A NATIONWIDE BLOOD SHORTAGE.

ANTHONY LUCIA, JR. donated his first pint of blood as a teenager at a high school blood drive. Four decades later, he's still giving the gift of life. Since 1991, Anthony has donated nearly 22 gallons of blood at the Holyoke Medical Center (HMC) Donor Center. That's 173 donations over 30 years.

"Donating blood is an easy and good thing to do for society," says Anthony, 55, of South Hadley, who stops at HMC on his way home from work. "I feel blessed that I'm able to make someone's life better simply by being a donor."

MEETING A NEED

Anthony is following in the footsteps of his father, Anthony, Sr., a blood donor for 40 years. The father-son duo visited HMC together until Anthony, Sr. had to stop for health reasons. Anthony, Jr. donates his type O positive blood every eight weeks.

Donors like the Lucias are more important than ever. "There's a serious shortage of blood in Massachusetts, throughout the U.S. and across the world," says Marlene Feliciano Martínez, BS, MLS (ASCP), supervisor of the Blood Bank and Donor Services. Blood products like

platelets, essential for cancer patients, are dangerously low.

A combination of factors related to COVID-19 has depleted the country's blood supply. People are now having medical care they had been putting off, and there has been a spike in trauma cases. "At Holyoke Medical Center, blood donors canceled appointments during the pandemic," says Feliciano Martínez, "and social distancing measures limited the number of donors."

WELCOMING DONORS

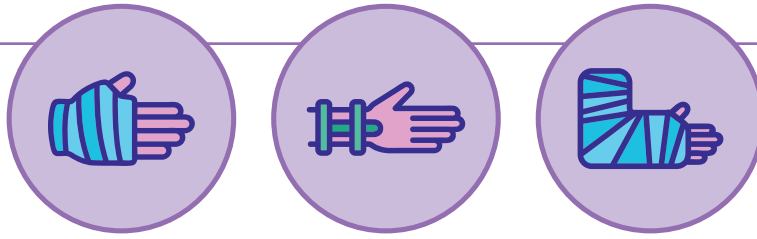
To replenish the blood supply, HMC encourages people to donate, but requests patience. Staffing limitations and social distancing measures, which are still in place, mean would-be donors might have to wait for an appointment. Fortunately, Feliciano Martínez says the Donor Center is hiring phlebotomists and plans to offer more appointments, including walk-ins, soon.

Donors are asked to schedule by phone or email. "We are booking one week ahead," says Feliciano Martínez. "New donors complete a questionnaire and have a mini physical to determine eligibility." The donation takes between five and 15 minutes.

"Blood cannot be manufactured by pharmaceuticals," says Feliciano Martínez, stressing that donations given at HMC stay within the community. "The only way to get blood for patients is through donors."

✱ The Donor Center is located on the main floor at 575 Beech Street and is open Monday through Friday from 8 am to 4 pm. Call **413.534.2591** or email bloodbank_donor@holyokeyhealth.com to schedule an appointment.





HEALING HANDS

HMC'S NEWEST HAND SURGEON REPAIRED A HOLYOKE RESIDENT'S HAND AND WRIST, ENABLING HIM TO RESUME HIS ACTIVE LIFESTYLE.

DEREK MALAVE, a busy 28-year-old juggling work, hobbies and two kids under the age of 2, injured his left hand and wrist in two separate accidents. "Thankfully, I had great people looking out for me," says Derek about the Emergency Department staff at Holyoke Medical Center (HMC) and orthopedic surgeon Allison Richards, MD.

A FALL

The first incident occurred when Derek was dragging a trash barrel to the curb at his Holyoke home. The barrel struck an obstacle and tipped over, sending its contents and Derek tumbling to the ground. "My first instinct was to put out my hands," says Derek, whose left hand landed on a broken dish, slicing through the skin below his middle finger.

At his wife's urging, Derek visited the Emergency Department at HMC and then scheduled an appointment with Dr. Richards. "Derek had a deep cut at the base of the middle finger into the palm," says Dr. Richards, a new member of the Orthopedic Center who is board-



Allison Richards, MD

certified in both Orthopedics and Surgery of the Hand.

In an intricate microsurgery procedure, Dr. Richards discovered

that Derek's radial digital nerve was severed where it branches out from the palm into the fingers. She repaired the tube surrounding the nerve with sutures "the diameter of a hair" and placed Derek's hand in a splint and then a cast for six weeks. "It takes that long for the tube to heal and for nerve growth to begin," says Dr. Richards.

After his cast was removed, Derek received occupational therapy at HMC's CORE to improve range of motion in his hand. Though he was making steady progress, Derek was eager to resume his active lifestyle. "I don't like sitting still," he admits. "I like playing with my kids, going to the gym, doing landscaping and working on my car."

AND A CRASH

Feeling healed and confident, Derek took his motorcycle out for a spin. "I hit a patch of gravel and slid into a tree," he says of the crash, which sent him by ambulance to the Emergency Department. X-rays confirmed that Derek had broken several ribs and fractured his left wrist.

Dr. Richards says she was taken aback when Derek reappeared in her office. "I thought he was on the road to recovery!" she recalls. She says Derek had a distal radius fracture, a common type of bone fracture, occurring at the

end of one of the forearm bones near the wrist. "Fortunately, the bone was minimally displaced," she says, enabling her to treat the fracture with a cast. "The cast allowed the wrist bone to mend in a good position."

BACK AT WORK

Now that the second cast is off his left arm, Derek is performing OT exercises at home and he's back at work. "I'm on light duty for now," he says of his job at J. Polep Distribution Services in Chicopee, where he loads and off-loads products.

Dr. Richards says she can empathize with patients such as Derek, who, like her, require healthy hands to do their jobs. She's glad she was able to help Derek during her first year at HMC. "I'm happy to be at HMC building my hand practice, and it's been a pleasure serving as a resource to the community."

Derek is grateful for Dr. Richards' orthopedic expertise and says her genuine concern and sage advice also impacted his life. "We talked about how serious the motorcycle accident could've been and how lucky I am," he says. "It's been a rough road, but one made better by Dr. Richards and the wonderful people at Holyoke Medical Center who helped me along the way."

✱ **The HMC Orthopedic Center is located at 10 Hospital Drive, Suite 203, Holyoke. Call 413.536.5814 to schedule an appointment.**



NEW RESOURCE FOR PAIN

AN EXPERT INTERVENTIONAL ANESTHESIOLOGIST JOINS HOLYOKE MEDICAL CENTER, OFFERING PATIENTS THE NEWEST PAIN MANAGEMENT TREATMENTS.

SYED M. KHURRAM OWAIS, MD, was hired at Holyoke Medical Center (HMC) as a locum anesthesiologist in July 2020. He planned to finish the six-month assignment and return to Boston where he and his wife had lived and worked for seven years. "After I got here, I realized how much I liked the area and the facility and how impressed I was with the people who work here," says Dr. Owais. When HMC offered him a position

in anesthesia and pain management, he readily accepted.

BOSTON-TRAINED

After attending medical school in Pakistan, Dr. Owais completed a research fellowship in cardiac ultrasound and regional anesthesia at Harvard Medical School and Beth Israel Deaconess Medical Center (BIDMC) in Boston. Later, he was an internal medicine intern at

Mount Auburn Hospital in Cambridge and an anesthesia resident at BIDMC. Finally, Dr. Owais completed a fellowship in interventional pain medicine at Brigham and Women's Hospital (BWH). He is board-certified in anesthesiology and is awaiting board certification in pain medicine.

Dr. Owais, who worked as a staff anesthesiologist at BWH before coming to HMC, is excited to bring his expertise

“Interventional pain medicine can provide effective and personalized pain relief so patients can comfortably return to their busy lives and daily activities.”

Syed M. Khurram Owais, MD



We now have the resources and the skills at HMC's Pain Management Center to rival those at major medical centers.”

LATEST PAIN TREATMENTS

Dr. Owais specializes in a wide range of new and traditional interventions for chronic pain, which is defined as pain lasting longer than three months.

Chronic pain can be caused by injury, illness or surgery affecting the spine, joints, extremities, head, chest, abdomen or pelvis.

Dr. Owais looks forward to building on the array of services already in place at HMC's Pain Management Center.

“The 21st century looks promising for conquering neuroscience,”

he says. “We're learning so much about how the brain works, how nerves function, how pain develops and why it persists. This makes treating pain a field that's ripe for innovation. I'm seeing new devices and new medications come through the pipeline every day.”

Two of the new techniques he plans to introduce at HMC include basivertebral nerve ablation and interspinous distraction decompression, both minimally invasive procedures for chronic low back and leg pain sufferers who have not found relief with standard medical care. For people experiencing debilitating pain from an injured sacroiliac joint, Dr. Owais is skilled in sacroiliac joint fusion. Dr. Owais also plans to offer peripheral nerve stimulation in both removable and implantable forms to help mask pain signals before they reach the brain using tiny electrical signals.

Another new therapy provided by

Dr. Owais is dorsal root ganglion (DRG) stimulation, used to treat chronic pain in areas of the lower body. He describes success with a former patient: “My patient had chronic L5, S1 radiculopathy with extreme burning pain in the sole of his left foot for 15+ years. We implanted leads through the skin to stimulate the dorsal root ganglia (structures along the spinal column made up of sensory nerves). When the patient returned for his one-week follow-up, he was walking normally and pain-free for the first time in years.”

Dr. Owais's experience working with patients from Dana-Farber Cancer Institute provided firsthand experience in the power of pain medicine to improve quality of life. “Cancer patients are often put on high doses of opioids which, while helpful, are not the best way of treating pain symptoms,” he says. “Interventional pain medicine has come a long way in cancer care. Patients can benefit from a variety of techniques, from nerve blocks to intrathecal therapy to kyphoplasty for compression fractures,” he says.

TREATING PAIN EARLIER

Dr. Owais sees a paradigm shift happening in pain management. “In the past, patients turned to pain medicine physicians when they'd exhausted all other doctors. At that point, patients are discouraged and think there's no light at the end of the tunnel. I'd like to change that by developing relationships with patients early on—before surgery and when pain is easier to treat,” he says.

Working closely with HMC specialties, including physical therapy, orthopedic care and behavioral health, Dr. Owais says interventional pain medicine can provide effective and personalized pain relief so patients can comfortably return to their busy lives and daily activities.

“Our vision is to make the Pain Management Center at HMC the premier pain center for people throughout Western Massachusetts and nearby states,” he says.

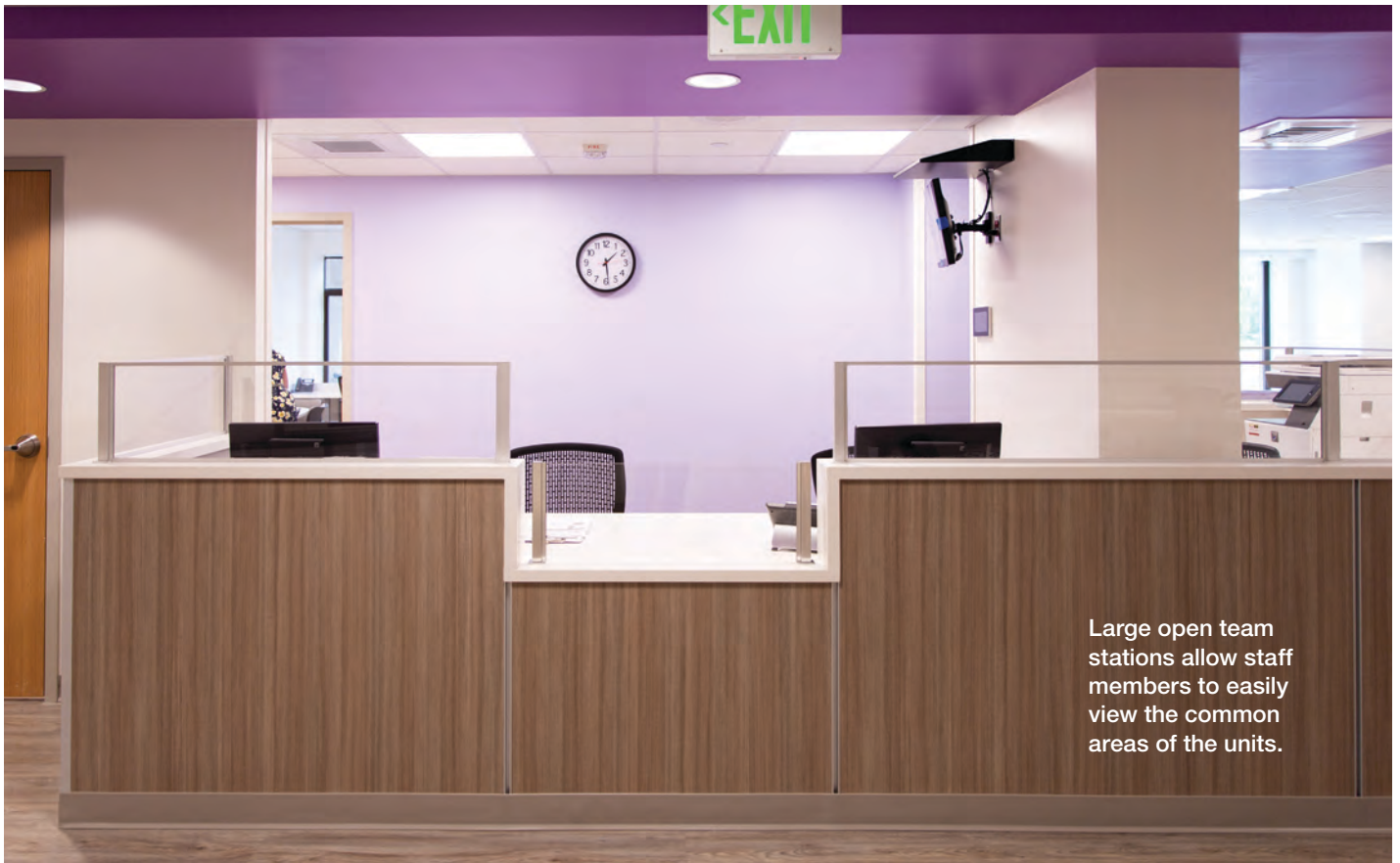
in nonsurgical pain techniques to Western Massachusetts. Recalling one cold winter evening in Boston when he'd completed an injection for a pain patient from Pittsfield,



Syed M. Khurram Owais, MD

Mass., Dr. Owais says: “It struck me that this patient felt the need to travel three hours for high-quality pain care. That doesn't have to happen.

*** The HMC Pain Management Center is located at 10 Hospital Drive, Suite 103, Holyoke. To make an appointment, please call 413.535.4933.**



Large open team stations allow staff members to easily view the common areas of the units.

NEW BEHAVIORAL HEALTH UNITS: AN INSIDE LOOK

The Older Adult Unit has a different photo identifying each patient room, allowing patients to more easily remember which room is theirs.





TOP LEFT: Quiet Sensory Room: Each unit has a quiet room with a sensory wall for patient use. The sensory wall allows patients to glide their hands across multiple different textures to create calm and focus.

TOP RIGHT: Activity rooms provide space for group meetings.

BOTTOM: The spacious patient rooms provide an abundance of natural light, with a bed, chair, desk, side table and shelving unit for each patient.



IN RESPONSE TO A GROWING NEED FOR MENTAL HEALTHCARE, HOLYOKE MEDICAL CENTER CREATED NEW BEHAVIORAL HEALTH UNITS FOR ADULTS AND SENIORS.



Large social areas provide patients with many tables and chairs for activities and dining, as well as an area to watch television.

* To learn about other ways HMC is meeting the needs of our community, visit [HolyokeHealth.com/Community](https://www.holyokehealth.com/community).

MEET OUR NEW MEDICAL PROVIDERS

PLEASE JOIN US IN WELCOMING 13 NEW SKILLED CLINICIANS
TO THE HOLYOKE MEDICAL CENTER TEAM.

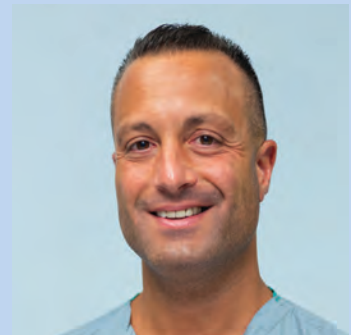
NEW INPATIENT PROVIDERS



Aziz A. Ashirov, CRNA
ANESTHESIA



Meghan McAdams, CRNA
ANESTHESIA



Anthony Saviri, MD
ANESTHESIA



**Johanna Kolodziej,
MSN, RN, PMHNP-BC**
BEHAVIORAL HEALTH SERVICES



Dilan Santiago Ramirez, PA-C
CRITICAL CARE



Joseph Smith, MD
PSYCHIATRY

NEW OUTPATIENT PROVIDERS



**Misty Lee Cameron, LCSW,
LMSW**

**WEIGHT MANAGEMENT
PROGRAM**

11 Hospital Drive, 3rd Floor, Holyoke
413.535.4757



**Syed Muhammad Khurram
Owais, MD**

PAIN MANAGEMENT CENTER

10 Hospital Drive, Suite 103, Holyoke
413.535.4933



Natalie Stucenski, CNP

PAIN MANAGEMENT CENTER

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**Sherry Greaney,
RNCS, FNP, CWOCN**

UROLOGY CENTER

10 Hospital Drive, Suite 204, Holyoke
413.533.3912



Allison Richards, MD

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Alicia Hurlburt, PA-C

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413.536.5814



Barbara Saykin, FNP

PRIMARY CARE

2 Hospital Drive, Suite 101, Holyoke
413.535.4800



Do You Need a Mammogram?

BREAST CANCER
SCREENING SAVES
LIVES—AND GETTING
A MAMMOGRAM IS
SAFER THAN EVER.

DON'T DELAY. SCHEDULE TODAY.

Early detection can be lifesaving. If you've put your mammogram on hold due to the pandemic, wait no more. Safety protocols for breast screening are firmly in place, including:



Screening for COVID-19 symptoms upon entry



Strict social distancing measures



Enhancing already rigorous cleaning and disinfecting practices



Mandating a mask or face covering for all patients and staff.

HOW TO REDUCE YOUR BREAST CANCER RISK



Stay active and exercise.



Maintain a healthy weight.

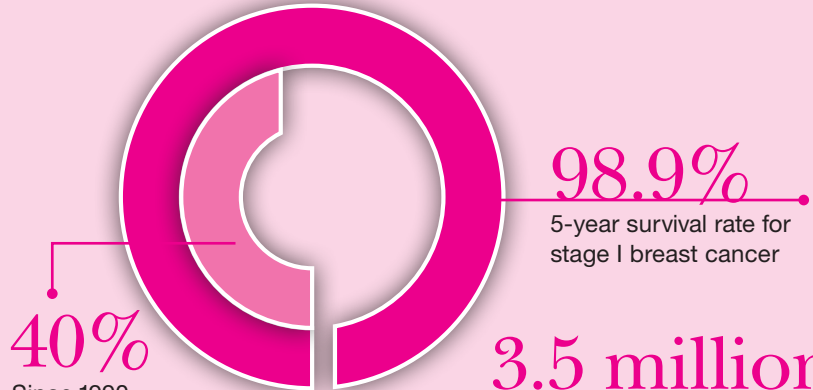


Eat fruits and veggies.



Limit alcohol consumption.

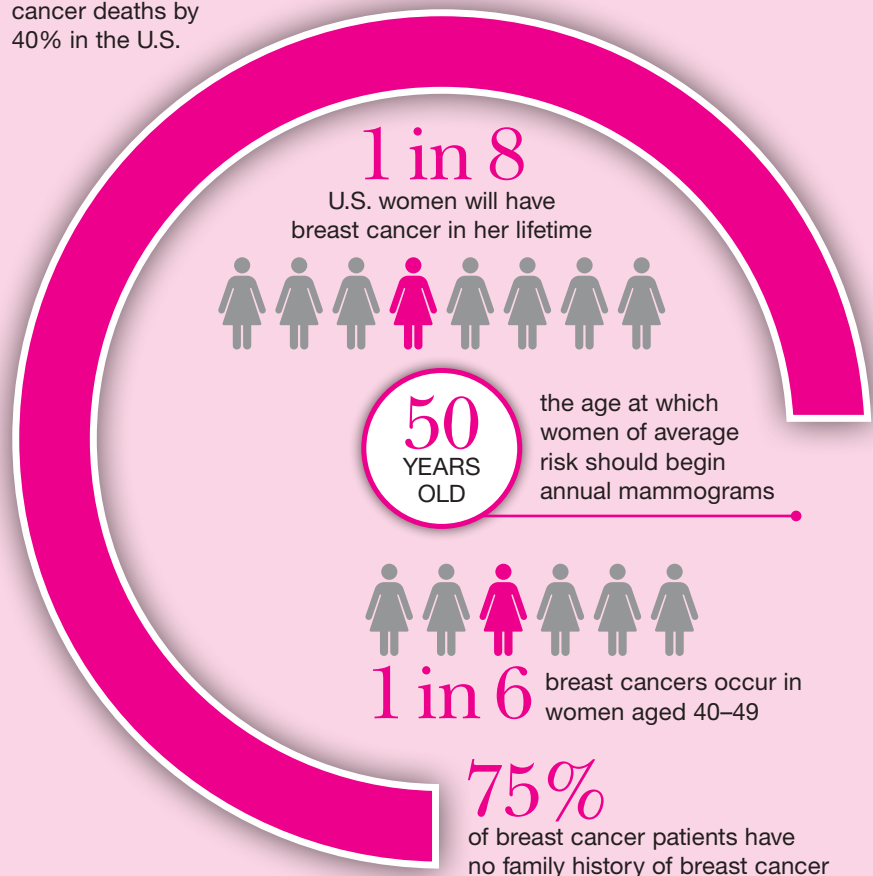
NEED-TO-KNOW NUMBERS



40%

Since 1990, mammography has helped reduce breast cancer deaths by 40% in the U.S.

3.5 million
breast cancer survivors in the U.S.



* The Women's Center is located at 2 Hospital Dr., Holyoke, MA. To schedule a 3-D mammogram, please call **413.534.2770**.

{ POWER FOOD }



A Better Nut Butter?

THE PEANUT PRODUCT IS A CLASSIC, BUT USE OF THE HEALTHY ALMOND ALTERNATIVE IS SPREADING.

OK, WE'LL STIPULATE that the “P” in PB&J may never be supplanted by an “A.” But almond butter—a paste made from grinding the ubiquitous, good-for-you almond—is coming on strong in many households, even though it’s a tad costlier. And in any nut-on-nut nutritional matchup, almond butter beats PB handily, smooth or chunky.

Almonds and their spawn—the oil, the milk, the flavored, the slivered, the chopped—may seem to be a current food fad. But this nut has been in the game for a long, long time. According to Harvard’s T. H. Chan School of Public Health, the almond—scientific name *Prunus dulcis*—is a tree nut native to the Mediterranean region that was first cultivated as early as 3000 B.C.E. The Bible mentions almonds in several places—once, nuttily enough, as “among the best of fruits.”

The almond is a nutritional powerhouse, a quality that doesn’t vanish when it’s made into a tasty spread. And the cognoscenti have caught on. When 48-year-old actress and mother of three Jennifer Garner shared on Instagram the breakfast she favored as she prepared for days filming the 2018 action thriller “Peppermint,” it wasn’t peppermints. It was a recipe she got from holistic nutritionist Kelly LeVeque, and its key ingredients were collagen protein powder, flaxseed, chia seeds—and almond butter.

POWER UP

Nut butters are known to contain a healthy amount of good fats, fiber, vitamins and minerals, and almond leads the nut-butter pack. According to an article in the *Journal of Food Science and Technology*, almond butter has significantly more fiber, calcium and potassium than peanut butter. What does this mean for you? For one thing, its high levels of fiber will help you feel full faster, which can help you maintain a healthy weight.

Peanut butter and almond butter pack similar punches when it comes to calories, both coming in at about 100 per tablespoon.

They’re calorie-dense, so munch them strategically, not mindlessly. But the magnesium in almonds can help lower blood pressure levels, decreasing your risk of heart attacks, strokes and kidney failure. And studies have found levels of high-density lipoprotein, the “good” cholesterol that reduces the risk of heart disease, slightly increased with almond butter even when compared with those of raw or roasted almonds.

In vitamins, score more victories for almond butter. It contains nearly three times as much skin-benefiting vitamin E as peanut butter, twice as much iron and seven times more calcium. Almond butter is also great for a pre-workout snack, providing 6.7 grams of protein, which is more than one large egg.

BUY/SERVE/STORE

When it comes to buying nut butters in general, it is best to avoid unnecessary added ingredients. The best and healthiest spread option is to aim for one that contains just two ingredients: the nuts and salt. Hidden in many commercial almond-butter spreads are high levels of sugar, disguising itself as corn syrup or molasses. Palm oil and other oils containing high levels of saturated fat are also often included in nut butters, so be sure to read labels to find the most natural option.

Like peanut butter, almond butter has a long shelf life and does not need to be placed in the refrigerator until opened. Once opened, almond butter typically lasts a few months before going bad, leaving you lots of time to enjoy its rich flavor. Expiration dates may vary, however, depending on the quantities of salt and preservatives used in the mixture.

One of the beauties of almond butter is its versatility. From adding a spoonful into a morning smoothie to baking sweet treats such as almond-butter brownies, this spread is easy to integrate into your diet. Clearly it’s causing a stir—and not just because, if contents have separated, you may need to stir it.

Holyoke Medical Center Annual



Gala

FEATURING
THE ACE AWARDS AND
LIFETIME ACHIEVEMENT AWARD
OF KIMAT GUL KHATAK, MD

SATURDAY, NOVEMBER 20, 2021

The Log Cabin • 500 Easthampton Road • Holyoke, MA 01040

- Complimentary cocktail reception
- Multi-course chef's dinner and wine pairings
- Silent auction
- Dancing to the O-Tones

Tickets are available! Purchase today!

Order tickets online at www.holyokehealth.com/gala21

or call (413) 534-2579 for more information.

Funds raised will enable Valley Health Systems to continue offering compassionate, award-winning care and services to our community through our affiliates of Holyoke Medical Center, Holyoke Medical Group, Holyoke VNA Hospice Life Care, and River Valley Counseling Center

HolyokeHealth.com/Gala21

Rain or Shine! Holyoke Medical Center is committed to the health and safety of our community. In the event the Gala is deemed best performed remotely, ticket holders will be provided with details of how to obtain their dinner, wine, and awards presentation access.