

# Seminars

**Registration is required for most seminars and events, and seating is limited. Unless noted otherwise, for more information or to register for any of these events, please call Baystate Health Link at 1-800-377-4325 or view event listings online at [baystatehealth.org/seniorclass](http://baystatehealth.org/seniorclass).**

## Running Clinic

Saturday, March 31, 9 a.m.-12 p.m.  
Baystate Franklin Medical Center  
164 High Street, Greenfield

The Sports Medicine Program at Baystate Franklin Medical Center is pleased to present this innovative workshop designed and presented by professionals who know how to manage and prevent running injuries. Learn from our conditioning, wellness and medical experts who will discuss:

### Minimalist Running: How Your Foot Type Decides if You're Cut Out for It or Not!

**Louis DeCaro, DPM**, Decaro Total Foot Care Center

Discuss how the structural design of your feet can predict your ability/affinity for success. Clarify what is right for you, and the science to back it up.

### The Hip and Its Role in the Runner's Kinetic Chain

**Sean McLaughlin, DPT, OCS**, Baystate Rehabilitation Care

Understand the basic biomechanics of the hip joint and pelvis, and how hip problems may contribute to other problems. Learn new exercises/stretching to prevent common hip injuries.

### Chi Running

**Jill Murphy**, Certified Chi Running Instructor

Learn about the Chi running technique and how to choose the appropriate shoe when transitioning to natural running and minimalist footwear.

### Barefoot Running

**Darius Greenbacher, MD**, Director, Sports Medicine, Baystate Franklin Medical Center

Explore the basics of barefoot running, what all the hype is about, and what the science says.

Registration required by March 23 by calling 413-773-2454. This is a free community program, and includes lunch and refreshments. A free injury clinic will be provided for those who may have a current, old, or nagging injury.

## Step Into Spring

Wednesday, April 4, 2 p.m.  
Quail Run Estates, 50 Cardinal Drive, Agawam

Join the staff of Baystate Rehabilitation Care for a discussion on mobility as well as the do's and don'ts of getting out and enjoying the spring weather. To register: 413-794-2255. FREE!

## A Matter of Balance: Managing Concerns about Falls

*Presented by Greater Springfield Senior Services*

Friday mornings: April 13, 20, 27, May 4, 11, 18, 25, and June 1, 9:30-11:30 a.m.

Reeds Landing, 807 Wilbraham Road, Springfield

This 8-week workshop is designed for adults who are concerned about falling or who have sustained a fall, and for their caregivers. Topics will include: fears of falling, recognizing faulty-habits, fall prevention misconceptions, safer ways to fall, group discussions, and setting small attainable goals. To register: 1-800-377-4325. FREE!

## Gadgets and Gizmos

Wednesday, April 25, 1-2 p.m.  
Baystate Mary Lane Hospital, 85 South Street, Ware

Join Tara Manguilli-Boisjolie, OTR/L and Jacqueline Ledew, OTR/L, Baystate Visiting Nurse Association & Hospice, to learn about several of the latest gizmos and gadgets, such as adaptive bathroom safety equipment and assistive kitchen devices and how you can use them to improve your health and well-being. Refreshments served. To register: 1-413-967-2488. FREE!

## Everybody Will Be Relieved

Thursday, April 26, 6-7:30 p.m.  
Baystate Health Education Center  
361 Whitney Avenue, Holyoke



Dr. Mark Kiely



Dr. Ziad Kutayli

When things run smoothly, we don't even think about them; but when there is a problem, it can really disrupt our lives. Bowel problems are not uncommon, but it's important to know when to seek help. Join Dr. Mark Kiely and Dr. Ziad Kutayli, colorectal surgeons, Baystate General Surgery, for a discussion about bowel problems, including diagnoses and treatments. A question and answer period will follow. Refreshments served. To register: 413-794-2255. FREE!

## Gadgets and Gizmos

Monday, April 30, 2-3 p.m.  
Baystate Health Education Center  
361 Whitney Avenue, Holyoke

Join Traci Hebert OTR/L Baystate Visiting Nurse Association & Hospice, to learn about several of the latest gizmos and gadgets, such as adaptive bathroom safety equipment and assistive kitchen devices and how you can use them to improve your health and well-being. Refreshments served. To register: 413-794-2255. FREE!

## Medications Today

Tuesday, May 1, 2-3:30 p.m.  
Baystate Health Education Center  
361 Whitney Avenue, Holyoke



There has been a great deal in the news regarding medication shortages, abuse, and safety. Join Mark Heelon, PharmD, medication safety specialist, Baystate Pharmacy, for a discussion regarding medication safety in the home, strategies for medication error prevention, and medication safety initiatives at Baystate Health. There will be time for questions and answers. Refreshments served. To register: 794-2255. FREE!

## The Lost Towns of the Quabbin: A Natural History and Historic Field Trip

Wednesday, May 2, 9 a.m.-4 p.m.  
Rain Date: Friday, May 4, 9 a.m.-4 p.m.  
Meeting Place: Crystal Spring Mall  
Route 9 & Route 202, Belchertown

Join Dave Gallup on this hike back to the 19th century and discover the once thriving community of Dana – one of the four towns lost when the area was flooded to form the Quabbin Reservoir. This all-day adventure has been expanded to include the Enfield Lookout to view the Quabbin Reservoir; the Quabbin Cemetery to view artifacts from the four towns lost to the reservoir (Enfield, Prescott, Greenwich, and Dana); and Hardwick, which resembles what Dana looked like during the early 1900s. On this four mile round trip walk, you will journey on an old road through the open forest with stops along the way to explore the history and wildlife of the region. Once at Dana Commons, you can examine the cellar holes, stone walls, sidewalks, and streets of this town frozen in time. Dave has many surprises, including rare photographs of the beautiful Dana homes that stood one hundred years ago. Bag lunch, bottled water and shuttle bus transportation provided. Bring a camera. Due to ecological reasons, *this hike is limited to 25 participants*. Don't miss this adventure! To register: 1-413-967-2488. FREE!

## Tai Chi

Thursday, May 3, 3-4:30 p.m.  
Baystate Health Education Center  
361 Whitney Avenue, Holyoke

According to legend, "if you meditate and do tai chi 100 days in a row, you gain back eight years of youth." Tai Chi is a slow motion, low impact form of exercise suitable for people of any age and often referred to as "Moving Meditation." Join Brian Kean, instructor, and Bailing Li, OMD, of The School of Tai Chi, for an introductory form of Tai Chi, called 9 Form Tai Chi Gong, which is especially suitable for beginners. There will also be a brief introductory discussion on acupuncture. Wear loose-fitting, comfortable clothing. Sneakers or light shoes with a flat sole are suitable. Refreshments served. To register: 413-794-2255. FREE!

## How To Talk To Your Doctor

Wednesday, May 9, 2 p.m.

Quail Run Estates, 50 Cardinal Drive, Agawam

Join the staff of Baystate Visiting Nurse Association & Hospice for a discussion on tips to make the most of your office visits and how to be sure all your needs are met with your doctor and nurse. To register: 413-794-2255.FREE!

## Your Baby is Having a Baby:

*A Special Evening for Grandparents and Parents-to-Be*

Wednesday, May 16, 6:30-8:30 p.m.

Baystate Health Education Center  
361 Whitney Avenue, Holyoke



Dr. John Kelley

This event is for grandparents and expectant parents. You'll learn how to maximize your new role as a grandparent, and how you can help support the expectant parents during this wonderful time. Suzanne Meserve, BSW, LCCE, Parent Education, Baystate Medical Center, will describe the many new childbirth techniques available to new moms. Linda Cauley, RN, IBCLC, Lactation Consultant at Baystate Medical Center, will discuss benefits and options for breastfeeding mothers. John Kelley, MD, pediatrician, will discuss the changes in infant safety and parenting that have occurred over the last two decades. A question and answer session will follow. You'll also receive a packet of valuable information and enjoy raffles, displays, and have the opportunity to purchase breastfeeding supplies and gift certificates. Refreshments will be served. To register: 413-794-BABY. FREE!



**HNE Medicare Advantage** is the **only 5-star** (Excellent) rated plan for 2012 in **Massachusetts**.  
This is Medicare's highest rating for quality & performance.  
Plan performance summary star ratings are assessed each year and may change from one year to the next.  
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## Help Us Build Your Emergency Department

The groundswell of support that greeted The Campaign for Baystate Medical Center inspired Baystate's leaders to accelerate plans to build out shell space in the new building to house a new Emergency Department.

Like the rest of the facility, the construction of the ED is financed through funds drawn from the hospital capital budget, private financing, and philanthropy. To support the philanthropic investment in this project, Baystate increased the goal of The Campaign for Baystate Medical Center by \$3 million.

"Now that we celebrated the grand opening of our new facility, we'll continue construction on the Emergency Department—and continue the campaign that will help fund it," says Susan Toner, vice president for development at Baystate Health and executive director of the Baystate Health Foundation. The new ED is scheduled to open in fall 2012.

The ED serves as the front door of Baystate Medical Center—the place where most patients first arrive. Appropriately, it is for this part of the expansion that every member of the community is invited to lend their support.

"I'm a firm believer that there are no strangers, only friends we haven't met yet," says Toner. "This public phase of our campaign offers an opportunity for people throughout our community to support high-quality health care in western Massachusetts by making a contribution—at whatever level works for them."

She adds, "Everyone at Baystate is deeply touched by how so many generous people have said, 'We're here for you, and we will walk with you and make it happen.' It's a testament to the importance of health care in our region—and to the strength of this community—that people have been so engaged, worked so hard, and been so generous in sharing their resources. We know that our community will continue to come together to address the compelling need for a new ED at Baystate Medical Center."

## Lend Your Support

**To contribute to the Campaign for Baystate Medical Center, please use the enclosed envelope or visit [baystatehealth.org/campaign](http://baystatehealth.org/campaign).**