

# Senior Class Newsletter

Baystate  Health

*Baystate Health is a leading not-for-profit health system with the charitable mission of improving the health of the people in our communities every day, with quality and compassion.*

## Dear Senior Class Member:

**Will you join us for the Spring Fling Luncheon?** The Senior Class Spring Luncheon will have complimentary parking provided by our sponsor Health New England. Brian Fournier, owner, Jitterbugs School of Social Dance in Chicopee and his colleagues will provide some great dance partners. Spring is almost here, so sign up today. See page 11 for the registration form.

**Are you getting the clues?** We are holding an exciting new event this spring based on some of the detective work involved in diagnosing health issues. "Get a Clue" brings four great physicians together to share their sleuthing expertise, and offers a mystery to solve during the event with the traveling mystery troupe, "Colonel Mustard Presents." See page 10 for more information.

**Did you know the Baystate Medical Center expansion officially opened to patients on March 2?** The \$296 million expansion, featuring The Davis Family Heart & Vascular Center, became the first of the patient care areas to open, providing a home for the Baystate Heart & Vascular Program. Read more on page 9.

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**Susan M. Fontaine**  
*Sr. Coordinator, Loyalty Programs*

Baystate Medical Center 413-794-5200  
Baystate Mary Lane Hospital 413-967-2200  
Baystate Franklin Medical Center 413-773-2433

# 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).**



# Senior Class eNews

Baystate Health  
SENIOR CLASS

## What's New?

## Find Out Online!

You can get updates from Senior Class via email with our Senior Class eNews. We'll send event updates and links right to your inbox for your convenience. To start receiving your Senior Class eNews send an email request to Sue Fontaine at [sue.fontaine@baystatehealth.org](mailto:sue.fontaine@baystatehealth.org).

## Check out candid shots, photos, and videos on Facebook

Facebook is fun for many social reasons, and one of the best features is photo and video sharing. We have recently posted the Gala Holiday Ball portraits and the very popular event video. Log on to *Facebook* and visit the *Baystate Health* fan page for all the latest news, photos, and videos, as well as daily tips and updates on health information.



## Check out videos on YouTube

See all of our latest videos on YouTube, including video portraits of new physicians, at [YouTube.com/baystatehealth](http://YouTube.com/baystatehealth). In *Featured Videos*, click on the *Meet the Doctors* play list to see Dr. Peter Butler, MD, endocrinologist, BMP-Endocrinology & Diabetes, and Dr. Matthew R. Brackman, MD, BMP-Mary Lane Surgery.



## Check out Baystate Health: Your Guide to Healthy Living

The spring edition of *Baystate Health: Your Guide to Healthy Living* is available online starting on April 1 at [baystatehealth.org/bhmagazine](http://baystatehealth.org/bhmagazine). This spring, we feature a special edition highlighting the Baystate Medical Center expansion, Davis Family Heart & Vascular Center, and the new Baystate Medical Center Emergency Department, opening in November.



# Are You at Risk for Lung or Esophageal Cancer?

In June of 2010, Bill Martin, a 64-year-old salesman from West Springfield, went to his primary care physician for a routine physical. Everything checked out fine, except for a nagging pain beneath his right shoulder blade.

A CT scan was negative, and his doctor corroborated Martin's belief that he had pulled a muscle. A follow-up CT scan, however, showed a small spot on Martin's lung on the opposite side of his painful muscle pull. Told it was likely pneumonia and put on an antibiotic, Martin was advised to follow-up with his doctor.

Six months later, Martin returned to his doctor and was asked if he ever followed up on the previous CT findings. When he said he hadn't, his doctor ordered another scan, which again showed the spot on his lung.

A biopsy confirmed what the spot was: cancer. Martin was one of the lucky ones; Dr. Rose Ganim, a thoracic surgeon at Baystate Medical Center, successfully removed the tumor from his lung. His cancer was caught early enough that treatment wiped out the disease in his body before it could spread and cause lethal damage. Most aren't that fortunate.

## Know the signs

Were it not for a pain in his shoulder, Bill Martin's outcome might have been very different. That pain—from a pulled muscle—led to a diagnosis of lung cancer and quite possibly saved his life.

Lung cancer kills nearly 159,000 Americans each year, according to the Centers for Disease Control and Prevention. In fact, more people die of lung cancer than breast, colon and prostate cancer combined.

The overall survival rate for lung cancer—15.5%—is the same as it was 40 years ago, perhaps because the early signs of the disease mimic the symptoms of other illnesses and may be missed—or ignored—by patients and physicians. (By comparison, breast cancer survival has increased to 89% and prostate cancer to 99%.)

"The most important thing to remember," says Dr. Gary Hochheiser, chief of Thoracic Surgery at Baystate Medical Center, "is that there really are no early signs of lung cancer."

Oftentimes, early-stage tumors in the lung do not cause any symptoms as they grow. That said, people need to know their risk of getting lung cancer. Those with a significant history of smoking are at high risk of developing the disease. Hochheiser says cough is the number one presenting symptom for lung cancer and those with a persistent cough need to be evaluated.

Most coughs don't cause a problem until lung cancer is at an advanced stage and other symptoms, like pain in the chest, back or shoulder, crop up. Other possible symptoms of lung cancer include repeated infections, such as bronchitis or pneumonia, and a general decline in overall health, including fatigue, loss of appetite, and seemingly unrelated symptoms like knee pain.

## Reflux risk factor

As the head of Thoracic Surgery at Baystate, Hochheiser also treats patients with esophageal cancer, which, like lung cancer, has few early warning signs. Esophageal cancer is less common than lung cancer, with about 17,000 new cases and 15,000 deaths annually, but there is a big demographic—middle- and upper-class men—who are most at risk, which makes pinpointing susceptible individuals much easier to identify.

The most common risk for esophageal cancer is reflux (a condition in which the esophagus, or food pipe, becomes irritated because of acid backing up from the stomach) that doesn't go away, even if it is controlled with medication. Hochheiser says reflux can damage the lining of the esophagus and cause errors in a person's DNA in a way that leads to cancer.

Patients with bad reflux should have an endoscopy to determine if they're in the precancerous stage of disease. Another symptom of esophageal cancer is dysphagia, or difficulty swallowing, which starts off

mild, but worsens as the esophageal opening narrows. This can cause patients to feel like food is stuck in their throat when they eat and lead to diet changes and unintended weight loss.

### Ignore at your peril

Hochheiser says that the bottom line with these two diseases is not writing off signs and symptoms that might indicate early stages of disease. "If you're a smoker and have a family history of cancer and symptoms like a cough, get it checked out. If you have significant reflux, don't ignore it and see your doctor," he says.

Bill Martin, for one, concurs. "It wasn't the cancer that caused my shoulder pain, but that's what got me to the doctor," he says. "Anytime you have something out of the ordinary, get it checked. I could have pooh-pooed the pain and they never would have found the cancer until it had advanced. It saved my life."

*For more information, contact Baystate Thoracic Surgery at 413-794-8050 or visit [baystatehealth.org/thoracic](http://baystatehealth.org/thoracic).*

## 15<sup>th</sup> Annual Step Out for Hospice

Baystate Visiting Nurse Association & Hospice (BVNAH) will hold their annual Step Out for Hospice on Saturday, June 9 at Forest Park in Springfield. This is sole fundraiser for the Hospice Program, and this year's goal is \$1 million.

Hospice is a special type of care for patients facing end-of-life and their families. Focusing on comfort rather than cure, hospice helps patients to live life fully and shape their final months according to their personal goals, wishes, and beliefs. It provides comfort and caring, as well as bereavement support for up to 13 months after the loss of a loved one.

Hospice is covered by Medicare and most insurance plans, but often insurance does not fully cover the cost of hospice care. BVNAH relies on their Annual Step Out for Hospice to raise money to help offset the cost of providing this truly unique care.

BVNAH needs your help to reach their milestone goal for this special event. There are many ways you can get involved—get sponsors and walk individually or as a team, or make a donation to the event. Any way that you can get involved will help support this special care for patients during the final phase of their life and for their families during a difficult time.

For more information, or to sign up for the walk, visit [baystatehealth.org/stepout](http://baystatehealth.org/stepout) or contact Bill Hynes at 413-794-6526.



### Walk of Champions

Benefits the Baystate Regional Cancer Program at Baystate Mary Lane Hospital

Sunday, May 6, Registration 8:30 a.m.  
Walk Begins: 10 a.m.

Quabbin Reservoir Goodnough Dike, Ware  
Sign up at [baystatehealth.org/WOC](http://baystatehealth.org/WOC).  
For more information: 413-794-7654.

# BVNAH Leads the Way in Avoiding Re-hospitalizations

Unnecessary re-hospitalizations can occur if patients do not understand their diagnosis and the importance of prevention and treatment plans. Re-hospitalizations are costly as well as disruptive to the lives of the patients and their families. Baystate Visiting Nurse Association & Hospice (BVNAH) has focused on preventing unnecessary re-hospitalizations, which has helped them to maintain a rate lower than the state or national averages.

“Many patients at risk for re-hospitalization are elderly,” says Dr. Sandra Bellantonio, chief, Geriatrics and Post Acute Medicine, Baystate Medical Center, and medical director, Baystate VNA. “Hospitalization for this population is often associated with a change in mental status, functional decline, and infection. Thus, avoiding unnecessary re-hospitalization is an important quality metric for older adults.”

Two initiatives that BVNAH has implemented during that past three years have supported their efforts to help their patients avoid unnecessary hospital admissions. Focusing on heart failure, and then expanding to chronic care management, has helped BVNAH decrease their re-hospitalization rate for patients by more than 20 percent (from 29 percent in November 2008 to 23 percent in July, 2011), while the state rate only dropped only 3-4 percent (from 29 percent to 28 percent) during this same time period.

## Heart Failure Management

The Heart Failure Program at BVNAH provides Telehealth monitors to patients who are at risk of exacerbation, who are enrolled in Fee-for-Service (FSS) Medicare, and who are eligible to receive the home health benefit.

In addition to routine nursing visits at home, the Telehealth monitoring device interacts with patients on a daily basis. It takes blood pressure, pulse, oxygen saturation, and weight, and collects patient answers to disease specific questions. The data is sent elec-

tronically to the BVNAH office where a nurse reviews all data daily to determine trends or patterns that are patient specific and makes needed responses.

“For example,” says Dr. Bellantonio, “home care nurses can communicate changes in vitals signs and status to patients’ primary care physicians, and appropriate interventions, such as doubling Lasix for three days, can be implemented in the home.”

“As clinicians, telemonitoring gives us a better idea about how our patients are doing at home on a daily basis,” says Dr. Mara Slawsky, director, Heart Failure Program, Baystate Medical Center. “This allows us to provide better preemptive care, make adjustments as necessary to each patient’s treatment plan, and helps to break the cycle of acute care recidivism.”

Additionally, patients being discharged from Baystate Medical Center who are identified as at high risk of re-hospitalization, and who choose BVNAH as their home care provider, are discharged with services that include an assessment of their ability to manage self care at home.

## Chronic Care Management

In 2011, BVNAH also embarked on a journey to educate and certify all home care clinicians in Integrated Chronic Care Management (ICCM). Recognizing the increasing trend of patients with chronic conditions, BVNAH began expanding their focus to include management of chronic illness.

In addition to providing the specific home skills needed, BVNAH began focusing on patient self-management, helping patients and families learn to manage their chronic illnesses in a way that improves their overall health and quality of life.

***For more information, call Baystate Visiting Nurse Association & Hospice at 413-794-6411 or 1-800-249-8298.***



# The Doors to the Future are Open at Baystate Medical Center

On March 2, The Davis Family Heart & Vascular Center became the first of the patient care areas to open in Baystate Medical Center's new facility, providing a home for the Baystate's Heart & Vascular Program.

The extensive heart and vascular care provided at a variety of locations within Baystate Medical Center are brought together under one roof within the Davis Family Heart & Vascular Center.

## Features include:

- Six cross-functional surgical/endovascular suites designed to accommodate complex and hybrid cardiovascular procedures, bringing technology and care teams to the patient, instead of the other way around.
- A new 20-room CARE unit, allowing patients undergoing outpatient procedures to go from pre-op to discharge in the same room, with the same nursing team.
- Three floors (96 rooms) of private medical-surgical beds, each equipped with telemetry, for less critically ill patients who require an overnight stay.
- 32 cardiovascular critical care rooms designed to create efficient, comfortable care environments for patients—while providing plenty of room for the comforting presence of family and friends.
- A two-corridor system that separates patient transport and transportation of linens, supplies, and technology, creating a more quiet and restful environment for patients.

## Private patient rooms, designed with input from actual patients, offer:

- Dedicated space for the healing presence of family and friends.
- Telemetry and other state-of-the-art technology, hidden behind panels until needed.
- Acoustic buffers between rooms for privacy.
- Patient-directed lighting and climate controls.
- Beds that always face the window.

"We see treatment of cardiovascular disease as a symphony—with the different pieces of our 'orchestra' coming together to deliver a healing rhythm of exceptional care. Everything about the Davis Family Heart & Vascular Center, from the look and feel to the functionality, has been designed with that in mind," says Betty LaRue, RN, vice president, Heart & Vascular Program.

***Take a virtual tour of the new Davis Family Heart & Vascular Center at [baystatehealth.org/expansion!](http://baystatehealth.org/expansion!)***



# Get a Clue...

Monday, May 14, 5-8 pm

Baystate Health Education Center  
361 Whitney Ave, Holyoke

**Professor Plum in the study,  
Colonel Mustard in the conservatory,  
Miss Scarlett in the billiard room...  
are you getting the clues?**

Like the famous board game, some diagnoses and treatments feel like solving a mystery and in some ways they are. What's involved, who are the players, what are the clues? Join us for an event that explores the "whodunit" process of diagnosing and treating health problems.

*Our characters in this case include:*

**Njogu Njuguna, MD**

Department of Radiology

**Michael Bailin, MD**

Chair, Department of Anesthesiology

**Rose Ganim, MD**

Thoracic Surgery

**John Romanelli, MD**

Bariatric & General Surgery

**Margot Malachowski**

Outreach Librarian, Baystate Medical Center



Each physician will discuss their piece of the puzzle and with the help of Margot Malachowski, you will learn to become a super sleuth and find reliable health information. Health New England will offer a free blood pressure screening, and there will be an opportunity to book an appointment with one of our experts.

You'll enjoy fun mysteries to solve and an opportunity to win prizes, as well as a traveling mystery theater troupe called "Colonel Mustard Presents" who will enact a mini-mystery for you to solve.

Dinner served. To register: 800-377-4325. FREE!



**Baystate  
Health**

**SPIRIT OF WOMEN  
SENIOR CLASS**

Senior Class

# Spring Fling Luncheon

**Wednesday, April 18**

**Social hour: 12-1 p.m., Luncheon: 1-4 p.m.**

**Chez Jozef, 176 Shoemaker Lane, Agawam**

**Cost: \$26 per person**

- ✿ Featuring the music of Richie Mitnick for your listening and dancing pleasure.
- ✿ Complimentary Valet Parking provided by Health New England
- ✿ Special Guests: Brian Fournier, owner, Jitterbugs School of Social Dance and his staff
- ✿ Table reservation placement will be determined on a first-come basis.
- ✿ Cancellations accepted until April 11, 2012.
- ✿ Handicapp accessible.

**RSVP by returning the registration form below with your check.**

### Bus with us to the Senior Class Spring Luncheon!

Free bus transportation will be provided for members of Baystate Mary Lane Hospital's and Baystate Franklin Medical Center's Senior Class programs. Registration required: call 1-800-377-4325.



## Senior Class Spring Fling Registration Form

Tickets for the Spring Luncheon must be ordered by completing this form below and sending it with your check payable to Baystate Health Senior Class, 280 Chestnut St. 5<sup>th</sup> Floor, Springfield, MA 01199 by **April 11, 2012**. Seating is limited and available on a first-come basis.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_

Number of person(s)  x \$26 per person = \$  Total enclosed

Your Choice:  Prime Rib of Beef  Chicken Francaise  Maple Glazed Salmon

Seating Requests \_\_\_\_\_

My Check is enclosed

Please charge my:

MC  Visa

Discover  Amex

\_\_\_\_\_  
Credit Card Number

\_\_\_\_\_  
Expiration Date

\_\_\_\_\_  
Signature



## Baystate Health Named Top 15 in the Nation

Thomson Reuters has named Baystate Health to the list of 100 Top Hospitals: 15 Top Health Systems in the United States.

According to Thomson Reuters, as a 15 Top Health System, Baystate Health is ahead of the pack and reflects achievement in national benchmarks in inpatient and post-discharge outcomes, safety, process of care, and clinical efficiency.

"I am so proud of this achievement because we did it as a health system. Being among the 15 top health systems in the nation is a prestigious distinction and a testament to the excellent, safe, and efficient care our employees deliver throughout Baystate Health," says Mark Tolosky, president and chief executive officer, Baystate Health. "We accomplish great things when we all work toward the same goals."

## Screenings

### Free Blood Pressure Screening

Thursdays, 9 a.m.-12:30 p.m.  
Baystate Franklin Medical Center  
164 High Street, Greenfield  
No registration required.

### Cholesterol Screening Program

First and second Wednesday of every month,  
7:30-9:55 a.m.  
Baystate Cardiac Rehabilitation & Wellness  
3300 Main Street, Springfield  
Registration required: 413-794-2255  
Fee \$10.

### Free Hearing Screenings

Baystate Rehabilitation Care  
360 Birnie Avenue, Springfield  
Appointments: 413-794-2222

Baystate Rehabilitation Care  
48 Sanderson Street, Greenfield  
Appointments: 413-773-2227