

# VALLEY

health & life

## ACE AWARDS

### Recognizing Community Commitment

GET TO THE BOTTOM  
OF THAT **HEADACHE**

THE FUTURE OF  
**MAMMOGRAMS**

THE TRUTH  
ABOUT **MIDWIVES**

TEST YOUR **FLU IQ**



# LET'S CELEBRATE!

## DEAR FRIENDS,

Holyoke Medical Center has had many successes, but none would be possible without the efforts of our outstanding staff. That's why I am inviting you to join me on Saturday, October 15, 2016 for the 2nd Annual ACE Awards to honor those employees within the Valley Health Systems family who exemplify excellence in their commitment to our organization and to the community we serve.

As highlighted in our cover story, we will also be recognizing two outstanding individuals that evening with Lifetime Achievement Awards: Dr. Garry Bombardier and Atty. Buddy Resnic. Garry and Buddy are devoted to Valley Health Systems and their contributions over the years are evident in many facets of the organization.

The nominations were received and the suspense is mounting. Who will this year's Best Physician, Best Caregiver, Best Supporting Employee and Best Leader be? All potential winners were nominated by their peers and selected for their willingness to go above and beyond when providing care to our patients. All will be revealed at the ACE Awards.

The evening's fun will feature a performance by Livingston Taylor, the world renowned musician who has a varied repertoire and has performed with major artists such as Linda Ronstadt, Jimmy Buffett and Jethro Tull.

So, come and celebrate our hard working doctors, nurses, support staff, volunteers, board members and donors who have all contributed to our success. It will be an evening to remember.



Best Regards,

**SPIROS HATIRAS**

PRESIDENT AND  
CHIEF EXECUTIVE OFFICER,  
HOLYOKE MEDICAL CENTER &  
VALLEY HEALTH SYSTEMS, INC.



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**Valley Health  
Systems, Inc.**

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# HEALTHY HABITS

FOR YOU AND YOUR FAMILY



## Snooze your way happy

According to a recent study, folks who napped for an hour showed a much higher threshold for frustration than those who got no shut-eye. And they spent twice as much time trying to solve complex tasks.

—University of Michigan



## Prone to **BLOOD SUCKERS**?

Turns out some people are more prone to being bitten by mosquitoes. Why? Their scent. There are some 300 different compounds put off by humans, and some chemicals, for example, lactic acid, attract mosquitoes. If you're one of the unlucky ones, be sure to apply repellent directly to skin, as wristbands have not been proven to work.

—Plos One

## CLEAR THE COUNTER

Junk food on the kitchen counter could lead to weight gain, according to recent research. Instead of keeping a box of donuts there, try a bowl of fruit so when you're hungry you can grab-and-go healthfully.

—Health Education & Behavior



# 58

The percentage increase in diabetes risk for every 20-point hike in average systolic blood pressure (the top number).

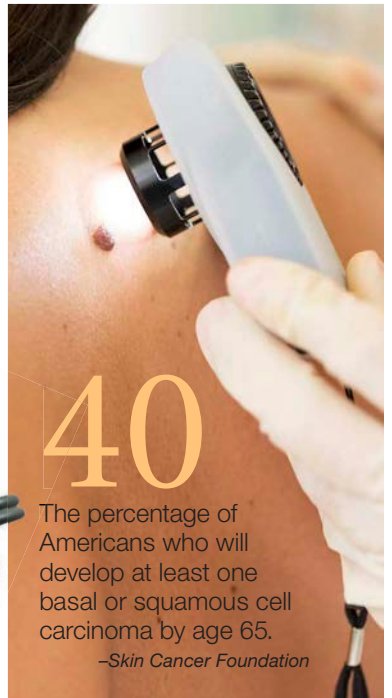
—Journal of American College of Cardiology



# 40

The percentage of Americans who will develop at least one basal or squamous cell carcinoma by age 65.

—Skin Cancer Foundation



## EVENTS

### WOMEN'S HEALTH EXPO

Whether you are looking for information on breast health, osteoporosis, heart health, nutrition or menopause, you'll find it here! Educational lectures will be offered throughout the morning. Schedule a free clinical breast screening, mammogram or colonoscopy. Have your blood pressure checked. Enter a free raffle for a gift basket.

**DATE:** Wednesday, October 12, 2016

**TIME:** 8 a.m.–1 p.m.

**PLACE:** Holyoke Medical Center

### ALL ABOUT KIDNEYS: FILTERING THROUGH THE INFORMATION

Learn more about kidney health, including chronic kidney disease and treatment options for end-stage kidney disease. Hear from a panel of patients on dialysis and former patients who have had a transplant about the treatment options they chose and why.

**DATE:** Thursday, October 13, 2016

**TIME:** 5–6:30 p.m.

**PLACE:** HMC Auxiliary Conference Center

### COPING WITH HOLIDAY STRESS

The holiday season can be a time of stress, chaos and grief that can lead to feelings of depression and anxiety, and to not taking care of ourselves. Learn how to reduce vulnerability to holiday stress, how to better deal with strong feelings, and ways to increase healthy coping skills during the holiday time.

**DATE:** Tuesday, November 15, 2016

**TIME:** 5:30 p.m.

**PLACE:** HMC Auxiliary Conference Center

To learn more or to register for upcoming events, please visit [HolyokeHealth.com/Events](http://HolyokeHealth.com/Events) or call 413.534.2789.

# MAMMOGRAMS GO 3-D

HIGH-TECH BREAST IMAGING  
MEETS PERSONALIZED CARE.





IN SEPTEMBER, HOLYOKE MEDICAL CENTER started offering another state-of-the-art option to help women protect their breast health. The new 3-D mammogram machine at HMC's Women's Center allows doctors to create more detailed images, says Steven Urbanski, M.D., the chief of radiology at HMC. It takes multiple X-ray pictures of each breast at the same low dose, which helps doctors see different areas within the breast more clearly. Since standard mammograms may have more trouble detecting cancer in women with denser breasts, the 3-D machine may be especially useful for these women, he says.

HMC will still offer standard mammograms, too. Mammograms are able to find a breast cancer up to two years before you can feel it with your fingertips, says Zubeena Mateen, M.D., an oncologist at HMC. This allows you to start treatment while the growth is at an early stage.

Different groups of experts on cancer and women's health have created their own guidelines for when women should start having mammograms. These range from age 40 to 50. They also disagree on whether

women should be screened each year or every two years. Dr. Mateen urges women to discuss mammograms with their own doctors, who can advise them on the best schedule to follow, given any risk factors they may have, and any family history of breast cancer.

"If you get regular mammograms, you are 20 percent less likely to die of breast cancer," says Dr. Mateen. "The five-year survival rate for breast cancer found early is almost 100 percent."

Mammograms sometimes have findings that are not harmful but require the patient to return for additional mammogram images or an ultrasound. In some cases, a doctor may need to sample a finding with a small needle—a procedure called a "biopsy"—for more testing, Dr. Urbanski says.

Though it can be alarming to learn that your doctor needs to take another look, the added testing usually finds that women don't have cancer, Dr. Urbanski says. "So for most women, the experi-

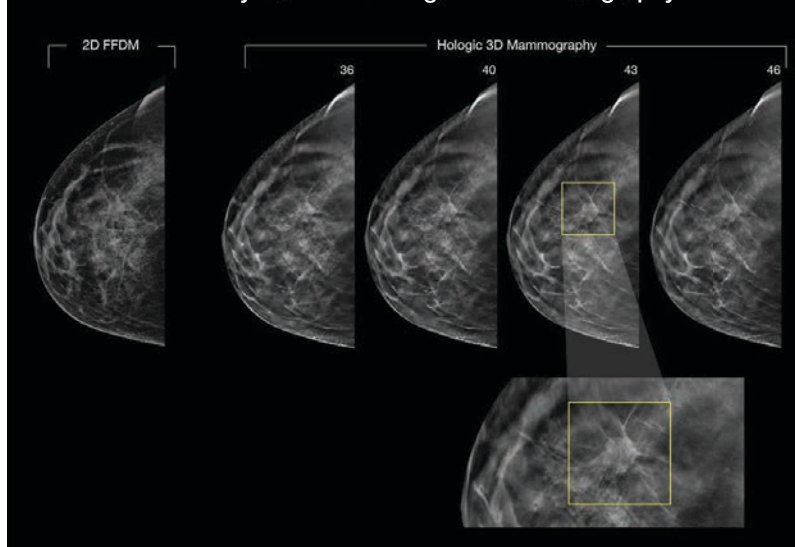
ence of coming back for additional views ends with a big relief," he adds.

If you need follow-up imaging or treatment after your mammogram, you'll likely meet Nancy Almeyda. A long-time nurse's aide and Spanish translator, she now works as a patient navigator in the HMC Women's Center. Her job is to help women set up follow-up visits more quickly and answer any questions they may have regarding their appointments.

"Some women get nervous before the biopsy, and I try to explain the procedure so they don't feel so nervous," Almeyda says. "I work with the radiologists and technicians, as well as oncologists and surgeons at HMC." As a result, she says, when women visit HMC for breast care, they benefit from "a teamwork process."

Our experts in breast health are waiting with high-tech equipment and a patient-friendly touch, but they need the most important team member to join them: you!

**A malignancy easily missed with conventional 2-D mammography was clearly seen with Hologic 3-D mammography.**



**Steven Urbanski, M.D.**



**Zubeena Mateen, M.D.**



**Nancy Almeyda**

» To schedule an appointment at the **HMC WOMEN'S CENTER**, call **413.534.2770**.

TO LEARN MORE, JOIN US FOR AN UPCOMING EVENT:

## Detecting & Treating Breast Cancer

The American Cancer Society estimates that nearly 300,000 new cases of breast cancer were diagnosed last year in U.S. women. Early detection and treatment is important in increasing the survival rate. Join us for a panel discussion on breast cancer with three HMC physicians:

Dr. Zubeena Mateen, oncologist; Dr. Deborah Panitch, general surgeon; and Dr. Steven Urbanski, radiologist. Learn about the latest innovations in mammography, medical oncology and breast surgery available at Holyoke Medical Center.

**Date:** Thursday, October 27, 2016

**Time:** 5:30 p.m.

**Place:** HMC Auxiliary Conference Center

**To register, call 413.534.2789 or visit [HolyokeHealth.com/Events](http://HolyokeHealth.com/Events).**



A decorative image at the top of the page features several rolls of gift wrap and several bows. The gift wrap includes red paper with white stars, green and red plaid, red and white stripes, and red paper with white snowflakes. The bows are made of red, green, and white striped paper, and one is white with red and green polka dots. The background is a light blue surface.

# Dignity, Comfort and Peace

THE ANNUAL LIGHT UP A LIFE FUNDRAISER  
BENEFITS PATIENTS IN THEIR FINAL DAYS.

**UNTIL YOU AND YOUR FAMILY NEED HOSPICE** care, you can't truly understand its importance. Providing comfort and peace as people come to the end of their lives, and allowing their last days to be lived with dignity, carries a great responsibility to both the caretakers and their families. Holyoke's Hospice Life Care takes great pleasure to ensure that families get the support they need during this time and for up to 13 months after their loved one passes.

"Hospice Life Care recognizes that the dying process is a natural part of living and focuses on enhancing the quality of remaining life when a cure is no longer available or desired," says Christine Waldie, director of Hospice Life Care. "We provide support 24 hours a day, seven days a week, wherever the patient calls home—be that at their actual home, an assisted living facility or a long-term care setting." The focus is on pain and symptom management, providing the patient with the ability to live their remaining time with self-respect and the best possible quality of life.

Hospice care is a holistic approach, respectfully addressing the physical, social, spiritual and emotional needs of patients and their families. In accomplishing this mission, Hospice Life Care holds a yearly fundraiser, called Light Up A Life, in tandem with their Holiday Gift Wrapping event. Anyone can contribute to this fundraiser through buying a star that will be hung "In Memory Of" or "In Honor Of" a loved one of their choice. They can also volunteer to help with giftwrapping or bring their gifts to be

wrapped for a small donation.

"This tradition of 'Remembering Those We Have Loved' has grown and prospered through the donations and participation of our sponsors, donors and families," Waldie says. "The stars are displayed on the Holyoke VNA & Hospice Life Care's Memorial Tree alongside our Holiday Gift Wrap Booth in the Holyoke Mall at Ingleside during the holiday season."

The event has gone on for more than 25 years, and each season has raised approximately \$30,000—which benefits Hospice Life Care's many programs and services, including their Therapeutic Harp program and Pinning Ceremonies for Veterans.

"Hospice Life care would not be able to run this program without the support of the community and the volunteers," Waldie says. "Volunteers can sign up for a three-hour giftwrap session at our Gift Wrapping Booth starting November 25, 2016 (Black Friday)." By donating just a bit of your time or money, you help Hospice Life Care's patients enjoy their final days in a peaceful and respectful manner.

## *Save the Date* **Light Up A Life**

**When:** November 25 through  
December 24.

(Opening ceremony December 1.)

**Where:** Holyoke Mall at Ingleside.

**How:** Purchase a star, volunteer to wrap gifts or get your gifts wrapped for a donation. Call **413.534.5691** for more information.





# TEST YOUR FLU IQ

HOW MUCH DO YOU  
REALLY KNOW?

FALL IS A WONDERFUL TIME OF THE YEAR.

There are tailgating parties and feasts to celebrate the season. Unfortunately, it can also be the start of flu season. Take our quiz below and find out just how much you know about the flu—then tally up your score and see where you rank on our Flu Quiz Thermometer.

**1** Which of these symptoms is more specific to flu than a common cold?

- a. Cough
- b. Body ache
- c. Congestion
- d. Sneezing
- e. None of the above

**2** Which of these are good steps to implement to avoid contracting the flu?

- a. Avoid infected individuals
- b. Get a flu vaccine
- c. Drink lots of fluids and maintain a balanced diet
- d. Wash your hands often
- e. All of the above

**3** When you're exposed to the flu, how long does it typically take for you to become ill?

- a. Two to five days
- b. One week to 10 days
- c. Within an hour or two
- d. Instantly

**4** Why is it important to get the flu vaccine?

- a. To reduce your own risk of getting the flu
- b. To reduce the severity of the flu if you do happen to catch it
- c. To help protect others around you who may be unable to get a flu vaccine, such as babies under six months
- d. All of the above

**5** Who is not among those at highest risk for developing serious complications from the flu?

- a. Pregnant women
- b. People over 65 years of age
- c. People who work more than 40 hours per week
- d. People with chronic illnesses like asthma and diabetes
- e. Young children

**6** Which of these is true about the flu?

- a. It is caused by being cold and wet
- b. It always comes with a fever
- c. It is caused by a virus
- d. It cannot be diagnosed through tests

**7** What is the No. 1 step recommended by the CDC to prevent contracting the flu?

- a. A flu vaccine at the start of flu season
- b. Plenty of vegetables and fruits
- c. At least 8 hours of sleep per night
- d. Staying away from populated areas
- e. Daily doses of aspirin

**8** Which of these are recommended to help avoid the spread of flu?

- a. Cough or sneeze into the crook of your arm
- b. Wash hands frequently with warm water and soap
- c. Stay away from work if you have symptoms
- d. Avoid touching your eyes, mouth and nose
- e. All of the above

## The Flu Quiz Thermometer

How many did you get right, and where do you rank—from Time to Call the Doctor to Perfectly Healthy?

You're Perfectly Healthy

All 8

You're Just a Little Tired

6-7

You Have the Sniffles

3-5

You Have a Bad Cold There

1-2

You Have the Flu! Time to Call the Doctor!

None

Holyoke Medical Center is pleased to offer a limited number of FREE flu vaccines. Appointments are on a first-come, first-served basis. Please call 413.540.5001 to book an appointment. Pre-registration is required and quantities are limited. Participants must be 18 years of age or older.

**Date: Saturday, October 8, 2016**

**Time: 8:00—10:00 a.m.**

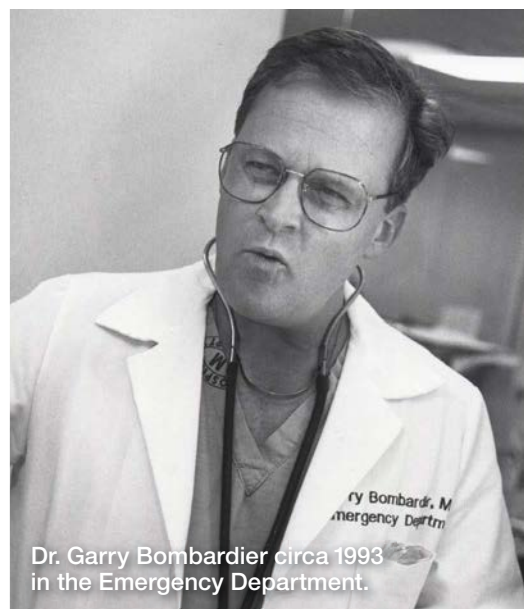
**Place: HMC Auxiliary Conference Center**



# Recognizing Community Commitment

HOLYOKE MEDICAL CENTER HONORS TWO MEN  
FOR THEIR OUTSTANDING SERVICE.





Atty. Buddy Resnic being interviewed by a local news team in 1987 regarding the capital campaign for which he was chairman.

Dr. Garry Bombardier circa 1993 in the Emergency Department.

**WHEN PEOPLE DEDICATE THEMSELVES TO HELPING THEIR** communities, they rarely do it to garner recognition. But the ACE Awards give these dedicated folks a much-deserved pat on the back, showing them that their devotion is appreciated. The ACE Awards are an important way for healthcare professionals to nominate and shine a light on the work of committed colleagues who deliver help, health and healing.

This year, at an October 15 event, Holyoke Medical Center (HMC) will recognize some of its best and brightest at the Mass Mutual Center in Springfield. The awards will honor individuals for their service to the hospital community, and will include two Lifetime Achievement Awards to recognize Garry Bombardier, M.D., and attorney Burton S. Resnic (Buddy).

Dr. Bombardier has been a part of the HMC community since 1979. Beginning in private practice, he then went on to work in the emergency department and served as chief of the department. He also spent three years as the hospital medical director and has served on the board of directors of HMC and Valley Health Systems. He has deep roots in the community and lives in South Hadley, within a mile of where he was raised in Holyoke.

Born with a congenital heart disease, Dr. Bombardier became interested in medicine as a young patient. He had his first heart operation at 15, and his doctors told him he shouldn't plan to do anything stressful, but he was intrigued by healing. So he pursued emergency medicine, where he enjoyed helping patients in the fast-paced environment. "My work in the ER was the most fun I ever had in medicine," he says.

When another heart operation interrupted Dr. Bombardier's medical career, he brought his physician's viewpoint to an administration role. He continues to be a fixture of the HMC community, providing occupational medicine services at The Work Connection. Dr. Bombardier also serves as president of Western Massachusetts Physicians Associates, an affiliate of HMC, and as medical director of the Holyoke EMS.

When Atty. Buddy Resnic stepped down from the Board of

Directors in 2010, he had served for 35 years—making him one of the longest-serving Board members. Resnic followed in his father's footsteps in serving the Holyoke community. "I watched my father's work as an alderman and then as Holyoke's mayor, and I developed an attitude for community service." He joined the Holyoke Medical Center's Board in the 1970s and played a multifaceted role in the hospital community, serving on numerous committees.

Angela Wright, a former Board member who received the Lifetime Achievement Award at the inaugural ACE Awards held in 2015, notes that Atty. Resnic earned a reputation for excelling at any job, no matter how big or small. Notably he chaired the hospital's capital campaign in 1986, raising \$3 million for facilities improvements. "I'm proud of helping the hospital maintain its financial health and accreditations," he says, "so it can continue to provide community-based healthcare in Holyoke."

Atty. Resnic has also served on numerous Boards in Holyoke, including the Public Library and the Congregation Sons of Zion. He served as president of the Pioneer Valley Council Boy Scouts and chairman of the Holyoke Redevelopment Authority, in addition to being elected to the Charter Commission. He is a partner in Resnic, Beauregard, Waite & Driscoll, which started when he joined his father's law practice after Harvard Law School.

Both Dr. Bombardier and Atty. Resnic speak with gratitude of their colleagues and families for supporting their passion for the hospital and for helping people. In Dr. Bombardier's words, "I couldn't have done this without having a loving place to come home to."

In addition to the Lifetime Achievement awards, awards will be presented for Best Physician, Best Caregiver, Best Supporting Employee and Best Leader. Livingston Taylor will provide entertainment as the HMC community comes together to celebrate the hospital's work, and to raise funds to keep it healthy for years to come.

“  
I couldn't  
have done  
this without  
having a  
loving place  
to come  
home to.”

—GARRY BOMBARDIER

# A REAL PAIN

WHAT KIND OF HEADACHE DO YOU HAVE, AND WHAT CAN BE DONE ABOUT IT?

HEADACHES ARE SO COMMON THAT MOST of the time we use the word as a catchall expression for any troubling occurrence. Dr. M. Zubair Kareem, M.D., vascular neurologist, knows headaches inside out, and on Thursday, November 3 at 5 p.m. he'll be leading a discussion at Holyoke Medical Center's Auxiliary Conference Center about their causes, kinds and treatments.

According to Dr. Kareem, up to 20 percent of women and 10 percent of men suffer from headaches. Still, he says, "Most people have just one type of headache, that being migraine." Even headaches commonly regarded as sinus-related or tension-induced are really just additional forms of migraine. But diagnosing a migraine is easier than you might think. "Absolutely no testing is required," explains Dr. Kareem. Migraine is diagnosed based upon description of pain and the associated symptoms. For example, if you have a headache that changes location while you are having it, it's a migraine. "There is absolutely nothing that can do this other than migraine," he says.

Cluster headaches are the next most common, though much less common. "If I take a total of 100 patients with headaches," says Dr. Kareem, "90 percent or more would have migraine. And then maybe about five percent of people have cluster headaches."

Unlike migraines, cluster headaches are twice as common in men. How severe are the cluster headaches? "They could be so severe that a patient could almost look psychotic with pain ... banging their head on the wall," says Dr. Kareem. Each attack usually ceases after a couple of hours, until the next one in the series. "The word 'cluster' means that these patients have these headaches for a few days to a few weeks at a time, and then they disappear," Dr. Kareem ex-

plains, "until another cluster comes maybe a few weeks or a few years later."

In terms of treatment, the first line of attack against migraines is a family of prescription medicines called triptans, specifically designed for migraines. The second is non-steroid anti-inflammatory agents, a long name for what we know as over-the-counter options like ibuprofen, naproxen, aspirin and the like, which Dr. Kareem describes as "mildly to moderately effective." For preventive purposes, everything from blood-pressure medicines like propranolol to anti-seizure medicines like Topiramate has been employed.

"Clusters are also treated with triptans," says Dr. Kareem, "but because cluster is so severe and it doesn't last very long, we look for a medicine that we can use quickly. So we use medicines that are available as nasal sprays or as injections. And there are separate medicines to prevent clusters, like verapamil and lithium carbonate."

When should headache sufferers seek professional treatment? "When the headaches become disabling," says Dr. Kareem. "When it is affecting your quality of life; if you're missing work or missing school. If you have a headache that started instantaneously and it's the worst headache of your life, you should call 911 and come to an emergency room. If the patient is having symptoms like numbness, weakness, difficulty speaking, loss of vision or double vision, they should call 911 or see a doctor right away."

» **TO LEARN MORE** about how to combat headaches of all kinds, register now for Dr. Kareem's discussion at [HolyokeHealth.com/Events](http://HolyokeHealth.com/Events) or by calling 413.534.2789.







## What's Behind Your Headaches?

Experiencing intense headaches? Consider these common triggers.

### CHEESE

Blue cheeses (such as gorgonzola and Roquefort) and other aromatic varieties are likely suspects.

### CHOCOLATE

Some call chocolate itself a migraine trigger; others insist the craving for it signals an impending attack.

### FASTING

Don't skip meals. Your head might not forgive you for it.

### STRESS

Getting stressed out is among the most typical triggers.

### HORMONAL CHANGES

The change in estrogen levels during women's menstrual cycles can have a lot to do with headaches.



# Midwife

## Myths

HOW MUCH DO YOU *REALLY* KNOW ABOUT MIDWIVES?

MIDWIFERY IN AMERICA DATES BACK TO THE 18TH CENTURY. IT'S SURPRISING, given this fact, that there still seem to be misunderstandings surrounding this health-care practice and its dedicated providers. "While midwives are well-known for providing prenatal care, attending births and taking care of postpartum women," says Liza Winston, certified nurse midwife at the Holyoke Birthing Center, "at least half of CNMs/CMs identify reproductive care and around a quarter identify primary care as main responsibilities in their full-time positions."

Let's take a look at some of these most common misconceptions about midwifery and dispel the myths:





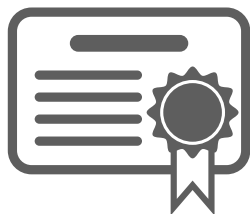
## Personalizing Each Birth Experience

"Our Birthing Center team is focused on providing state-of-the-art, safe and evidence-based care while honoring the choices of our birthing families," says Liza Winston. "Some women prefer to deliver their baby in our birthing tub, some women like to walk in labor and try nitrous oxide for pain relief, and some women prefer to get an epidural. We honor all of these choices and work to make each birth the safest, most personalized and respectful experience we can."

» **Midwifery Care of Holyoke** has offices in Holyoke, Chicopee and Northampton. To make an appointment, please call **413.535.4700**

### MYTH #1

#### Midwives have no formal education.



**FACT:** "Here at Holyoke Medical Center, all of the midwives are Certified Nurse Midwives (CNMs), who are advance practice nurses with an R.N. license and Masters or Ph.D in advance practice nursing," Winston says. "I am board certified, as are all of the CNMs, and this means I passed a certification exam and continue to fulfill all of the educational requirements for my degree."

### MYTH #2

#### Midwives only attend and assist with births at homes.

**FACT:** The Certified Nurse Midwives at Midwifery Care of Holyoke only deliver babies in the Birthing Center at Holyoke Medical Center. "The majority of CNM deliveries take place in hospitals or birth centers (less than 10 percent at home)," Winston says.



### MYTH #3

#### Midwives only concentrate on pregnancy and birth.

**FACT:** Midwives do a lot more. In fact, they're identified as primary care providers under federal law. According to Winston, "Midwives provide annual exams, prescriptions, basic nutrition counseling, parenting education, patient education and more. We provide a full range of prenatal/postpartum care, gynecology, women's wellness care, family planning and basic infertility/insemination services. We educate women about birth control, insert IUDs, write prescriptions, do annual exams, provide prenatal care and perform intrauterine inseminations, all in one office day."

### MYTH #4

#### Midwives cannot help if a patient has chronic health problems or a high-risk pregnancy.

**FACT:** For those with chronic health conditions, midwives provide many direct care services, but work closely with their physician partners to co-manage patient care. A woman with gestational diabetes, for example, would have routine prenatal care with a CNM, as well as visits with a diabetes educator and an obstetrician to complete her care. Each patient's care is tailored to her needs and risk factors, with her care coordinated by the CNM group.



### MYTH #5

#### Midwives cannot prescribe medications or order tests, and cannot provide pain medications or epidurals to birthing patients.

**FACT:** "CNMs are licensed, independent health care providers with prescriptive authority in all 50 states, the District of Columbia, American Samoa, Guam and Puerto Rico."



### MYTH #6

#### Midwives just wait around for the moment of childbirth.



**FACT:** "All of the midwives here at Midwifery Care of Holyoke practice full-scope midwifery. The midwife on call covers our Birthing Center at Holyoke Medical Center. She takes care of women in labor, delivers babies, performs rounds on postpartum women and assists our physician partners in c-sections," Winston says. "We also see outpatients for triage visits while we are on call and consult with the Emergency Room about pregnant women who are seen there."



# HAPPY SPENDING

MONEY CAN'T BUY BLISS, BUT THE CHOICES YOU MAKE ABOUT SPENDING AND SAVING CAN FUEL YOUR SENSE OF FULFILLMENT.

**THINKING ABOUT ABANDONING THE** cold for a sun-drenched beach, redecorating your living room, updating your spring wardrobe? Keep in mind that certain purchases will give you a bigger emotional boost than others—more bliss for your buck, so to speak.

"If you're going to spend, it should be for something you can touch or feel, or it should create a lasting memory," says Kim Cole, education coordinator at Navicore Solutions, a credit counseling and financial education service. "It must be something that will matter tomorrow."

Here are expert insights on spending choices that will leave you feeling satisfied.

## » THINK BEFORE YOU BUY

For many people, the act of buying something—a new car, jewelry, a set of golf clubs—offers a dose of euphoria, says Michael Steiner, partner and wealth adviser at RegentAtlantic.

Others, he notes, are more into the "conquest"—the pursuit of a big-ticket item, rather than owning it. "When they first get something, there's excitement," Steiner says. "But once they have it for a while, the shine wears off and normalcy sets in."

So before you hand over that credit card, ask yourself: Will I enjoy this purchase years from now? Steiner recalls one client who waited 12 months to buy a luxury performance car, only to sell it months later because he couldn't handle the headache of ownership.

## » THE WAIT MAKES IT GREAT

The debt that results from spending beyond your means can take the joy out of a purchase, experts warn. By contrast, Cole says, saving for that special item or trip rather than charging or financing it gives you something to look forward to. And in the end, you're more satisfied.

The same holds true for life's simple pleasures. If \$5 lattes are part of your daily ritual, for example, cutting your coffee shop visits down to once a week will turn them into an occasion. "When you delay gratification even slightly, it makes that object much more of a reward," she says.

## » 'TIS BETTER TO GIVE

The joy of buying presents for your children or other loved ones can be priceless. And you also can derive a sense of satisfaction from purchasing gifts for friends and neighbors, as well as tipping local service

providers.

But don't just spend for the sake of gifting, Cole advises. Buying something that your friend or family member will really appreciate will make the recipient—and you—much happier. "Make sure your gift is something that's important to the recipient," she says.

Alternatively, if you can't think of the perfect present, take a friend or loved one to dinner or a show. Or offer to baby-sit for an evening. Your friend or relative will enjoy the time away from the kids, says Cole.

## » GIVING IS GETTING

Donating funds to a cause or house of worship is the ultimate feel-good, according to Cole. The knowledge that you're using your money to help people can boost your spirits.

She recalls the spike in donations to relief organizations after Superstorm Sandy in 2012. "People who contributed money felt like they were involved and helping the families displaced by the storm," she says.

Before you donate, however, be certain the organization is legitimate and using its donations wisely. CharityNavigator.com, America's largest independent charity evaluator, is one of many free vetting tools.



# spice up THE SEASON

CINNAMON, THAT AROMATIC, SWEET SPICE THAT MAKES HOLIDAY DISHES SPECIAL, HAS MANY HEALTH BENEFITS—AND A SURPRISING HISTORY.

## DID YOU KNOW?

The spicy powder you sprinkle on your morning latte has a rich history spanning centuries. One of two varieties of cinnamon now available, ceylon ("true" cinnamon), was craved by Egyptians as early as 2000 B.C., when they imported the precious spice from its native Sri Lanka and used it to embalm dead pharaohs. Ancient Romans used ceylon as currency worth more than gold, paying tribute to the sun god Apollo by laying it in his temple as a gift. In medieval times, people appreciated ceylon for its more practical powers, such as treating sore throats and preserving meat. But this sweet treat also has a dark past: The Dutch, Portugese and English enslaved

natives on the island of Ceylon (Sri Lanka's former name), in efforts to monopolize production of ceylon and reap the pricey spice's rewards. By the late 18th century, however, the Arab delicacy had begun to lose prominence, with the emergence of cassia cinnamon as an acceptable substitute. As early as 2800 B.C., Chinese doctors used cassia to treat colds, the flu and digestive problems. While Europeans still prefer the citrusy taste of ceylon, Americans favor cassia, made from the bark of the *Cinnamomum* cassia, an evergreen found throughout Asia.

## POWERS

Cinnamon packs a lot of healthy heat: These deceptively sweet sticks are high in fiber and nutrients like calcium and iron. Studies have shown the spice can relieve arthritic pain, combat *E. coli* bacteria, and curb the proliferation of leukemia and lymphoma cells. People living with diabetes may find cinnamon especially powerful, as it has been shown to regulate blood sugar levels and lower cholesterol. But beware: Cassia could cause liver irritation if you get too sprinkle-happy. Modern cooks are wise to do as the Romans did, using cinnamon as a food preservative.

## BUY · STORE · GROW

Check the supermarket for ground cassia powder. Ceylon can be found in specialty spice stores and ethnic stores. Buy small quantities so the cinnamon doesn't go stale and lose its flavor. To crush your own cinnamon from sticks, try using a coffee grinder. Both cinnamon powder and sticks are best stored in the cool darkness of your spice drawer.

## RECIPE

### Mexican Hot Cocoa

Serves 2

## INGREDIENTS

4 Tbs. unsweetened cocoa powder  
4 Tbs. sugar  
2½ cups whole milk  
3 oz. bittersweet chocolate, chopped  
½ vanilla bean, split  
½ tsp. ground cinnamon  
¼ tsp. ground nutmeg  
2 cinnamon sticks  
Whipped cream  
Chocolate shavings (Use a vegetable peeler on a block of semisweet chocolate to make shavings.)

## PREPARATION

Mix together cocoa powder and sugar. Heat milk in a medium saucepan over very low heat with vanilla bean, chocolate, cinnamon, nutmeg and cocoa mixture. Whisk thoroughly until chocolate has melted and milk begins to simmer. Do not boil. Pour into two mugs and top with whipped cream and chocolate shavings.



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\*\*YTD, % of patients ranking center "excellent" overall.



*Dr. Raghu Bajwa, Medical Director, and Amy Pierno, Program Director*

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