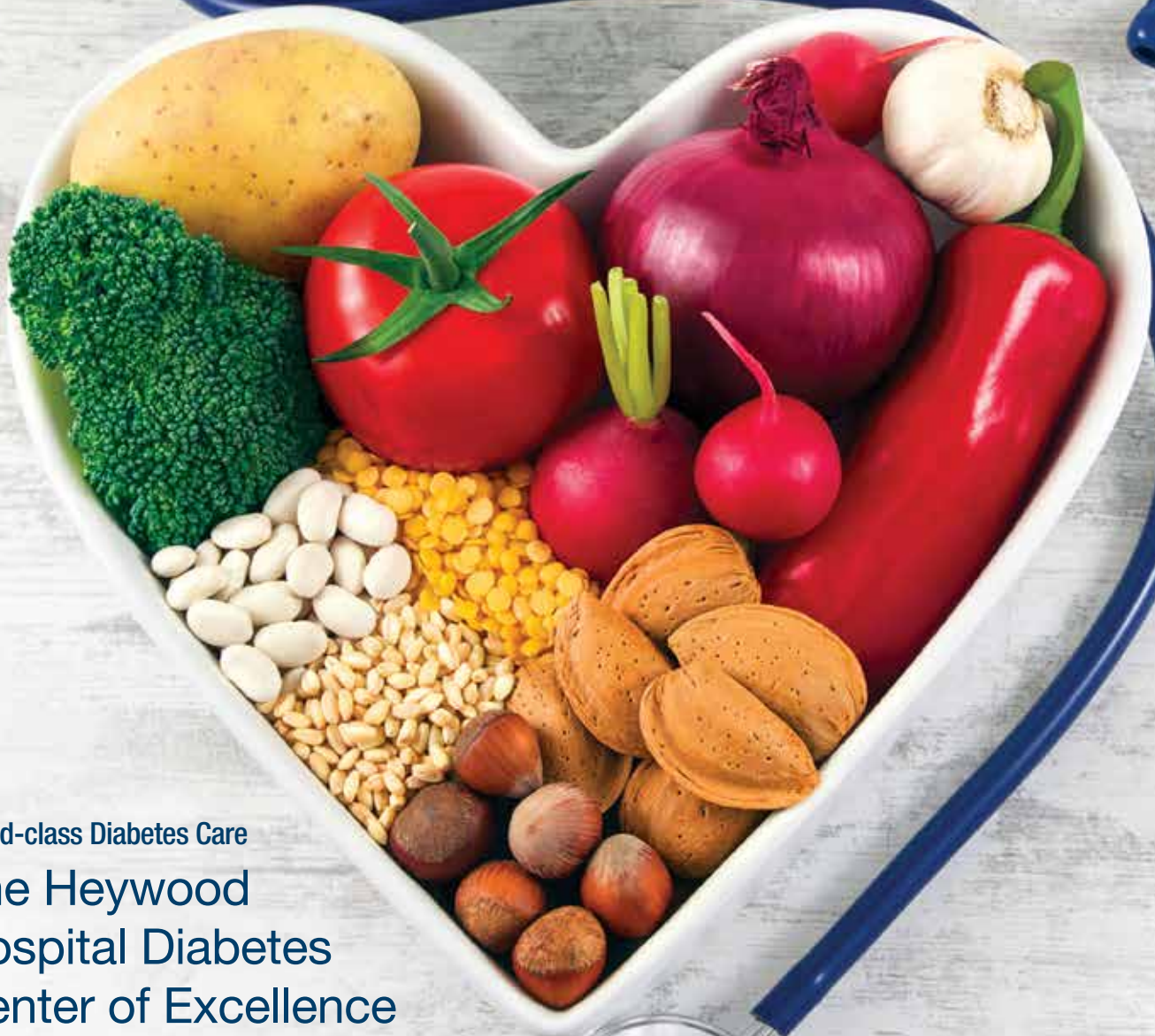


A Healthy You

THE COMMUNITY HEALTH MAGAZINE OF HEYWOOD HEALTHCARE

VOLUME 8 / 2017



World-class Diabetes Care The Heywood Hospital Diabetes Center of Excellence

Advantages of Anterior Hip Replacement
Bariatric Surgery: Is it Right for You?
Expanded Care and Support for Cancer Patients
Tully Family Medicine Moves to Athol
Phase One of the Quabbin Retreat is Now Open
Heywood Golf Classic Honors Two Founding Members
Athol Hospital Brings Services to the North Quabbin Community
Welcoming New Physicians to Our Community
Health and Wellness Programs



ATHOL HOSPITAL | HEYWOOD HOSPITAL | HEYWOOD MEDICAL GROUP | QUABBIN RETREAT



Dear Friends of Heywood Healthcare,

As you read this edition of *A Healthy You*, you'll see examples of how Heywood Healthcare works each day to fulfill our promise to improve access to quality healthcare and much-needed services throughout our region.



Phase One of the Quabbin Retreat in Petersham, the Dana Day Treatment Center, is now open and accepting patients.

Providing intensive outpatient services for adults with dual diagnosis of mental illness and substance abuse, this program offers Masters'-level educated therapists, small group settings, care coordination, family support, and local patient transportation. The Dana Day Treatment Center accepts most insurance plans. For referrals or more information, contact Brian Gordon, LMHC, at (978) 724-0010 or visit www.heywood.org/quabbinretreat.

Athol Hospital Emergency Department/Medical Office Building Project Underway. We are excited to announce that construction on the Athol Hospital Emergency Department/Medical Office Building project has begun. This will mean many extraordinary updates for the campus, including new traffic patterns on the south side of the hospital, changes near the entrance to the Medical Office Building and necessary parking accommodations. Please visit our website for the most up-to-date Patient and Visitor Information and Construction Updates.

With the relocation of Tully Family Medicine to the North Quabbin Commons Plaza in Athol, respected physician and long-time area resident Beth Nottleson, MD is now able to expand her family medicine team to help meet the local need for more primary care. In December of this year, Jacquelyn McKean, MD will join Tully Family Medicine, further increasing its ability to accept new patients. For more information, please contact Tully Family Medicine at (978) 248-5135 or visit www.heywood.org/hmg.

Thank you for taking a moment to read *A Healthy You*. If you have any questions or concerns, please email me at President@heywood.org.

Yours in Good Health,

Win Brown
President & CEO
Heywood Healthcare

Heywood Healthcare is an independent, community-owned, non-profit healthcare system serving the North Central and North Quabbin regions of Massachusetts and Southern New Hampshire. It is comprised of Athol Hospital, a 25-bed non-profit Critical Access Hospital in Athol, MA; Heywood Hospital, a nonprofit, 134-bed acute-care hospital in Gardner, MA; Heywood Medical Group with primary care and specialty physicians throughout the region; four satellite facilities – Heywood Rehabilitation Center, Gardner, MA, West River Health Center, Orange, MA, Winchendon Health Center and Murdock School-based Health Center in Winchendon, MA; the Quabbin Retreat in Petersham, MA; the Heywood Charitable Foundation and the North Quabbin Community Coalition, an affiliate organization.

A Healthy You is published by Heywood Healthcare and is produced by its Community Relations Department in conjunction with DeTore Design Group. The featured information is intended to educate people about subjects pertinent to their health; however it should not be considered a substitute for consultation with a personal physician.

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ADVANTAGES OF ANTERIOR HIP REPLACEMENT

Less Pain/Faster Recovery

Whether it's from arthritis or injury, the need for a hip replacement can be an overwhelming prognosis for a patient. While the goal of any joint replacement is to reduce pain and improve function, many automatically fear a long recovery, pain management and temporary loss of independence.

The anterior approach to hip replacement is just one example of continually evolving services offered at Heywood Healthcare, aimed at improving outcomes for patients. Proponents of anterior hip replacement surgery, including Heywood Orthopedics' Jared Toman, MD, MBA, believe it offers several advantages, including a reduction in damage to major muscles, less post-operative pain, faster recovery and a decreased risk of hip dislocation.

Since the anterior procedure positions the patient on his/her back and utilizes an incision on the upper thigh instead of the hip, surgeons are able to avoid cutting major muscles. There are fewer muscles at the front of the hip, allowing the surgeon to work between them, rather than cutting through muscle fibers or detaching muscles

“Comparing the anterior hip replacement with other options, it’s almost night and day. I have greater control as a surgeon and my patients get back to a normal life more quickly with the anterior approach.”

Jared Toman, MD, MBA

from bones, eliminating the need to make these muscle repairs at the end of the procedure. The decrease in muscle repair helps patients not only recover faster, but have the ability to bend and bear weight on their hips sooner, and requires less medication to manage post-operative pain.

Another major worry for post-surgical hip replacement patients is that the new joint will dislocate. However, the anterior approach avoids disturbing the muscles and soft tissue structures that naturally prevent the hip from dislocating, dramatically cutting the risk of this complication.

A quicker and easier recovery means a shorter hospital stay for patients, allowing them to return home and regain independence faster.

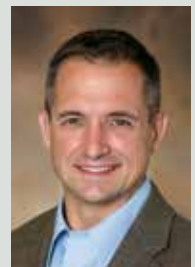
While anterior hip replacement offers many advantages, you should consult with your physician to determine the course of treatment that best meets your health needs.

For more information on anterior hip replacement or to schedule a consultation, please contact Dr. Jared Toman of Heywood Orthopedics at (978) 632-0800.

About Jared Toman, MD, MBA

The only orthopedic surgeon performing anterior hip replacement in our region, Dr. Toman began his medical career at the College of Physicians and Surgeons at Columbia University where he received the Admiral Lyons Award for being the top military medical graduate. He completed his post-graduate internship at Harvard-affiliated Beth Israel-Deaconess Medical Center, and his residency in Orthopedic Surgery at Boston Medical Center. Following his residency, Dr. Toman completed four years of service with the United States Air Force, where he received several commendations and awards for his work as an orthopedic surgeon. Part of his time in the service was spent at Walter Reed and Bethesda Naval Hospitals providing orthopedic care for soldiers wounded in Operation Enduring Freedom.

See page 18 for information on Dr. Toman's upcoming seminar.



THE FIRST STEP TOWARD A HEALTHIER YOU

Center for Weight Loss and Bariatric Surgery

Almost two-thirds of our local population is overweight, and about one-fourth suffers from obesity, a difficult-to-overcome, life-threatening condition. Often, obesity is linked to other chronic health issues such as high blood pressure, high cholesterol, Type 2 diabetes, GERD, heart failure, joint problems, and sleep apnea. Making matters worse, according to the National Institutes of Health (NIH), conventional therapies such as diet and exercise typically aren't long-term solutions. And commercial weight loss programs that lack a behavioral component typically don't work.

In fact, the National Institutes of Health recognizes bariatric (weight loss) surgery as the only effective treatment to combat severe obesity and promote weight loss for life.

Offering new hope for healthy change is Heywood Hospital's Center for Weight Loss and Bariatric Surgery. Since opening in January 2017, it has dramatically improved the lives of hundreds of patients. The Center offers a comprehensive approach to surgical weight loss. Its multidisciplinary team—including specially trained physicians and nurses, a behavioral counselor, nutrition and fitness experts and patient advocates—create customized programs offered in a truly supportive environment. Leading the program is Heywood Healthcare's Chief of Bariatric Surgery, Nari Sabeti, MD, who has performed more than 1,000 successful bariatric surgeries during her career.

Join Us for a Free Information Session

To register for a Bariatric Info Session or to speak with a Patient Advocate, please visit heywood.org/bariatricweightloss or call (978) 630-6130

The Center's Director, Marybeth Sherrin, LMHC, is a Harvard-trained behavioral health professional with over 15 years of bariatric experience.

Successful Weight Loss Solutions

"We specialize in minimally invasive, laparoscopic procedures rather than open surgery," says Dr. Sabeti. "While all surgery has risks, the advantages of our approach includes less pain and infection, fewer wound complications, and a faster recovery."

Heywood offers two options for bariatric surgery, each of which involves several small incisions in the abdomen:

- **Gastric Bypass:** A small stomach pouch reroutes foods from the small intestine, facilitates smaller meals, and suppresses appetite.

- **Gastric Sleeve:** 70–80% of the stomach is removed in this equally effective procedure.

Both procedures, which take about two hours to perform and usually involve a two-day hospital stay, generally improve Type 2 diabetes and other weight-related concerns as well as reduce the need for weight-related medications.

According to Dr. Sabeti, not everyone is an ideal candidate for bariatric surgery. The process starts with a diagnosis of obesity—anyone more than 100 pounds overweight with a Body Mass Index (BMI) of 40 or more. (BMI is determined by dividing weight in kilograms by height in meters, multiplied by two.)

Dr. Sabeti encourages patients to come to her free, no-obligation monthly information sessions and one-on-one consultations at Heywood and Athol Hospitals for more information and to find out if bariatric surgery may be the right choice for them.

"Heywood's Center for Weight Loss and Bariatric Surgery is a wonderful resource for my patients with co-morbidities such as high blood pressure and diabetes," says Helen Heneghan, MD of Ashburnham Family Medicine. "It is a pleasure to work with the bariatric team, and patients I refer there have renewed hope for a healthier life."

Bariatric patients benefit from integrated medical support provided by our

Nari Sabeti, MD, Chief of Bariatric Surgery at Heywood Healthcare, leads a specialized, multidisciplinary team with expertise in bariatrics, behavioral health, nutrition, and fitness. She is fellowship-trained in minimally invasive surgery and bariatrics at Tufts University School of Medicine, where she earned her medical degree. Certified by the American Board of Surgery, she is a member of the Society of American Gastrointestinal and Endoscopic Surgeons and is a fellow of the American College of Surgeons. "I was drawn to Heywood because it has demonstrated its commitment to comprehensive weight loss treatment, and it is an honor to work with so many passionate professionals," says Dr. Sabeti.



Are You Qualified for Bariatric Surgery?

To be a good candidate for bariatric surgery, patients must meet these criteria:

- BMI of 40 or over
- Failed weight loss attempts
- Acceptable operative risk
- More than 200% of ideal body weight
- Dedicated to lifestyle change
- Evaluation and medical consensus of bariatric clinical team

cardiology, pulmonary, radiology, gastroenterology, endocrinology, and behavioral health departments. We have an extensive network of primary care physicians that refer patients to our program; patients may self-refer as well.

Step by Step

The pre-surgical process includes extensive testing and two online courses:

- The first course, "Core Ready," teaches patients about surgical weight loss options and how they can be successful post-surgery. The digital program can be accessed from any computer.
- The second course, "My Hungry Head," was designed by Sherrin, author of *My Hungry Head: Dismantling the Diet Prison*. It shows patients how to understand their body and control hunger.

Following surgery, patients begin an outpatient program facilitated by Heywood and involving community resources and monthly checkups.

"People who lose weight typically live longer and enjoy a much higher quality of life, and bariatric surgery can be a significant first step toward good health," says Dr. Sabeti. "Surgery is actually the easy part. We're here to help patients overcome their frustration and disappointment and stay healthy for the long term."



"It's been a life changer."

"I wasn't comfortable in my own skin," said Athol resident Maria Barton. "Now I feel like myself, but better, lighter, healthier. I've lost 60 lbs, but I still feel like me, like I brought myself through this incredible journey. It's been a life changer – for the good."

In January of this year, Barton had bariatric surgery at Heywood Hospital. A long-time employee of Athol Hospital, the 42-year-old mother of two was among the first to take advantage of the new service – and she's glad she did. "Look at me," she enthuses. "What a difference, I don't regret it for a minute."

After researching bariatric surgery for some time, Barton chose the experienced team at Heywood's Center for Weight Loss and Bariatric Surgery. "It's not easy, but they were great. They were honest and helped me to understand which surgical option was best for me," said Barton. "Dr. Sabeti suggested the gastric sleeve, and I thought the sleeve as well. They are very knowledgeable, very comfortable to talk to and very friendly. Dr. Sabeti has a really caring attitude, which I absolutely appreciated."

"There are just so many things that are easier and better now. Before, my four-year-old and six-year-old girls used to say, 'Mommy, you're so big.' And it hurt, you know," remembers Barton. "Now, they tell me how skinny I am – because they can fit their arms all the way around me."

After being on her weight loss journey for six months, Barton has gained a beautiful new tattoo on her right arm that gets an additional flower for each ten pounds she loses, and a whole new enthusiasm for life. "I feel confident about myself. I was very down on myself before because of my weight. Now, I carry myself with confidence, and I'm happy with myself - before I wasn't."

When asked what she would say to anyone thinking of having this type of surgery, Barton was adamant. "I'd say go for it! This is by far the best thing I have ever done for myself."

QUALITY HEALTHCARE CLOSE TO HOME

Tully Family Medicine Moves to Athol's North Quabbin Commons and Expands Services

Patients have always valued quality healthcare close to home. But for years, the Athol area has been underserved, causing patients to spend extra time and money traveling to meet their healthcare needs. In response, Heywood has merged quality care and convenience, bringing a well-respected family health practice to Athol's North Quabbin Commons.

Tully Family Medicine, formerly located in Philipston, is now making its home in a brand new 7,000 square foot building, which they will later share with a new Walk-in Care Center, still in development.

"We're fulfilling our promise of providing local, top-quality, accessible, and affordable medical care," says Win Brown, President & CEO of Heywood Healthcare. "We're talking about more providers offering more services to many more patients."

With 26 years of experience as family practice physician, Elizabeth Nottleson, MD has long been an advocate for community health in the North Quabbin region. A graduate of University of Massachusetts Medical School, Dr. Nottleson previously served as a mental health worker at St. Elizabeth Medical Center and currently is President of the Athol Hospital Medical Staff.

The move to its new space in Athol has allowed Tully Family Medicine to double its clinical staff and patient volume, expanding from four patient rooms to 15, enabling the practice to begin accepting new patients.



The new Tully Family Medicine location is conveniently situated in North Quabbin Commons in Athol.

Dr. Nottleson is excited to be growing her practice, and welcomes Jacquelyn McKean, MD as well as additional nurse practitioners and physician assistants, to round out her expanded team.

Dr. Nottleson says, "Our patients appreciate that we provide comprehensive care for all members of the family."

Patients will benefit from many offerings in the state-of-the-art building, including:

- X-Ray Suite – to diagnose fractures and pneumonia.
- Expanded Lab Draw Services - for drawing blood with a lower wait time.
- Conference/Education Room – for community offerings and presentations.

In addition, Heywood Healthcare has named Dr. Nottleson as Medical Director of the Walk-in Care Center, opening in 2018, which Brown feels is the "perfect fit" for the community and patients.

"Our patients will benefit from the integrated care at Tully and the Walk-In Care Center, with Athol Hospital only minutes away," says Dr. Nottleson. "Having a modern facility will also help recruit more physicians to our region, improving access to quality healthcare for all of our residents."

For more information, call Tully Family Medicine at 978-248-5135.

Coming in 2018 – Walk-In Care Center

Convenient access to quality care will be easier than ever when the Walk-In Care Center opens, adjacent to Tully Family Medicine in 2018. The Walk-in Care Center will provide medical services on a walk-in basis for patients with non-life-threatening issues, including cuts, sprains, fever, colds, sore throats and ear aches – no appointment needed!



Wendy Coutu, NP
reviews *Advanced
Directives* with James
Benton of Gardner.

EXPANDED CARE AND SUPPORT FOR CANCER PATIENTS IN OUR COMMUNITIES

At Heywood Healthcare, we are constantly striving to meet the ever-growing needs of patients with cancer and associated diseases, allowing patients to receive treatment close to home and their support systems. Our team of highly skilled physicians, Board Certified in Oncology, Hematology and Internal Medicine, provides individualized care and treatment plans for each and every patient, in conjunction with our specially trained registered nursing staff.

Expanded Oncology Care

Heywood Healthcare is pleased to bring new physicians and increased patient care to both Heywood and Athol Hospitals. The newest member of our team, Ahmad Daniyal Siddiqui, MD, will be working with patients at Heywood, while Saleem Khanani, MD, now practicing full-time, has expanded his services at both hospitals. Working with long-standing Heywood oncologist, Sheila Donnelly, MD, patients can now receive more comprehensive, quality cancer care in our community.

Our Supportive Care Clinic is an extension of the Oncology and Hematology treatment offered at Heywood Healthcare. Run by Wendy Coutu, NP, the Supportive Care Clinic focuses on improving the quality of life for cancer patients and their families by alleviating distressing symptoms, such as side effects from chemotherapy and radiation, thus enhancing quality of life while in treatment. Our Supportive Care Team includes our oncologists, a nurse practitioner, nurses, social workers, dietitians, and pharmacists, and is available Monday–Friday in our outpatient oncology departments.

Supporting Care for Every Phase of Life

While the goal of our Supportive Care Clinic is to enhance quality of life during treatment for patients, it is also a time to consider planning for end-of-life care. While these conversations are never easy, they are important. Many patients do not

have a plan for end-of-life care, dictating how they wish to live and die, leaving their loved ones to make hard decisions that often leave them with a feeling of guilt.

Our Supportive Care Clinic or our Social Services Department can help you complete advance directive forms, including the Health Care Proxy and MOLST, to ensure your future care in the event you are not able to express your wishes. The Health Care Proxy, recognized in all 50 states, designates a person of your choice to make healthcare decisions on your behalf if you are unable to make or communicate those decisions. MOLST, Massachusetts Medical Orders for Life-Sustaining Treatment, is a medical order form (similar to a prescription) that relays instructions between health professionals about a patient's care and life-sustaining treatment.

For more information about advanced directives or to obtain needed forms, call the Social Service Department at (978) 630-6166.

A NEW RESOURCE FOR SUBSTANCE ABUSE AND MENTAL HEALTH NEEDS

Dana Day Treatment Center at the Quabbin Retreat

Many local families have felt the impact of the substance abuse epidemic, as it threatens the future of an entire generation of young adults. There has long been a shortage of resources in our area to handle the growing demand for substance abuse and behavioral health needs, which often go hand-in-hand. “We knew that we needed to step-up and address this problem,” recalls President and CEO of Heywood Healthcare, Win Brown. “Substance abuse and behavioral health are the number-one community health concerns in North Central Mass and Franklin County, and with the Quabbin Retreat, we are developing an innovative, community-owned solution that can truly address this devastating health crisis in our region.”

The Quabbin Retreat—a project of the *Fulfilling Our Promise* Capital Campaign—features a 75,000-square-foot facility located on 82 acres in Petersham. Phase One of the Retreat includes the recently opened Dana Day Treatment Center, which focuses on treatment for substance abuse and behavioral health. Subsequent phases will include adult and adolescent residential treatment centers as well as an inpatient adult detox unit.

For decades, Heywood Hospital has offered inpatient and geriatric psychiatry units, and our expanded outpatient Partial Hospitalization program serves up to 25 patients a day. However, it became clear that additional services were needed to meet the escalating crisis. To offer a more integrated, comprehensive approach, Heywood developed the Dana Day Treatment Center to address the common dual diagnosis of substance abuse and mental health.



“The most unique aspect of our outpatient center is the use of dual diagnosis, which treats substance abuse and mental health in tandem. The Quabbin Retreat is the only program in the area set-up to treat patients in this manner.”

Program Supervisor Brian Gordon, MS, CAGS, LMHC

The Challenge

For decades, alcohol was our area’s number-one addiction, but in recent years, opioid addiction has taken its place. Rural and economically challenged areas like ours are statistically more vulnerable to opioid use. Many suffering from substance abuse begin their descent into addiction with prescribed medication, but when they’re unable to satisfy their addiction, they often turn to heroin.

“Addressing this epidemic was a daunting task that involved community partnerships and town support,” says Vice President of Community Health and Chief Agent of Change, Rebecca Bialecki, PhD. “We took a leadership role in developing a unique facility to help people suffering from substance abuse to take back their lives and prevent future generations from falling into the same traps.”



The First Step: Dana Day Treatment Center

As the first part of our four-tiered plan, in spring 2017, we opened the Dana Day Treatment Center, an outpatient program for adults ages 18+.

“Patients in our area often go through detox but have no next step,” says Brian Gordon, MS, CAGS, LMHC, who oversees the center and has more than 25 years’ experience as a mental health counselor. “At the Quabbin Retreat’s Dana Day Treatment Center, we provide patients with structure and services that optimize their chance for success.”

Dana features experienced mental health professionals who offer a proven evidence-based curriculum with individual, small group, and cognitive behavioral therapies. A care coordinator customizes programs to educate and support patients and families. We also provide free transportation, a therapy garden that reconnects patients with nature, smoking cessation resources, and pet therapy. Most insurance plans are accepted.

“Eighty-five percent of people with substance abuse disorders also have an underlying

mental health issue,” says Gordon. “The most unique aspect of our outpatient center is the use of dual diagnosis, which treats substance abuse and mental health in tandem. The Dana Day Treatment Center offers the only program in the area set up to treat patients in this manner.”

“It’s impossible to separate the mental health disorders from the substance abuse disorder because it is all part of the same person,” says Bialecki.

Following the completion of the outpatient program—which lasts six hours daily for three weeks—Heywood helps patients further their recovery through outreach efforts with community groups.

The Next Phases

The next phases of the Quabbin Retreat, currently undergoing construction, include:

- **Adult Residential Treatment Center.** In early 2018, we will offer 40 beds for patients primarily coming from detox. Operating in collaboration with McLean Hospital, one of the region’s most respected mental health service providers, this residential program will offer patient

therapy for all levels of treatment on site for up to a month.

- **Adolescent Residential Treatment Center.** Early in 2019, a similar program will provide up to 30 beds for adolescents. Following the residential treatment, we will work with patients’ schools to help ensure a smooth transition to the classroom.
- **Inpatient Adult Detox Center.** To further integrate services, the final phase of the Quabbin Retreat will be the opening of an adult inpatient detox center slated for 2020 with 10 beds.

“We’ve had an incredibly positive response to the Quabbin Retreat and our continuum of care model,” says Bialecki. “Our outpatient program at the Dana Day Treatment Center continues to grow, but we have the capacity to increase our volume. All told, our centers will be providing hundreds of jobs, saving millions of dollars, and most importantly, improving the lives of thousands of patients.”

For more information, contact Brian Gordon by emailing brian.gordon@heywood.org or calling 978-724-0010.

DRIVING COMMUNITY HEALTH FOR 25 YEARS

The Heywood Golf Classic/Watkins-Faust Open

Over the years, generous Golf Classic sponsors have underwritten a wide variety of important Athol and Heywood Hospital initiatives and services, and this year's tournaments have continued that legacy of success.

Heywood Hospital's 25th Anniversary Golf Classic, held on June 19th at the Oak Hill Country Club in Fitchburg, raised over \$100,000, and the annual event was renamed the Watkins-Faust Open in honor of longtime Executive Chairman James Faust, MD and Chairman Chris Watkins. The funds raised will support Heywood Hospital moving forward with its most significant construction project since the Watkins Building, the full-scale design of a new Surgical Pavilion, to replace the current operating rooms, designed and built in the 1960s.

The modernized Surgical Pavilion will expand Heywood's breadth and depth of services, improve operating efficiencies and strengthen the financial performance and sustainability of the Hospital. Heywood's premier Surgical Pavilion will include four Operating Rooms, two Minor Procedure Rooms, four Endoscopy Rooms, a Post-Anesthesia Care Unit (PACU), Patient Preparation/Recovery Area and staff support space. The Surgical Pavilion will allow for technologies to expand minimally-invasive surgical offerings, attract new surgeons to the region and support the infrastructure for Heywood Hospital's new Center for Weight Loss & Bariatric Surgery.

Proceeds from our Athol Golf Classic, held on August 9th, are again supporting the construction of a new Athol Hospital Emergency Department (ED) and Medical Office Building (MOB). The planned ED



The Heywood Watkins-Faust Open Golf Classic

Heywood Hospital is honored to recognize the two most important contributors to the Heywood Golf Classic since its inception,

tournament Executive Chairman James Faust, MD and Chairman Chris Watkins. The enthusiasm, foresight and support of these two men has been instrumental in creating and fulfilling the promise of the Heywood Golf Classic over the past 25 years, supporting initiatives including oncology upgrades, surgical day care, endoscopy, the Diabetes Center of Excellence, various capital projects and an array of behavioral health and suicide prevention projects.

Pictured above, left to right: James Faust, MD, Chris Watkins and Heywood President and CEO Win Brown.



THE ANNUAL HEYWOOD HOSPITAL

Golf Classic

THE WATKINS-FAUST OPEN

construction will provide more spacious treatment rooms, include a separate treatment area for behavioral health patients and will improve efficiency to optimize the patient experience. The new MOB will provide additional office space for primary, specialty and behavioral health providers.


Thank you to the devoted sponsors of the Athol and Heywood Golf Classics. Your unwavering commitment to these events provides Heywood Healthcare with the generous support needed to create programs and services that truly make a difference for residents of the North Central and North Quabbin regions.

A dark green circular graphic containing text about the Athol Golf Classic donation.

Athol
Golf Classic
\$45,000

A dark green circular graphic containing text about the Heywood Golf Classic donation.

Heywood
Golf Classic
\$100,000

A dark green circular graphic containing a list of sponsors for the golf classic.

Thanks to our generous
sponsors, including:

HEYWOOD GOLF CLASSIC
The Faust Family and Dr. and Mrs. James A. Faust
New England Inpatient Specialists
WBS/Hub International New England

ATHOL GOLF CLASSIC
Hub International
MedStar Ambulance
SMRT Architects and Engineers
Coverys



BUILDING THE FUTURE OF HEALTHCARE IN ATHOL

New Services, New Emergency Department, New Medical Office Building

The healthcare industry has changed dramatically since Athol Hospital was built in 1951, and Heywood Healthcare looks forward to modernizing a variety of important services that will better accommodate the needs of today's patients and physicians.

As part of Heywood Healthcare's *Fulfilling Our Promise* Capital Campaign, a community-responsive, fundraising initiative, we are constructing a new Center for Emergency Care and Medical Office Building on the Athol campus. The campaign—which also includes the Quabbin Retreat and Heywood Surgical Pavilion—is designed to ensure that the healthcare needs of the community will be met now and in the future.

In addition to the new Emergency Department and office building, expanded services and new equipment are already in place at Athol Hospital.

Recent Enhancements

- **New Staff.** We have welcomed new specialty physicians, including an orthopedic surgeon, two new surgeons, and John Poremba, MD, an endocrinologist treating diabetes and related hormonal disorders. We are also offering extended oncology services and have added a wound consultant.

"We have cardiologists here five days a week, making it much more convenient for local patients," says Vice President of Community Health and Chief Agent of Change for Heywood Healthcare, Rebecca Bialecki, PhD.

"Athol used to be an overlooked community gem. Now it's quickly becoming a crown jewel."

Rebecca Bialecki, PhD

- **New Equipment.** Investing in state-of-the-art equipment is another campaign initiative, and we are pleased to offer new bedside spirometry (which measures how well the lungs perform); a Bi-level Positive Airway Pressure (BiPAP) machine (a non-invasive therapy for patients suffering from sleep apnea); and a treadmill for cardiology patients.
- **New and Expanded Programs.** Our Center for Skilled Nursing and Rehabilitation offers "swing beds," allowing patients to remain at Athol Hospital for post-acute care without ever transferring to an outside rehab facility. Beginning in January 2018, our new inpatient pulmonary rehabilitation services will become available.



A First-Class Medical Office Building

The 52,000 square-foot Emergency Department and Medical Office Building will replace our emergency department, built in 1953, and our medical office structure adjacent to the hospital. The Emergency Department will occupy the lower level of the three-story building, offering expansive modern accommodations with a preferred level of privacy. The second and third floors will provide office space for primary, specialty, and behavioral health providers, including Clinical and Support Options, a well-respected provider of comprehensive behavioral health and crisis intervention services in our region.

An Emergency Center

The existing Emergency Department can be crowded, making it difficult to maintain privacy. With only one entrance, patients arriving by ambulance must enter with the general public, and private treatment areas for patients with mental health needs are non-existent.

Benefits of our new Emergency Department will include:

- Thirteen exam rooms, eight dedicated acute care rooms, five private behavioral health rooms with a crisis living room space and a separate, covered ambulance entrance.
- A modern lobby providing improved access for patients and visitors.
- A new Radiology Department offering enhanced care and patient privacy.

“Athol Hospital is gaining not only physical space but also accessibility,” according to Tina M. Griffin, DNP, FNP, the hospital’s Chief Operating Officer and Vice President of Patient Care Services. “We are creating a new level of accessibility for our disabled patients, for our emergency patients and for those needing outpatient services, and that is an exciting prospect for our community. We will be able to care for more patients in a comfortable, modern environment, and most importantly, they will be able to receive this outstanding level of care close to home.”

For more information on services offered at Athol Hospital, visit www.atholhospital.org. For more information about the Fulfilling Our Promise Campaign, contact Heywood Healthcare’s Vice President of Philanthropy Dawn Casavant at (978) 630-6431 or dawn.casavant@heywood.org.





A JOURNEY TO EXCELLENCE

Heywood Certified to Provide World-Class Diabetes Care

Diabetes has reached epidemic proportions in our country, with Type 2 diabetes affecting almost 35% of our population. Unfortunately, due to a lack of obvious symptoms, about 25% of people with Type 2 diabetes don't realize they have the disease and are at significant risk. Fortunately, Heywood is making great strides in diabetic care and education.

Recently, the Joint Commission certified Heywood Hospital for meeting rigorous standards for Inpatient Diabetes Care. This distinguishes Heywood as the only hospital in Massachusetts to achieve this

certification. The Heywood Diabetes Center of Excellence is among a select group of hospitals nationwide recognized for excellence in inpatient diabetes care by the Joint Commission.

According to John Poremba, MD, Heywood's endocrinologist, the incidence of diabetes has nearly doubled in the last 20 years, and it is the leading cause of blindness, kidney failure, and amputation; related complications are heart disease, vision loss, and infection. One half of Dr. Poremba's patients at Heywood and Athol Hospitals are diabetic. "I joined Heywood Healthcare

because of its commitment to be a leader in treating this far-reaching disease," he says.

"Dr. Poremba has helped us improve our outcomes, which is a criterion for Joint Commission certification," says Douglas Miller, RN, MPH, Certified Diabetes Educator and Diabetes Program Coordinator. "The certification process, based on the American Diabetes Association's Clinical Practice Guidelines, is rigorous and extremely demanding. But we earned it with an evidence-based approach and are now known for superior care on par with the best medical centers in the country."



Heywood's journey to excellence started in 2011, when advocates Foresman, Miller, Elizabeth Nottleson, MD (pictured center), and other Heywood leaders identified the escalating community need for diabetic care. Representatives from Nutrition, Nursing, Pharmacy and others pose with the Joint Commission certificate.

Other good news: Pre-diabetes, which means that a person's blood sugars have begun to rise but are not high enough to be considered Type 2 diabetes, can be delayed and prevented. Heywood Healthcare was an early leader in the state in this initiative by partnering with the Athol YMCA to create a Diabetes Prevention Program.

A Commitment to Excellence

Heywood's journey to excellence started in 2011, when advocates Miller, Elizabeth Nottleson, MD, and other Heywood leaders identified the escalating community need, conducted research and strategic planning, and created a multidisciplinary team committed to inpatient, outpatient, and community programs.

"Key to our program's success has been the integrated involvement of medical professionals, labs, pharmacies, community resources, and families," says Dr. Nottleson (who serves as Physician Champion for the program). "We need to educate all parties about the insidious and far-reaching effects of this epidemic, and our greatest challenge is the ongoing motivation of patients to confront their disease and make life-time behavioral adjustments."

Heywood's approach starts with primary care physicians like Nottleson who focus on prevention for patients who may be at risk. Our Diabetes Prevention Program, in partnership with the Athol YMCA, educates patients about the importance of diet and exercise.

Every day, according to Miller, at least 20 inpatients are treated for diabetes at

Heywood. During a typical hospital stay, physicians, registered nurses, and licensed dietitians work to reduce blood sugar levels and teach patients about plate control and disease management.

Glorious (Healthy) Food

"We need to be creative and resourceful when it comes to diet, and we recognize that fast food is often part of the culture, with some patients finding it difficult to afford healthy foods," says Denise Foresman, MS, RD, LDN, Director of Nutrition Services. "We recommend diets according to the national standards of the Academy of Nutrition and Dietetics."

Foresman stresses the need for self-care. Our Diabetes Self-Management Education program provides customized courses that focus on meal planning, shopping, fitness, and blood sugar monitoring.

"After patients are discharged, it's essential to provide continuity, and that's why our outpatient programs are critical," says Nottleson. "We carefully monitor patients and try to motivate them through classes, cooking demonstrations, support groups, resource material, and free community activities."

"We're dealing with a chronic disease, and lifestyle change is difficult," says Miller.

"It requires patience and persistence and integrated medical, emotional, and social support. We're gratified by how far our program has advanced, and we embrace future challenges. In two years, the Joint Commission will be back to evaluate us for recertification. We'll be ready."

Hope for Wounds that Won't Heal: The Center for Wound Care and Hyperbaric Medicine

At any given time, almost seven million Americans suffer from chronic, non-healing wounds. Some are associated with complications from Diabetes and other related vascular disorders, while others are the result of pressure sores and traumatic wounds. The Center for Wound Care and Hyperbaric Medicine at Heywood Hospital uses the most up-to-date approaches to wound healing and continually implements new scientific advances in wound care.

While there are a variety of circumstances in which a patient may need wound care, the most common include wounds caused by circulatory problems, diabetic foot ulcers, pressure sores, burns and non-healing surgical wounds.

At the Heywood Wound Care Center, Hyperbaric Oxygen Therapy (HBOT) is just one part of many patients' treatment plan. Our Hyperbaric Oxygen Chambers are non-invasive and provide 100% oxygen to promote the optimum healing opportunity. While breathing pure oxygen, the patient's blood plasma becomes saturated, carrying 20 to 30 times the normal amount of oxygen to the body's tissue. The end result is the body's natural wound healing mechanisms, which are oxygen dependent, are able to function more efficiently. Continued use of HBOT increases the body's immune and healing response.

For more information on the services offered at the Center for Wound Care and Hyperbaric Medicine, call (978) 669-5690 or visit www.heywood.org/woundcare.

WELCOMING NEW PHYSICIANS

to Heywood Medical Group

Aruna Adaikkalam

Internal Medicine – (978) 297-2311

Dr. Aruna Adaikkalam, Board Certified in Internal Medicine, is now practicing at the Winchendon Health Center. Dr. Adaikkalam earned her medical degree at Madurai Medical College in India and completed her residency at the University of Pittsburgh, PA, followed by a fellowship at the University at Buffalo, NY. She has worked at several hospitals throughout Massachusetts and New Changi Hospital, Singapore, China.



Liezel Irisari

Obstetrics/Gynecology – (978) 630-5050

☒ **Accepting New Patients**

Dr. Liezl Irisari, Board Certified in Obstetrics and Gynecology is currently accepting new patients at Heywood Health Center for Women. She earned her medical degree from West Virginia University School of Medicine and completed her residency at Penn State Milton S. Hershey Medical Center. She went on to complete a Fellowship in Minimally Invasive Gynecology at St. Elizabeth's Medical Center, NY. Dr. Irisari's clinical areas of interest and expertise include complex laparoscopic and hysteroscopic procedures for conditions such as pelvic pain and dysfunctional uterine bleeding. She also specializes in the treatment of urinary incontinence and pelvic prolapse. She is a member of the American Urogynecologic Society, the American Association of Gynecologic Laparoscopists and the American College of Obstetrics and Gynecology.



Jacquelyn McKean

Family Medicine – (978) 248-5135

☒ **Accepting New Patients**

Dr. Jacquelyn McKean is Board Certified in Family Medicine and is currently accepting new patients at Tully Family Medicine. Dr. McKean earned her medical degree at the University of Massachusetts Medical School in Worcester, where she also completed her residency in Family Practice. She has worked in both primary and urgent care facilities throughout the state including the Family Health Center of Worcester.



Pamela J. Sansoucy

Family Medicine – (978) 874-6409

☒ **Accepting New Patients**

Dr. Pamela J. Sansoucy, Board Certified in Family Medicine, has joined the care team at Meetinghouse Family Practice and is currently accepting new patients. She earned her undergraduate degree in Biology at Lafayette College in Easton, PA and went on to earn her medical degree from University of Toledo School of Medicine in Ohio. Dr. Sansoucy completed her residency as a Family Medicine Resident Physician at University of Massachusetts Family Medicine, Worcester, MA.



Ahmad Daniyal “Dan” Siddiqui

Oncology/Hematology – (978) 630-6457

☒ **Accepting New Patients**

Dr. Ahmad Daniyal Siddiqui, Board Certified in Medical Oncology, Hematology and Internal Medicine, is currently accepting new patients. Dr. Siddiqui earned his medical degree from Nishtar Medical College and Bahauddin Zakariya University in Multan, Pakistan. He went on to become a research fellow in Oncology/Hematology at Westchester Medical Center, New York Medical College in Valhalla, New York. He completed his fellowship in Hematology/Oncology at University of Massachusetts, Worcester, MA.



Jared Toman

Orthopedic Surgery – (978) 632-0800

☒ **Accepting New Patients**

Dr. Toman began his medical career at the College of Physicians and Surgeons at Columbia University, where he received the Admiral Lyons Award as the top military medical graduate. He completed his post-graduate internship at the Harvard-affiliated Beth Israel Deaconess Medical Center, and his residency in Orthopedic Surgery at Boston Medical Center. He is certified by the American Board of Orthopaedic Surgery. Following residency, Dr. Toman completed four years of active duty service with the United States Air Force, where he received several commendations and awards for his work as an orthopedic surgeon.



NEED A PHYSICIAN? Visit heywood.org or atholhospital.org and click on Find a Physician or call the Physician Referral Line at (978) 630-6248

Health and Wellness Programs

THESE CLASSES ARE HELD AT THE HEYWOOD HOSPITAL LIFE CENTER, 242 GREEN STREET IN GARDNER

GENTLE YOGA

Thursdays from 5:30-6:30pm, \$50 for six-week session or \$10 for drop-in

This class is designed to “de-stress” and release tension with gentle yoga moves. The program is designed for all fitness levels. Wear comfortable clothing and bring a mat and a water bottle.

JUMPSTART YOGA

Wednesdays from 6:00-7:00am, \$50 for six-week session or \$10 for drop-in

This early-morning class utilizes elements of Iyengar, Viniyoga, Vinyasa, Kundalini, Sivananda and Anusara. Discover your own experience in each centering, warm-up, and relaxation pose and develop greater alignment and a deep sensation through breath and movement. Wear comfortable clothing and bring a yoga mat and a water bottle. The class is appropriate for all levels of fitness.

PILATES

Tuesdays from 5:30-6:30pm, \$50 for six-week session or \$10 for drop-in

This body-conditioning routine increases circulation and builds flexibility, strength, endurance and coordination without adding muscle bulk. Wear comfortable clothing, bring a mat, water bottle, and a towel. Open to all fitness levels.

TAI CHI CHI KUNG (THE BROCADE OF EIGHT)

Wednesdays, April 4 - May 30, from 6:00-7:30pm \$80 for nine-week session (first class is free)

This program introduces the art of nurturing the flow of life-giving, healing chi energy throughout the body using a series of carefully designed Chi Kung movements known as The Brocade of Eight. Because these gentle, easy-to-learn exercises involve body, mind and spirit, Chi Kung is remarkably effective in improving general health. Wear comfortable clothing and bring a water bottle. *This is not a walk-in class. It is a progressive class that builds on the previous week(s). Tai Chi for beginners is offered in the Fall and Spring.*

ZUMBA®

Thursdays from 4:00-5:00pm, \$50 for six-week session or \$10 for drop-in

Zumba mixes low-and high-intensity moves for an interval-style, calorie-burning dance fitness party. It combines cardio, muscle conditioning, balance and flexibility. This class gives you at least 5,000 steps if you're wearing a FitBit®! Bring a water bottle and wear comfortable clothing and athletic footwear. Zumba is appropriate for all levels of fitness.



CHILDBIRTH & PARENTING CLASSES

We offer a variety of classes and services to help you through your pregnancy and prepare you for parenthood. We recommend that you register for classes by the fifth month of your pregnancy. For more information or to register, call the LaChance Maternity Center at (978) 630-6216. **Class schedule subject to change. If inclement weather, class will be cancelled three hours before scheduled start time – please call ahead or visit our website.**

CHILDBIRTH EDUCATION

One Saturday every month from 9:00am-3:00pm. \$50 delivering at Heywood Hospital, \$80 delivering elsewhere. Date announced at registration.

Taught by certified Childbirth Educators, this class is designed for parents having their first baby. It covers breathing and relaxation techniques, how to recognize and cope with each stage of labor, as well as various options for pain relief.

CHILDBIRTH EDUCATION REFRESHER

Second Wednesday of every other month (February, April, June, August, October, December), from 6:00-9:00pm. \$40 delivering at Heywood, \$55 delivering elsewhere.

For those with previous childbirth experience, this class reviews breathing and relaxation techniques, signs of labor, sibling preparation and more.

INFANT/CHILD SAFETY AND CPR

EVENING CLASS: First Wednesday of every other month (February, April, June, August, October, December) from 5:00-8:00pm. \$50 per couple, \$30 per person.

SATURDAY CLASS: One Saturday every other month (January, March, May, July, September, November) from 9:00am-12:00pm. \$50 per couple, \$30 per person. Date announced at registration.

Recommended for parents, grandparents, and anyone caring for an infant or toddler – even before your baby arrives. This program teaches you how to prevent injuries, basic safety, and the proper procedure for assisting a child who is choking or unconscious.



MEET THE DOULA

Fourth Monday of every month from 6:00-7:30pm. Free to patients delivering at Heywood.

Heywood Hospital offers a volunteer Doula program to enhance the comfort of our patients through continuous care for the laboring woman and her family. Learn about the benefits of a Doula, including a shorter labor, reduced need for pain medication and a decrease in C-section rates.

MOTHER AND BABY CLASS

First Thursday of every other month (January, March, May, July, September, November) from 6:00-8:30pm. \$20 delivering at Heywood, \$30 delivering elsewhere.

New mothers will learn what to expect during the first three months after their baby is born, including the post-partum period and newborn care.

PRENATAL BREASTFEEDING

Second Monday every other month (January, March, May, July, September, November) from 6:00-8:30pm. \$20 delivering at Heywood, \$30 delivering elsewhere.

This class provides information and techniques to ensure a successful and rewarding breastfeeding experience. Topics include health benefits, positioning, how to know if your baby is getting enough milk, expression and storage of milk, and how to continue breastfeeding if you plan to return to work.

SIBLING CLASS

One Sunday every other month (January, March, May, July, September, November) from 1:00-2:30pm. \$15. Date announced at registration.

This class helps prepare children for the arrival of a new brother or sister. How babies are fed, diapered and cared for are some of the topics that are covered. Children are shown a brief movie and given a tour of the maternity unit so they can see where mom and the new baby will be once it is born. Includes a coloring book, crayons and cookies!



LUNCH & LEARN: THE BASICS OF TOTAL JOINT REPLACEMENT

**WEDNESDAY, MARCH 21 FROM 12:00-1:30 PM
PIERCE BOARD ROOM, HEYWOOD HOSPITAL**

Join orthopedic surgeon Dr. Jared Toman for an informative Lunch & Learn session focusing on total joint replacement, including the basics of hip and knee replacement surgery, new procedures and recovery options. Light lunch provided. For more information or to register, call (978) 630-6248.

FREE SUPPORT GROUPS

HEYWOOD HOSPITAL

AA MEETING

Held on Tuesdays in the Community Education Room from 7:30-8:30pm.

BETTER BREATHERS CLUB

Meets on the first Monday of every month (except January, February, July, August and September) from 2:30-3:30pm in the Dining Room Conference Room.

This group provides support for patients and their families with breathing problems and lung disease. For more information call Pauline at (978) 630-6548. Co-sponsored by the American Lung Association.

BREASTFEEDING

Held the first Wednesday of every month from 10:00-11:00am in the Lactation Room.

Local mothers share breastfeeding information and encouragement in an informal setting. Babies and breastfeeding are always welcome.

CANCER

Meets on the fourth Wednesday of every month from 7:00-8:00pm in the Oncology Waiting Room.

This group provides support for patients and their families through discussions with people with similar experiences. For more information, call the Oncology Department at (978) 669-5642.

CAREGIVER

Held the first Wednesday of every month at 2:00pm in the Community Education Conference Room.

The group is for family and caregivers of those with Alzheimer's disease or dementia. Co-sponsored by the Social Service and Geriatric Psychiatry Departments. For details, call Josh or Ann at (978) 630-6325.

COMMUNITY BIRTH/LOSS

Held on the first Thursday of the month from 7:00-8:30pm in the Community Education Conference Room.

This group provides resources, understanding, and acceptance to parents and their families and friends who have experienced miscarriage, stillbirth or the death of a newborn. Co-sponsored by Heywood Hospital, UMass Memorial Health Care and Milford Regional Medical Center. For more information, call Kathy at (978) 630-6519.

EMOTIONS ANONYMOUS WOMEN'S GROUP

Held on Thursdays at 6:00pm in the Kenneth & Doris Pierce Board Room.

This group offers women a 12-step program to cope with stress and live a healthier life. For more information, call Marla at (978)-870-6865.

HIV & AIDS: SUPPORT, EDUCATION, AND ADVOCACY

Meetings are scheduled on an as-needed basis.

Presented by the Infection Control Department, this group offers support, education and advocacy for HIV positive individuals and their families. For more information, call (978) 630-6490.

LEARN TO COPE

Held on Tuesdays from 7:00-8:30pm in the Kenneth & Doris Pierce Board Room.

This network is for families dealing with addiction and recovery. For more information, call (508) 738-5148 or visit learn2cope.org.

MENDER'S GARDNER

Held on the first and third Wednesday of every month from 7:00-9:00pm in the Community Education Conference Room.

MENder's brings together guys facing similar issues, including illness, anger, stress, substance abuse, relationship problems or major life changes. For more information, call (978) 630-6455.

MILITARY FAMILY

Meets the first Wednesday of the month at 6:00pm in the Dining Room B.

This group offers a safe place for families of both active and former military members to share their experiences, struggles and hope in overcoming the invisible wounds of war. Co-sponsored by the Montachusett Suicide Prevention Task Force. For more information, call Crystal at (978) 320-9804.

NAMI CONNECTION RECOVERY

Tuesdays from 7:00-8:30pm in Dining Room B.

This is a peer-led support group for adults who are concerned about their mental health. Gain insight from the challenges and successes of others. For more information, call Cortney at (508) 331-2921.

SUICIDE SURVIVOR

Held the second Wednesday of every month in the Community Education Room at 6:30pm.

This group is for those who lost someone they know to suicide. For more information, email Brenda.Melanson@heywood.org.

ATHOL HOSPITAL

CANCER

Meets the first Wednesday of every month at 4:30pm in the Briggs Conference Room. For more information, call (978) 249-1207.

DIABETES

For more information and dates call Mady at (978) 249-1149.

This group offers patients with diabetes a forum to receive support, networking and education.

MENDER'S ATHOL

Held on the first and third Monday of the month from 7:30-9:00pm in the Briggs Board Room.

MENder's brings together guys facing similar issues, including illness, anger, stress, substance abuse, relationship problems or major life changes. For more information, call (978) 846-8201.

SMART RECOVERY

Meets on the first and third Saturday every month at 10:00am in the Education Room.

Learn a cognitive/rational approach to overcoming addictive behavior and maintaining abstinence.

OVEREATERS ANONYMOUS

Meets every Thursday from 4:00-5:00pm in the Athol Hospital Briggs Conference Room.

Members of all sizes and there are no weigh-ins. Newcomers welcome.

SMOKING CESSATION/ QUITTERS WIN

Meets Mondays from 6:00-7:00pm in the Briggs Conference Room.

This group offers advice and support that can make all the difference for brave folks ready to take back their freedom from tobacco.

■ **THE 2018 WINTER AFFAIR – TO BENEFIT THE HEYWOOD WEEKEND BACKPACK FOOD PROGRAM**

Save the Date!
Friday, February 9

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