

A Healthy You



The new Mega Bugs:
Keep your family safe!

Revitalizing Emergency Care
at Athol Hospital

The Men's Project at
Heywood Hospital

Spa Choices at LaChance
Maternity Center

Winter Health and
Wellness Classes

Dear Friends of Heywood Healthcare,



The proposed facility in Petersham will address the behavioral health and addiction care crises and the disturbingly high suicide rate in the North Central/North Quabbin region.

It is my pleasure to share this issue of *A Healthy You* with you and your family. Heywood Healthcare is spearheading many exciting healthcare changes in our region this year. Among the most important is Heywood's enhanced focus on behavioral health and addiction treatment services. With the backing of state and federal legislators, we now have the additional support we need to grow behavioral health and addiction treatment services in our region.

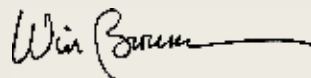
This support not only enabled Heywood to expand its behavioral health partial hospitalization program in 2014, it has spurred us on to seek permitting to develop a property in Petersham, which would focus on outpatient, residential and inpatient behavioral health and addiction treatment services. This proposed facility will provide a local solution for the behavioral healthcare crisis and the disturbingly high suicide rate in the North Central/North Quabbin regions.

In addition, we continue to prepare to meet the Ebola Virus challenge through coordination with state and federal health officials, local health agencies and first responders. We are constantly updating our protocols as new information and recommendations become available to prepare and train our staff for their protection and that of our patients. In addition, our new Xenex disinfecting robot provides an additional layer of protection for our patients. Using ultraviolet light, it is able to eliminate the Ebola Virus and the Enterovirus D-68, as well as a host of other dangerous bacteria and viruses in just a few minutes.

As always, we are privileged to be entrusted with your healthcare needs. We look forward to providing you with enhanced services this year, including our new Heart and Vascular Center, scheduled to open this month.

If you have any questions or concerns, please feel free to contact my office at President@heywood.org.

Yours in Good Health,



Win Brown
President & CEO
Heywood Healthcare

- 3 Community Care Initiatives
- 4-5 The Men's Project at Heywood Hospital
- 6-7 Revitalizing Care at Athol Hospital
- 8-9 Philanthropy
- 10-11 Mega Bugs: Infection Prevention
- 12-13 LaChance Maternity Center and Spa Programs
- 14-15 Welcoming New Physicians
- 16-19 Health and Wellness Programs and Support Groups
- 20 The Winter Affair: Thank You to Our Sponsors

Heywood Healthcare is an independent, community-owned, non-profit healthcare system serving north central 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 non-profit, 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 Heywood Charitable Foundation and the North Quabbin Community Coalition, an affiliate organization.

A Healthy You is published by Heywood Healthcare and is produced by their Community Relations Department in conjunction with DeTore Design Group. The 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.



State Grants Bolster Community Care Initiatives



The Health Policy Commission's Community Hospital Acceleration Revitalization Transformation (CHART) grant program has made phased investment for certain Massachusetts community hospitals to enhance their delivery of efficient, effective care. The program focuses on care coordination, integration, and delivery transformations; advancement of electronic health records adoption and information exchange among providers; increasing alternative payment methods and accountable care organizations; and enhancing patient safety, access to behavioral health services, and coordination between hospitals and community-based providers and organizations.

CHART Phase 1 awarded Athol Hospital \$484,128 and Heywood Hospital \$315,000 to support strategic pilot initiatives aimed towards building a greater level of access to behavioral healthcare and care coordination. Initiatives include school-based care coordination; improving Emergency Department care coordination; expanding the use of technology to support provider information exchange; conducting a regional behavioral health needs assessment to identify gaps in care; and the creation of the Regional Behavioral Health Collaborative to improve dialogue among clinical and community providers.

A \$2,900,000 Phase 2 award will support further enhancement of primary care and behavioral health integration, growth within our school-based care coordination and Emergency Department navigator programs, implementation of tele-mental health services, enhancement of health information exchange technology, the creation of an online resource directory, and the development and expansion of inpatient and outpatient mental health, substance abuse disorder and detox services congruent with our behavioral health needs assessment findings.

"The work of our local legislators and the state funding they helped secure has already impacted over 100 students and 200 local families through in-school programs and other vital community outreach efforts," stated Heywood Healthcare's Vice President of External Affairs and Chief Philanthropy Officer Dawn Casavant.

CHART Grant funding is not the only added support that the hospitals have garnered. The Executive Office of Health and Human Services recently awarded the hospitals \$847,000 to improve wireless infrastructure and implement a number of patient-centered care and process improvements.

Additionally, the Massachusetts Department of Public Health awarded \$35,000 to support Heywood Hospital's existing suicide

Question, Persuade, Refer: Behavioral healthcare in action

Heywood Healthcare is committed to addressing the behavioral health needs of our community. But to fully address issues as complex as depression and suicide, everyone needs to be involved. That's why we encourage all members of the community to be aware of the signs of depression — including hopelessness, withdrawal, anxiety, sleep problems and desperation — and to be familiar with Question, Persuade, Refer, or QPR.

- **Question** people about suicide and feel empowered to ask if they are thinking about suicide
- **Persuade** them to get help
- **Refer** them to a counselor or the National Suicide Prevention Lifeline, at 1-800-273-8255

By familiarizing ourselves with these steps, we just might save a life. To learn more about QPR Training please email barbara.nealon@heywood.org.

prevention initiatives. Senator Stephen Brewer, a strong supporter of local health initiatives and founding member of the Montachusett Suicide Prevention Taskforce, noted that the funding offered the state, "a great opportunity to partner with hospitals that provide critical care to some of the neediest residents in the Commonwealth."



GUYS TALKING IT OUT

THE MEN'S PROJECT AT HEYWOOD HOSPITAL

In the fall of 2011, a community health study revealed that the suicide rate in the Gardner area was nearly double the state average.

“For about three years prior to that, we’d been feeling it without knowing the numbers,” said Barbara Nealon, LSW, Heywood Hospital’s director of social service and multicultural services.

In response, Heywood Hospital took the lead in establishing what is now the Montachusset Area Suicide Prevention Task Force, a coalition of 100-plus community, school, fire and police, elder service, faith-based and healthcare organizations, mental health providers, and the state Departments of Public Health (DPH) and Mental Health (DMH). The task force meets monthly, focusing on initiatives to reduce the incidence of suicide in this region. Nealon co-chairs the group with Heywood Director of Behavioral Health Nora Salovardos, RN.

One of the group’s first undertakings was the Men’s Suicide Prevention Project. That’s because the study data revealed that Gardner’s annual suicide rate among men aged 25 to 64 was dramatically higher than any other age group (25.5 deaths per 100,000 of the population, while the state average was 12 per 100,000). Fitchburg’s suicide rate in this population was 13.1 and Leominster’s was 11.

“If you looked at a bar graph of this data, Gardner looked like a mountain peak in the midst of all other communities in North Central Massachusetts,” said Project Coordinator Michael Ellis.

“We realized we had to do something about why these men are considering suicide their only option,” he added. And in just over a year, the project has made inroads.

“We’ve created new messaging and marketing materials aimed specifically at guys,” Ellis said. He noted that many men are reluctant to ask for help with anything – but particularly if they’re having a mental health crisis.

HOW HAVE YOU BEEN FEELING LATELY?

Are you or someone you care about feeling anxious or stressed? Experiencing disturbing mood swings? Feeling empty or hopeless? Worried about your drinking habits? A mental health screening is a quick way to help determine if it’s time to reach out to a doctor or mental health professional for an evaluation, and the Massachusetts Coalition for Suicide Prevention offers a fast, easy and totally confidential online tool for doing so:

- Completing the online screening will help determine if your recent thoughts or behaviors may be associated with a common, treatable mental health issue.
- These screenings can’t be linked to any individual, so you remain anonymous. Take the online screening anywhere you feel comfortable.
- It takes only a few minutes per screening, and at the end you’ll be presented with information and next steps.

To learn more, simply go to screening.mentalhealthscreening.org/massprevents

“We’ve also provided training to man-centric organizations like corrections, law enforcement and veterans’ groups,” he continued. “And we’ve conducted staff training at unemployment offices where they might see men who’ve lost their jobs, so they can identify someone in crisis and offer immediate intervention and support.”

Additionally, the project launched a twice-monthly men’s support group in June, giving participants a safe, confidential place to talk. To date, men from age 28 to 80 from all walks of life have participated in the group.

“We’re trying to remove barriers and allow men to have that conversation,” Ellis said. “We want to remove the stigma, let them know that depression isn’t a character flaw but a real physiological condition, and there are options for treatment.”

The message is getting through. In a recent survey, participants were asked what they found most beneficial about the support group.

“It’s an opportunity to share with other men, in trust, about a hidden situation and know there are other men there to help and support you,” wrote one.

“The other guys understand you and where you’re coming from,” wrote another.

“I look forward to the first and third Wednesday of the month,” wrote a third.

“We all have a part to play in helping to prevent suicide,” Ellis said. “Be observant, watch for changes in friends’ or loved ones’ behavior, and don’t be afraid to act.”

Looking ahead, the task force has begun to expand its focus to suicide prevention in other demographic groups including adolescents, teens, and seniors.

“We want people to know they’re not alone,” Nealon added. “There are people here to support you, or find someone who can. Just because you’re feeling despair today, doesn’t mean you can’t feel hope for the future.”

For more information about the Men’s Suicide Prevention Project or the Montachusset Suicide Prevention Taskforce, please call 978-630-6455 or email barbara.nealon@heywood.org.

REVITALIZING EMERGENCY CARE AT NEW AND UPCOMING INITIATIVES TO SERVE

Since Athol Hospital became part of Heywood Healthcare two years ago, there has been a steady stream of initiatives to enhance the care that this 25-bed critical access hospital provides to the community.

In what may be the most ambitious undertaking to date, plans are in the works to build a new Emergency Department (ED) – something that Chief Operating Officer Mike Grimmer characterizes as a “dire need.”

“We don’t have the capacity to meet all of our community’s needs,” he explained. “The current ED has only four exam rooms and eight bays with curtains, so there’s very limited privacy. The waiting room is quite small, and you have to go through the treatment area to get to it. And there’s a single entrance for both ambulance and walk-in patients.”

The design of the new ED addresses these issues – and more.

“We are planning for eight dedicated acute-care rooms and six behavioral health rooms, all private,” Grimmer said, which would more than double the capacity of the current ED.

“The design will include separate areas for behavioral health and acute treatment – the standard of care in emergency departments today. And we’ll have a bigger, better-located waiting room, and a separate entrance for patients who arrive by ambulance.”

Other features of the new facility include a negative pressure room (an isolation room with special ventilation that prevents contaminated air from escaping), and rooms equipped to treat specific types of patients (such as one with ear, nose and throat equipment).

“This improvement to the physical plant is fantastic for patients and providers,” said Steven Yerid, MD, Heywood Healthcare’s chief of emergency medicine. “By building a new facility, we will be able to incorporate features that every ED has on its wish list. And we’ll design the space for the most efficient workflow.”

If all goes according to plan, construction of the new energy-efficient and environmentally conscious ED could begin in 2015 and take 12 to 18 months to complete.

In addition, medical office space is proposed to be built above the new ED. “Having brand-new office space and a modern ED will be a big advantage in recruiting both primary care physicians and specialists to our community,” Grimmer noted.


So how is this major project being funded?

The state legislature has included the project in a \$2 million capital facilities bond bill for costs associated with the new emergency department, explained Dawn Casavant, Heywood Healthcare’s vice president of external affairs and chief philanthropy officer.

“The Governor has signed off on it, and now we’re just waiting for the Secretary of Administration and Finance to do the same so the funds can be released,” she noted.

The hospital is also conducting a fundraising feasibility study to assess necessary community support, which will be completed in the next few months.

The hospital also has applied for and received several grants to improve access to, and care coordination of, behavioral health



Now available at Athol Hospital

THE ATHOL HOSPITAL ONLINE

PATIENT PORTAL

Easy access to Outpatient lab results, Radiology reports, discharge instructions and visit summaries.

View your account and request personal information updates.

For details visit www.atholhospital.org/patientportal



ATHOL HOSPITAL THE COMMUNITY

services for adults and youth. These include a \$484,000 CHART grant funded through the state Health Policy Commission; support for a pilot telemental health program (using telecommunications technology to provide behavioral health services in remote areas); and a federal grant to develop a cooperative program between

Athol Hospital, the regional school district and Clinical and Support Options (CSO), a behavioral health provider.

“Grants, gifts and state allocations make the impossible possible,” Casavant said. “We wouldn’t be able to fulfill many of these initiatives without this kind of support.”

“When Athol Hospital became part of Heywood Healthcare, I think there was some concern about the future of the hospital,” Dr. Yerid added. “As time goes by, I think people appreciate that the hospital is truly changing for the better.”



Make your birth experience special with spa services at the LaChance Maternity Center

Having a baby is a remarkable, life-changing event. Having a baby at Heywood Hospital's LaChance Maternity Center makes the experience even more special with an array of spa-like services designed for your comfort and pleasure.

"Our main focus is to make patients comfortable and provide them with a 'wow' experience when they're here," said Director of Maternal/Child Health Karen Beaton, RNC, BSN, MS.

To that end, the Center not only offers traditional pain management options during labor (such as epidurals and intrathecal), but also hydrotherapy and free doula services. A doula is a woman who is specially trained to assist women through childbirth.

"We're the only hospital in the area that offers doula services at no charge," Beaton said. "This one-on-one support has been shown to decrease the length of labor and C-section rates, and to enhance the patient experience."

In fact, Heywood Hospital has the second-lowest C-section rate in the state, an achievement for which she credits the doula program, the Center's great nursing care and highly experienced physicians. When possible, the Center also offers women who've had C-sections in the past the opportunity to have a vaginal birth (an approach called VBAC, or vaginal birth after C-section).

Another LaChance Maternity Center service that's unique for hospitals in this region is the availability of post-partum massage. For a nominal extra charge, new moms can get a 15-, 30-, 45- or 60-minute massage before they go home.



New mother Amanda Maylin and daughter Shaela at the LaChance Maternity Center. Photo: Latrice Cooper Photography

"After labor and delivery, a woman's body is tired and sore, and a massage can make her feel more comfortable," Beaton enthused, and added, "It is a great gift."

Other thoughtful amenities that the Center provides include aromatherapy, spa-quality shampoos, lotions and soaps, room-service menus and music therapy (CD players and soothing music is available, or patients can bring their own music).

"Also, before patients go home, we serve a celebration meal – separate from our regular menu – to mom and her partner," said Beaton. "It includes cloth linens, flowers on the table and a special dessert."

To help spread the word about this close-to-home resource for moms-to-be, the Center held a "From Here to Maternity" event in September. It walked attendees

through preparing for pregnancy, what to expect when you're expecting, and the birth process itself. Staff also presented information on the services available at the Center, including the availability of lactation (breastfeeding) consultants. Beaton said she hopes to offer a similar event in late spring or early summer of 2015.

"This birthing center really does offer the best of both worlds," said Jeffrey Blake, MD, one of the obstetrician-gynecologists from Heywood Healthcare's Center for Women, and one of many respected physicians and family practitioners who deliver babies at the LaChance Maternity Center. "We have the comfort and warmth of a home-like setting, combined with the safety and security of a hospital. It's a great place to welcome a baby into the world."



Childbirth Education

We offer a variety of classes and services to help you through your pregnancy and prepare you for parenthood. See page 18 for details!

To receive a free copy of *Your Special Delivery*, a book which outlines Heywood Hospital services and provides information on pregnancy and birth, please call Community Relations at 978-630-6248.



Meet the Doula

Fourth Monday of every month from 6:00-7:30pm

Doulas enhance the comfort of our patients by providing continuous care for the laboring woman and her family. Other benefits include a shorter labor, reduced need for pain medication and a decrease in C-section rates. This free service is available to all patients who deliver at Heywood Hospital.

Amenities that the LaChance Maternity Center provides include aromatherapy, spa-quality shampoos, lotions and soaps, room-service menus and music therapy.





MEGGA BUGS

TAKING GOOD CARE: INFECTION PREVENTION AT HEYWOOD AND ATHOL HOSPITALS

First it was enterovirus D68, a respiratory illness that affected children nationwide. Then came the Ebola virus, which claimed its first victim on American soil last October.

The media frenzy surrounding these diseases – especially Ebola – triggered a firestorm of fear and misunderstanding. Heywood Healthcare’s Director of Infection Prevention and Control Jeannie Sanborn, RN, MS, CIC, is here to help differentiate the reality from the hype.

“We’ve always had protocols to guard against contact, droplet and airborne transmission of infectious diseases, which provide us with the basis for more heightened needs,” said Sanborn. “For Ebola, we’ve had extra training, working with the Massachusetts Department of Public Health and the national Centers for Disease Control and an environmental organization specializing in

hazardous biological waste management, to ensure that we have the latest, most effective protocols in place, for patient and staff safety.”

This training includes drills in which staff practice donning and doffing personal protection equipment, and the use of special isolation carts. Signs at every entrance remind hospital visitors to see a staff member immediately if they have a fever, have traveled to West Africa or have been in the company of someone who has. And in the Emergency

Department (ED), ongoing training ensures that every staff member knows what to do in various scenarios.

“If an at-risk patient walks into the ED, calls us to ask what to do, or contacts emergency medical services (EMS) where first-responders go to someone’s house, we’re prepared,” Sanborn said.

“Collaboration, communication and education are so important right now, and that’s where our focus is,” she added.

“ANTIBIOTICS ONLY WORK AGAINST BACTERIAL INFECTIONS, NOT AGAINST VIRUSES, AN IMPORTANT CONSIDERATION DURING THE WINTER MONTHS WHEN VIRAL INFECTIONS PREDOMINATE BUT PATIENTS ARE OFTEN GIVEN ANTIBIOTICS INAPPROPRIATELY.” *George Abraham, MD, MPH, FACP*



“Everything changes so quickly, so our online resource provides the latest and best information,” Sanborn noted. “It’s important to keep people educated from a medical perspective – and not a media perspective.”

Neither Heywood Hospital nor Athol Hospital has seen any patients suspected of having Ebola. However, Sanborn said the hospitals are prepared if they do.

In most cases, Sanborn is more concerned with other more common “superbugs” like *clostridium difficile* (C-diff) and MRSA. These are bacteria that have become resistant to some antibiotics, making it more difficult to treat and cure them. Overuse of antibiotics has contributed to the problem.

To address this issue, Heywood has instituted an antibiotic stewardship program in which patients are carefully screened

before being administered antibiotics, then given the simplest, most effective treatment possible – reserving the “heavy hitter drugs” for the most severe conditions. The team involved in this initiative includes representatives from Heywood’s Pharmacy, ED, Hospitalists, Risk Management, Infection Prevention along with Infectious Disease Specialists Imola Daniel, MD, and George Abraham, MD, MPH, FACP, associate chief of medicine at St. Vincent Hospital in Worcester.

“Our approach to infectious disease is based on science, not science fiction,” Sanborn added. “We combat these illnesses with effective, proven precautions and care.”

Visit our website for more information:
www.heywood.org/EbolaPrepared



OUR NEWEST WEAPON TO COMBAT INFECTION, THE XENEX GERM ZAPPING ROBOT!

A revolutionary, chemical-free UV light system that is proven to eliminate potentially harmful bacteria and viruses, the Xenex robot is an additional step we take to protect our patients and our staff.

Looking like science fiction – but based in scientific fact – the Xenex device produces germicidal ultraviolet (UV-C) light that penetrates the cell walls of bacteria, bacterial spores and viruses. The energy is absorbed by the DNA and fuses the DNA (creating thymine dimers), rendering the organisms unable to reproduce.

With a track record that has been confirmed in over 2200 independent lab samples and a number of hospitals. The Xenex disinfecting robot eliminates a variety of serious germs including the Ebola Virus and Enterovirus D-68, in addition to MRSA, VRE, C. diff spores, Acinetobacter, Klebsiella, Pseudomonas, Norovirus and many more.



Philanthropy in Partnership:

“It takes a village to make an impact.”

Gardner Public Schools Backpack Program

“We are looking at a variety of means to ensure that our children are in a healthy state of wellbeing to support their learning process,” said Gardner Superintendent Denise Clemons, M.Ed. “62% of our school district population qualifies for free or reduced cost lunches and more than 11% of residents currently live below the federal poverty guideline.” However, when the school week is through, many of these students may experience food insecurity – not having access to enough food – over the weekend.

To address this need, Heywood Healthcare is launching a pilot backpack program in

January that will send kids home with food to help sustain them on Saturday and Sunday. This cooperative program involves the Gardner Rotary Club, Gardner Public Schools and Gardner Community Action Committee.

“We’re starting with the school and grade with the greatest need,” explained Heywood Healthcare’s Vice President of External Affairs and Chief Philanthropy Officer Dawn Casavant, referring to the Helen Mae Sauter Elementary School’s third grade, where 67% of students receive free or reduced-cost lunches.

Students will receive a backpack on Friday filled with low-cost but nutritious foods and

then return the empty pack on Monday. Heywood’s food service will order the food. The backpacks will be put together by volunteers.

“Enhancing our relationship with Heywood to initiate this program supports our efforts to ensure our students have a healthy meal over the weekend. It also helps to support their families and provide them with the ability to access care and wellness services in our schools,” said Clemons.

Heywood will pilot the program in 2015 to see how it is received and determine how it may be sustained. They will also be partnering with the Athol-Royalston Regional School District on a similar initiative.

For more information or to donate, visit www.heywood.org or call the Philanthropy Office at 978-669-5624.

When you give to Heywood Hospital, you're contributing to the welfare of the community – and the benefit goes far beyond the walls of the hospital.

VP of External Affairs/Chief Philanthropy Officer Dawn Casavant

Project Leap

Project Leap is a Heywood-sponsored nutrition education program for Ashburnham kindergartners. Twice a week, the project coordinator Natalie Nelson and program volunteers give kids a healthy snack and a short lesson on healthful eating, using games and interactive teaching.

“The day I was there, kids were given five food cards and asked to put together nutritious meals,” Casavant recalled. “These little kids were awesome – they noticed if they were missing a starch or protein.”

Now in its second year, Project Leap has documented its effectiveness through surveys, and parents say they're purchasing different, healthier foods for their families.

Off Our Rockers

Off Our Rockers is a joint venture between Heywood Hospital, Gardner Public Schools and Hannaford Supermarkets that combines afterschool physical activity, nutrition education and healthy snacks to encourage kids to make healthy choices. Aimed at helping to combat childhood obesity, this program is offered free of charge to students in grades 1-3 at Waterford Street and Holy Rosemary schools.

In addition, earlier this year Heywood launched an initiative in partnership with the Gardner Public Schools and Athol Royalston Regional School District to provide school-based care coordination, particularly for behavioral health.

School-based Care Coordination

“We've embedded school-based care coordinators who work with school staff to identify kids and families in need,” Casavant explained. “Our aim is to connect kids with onsite mental health counselors during the school day, and also connect their families with the community resources they may need, like food, fuel or clothing.”

Between Gardner and Athol, 94 students have received mental health services and 172 families have been connected to community-based resources.

Within one month of being fully staffed, the program had a waiting list, which underscores the very real need in our community.

“We have significant needs we're trying to address,” Casavant added. “It takes a village to make an impact, and we can be most successful when we do these programs in partnership. That's what it's all about.”



The Hillis Conference Room and Community Meeting Center

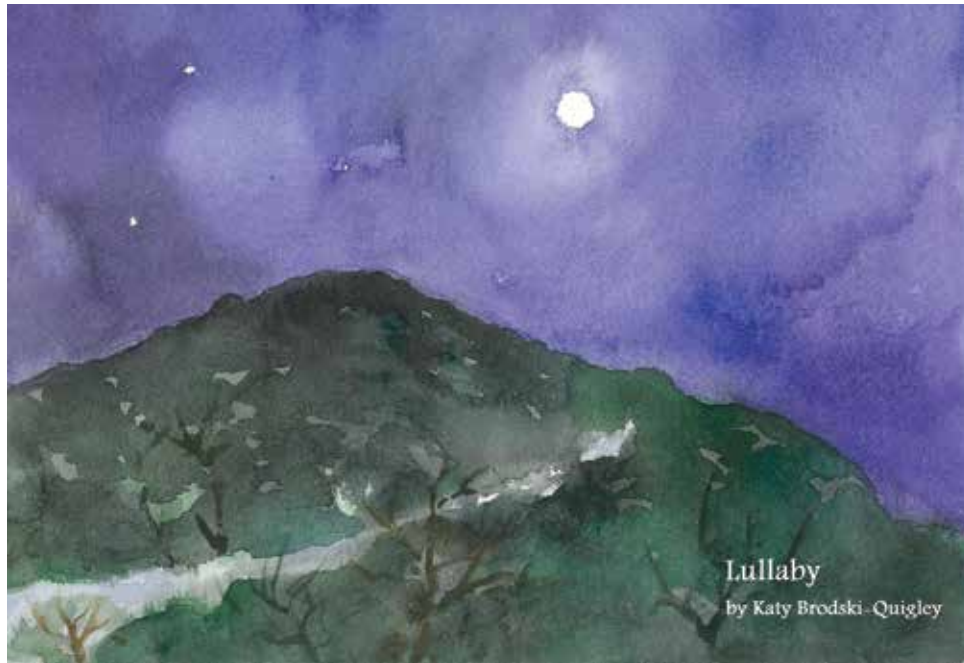
Frederic W. Hillis was appointed administrator of Athol Hospital in 1960 and, during his 25-year tenure, oversaw significant expansion of the hospital's services and physical plant.

Today, the hospital is undergoing yet another phase of expansion and enhancement of its services, and Mr. Hillis' family thought it only fitting to make a gift to create much-needed conference space in his honor.

As a result of their generosity, Athol Hospital now has a large, modern boardroom equipped with the latest audio-visual electronics including flat-screen televisions and wireless video streaming capabilities, as well as new furniture. There also is a food station to accommodate events with meals, and adequate storage. A second, smaller conference room rounds out the space.

“These new conference spaces can be used by the hospital and the community,” noted COO Mike Grimmer, “and they are now open for business.”

For more information on the Hillis Boardroom contact Athol Hospital at 978-249-3511.



When it comes to kids, she wrote the book(s)

As a board-certified family physician, Katy Brodski-Quigley, MD, cares for patients of all ages.

“That’s partly why I chose family medicine,” she said. “I couldn’t pick just one patient population to care for, and with this specialty I didn’t have to.”

She admitted, however, that she loves taking care of kids.

“Most children are generally healthy, and they see the doctor when they have a physical every year,” she related. “It’s nice to interact with them, and it’s my opportunity to make sure that as they grow, medicine doesn’t seem scary or strange.”

Dr. Brodski-Quigley has found a way to interact with kids outside of her medical practice as well. She has written two children’s books that draw upon her diverse interests and talents.

“Evolution: A Path Without End” is a coloring book that describes the evolution of animals. “Lullaby” tells the story of the

mommy, moon, sky, stars, doggy and deer who help a little boy fall asleep.

“I’ve always enjoyed reading and drawing, and took some art classes when I was a kid and in college,” she said, explaining the genesis of her book writing. “But there was no time in medical school, so I drifted away from it.”

“Once I finished [medical school], though, I had more time on my hands, and my own child was born,” she continued, referring to her now two-and-a-half-year-old son. “I started drawing and writing things for him, and came back to loving it. It was something I could share with a bigger audience.” A bigger audience, indeed – her books are now available on Amazon.

What inspires her?

“Inspiration is where you find it,” she replied. “There are so many beautiful things...nature, the love we share in our family, friendship, my work...you don’t have to travel outside your usual circle to find it.”

And she loves her work as a physician.

“It’s so nice to have the privilege of meeting many different people, making a connection and finding a way to relate to them,” Dr. Brodski-Quigley said. “I like finding ways to help each person make healthier choices.”

“These choices come easier for some than others,” she continued. “For some, changing their diet is easy; for others, it’s a struggle. The same with exercise or taking medicine.”

“But with some thought, compromise and creativity, there are ways to help everyone be as healthy as they can,” she added. “It’s just different for each person. And meeting my patients where they are is my specialty.”

This open-mindedness extends to Dr. Brodski-Quigley’s use of integrative medicine – combining traditional Western medicine and physical therapy with alternative approaches such as herbal medicine, acupuncture, massage therapy and chiropractic.

“I hear from patients a lot that they appreciate how we can work together to figure out the best way to help them,” she noted.



Welcoming new physicians to Heywood Medical Group

Need a physician? Visit www.heywood.org or www.atholhospital.org and click on *Find a Physician*

Helen Heneghan, MD Family Medicine 978-827-5167



Dr. Helen Heneghan is a board-certified Family Medicine physician who has joined Ashburnham Family Medicine where she is accepting new patients. She completed her residency at Memorial University of Newfoundland. She is a Fellow of the American Academy of Family Physicians.

Andrew Markwith, MD Orthopedics 978-632-0800



Dr. Andrew Markwith is an Orthopedic Surgeon who has joined Heywood Orthopedics in Gardner where he is accepting new patients. He completed his residency at the University of Massachusetts Medical School. He completed a Sports Medicine fellowship at MedStar Union Memorial Hospital in Baltimore, MD. He specializes in minimally invasive surgery of the shoulder and knee.

Lé Santha Naidoo, DO, ABIHM Family Medicine 978-630-5030 (Gardner) 978-874-6409 (Westminster)



Dr. Lé Santha Naidoo is a Family Medicine physician who has joined Heywood Family Medicine in Gardner and Meetinghouse Family Practice in Westminster. She is accepting new patients at both locations. She completed her Family Medicine residency at the St. Joseph program with the Medical College of Wisconsin in Milwaukee, WI and holds a board certification in Integrative and Holistic Medicine. Dr. Naidoo also practices Osteopathic Manipulative Treatment. This treatment uses the hands to diagnose, treat and prevent illness or injury by moving muscles and joints through stretching, gentle pressure and resistance. She is fluent in English, Afrikaans, French, and Zulu.

Victor Ruiz, MD Family Medicine 978-297-2311



Dr. Victor Ruiz is a Family Medicine physician who has joined Winchendon Health Center where he is accepting new patients. He is fluent in English, Spanish, and French. He is currently not a member of Heywood Medical Group.



Katy Brodski-Quigley, MD Mount Grace Family Medicine, 119 New Athol Road (Aubuchon Plaza), Orange, MA 978-249-3700 or mtgracefamilymedicine@gmail.com

Dr. Brodski-Quigley is a board-certified family physician in solo practice in Orange.

Dr. Brodski-Quigley got to know the North Central Massachusetts region while completing her family medicine residency with UMass Memorial Medical Center at the Barre Family Health Center, and while working with Heywood Medical Group. She is accepting new patients, and accepts most major insurance plans. In addition to English, Dr. Brodski-Quigley speaks Russian, Ukrainian and French, and has some knowledge of other Slavic languages and Spanish.

Health and Wellness Programs

Registration is required for all programs. For more information or to register call Community Relations at 978-630-6248.

Wellness Programs

Healthcare Provider CPR and Heartsaver CPR and First Aid

Course covers AED overview and how to save someone who is choking. Perfect recertification for families, businesses and civic organizations. One instructor per class with a maximum of six people. Refreshments provided.

First Aid is held from 12:30pm-3:15pm on September 19. **CPR** is held from 9:00am-12:15pm on March 21, April 11, May 16, June 27, September 19, October 17, November 21 and December 12. \$45; both classes are \$80. Pre-payment is required. Classes held in the Heywood Hospital OBS Conference Room. Offered for ages 10 and up. Arrive 15 minutes early. For more information call 978-630-6248.

Health Series for Seniors

Join Heywood Hospital and the Greater Gardner Golden Age Club for a FREE seminar series. Seniors will find topics specifically targeted for their health needs.

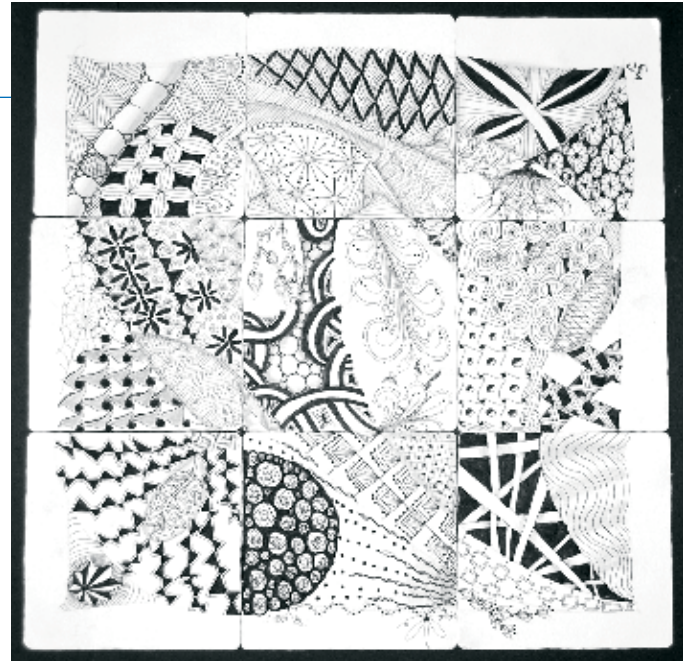
Held at the Gardner Senior Center (294 Pleasant Street) at 1:30pm on the following dates:

March 11 Gut Problems – Find out more about food Intolerances
April 8 Explore options for better living through orthopedics
May 13 Heart health all year long

Love Your Heart Cooking Class

Join Nutrition Services and Diabetes Education in coordination with Cardiac Rehabilitation and learn how to prepare heart-healthy recipes that are nutritious and delicious. Enjoy a cooking demonstration and sample featured dishes. Supported by proceeds from the Heywood Golf Classic.

February 12 from 3:00-4:30pm. Reservations required – call 978-630-6433 or email carol.nolin@heywood.org or marissa.torres@heywood.org



Zentangle® 101

Zentangle is an easy to learn, relaxing method of creating images from repetitive patterns while increasing focus, reducing stress, and an increasing sense of personal well-being. Materials provided. Held in the Community Education Room.

March 2 from 6:30-8:30pm, \$30

More Zentangle®

Build on what you learned in Zentangle 101, including ways to challenge yourself and explore your creativity, along with new tangles, embellishments and shading. Bring your Zentangle mini Kit (included in the introductory class).

March 30 from 6:30-8:30pm, \$25

Support Groups at Athol Hospital

The following support groups are FREE and meet at Athol Hospital in the first floor conference room unless otherwise indicated.

Cancer Support Group

Meets the first Wednesday of every month at 4:30pm in the Small Conference Room.

Massachusetts Opioid Task Force Family Resource Support Group

Meets on the third Tuesday of the month at 7:00pm in Hillis Conference Room. For more information, contact Sue at 978-829-2433

SMART Recovery

SMART Recovery is a cognitive/rational approach to overcoming addictive behavior and maintaining abstinence. Learn to manage your feelings and combat the urge to use drugs and/or alcohol.

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

Smoking Cessation

Meets every Monday from 6:00-7:00pm in the cafeteria dining room.

Exercise Programs

Gentle Yoga *DROP-INS WELCOME!*

This program for all fitness levels helps to de-stress and release tension with gentle yoga moves. Wear comfortable clothing and bring a mat and water.

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

Morning JumpStart Yoga *DROP-INS WELCOME!*

This eclectic yoga class for students of any level incorporates elements of Lyengar, Viniyoga, Vinyasa, Kundalini, Sivananda and Anusara. Jump-start your day with centering, warm ups, poses, relaxation and breathing techniques and movement. Wear comfortable clothing and bring a mat and water.

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

Pilates *DROP-INS WELCOME!*

This body conditioning routine builds flexibility, strength, endurance and coordination without adding muscle bulk. Pilates also increases circulation and improves your mental and physical well-being. Wear comfortable clothing and bring a mat, water and a towel. Classes are for all levels of fitness.

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

Tai Chi Chi Kung (the Brocade of Eight)

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 easy-to-learn exercises involve body, mind and spirit, Chi Kung is remarkably effective in improving general health. Wear loose comfortable clothing and bring water.

Wednesdays, March 18 (free introductory class)-May 13 from 6:00-7:30pm. \$80

*Meagan Zarba, registered yoga instructor,
certified personal trainer and nutrition coach*

Photo: Latrice Cooper Photography



Health and Wellness Programs

Childbirth and Parenting Classes at Heywood Hospital

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. Once registered, you will receive a letter 6-8 weeks before your due date informing you of the exact date, time and location of the class. For more information or to register, call the LaChance Maternity Center at 978-630-6216.

Childbirth Education

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

Four-week Series Class: First four Tuesdays of every other month (April, June, August, October, December) from 6:00-9:00pm. \$50 delivering at Heywood, \$80 delivering elsewhere.

One-day Class: Second Saturday of every month from 9:00am-3:00pm. \$50 delivering at Heywood Hospital, \$80 delivering elsewhere.

Childbirth Education – Refresher

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

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

Infant/Child Safety and CPR

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.

Evening Class: First Wednesday of every other month (April, June, August, October, December) from 5:30-8:30pm. \$40 per couple, \$30 per person.

Saturday Class: First Saturday of every other month (March, May, July, September, November) from 9:00am-12:00pm. \$40 per couple, \$30 per person.

Meet the Doula

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.

Fourth Monday of every month from 6:00-7:30pm. Free to all patients that deliver at Heywood Hospital.

Mother and Baby Class

This class teaches new mothers what to expect during the first three months after your baby is born. Includes information on the post-partum period as well as newborn care.

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

Prenatal Breastfeeding Class

This class provides you with the information and techniques to ensure a successful and rewarding breastfeeding experience. Topics include health benefits of breastfeeding for you and your baby, 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.

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

Sibling Class

This class helps to 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.

Third Sunday of every other month (March, May, July, September, November) from 1:00-2:30pm. \$15.

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.



Free Support Groups

AA Meeting

Meets every Tuesday in the Medical Arts Building Conference Room from 7:00-8:30pm.

Alzheimer's Caregivers Support

This group is for family and caregivers of a person with Alzheimer's disease or dementia.

Held from 2:00-3:00pm in the Community Education Conference Room on March 25, April 29, May 27, June 24, July 29, August 26, September 30 and October 28 (no meetings in November or December). Co-sponsored by the Geriatric Psychiatry and Social Service Departments. For more information contact Josh Diggins or Ann Fenlason at 978-630-6325.

Bariatric Surgery Patient Support

The group is bariatric surgery patients (Gastric Bypass and Adjustable Gastric Banding for weight loss) as well as those considering the surgery. Topics will be decided by the group.

Held on the third Tuesday of every month from 6:30-8:30pm in Community Education Conference Room at Heywood Hospital. This group is not medical advice or a replacement for any required steps in your gastric bypass medical care plan. For more information contact Lynne Shaw at 978-724-0040 or quabbinHCC@gmail.com.

Better Breathers Club

This club provides ongoing education and support for individuals with breathing problems and lung disease, along with their families and friends. Topics are suggested by the group members and are presented by a variety of guest speakers.

Meets on the first Monday of every month (except February, July, August and September) from 2:30-3:30pm in the Heywood Hospital Dining Room. Co-sponsored by the American Lung Association. For more information contact Pauline at 978-630-6222.

Breastfeeding

Local mothers meet to exchange breastfeeding support, information and encouragement in an informal setting. Babies and breastfeeding are always welcome.

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



Cancer

This group provides support for patients and their families through group discussions with people with similar life experiences.

Meets on the fourth Wednesday of every month from 7:00-8:00pm in the Oncology Department Waiting Room. For more information call 978-669-5642.

Celiac Disease

The group is for individuals who have celiac disease or gluten (wheat) intolerances or for caregivers of those who have gluten intolerances.

Held on April 13, June 8, August 10, October 19, December 14 from 4:30-5:30pm in the Community Education Conference Room. Reservations required. For more information contact Jennifer Newman at 978-630-6993 or jennifer.newman@heywood.org.

Community Birth/Loss

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.

Held on the first Thursday of the month from 7:00-8:30pm in the Heywood Medical Building Conference Room. For more information, contact Jill Cormier at 978-630-6458.

HIV and AIDS: Support, Education and Advocacy

The Infection Control department provides support, education and advocacy for HIV positive individuals and their families upon request.

Meetings are scheduled on an as-needed basis. Contact Jeannie Sanborn at 978-630-6490.

Learn to Cope

This network is for families dealing with addiction and recovery. It offers compassionate, experienced facilitators, along with support, resources, educational materials and guest speakers.

Held on Tuesdays from 7:00-8:30pm in Dining Room A at Heywood Hospital. For more information, call 508-738-5148 or visit www.learn2cope.org.

MENder's

MENder's brings together guys facing similar issues including illness, anger, stress, substance abuse, relationship problems or major life changes. Members often share experiences and advice.

Held on the first and third Wednesday of every month from 7:00-9:00pm in the Medical Arts Building Conference Room. For more information call 978-630-6455.

Suicide Survivor

This group is intended for individuals who lost someone they know to suicide.

Held on the second Wednesday of every month at 6:30pm in the Community Education Conference Room. For more information contact Lynn Kvingedal at 978-632-3240 or Ichaves@comcast.net or contact the Mental Health Unit at 978-630-6377.

 A WINTER AFFAIR 2015



Thank you to our 2015 sponsors:



Thank you to our generous sponsors!

A Winter Affair is Heywood Healthcare's annual Community Health and Collaboration fundraising gala, recognizing the exceptional contributions that promote health, stimulate growth and inspire collaboration within our communities.

This evening of fine dining, silent and live auctions, and entertainment and dancing is held in honor of our Community Health Hero and Collaborator, whose commitment, foresight and generosity have contributed to the advancement of our region.

The 2015 Honorees:

Jim and Peggy Garrison – Heywood Community Health Heroes
SHINE Initiative – Heywood Healthcare Collaborator's Award

If you are interested in making a donation to help Heywood Healthcare meet the needs of our communities through innovative outreach programs, contact our Philanthropy Department at 978-669-5624.