National Hospital Week was celebrated at BMC with a dinner recognizing hundreds of employees for their long service to the medical center and with a special recognition event on May 14th honoring several employees for excellence.

Six employees were singled out for their service, presented with this year’s BMC Excellence Awards. Pictured, they are, from left to right: Barbara Patzwahl, BHS Employee Relations Manager; Deborah Wilson, RN, Berkshire VNA & Hospice; Joshua Giroux, Information Systems; Patricia Knysh, Dietary; and Andrea Schroeder, Physical Therapist, Rehabilitation. Missing from the group photo is Patricia Webber, RN, Renal Dialysis.

Senior leaders overseeing several departments praised the award recipients for their accomplishments and Berkshire Health Systems President and CEO David Phelps thanked all employees of BHS for their dedication to service and their commitment to providing the highest level of care for our community.

continued, page 3
BMC Celebrates Excellence Award Winners continued from page 1

Service Excellence Award
Joshua Giroux, Systems Administrator, BHS Information Systems

History: Josh started at BMC in 2004 as a Housekeeper and just over a year later he moved into Information Systems as a Technical Support Representative. In 2012, Josh was promoted to Technical Support Engineer and currently serves as a Systems Administrator and A/V coordinator.

What His Colleagues Say:
- “Josh truly exemplifies what it means to be a service leader. He consistently demonstrates a positive attitude while ensuring high-quality outcomes. He always explains what is going on, and if any problems arise, I can trust him to find a solution.”
- “Josh is very responsive to the needs of the nursing division in helping with education programs, video taping and going above and beyond to support our division in any type of electronic presentations. He is definitely an asset to the organization.”
- “He works multiple sites and fluctuates his hours to provide for our demanding schedules, and he is always responsive, pleasant and efficient at accomplishing the various tasks.”

Clinical Excellence Award
Andrea Schroeder, Lead Physical Therapist, BMC Rehabilitation Department

History: Andrea began her career at BMC in 1997 as a Physical Therapist. In 2004, she was promoted to Lead Physical Therapist, the role she continues to hold in the Rehabilitation Department.

What Her Colleagues Say:
- “Andrea is one of the most professional and skillful clinicians I know. She treats all of her peers, patients and patients’ families with high respect.”
- “Andrea makes the patient and family members comfortable, is very supportive and uses teaching techniques that are easy for them to understand and use on their own. She is always pleasant and respectful, and she is the glue that helps keep things together and running smoothly in our department. She is the go-to person for help, suggestions, treatment techniques, education and overall support.”
- “When presented with a stressful situation, Andrea always maintains her composure and presents herself in a positive and professional manner. She is the first person to offer help to a co-worker when they are overwhelmed. She takes pride in the care provided at BMC and works to ensure all patients and family members are treated with compassionate, quality care.”

Management Excellence Award
Barbara Patzwahl, BHS Employee Relations Manager

History: Barb has worked for Berkshire Health Systems since 1989, when she was named a Personnel Specialist. Later that year she was promoted to Recruitment Specialist, and in 1993 was named a Human Resources Specialist. In 2003 Barb was appointed Employee Relations Manager.

What Her Colleagues Say:
- “Barb always listens to both sides of the story, which allows her to make fair and unbiased decisions. She consistently demonstrates strong moral character and honesty, essential in her position. She is always concerned for the wellbeing of our employees and conveys empathy for their needs.”
- “She is always responsive to our employees and managers regardless of the day of the week or the time of the day. When faced with difficult situations she goes go above and beyond to ensure the best decision knowing that many of these decisions can impact our staff and ultimately our patients.”
- “One of her greatest professional attributes is her strong sense of ethics and following a path of what is right and fair for the employee and the organization.”
BMC Celebrates Excellence Award Winners continued from page 2

Service Excellence Award
Deborah Wilson, RN, IV Therapy, Berkshire VNA & Hospice

History: Deborah Wilson started at BMC in 2002 as a Registered Nurse in the Telemetry/Respiratory Care Unit. She then moved to 5 South, and later transferred to the BMC Emergency Department. In 2012, she began her work with the Berkshire VNA & Hospice.

What Her Colleagues Say:

• “Debbie took her commitment to public health one giant leap when she went to West Africa at the behest of Doctors Without Borders. An Ebola epidemic was ravaging several nations in West Africa, and the organization sought out Debbie based on the skills she had developed in previous work.”

• “Debbie presented on her work at the Massachusetts Home Care Alliance, and although her personal hard work and dedication to this assignment was very clear, during her presentation she always referenced the work of the team, and how each had an equally important role in finding an end to this horrific medical disaster.”

• “During her time with the VNA, I have known Debbie to be a nurse who after many years of practice still has the same passion for patient care that you have when you enter the profession. It is not unusual for Debbie to see a patient in need on a moment’s notice, no matter what town they are in, and she always makes sure they are well cared for.”

Leadership in Healthcare Award
Patricia Webber, RN, Clinical Educator, BMC Renal Dialysis

History: Patricia Webber started as a Registered Nurse in Renal Dialysis in 1982. Thirteen years later she moved to Critical Care, serving in the ICU until 2002 when she returned to Renal. In 2013 she was appointed Clinical Educator, a position she had held previously in Renal Dialysis.

What Her Colleagues Say:

• “Patty is truly an exceptional nurse and leader, and I am so happy and proud to have her working in our department.”

• “She exemplifies what every leader should strive for – she is admired and respected by all of the nurses, technicians and providers, and she has a wealth of experience from her work as a Critical Care nurse and as a Dialysis nurse.”

• “Patty can take a ten page protocol, simplify it in a meaningful and understandable way, making it one page, and this gives the nurses exactly what they need to know to do their jobs and do them well. She is humble in her approach with all of her knowledge and experience, yet she is an incredible mentor to all of us.”

Clinical Excellence Award
Patricia Knysh, Dietary Technician II, BMC Food Service

History: Patricia Knysh joined BMC in December 2001 as a Dietary Technician. She then moved to Radiology Transport in 2004, and then in 2005 returned to Nutrition & Food Service.

What Her Colleagues Say:

• “Pat continuously takes the time to help all patients, especially those who are having a difficult time eating or finding something that appeals to them.”

• “We have received letters from both nursing and patients, along with their family members, expressing many thanks and appreciation for all she does. Pat has been recognized at every service recognition luncheon but one since the program began.”

• “When you’re in a hospital, you often feel vulnerable, and Pat’s smile and support has made many patients’ stay easier. Pat treats all of her patients with dignity and respect, and as if they are one of her own family members. She has the true spirit of Service Excellence.”
OB/GYN Specialist Joins Fairview Hospital Medical Staff

Berkshire Health Systems has announced that Jill Samale, MD, has been appointed to the Fairview Hospital medical staff and has joined the physician staff of CHP Barrington OB/GYN. Dr. Samale is board certified in Obstetrics and Gynecology.

Prior to joining CHP, Dr. Samale practiced at South County Center for Women’s Health in Wakefield, RI, for nearly ten years, and previously worked at Alice Peck Day Memorial Hospital in Lebanon, NH, and the Baystate Health OB/GYN Group. She completed her residency training in OB/GYN at Baystate Medical Center in Springfield.

Dr. Samale received her medical degree from the University of Vermont College of Medicine, where she was recognized with the 2000 Award for the Excellence in OB/GYN Clinical Clerkship and served on the UVM Women’s Mentoring Program executive committee. She is a graduate of Monument Mountain Regional High School in Great Barrington.

Dr. Samale provides comprehensive health care for women of all ages. For more information or to schedule an appointment, please call (413) 528-1470.

Fairview’s Health Exploration Camp Offers Exposure to Careers for Area Teens

Several local teens spent their April school vacation exploring their potential futures at the 2015 Health Care Exploration Camp at Fairview Hospital.

Programming during the week included CPR/First Aid training, two shadow experiences daily, and an afternoon presentation or hands-on experience with a clinical provider. The students were exposed to many areas of the hospital, including the Pharmacy, Emergency Department, Cardiac Rehabilitation, Medical Surgical Unit, Lab, CCU, Maternity, Respiratory Therapy, Radiology, and operating room to get a glimpse of the many roles and functions played in a hospital environment.

To participate in the program, students were required to submit an essay about why he or she was interested in a hospital experience. The students’ responses centered on a desire to make a difference and most students also had a personal experience with healthcare which made them want to give back.

In a graduation ceremony to mark the end of the weeklong mini-medical program, Fairview Vice President Doreen Hutchinson said, “The staff here have loved sharing their experience with you. The work we do in a hospital is important. It’s more than a job; it’s a commitment to our community. You are the future of care in our community. Our staff is excited to share their jobs knowing that someday, you may be taking care of them.”
The team at Cardiology Services of BMC will present a community lecture on Thursday, June 4th in Great Barrington focusing on Electrophysiology and Cardiac Catheterization. The program will be held from 6 to 8 pm at the Berkshire South Regional Community Center and is free and open to all.

Drs. Teresa Menendez, Andrew Potash, Kristen Currie and Henry Lyle will discuss cardiac device implantation, irregular heartbeat (Atrial Fibrillation), Ablation to correct heart rhythm problems and cardiac catheterization.

Pre-registration is required as seating is limited. To register, call ext. 2060 or visit the BHS Employee Web Portal to register online.

Dr. Alex Sabo, Chairman of the BMC Department of Psychiatry and Behavioral Science, will be the keynote speaker at the next Sandra Solomon Memorial Lecture at BMC. Dr. Sabo will discuss, “Towards a Relational Medicine: Practicing Empathy and Rediscovering Your Fire in an Era of Industrialized Healthcare,” on Thursday, June 18th at 6 pm in the BMC Auditorium.

The program is free. Registration is required. To register, email skelly@bhs1.org or call ext. 2775 by Friday, June 11th. The Sandra Solomon Memorial Lectureship Series is made possible through the generous donations of the Solomon Family.

All staff are invited to the next series:

**BMC Auditorium**
- June 22nd – 7:30 pm
- June 23rd – 7:30 am, 11:30 am, 12:30 pm, 2:30 pm
- June 24th – 7:30 am, 11:30 am, 12:30 pm, 2:30 pm, 7:30 pm
- June 25th – 7:30 am, 9:30 am, 2:30 pm, 10:30 pm, 12 midnight
- June 26th – 12 midnight
- June 27th – 9:30 am

**Northern Berkshire Campus – Clark House Conference Room**
- June 30th – 2:30 pm
- July 1st – 7:00 am
Scope 6

Visit the WellnessWorks page of the employee portal for more information and to register for any of our programs. https://www.bhswellnessworks.org

Changing for Good!
Are you motivated to make a healthy change in your life? Learn how to make positive changes and sustain them.

Join Mark Kenyon, LMFT, LADC-I, CEAP:

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Kayak Clinics
Kayak the Beautiful Lakes of the Berkshires

Enjoy a relaxing 1 ½ hour paddle on the water and perfect your skills while having FUN! Join Hilary Bashara, BSN, Red Cross Certified Canoeing & Kayaking Instructor. Novice and experienced paddlers are welcome. Limited to 12 participants. Cost: $10. If you have your own kayak or are borrowing one you also need to bring paddle & lifejacket.

Kayak rentals available for $35: call Hilary at 413-442-2789.

Starting June 18th:
Qigong at Berkshire Yoga, Dance & Fitness, NEW! Thursdays, 4-5 pm. Based on the traditional Chinese technique, you will learn to create your own personal plan for health enhancement, personal empowerment and self-healing. Includes gentle movement, postural awareness and self-massage.

Ongoing:

**Tennis at Berkshire West**
Beginners Clinic/Play: Friday, 6-7 pm
Intermediate Play: Tues., 6-7 pm
(Tennis only: Pre-register weekly. Call Cheryl Martin at (413) 822-8957)

**Yoga at Fairview**
Monday & Thursday. Contact Deb Hoellerich to register: 413 854-9808 or dhoellerich@bhs1.org

**UXT Circuit Workout at Berkshire West**
Fridays, 5:30 pm

**ZUMBA at Berkshire West**
Fridays, 6:30 pm
*Cost: $10 for one or both classes. Pay at Berkshire West.

**FITNESS CLASSES IN JUNE**

Register Now!

**FIIT (Fun Intensive Interval Training)**
BMC PDRs, Tues./Thurs., 4 – 5 pm

**Bootcamp**
• BMC, Tues./Thurs., 5-6 pm (Meet in the cafeteria)
• Hillcrest Campus, Mon/Wed, 5- 6 pm (Meet at Gazebo)

**Tabata Express**
BMC PDRs, Tues./Thurs., 6-6:30 pm

**Yoga at North Adams**
Clark House Conf. Rm., Tues., 4:45 pm

**Yoga at Berkshire Yoga, Dance and Fitness**
Tuesday, 4 pm

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BHS Job Opportunities

To view job descriptions and/or apply for a position at Berkshire Medical Center, Fairview Hospital or BVNA & Hospice, please visit our website at: www.berkshirehealthsystems.org and click on Employment.

Congratulations to Nancy Hebert, winner of the Wellness drawing for the Recreation Committee trip for 2 to New York City!

Wellness Photo Contest

What Makes YOU Feel Connected to Your Health? What Does Wellness Mean to You? Take a photo and share!

E-mail your photo to: klabanaro@bhs1.org by Monday, June 15th. You could win a $100 Gift Card from Berkshire Organics! Photos will be displayed at upcoming employee events.

It’s Time!

IT’S TIME TO CLEAN UP THAT YARD AND CLEAN UP THOSE FINANCES.

SPRING IS HERE AND BERKSHIRE FEDERAL CREDIT UNION IS READY TO HELP!

BRING IN YOUR BILLS AND LET’S WORK OUT A WAY TO CONSOLIDATE AND GET YOU OUTSIDE AND OUT OF DEBT!

1450 East Street
Pittsfield, MA 01201
(413) 447-7772
www.berkshirefcu.com

Weight Watchers Summer Session

Register at noon in the BMC Auditorium, Monday, June 1st.

Cost: $186 for 17 weeks ($10.94/week).
Includes free E-tools. Payroll deduction available.
$150-$300 may be reimbursable through your health plan.
Thanks and Recognition

“I could not have gotten better care anywhere. Caring, professional, dedicated, especially the nurses.” – Comment from a BMC 5 South patient

“I was given service at Fairview in my earlier years when I did not have health insurance. For years now I only have all my tests done there that can be done there. Always first rate care services.” – Comment from a Fairview Hospital patient

“Everyone that we came into contact with was great. Dr. Andrew Beckwith did my C-section and he was efficient and caring. The team that helped with the C-section made us feel comfortable and safe. The nursing staff around the clock was awesome, very helpful with caring for our new baby. They were genuinely concerned about our well being, comfort, and pain management. The housekeeping staff always kept the room spotless and the dietary staffing was courteous and the food was great. We couldn't have asked for a better stay. We also had lactation consultants. The pediatrician and office staff (helping us with paperwork) in and out who were more than willing to help with anything and everything, even offering to get us drinks and snacks if needed. We were truly more than pleased with the services BMC provided. You rock, BMC Mother Baby Unit.” – Comment from a BMC Mother Baby Unit patient

“Three generations of our family have received the first-rate care offered by your ER. Fairview is a jewel in the Berkshires. Thanks for your loving ways.” – Comment from a Fairview Hospital Emergency Department patient

“Staff is exceptional at making you feel at ease during a very scary and stressful time. All staff went above and beyond to make my procedures comfortable for me. Thank you.” – Comment from a BMC Women’s Imaging Center patient

“A comfortable feeling knowing I can go and expect the usual caring, pleasant, smiling people to take care for me in the various times for various reasons, needing medical attention. Bravo.” – Comment from a Fairview Hospital patient

“As a cancer patient I have frequent visits to BMC and as always receive superior care. The Radiology staff is friendly, knowledgeable and efficient and I would not hesitate to recommend to anyone.”

Comment from a BMC Radiology Services patient

“I cannot imagine my procedure could be any better than it was. I am very grateful Pittsfield has such an attractive and professional facility.” – Comment from a Crane Center for Ambulatory Surgery patient

In Memoriam

- The Reverend Neil F. Decker, SJ, former BMC Chaplain, died on May 16th in Weston, MA.
- Ann J. Meyer, a Registered Nurse at the former Hillcrest Hospital and later a Unit Manager at Berkshire Medical Center and member of the Education Department, died on May 17th at the age of 82.

The staff of Berkshire Health Systems offers its deepest condolences to their friends and family.

BMC Golf Tournament Drawing

A drawing is being held for two complimentary tickets to participate in the BMC Golf Tournament on July 22nd at the Pittsfield Country Club. To enter, visit the BHS Employee Web Portal for instructions.