Radiation Oncology Opens in BMC Cancer Center

With an expansive new space on the ground floor, Radiation Oncology has relocated to the BMC Cancer Center at the Hillcrest Campus. The department reopened in its new location on February 29th, with highly experienced physicians, physicists and staff caring for patients, using state-of-the-art technology.

A warm and comfortable waiting area greets Radiation Oncology patients as they enter the new facility, with a virtual fireplace to add to the ambience.

The Radiation Oncology suite has two state-of-the-art linear accelerators, including the Tomotherapy HD unit shown here.

Radiation Oncology also features a CT Simulator, which provides advanced treatment planning for each patient prior to receiving radiation therapy.

The department also has a Varian IX unit – both accelerators are designed to provide highly precise treatment and targeting of the radiation therapy, and significantly reduce any impact on surrounding healthy tissue.

continued on page 2
Radiation Oncology Opens in BMC Cancer Center

continued from page 1

Radiation Oncology opened at the BMC Cancer Center on February 29th, and is located on the lower level of the Center. As patients and family enter, they are directed to the rear of the building for convenient parking and access.

Dr. Nina Molin Joins Berkshire Osteopathic Health of BMC

Berkshire Health Systems announces the appointment of Nina Molin, MD, a board certified Internal Medicine practitioner, to the physician staff of Berkshire Osteopathic Health of BMC. Dr. Molin joins Stephen Kisiel, DO, and Mary Yee, DO, at Berkshire Osteopathic Health of BMC. Dr. Molin is accepting new patients in need of primary care and integrative medicine services.

Nina Molin, MD, is a board certified in Internal Medicine and a fellow in the Academy of Integrative Health and Medicine Fellowship.

A veteran of both private and academic practice in the Berkshires since 1995, Dr. Molin received her medical degree from the State University of New York at Stony Brook School of Medicine, and completed her residency in Primary Care Internal Medicine from the University of Rochester, NY.

Dr. Molin is presently a Fellow in the Integrative Medicine Fellowship of The Academy of Integrative Health and Medicine, where she is the recipient of the Council for Responsible Nutrition scholarship. She has served as Associate Professor of Medicine at the University of Massachusetts Medical School.

Dr. Molin served at Canyon Ranch in Lenox for 13 years as an Integrative Medicine Specialist, where she lectured and consulted in many areas, including Integrative Medicine, Preventive Medicine, Women's Health, Digestive Wellness, Inflammatory Conditions and Ayurveda. She has also offered Integrative Medicine Consultations in her private practice, Ananda Health®. She has offered Primary Care throughout the Berkshires since 1995, including as a volunteer physician at Berkshire Volunteers in Medicine.

As a physician of Internal Medicine and Integrative Medicine, Dr. Molin interfaces the sciences of nutrition and lifestyle medicine with internal medicine and the wisdom of the ancient traditions of Ayurveda so her clients can regain and maintain health and sustain long lasting vitality and joy.

For an appointment with Dr. Molin for Primary Care or a consultation in Integrative Medicine, call Berkshire Osteopathic Health of BMC at 413-442-0085.
Time & Attendance/Staffing & Scheduling: Get Trained!

The new Time and Attendance (TA) and Staffing and Scheduling (SS) systems, the next phase in the MyBHS electronic employee record system, will be implemented in the middle of this year, and a key component of implementation is employee training. The training sessions are being scheduled, and it’s important that managers and employees work together to ensure all employees receive their required training. Some key points to be aware of:

- Managers must register all employees for training
- Register for a class time that is during the employees’ normal work schedule
- There are three classifications for training sessions, and each employee only needs to attend one, based on their classification and whether their department is going to be using Staffing and Scheduling beginning in June – the three classifications are:
  - TA non-exempt: for employees in a non-exempt position in a department only using Time and Attendance
  - TA exempt: for employees in a salaried position in a department only using Time and Attendance
  - TASS: for employees in any department that will be on Staffing and Scheduling as of June

Registration is now available through Healthstream.

Fairview Helps Egremont Expand Emergency Response

Firefighters and first responders in the town of Egremont will now be able to administer naloxone, also known as narcan, and epi-pens in life threatening emergencies thanks to a new collaboration with Fairview Hospital. The agreement between Fairview and a first responder agency that is not an ambulance organization, is the first of its kind in the southern Berkshires.

Although ambulance response times are remarkably quick, fire and hospital officials agreed there was opportunity to shorten the potential time from a 911 call to treatment. The two organizations have signed a formal agreement following an extensive process including training, obtaining MCSR licensure from the state, installing security lock boxes and developing policies and procedures with Fairview Hospital’s Pharmacy Department. Dr. Alec Belman, Chief of Emergency Medicine at Fairview Hospital, will oversee the program.

“The agreement and oversight into this program is similar to our oversight with Southern Berkshire Ambulance Service,” said Dr. Belman. “The first responders with Egremont Fire are all trained in proper use of these medications. We will evaluate the appropriate use each time the medications are administered and provide feedback to the agency to help them develop. The Egremont Fire Department is to be applauded by their community for the efforts of their membership to make this additional service possible. They have been working on this for months and it has not been easy to jump through all the state regulatory hoops that an endeavor like this requires.”
Fairview Nurses Host Community Heart Night

Heart attack survivor William Smith, second from left, talked about his life-saving experience at Fairview’s Heart Night, and posed with his "new best friends," from left, Cardiologists Dr. Kyle Cooper, Dr. Teresa Menendez and Dr. Vikas Veeranna.

Fairview Hospital’s CCU Department recently held its 5th annual Healthy Heart Night, a free community health event at Berkshire South in Great Barrington, designed to raise awareness of heart disease in our community and the services offered to prevent, diagnose and treat the disease.

Opening presentation was made by Deb Cahill, CNMT, (certified nuclear medicine technologist) who spoke on cardiac diagnostic services available at Fairview Hospital. Dr. Teresa Menendez, a cardiologist, discussed lipids and cholesterol. Cardiac Interventionist, Dr. Vikas Veeranna, discussed diagnostic technologies, including what he called “game-changing” technologies that help the BHS Cardiology team offer new diagnostic and treatment options.

The highlight of the evening was William Smith, a 37 year-old heart attack survivor, who was introduced by Cardiac Rehab nurse Ellen Hamm.

“I shouldn’t be here tonight, but I am and I want you all to meet my new best friends,” he said gesturing toward the team of cardiac nurses and physicians in the audience. He described being unaware that he was having a heart attack and the experience of being rushed to the hospital and having a stent placed in his heart. Emotionally, he described the fear following the surgery. “I was afraid to pick up my small children, going out or pushing too hard. These people gave me the confidence and ability to live my life again.”

Following the mini-seminars, 20 tables were set up in the gym, each hosting a topic and medical professional discussing programs related to heart health or wellness, offering free screenings and tastings, as well as providing information on health topic including diabetes, nutrition, tobacco treatment, the Berkshire Prevention Partnership as well as the Canyon Ranch Life Enhancement Institute. Many local businesses donated gift certificates for raffle gift baskets and prizes.
Berkshire Medical Center has announced that applications are being accepted for two scholarships, both aimed at students who will pursue careers in the healthcare field.

The Kermit Gordon Scholarship will be awarded to Berkshire County college students enrolled in medicine, dentistry, nursing, pharmacy or health science programs. Through the continued support and generosity of the Gordon family – longstanding donors to Berkshire Medical Center – 10 Berkshire County students last year were awarded scholarships to begin or continue their education in the healthcare field. The Kermit Gordon Scholarship Fund at Berkshire Medical Center was created by the late Mr. and Mrs. Kermit Gordon in 1985 for students who plan to enter healthcare. The scholarships are awarded on the basis of financial need, superior academic performance, commitment to a chosen field and potential for success.

BMC is also accepting applications for nursing scholarships, awarded annually to county residents from funds through the former Henry W. Bishop and St. Luke’s nursing schools. These scholarships will help pay initial tuition and expenses for those pursuing an associate’s degree, Bachelor of Science in Nursing, or a Master of Science in Nursing.

The number and amount of scholarships to be awarded will be set by the scholarship committee. Application forms may be obtained from the Berkshire Health Systems Education Department, 165 Tor Court in Pittsfield or from county high school guidance counselors. All applications are due by May 1st. For more information, call the BHS Education Department at 413-447-2132.

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Chaplain’s Corner: Lessons from Mr. Rogers’ Neighborhood

By Marcie Greenfield Simons, MEd, BMC Chaplain

When my children were young, I was happy to join them as they watched the colorful, fast-paced Sesame Street. After all, much of the humor was really geared for the adults watching along. Mister Rogers’ Neighborhood, however, just didn’t do it for me. In all honesty, I wanted to enjoy the show, but try as I might, I simply found it dull.

As time went on, my children outgrew these PBS treasures and I was relieved to move beyond King Friday, Daniel Tiger and the Neighborhood of Make Believe. And then, the most remarkable thing started to happen … I fell in love with Fred Rogers. The more I read about him, the more I learned what an extraordinary human being he was. Behind the fish tank and puppets was the wisest, kindest, gentlest human being who had so much to teach me.

Fred Rogers carried a small paper in his wallet with a quote he’d once heard from a social worker. It read: “Frankly, there isn’t anyone you couldn’t learn to love once you’ve heard their story.” And we all know everyone has a story. Whether in the CCU or the ED, whether here for infusion or blood work, whether detoxing or delivering, every patient we meet has a story. May we be inspired by Fred Rogers to look beneath the surface, to hear each story, and to learn to love those whom we meet along our way.
Beyond Calories 2016 - Part 2

There is more to losing weight than eating less and exercising more. Join Jen Ward, Wellness Registered Dietitian, to learn how!

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>Tuesday, March 15</td>
<td>Noon &amp; 1:00 pm</td>
<td>Clocktower Large Conference Room</td>
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<tr>
<td>Wednesday, March 16</td>
<td>Noon</td>
<td>Central Block Large Conference Room</td>
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<td>Monday, March 21</td>
<td>Noon</td>
<td>Hillcrest Campus of BMC Library</td>
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<tr>
<td>Tuesday, March 22</td>
<td>11:30 am &amp; 12:15 pm</td>
<td>BMC PDR-C</td>
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<td>Monday, March 28</td>
<td>Noon</td>
<td>Fairview 4th Floor Conference Room</td>
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<tr>
<td>Wednesday, March 30</td>
<td>Noon</td>
<td>North Adams Campus of BMC Small Dining Room</td>
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• Pre-Registration Required: log on to the WellnessWorks website or call ext. 3100 for more information.
• Qualifies as a Wellness Activity for 2017 Wellness Insurance Premium Discount.
• Be one of the first 15 people to pre-register and attend to receive a $5 lunch ticket and 10 Wellness Points.

“Let’s try Meditation”

Sundays: March 6th, 13th & 20th
11:30 am – Noon & 12:15 – 12:45 pm
BMC Private Dining Rooms with Angela Wilson, Body/Mind Meditation Instructor
No pre-registration needed

Did you know that slowing down mid-day can drop your blood pressure, improve your memory and increase your attention to details? Take pause and enjoy a quiet moment for yourself.

Snowshoe Treks

FREE for BHS employees & spouses

Beginners Welcome! Join JoAnna Ezinga, MS, PT, for this great winter activity and have fun while exercising.

March dates to choose from:

Weather permitting • Pre-registration required.

• Pine Cobble Trail, Williamstown:
  Sunday, March 13, Noon - 2 pm

• Boulders Trail, Dalton:
  Saturday, March 26, 10 am - Noon

Pre-register on https://www.bhswellnessworks.org website.
For more information contact Carol Nixon 413-445-9350 or cnixon@bhs1.org.
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.

Scope

Acupuncture for Stress & Relaxation

The Wellness Department is teaming up with Naomi Alson & Regina Touhey Serkin of the Pittsfield Community Acupuncture to bring BHS Staff Members acupuncture treatments in a group setting to help reduce stress, and improve general well-being.

Acupuncture is an essential part of Traditional Oriental Medicine, and is based on the idea that if energy is flowing in a balanced, harmonious way there will be no pain or dysfunction. Acupuncture, along with diet and lifestyle changes, can help reestablish this balance within your body.

This group acupuncture experience will be in a large room with other participants. Fine needles are placed on your body or on your ear. You stay fully clothed for this treatment. After insertion you rest with the needles for up to 45 minutes.

Acupuncture is safe; using single use, disposable, sterile needles, about the size of one strand of hair.

Often patients report no feeling of the needle going in at all. Acupuncture helps to create a free flow of energy and a new state of health.

Get Lean in 2016

CHALLENGE
February 8 - March 20
TEAM CHALLENGE for Employees & Spouses

Weekly Prize Winners

Congratulations to the following winners of the weekly drawings for the $50 Dick’s Sporting Goods Gift Card:

Week 1: Sarah Polo
Week 2: Elaine Kalinowsky

Form Your Teams Now...

The 14th Annual
Walk with Me in the Berkshires Step Program
Starts April 18th.

Watch for upcoming registration information.
Thanks and Recognition

"I took my daughter to the Fairview Emergency Room. She had pulled some tendons and ligaments. We were so pleased with the nurses, doctor, and everyone we came in contact with. Everyone was so kind, helpful, and considerate and patient. Fairview is extremely lucky to have such wonderful employees. From the moment we arrived until we left my daughter was treated like a princess. The nurses gave her warm blankets, medicine for pain, water, you name it. The x-ray technician was also wonderful. From now on when I think about Fairview I will think, wow.” – Comment from the parent of a Fairview Hospital Emergency Department patient

“This was my first admission to a hospital other than the birth of my children. I can't say enough about the staff on the medical floor. I thank them and the doctors for their kindness and the care I received.”
– Comment from a BMC 2 East patient

“I was very satisfied. All my needs were fulfilled. New room service for meals is a great service.”
– Comment from a BMC Orthopedic Unit patient

“I always do recommend Women's Imaging. I have always had an exceptionally good experience. It says something when you can be happy to go somewhere you know you could experience discomfort or receive bad news, but the quality of care is such that I am happy to go there.” – Comment from a BMC Women's Imaging Center patient

“I was treated respectfully by all; the staff was professional and kind.”
– Comment from a BMC Telemetry Unit patient

In Memoriam

- **Carman P. Lynch**, who worked at the BMC Gift Shop, died on January 31st at the age of 53.

- **Kourtney E. Yeaman**, a Certified Nursing Assistant at Hillcrest Commons Nursing and Rehabilitation Center, died on February 1st at the age of 22.

- **Robert Jette**, who worked in the Finance Department of the former North Adams Regional Hospital, now the North Adams Campus of BMC, died in early February at the age of 72.

- **Laura J. Guzzo**, a Licensed Practical Nurse and Registered Nurse at BMC who served as a clinical leader, died on February 6th at the age of 69. She had served on numerous BMC committees, including the Ethics Committee, and was recognized as Nurse of the Year and Leader of the Year.

- **Angela R. Mazzeo**, who worked in Housekeeping at BMC for over 10 years, died on February 7th at the age of 94. She retired from BMC in 1985.

- **Joan M. Miller**, a housekeeper for the former North Adams Regional Hospital, now the North Adams Campus of BMC, died on February 10th at the age of 81.

- **Theresa McGovern**, a scheduling specialist for over 10 years at Berkshire Hematology Oncology, died on February 11th at the age of 44. She had worked for Berkshire Hematology Oncology for the past 12 years, most recently at the BMC Cancer Center. According to her colleagues, “Theresa was very dependable and hard-working, and held great concern and compassion for the cancer patients with whom she worked.”

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