The flu season is here, and it can run through mid-spring, causing many in our community to become acutely ill as it spreads through the region. There is, however, a way to check the spread of this potentially fatal illness, through the annual flu vaccine. BHS and BMC employees can be vaccinated at the annual Flupalooza event, being held on Wednesday, October 5th from 6 am to 6 pm in the Private Dining Rooms, and at the North Adams Campus on Friday, October 7th from 7 am to 1 pm in the Dining Rooms near the Café. If you miss Flupalooza, you can also be vaccinated by going to Berkshire Occupational Health at 610 North Street.

BMC has adopted new requirements on flu vaccination, which will be presented in detail in the next issue of Scope.

Help Us to Protect Our Patients and Our Community
Get Your Flu Shot

Important Flu Facts

A dead dog doesn't bite…or why you can't get the flu from the flu shot.

Ever year people can be heard stating, “I don't get the flu shot because it gives me the flu.” Brace yourselves…The flu shot won't give you the flu because it can't. As hard as that vaccine may dream of giving you the flu, it lacks the viral fortitude to get the job done. When developing an inactivated influenza vaccine (which is offered at BHS), an agent is added to an influenza virus saturated liquid which disrupts the virus' ability to remain whole. As a result, the flu virus breaks up into multiple pieces that are not able to infect you and give you the flu. Once broken apart the virus lacks the ability to reconnect or repair itself, but it does give your body's immune system a chance to get acquainted with it. Your immune system gets familiar with the parts of the virus, realizes that it is a foreign agent that could make you sick, and develops a response to use against this foreign agent. So if two weeks after receiving the flu vaccine, you become exposed to an intact flu virus, your body can react quickly to destroy the virus and prevent you from getting the flu.
BHS and First Responders Wrap Up Successful Heroes Blood Drive

Between the 4th of July and September 11th, Berkshire Health Systems, in partnership with first responders from throughout the county, led a community blood donation effort that succeeded beyond expectations. The goal was to have 500 units of blood donated between that period, among BHS employees, police, fire and ambulance organizations and the overall community.

In all, 645 units of blood, or 135% of the goal, was met for the Heroes Blood Drive. The participation rate was as follows:

• Berkshire Health Systems Employees: 128 units, including 31 first time donors
• Police Departments: 49 units, including 20 first time donors
• Fire Departments and Ambulance Personnel: 64 units, including 28 first time donors
• Community: 404 units, including 79 first time donors

“We transfuse over 3,500 blood products to nearly 2,000 patients each year, and that need is growing steadily,” said Christine Amuso, Donor Program Liaison. “All blood donated through either our bloodmobile or the donor center stays right here in Berkshire County and helps our friends, neighbors and loved ones.”

The need for blood is constant, so if you are eligible to donate blood, you can visit the BHS Bloodmobile at any of the sites it is visiting year-round, or stop by the Donor Center at BMC.

The current calendar for the Berkshire Health Systems Bloodmobile can be viewed online by going to the following web address: www.berkshirehealthsystems.org/bloodmobile

Why do they keep telling me to get the flu shot? The real reason why it’s so important.

Healthcare workers are good at what they do because they take their role as a caregiver seriously. Nurses, pharmacists, and physicians have been ranked as among the most trusted professions. The dedication and commitment of healthcare workers benefits patients...well, usually.

Surprisingly, a healthcare worker’s commitment and dedication can lead to patient complications when it comes to spreading the flu. A 2015 article in the Journal of the American Medical Association Pediatrics stated the following:

• 83% of physicians and healthcare workers reported working sick at least one time last year
• 9.3% reported working sick at least five times within the last year
• 16% reported working with a fever
• 55.6% reported working with significant respiratory symptoms

To make matters worse...individuals are contagious and can spread the flu one day before having any symptoms. So in the case of healthcare workers (and based on the information above), an unvaccinated healthcare worker could spread flu to their patients and coworkers for two days. Although we screen and vaccinate our patients for the flu, it will take them two weeks to build up immunity from their vaccination, which means that they remain susceptible and vulnerable to the flu while in the hospital. By getting vaccinated for the flu, you are not only protecting yourself and your family but also protecting your patients.
As the calendar turned from Summer to Autumn, staff from Berkshire Health Systems and Berkshire Medical Center celebrated not only the shift in seasons, but also the hospital’s quality recognitions during the annual End of Summer Celebration on September 23rd. BMC has achieved the designation as one of Healthgrade’s America’s 100 Best Hospitals for 2016, and again received the organization’s Distinguished Hospital Award for Clinical Excellence, for the fourth year in a row.

Staff were treated to a summer picnic, with hot dogs, hamburgers, salads and other food, and picked up a new coffee mug emblazoned with the America’s 100 Best Hospitals emblem. Hundreds of staff enjoyed the festivities in the BMC Courtyard, and the experience was replicated at the North Adams Campus of BMC on September 27th.

At right: Hundreds of BMC and BHS staff attended the event, held on September 23rd in the BMC Courtyard, and on the North Adams Campus of BMC on September 27th.

See page 7 for the North Adams celebration photo.
Staff Highlights

Dr. McCallister Joins BMC Physiatry

Providing Specialized Care Using Osteopathic Manipulation Therapy

Berkshire Health Systems announces the appointment of Adrienne McCallister, DO, a specialist in Osteopathic Manipulative Medicine and Neuromusculoskeletal Medicine, to the medical staff of Berkshire Medical Center and the physician staff of Physical Medicine & Rehabilitation Services of BMC. Dr. McCallister is accepting new patients in need of rehabilitation care and is teamed with Dr. Neville Walker at Physical Medicine & Rehabilitation Services of BMC.

Osteopathic Manipulation Therapy uses gentle hands-on osteopathic treatments to balance structure, improve function and help the body heal from illness and injury.

Dr. McCallister received her medical degree from the University of New England College of Osteopathic Medicine, Biddeford, ME, and completed her residency in Osteopathic Manipulative Medicine and Neuromusculoskeletal Medicine at St. Barnabas Hospital, Bronx, NY.

For an appointment with Dr. McCallister, call Physical Medicine & Rehabilitation Services of BMC at 413-445-9353 or ask your physician for a referral.

New Pain Medicine Physician Joins Berkshire Health Systems

Berkshire Health Systems announces the appointment of Gaurav Jain, MD, a board certified and fellowship trained specialist in Pain Medicine, to the medical staff of Berkshire Medical Center and the physician staff of the Pain Diagnosis and Treatment Center at BMC. Dr. Jain is accepting new patients in need of pain management and joins Dr. Andrew DeMaggio at the New England Pain Center.

Dr. Jain most recently provided interventional pain medicine and physiatry services at the Brain and Spine Center in Williamsville, NY, and Niagara Falls Memorial Medical Center.

He is board certified in Internal Medicine, Pain Medicine and Psychiatry, and fellowship trained in Pain Medicine and Anesthesiology at the University of Pittsburgh Medical Center. Dr. Jain received his medical degree from King George Medical University, India, and completed residencies in combined Internal Medicine and Psychiatry at Southern Illinois University School of Medicine.

For an appointment with Dr. Jain, call the Pain Diagnosis and Treatment Center at BMC, 413-445-7246, or ask your physician for a referral.
The Power of Kindness

Join Maureen Daniels, Director of Wellness & Community Health

This workshop to explore the amazing impact that kindness & gratitude can have on our improving our own health, wellbeing and outlook on life. Tips, tools and techniques to increase the kindness that surrounds you and your loved ones will be generously shared.

<table>
<thead>
<tr>
<th>Monday, October 17</th>
<th>Noon</th>
<th>Hillcrest Campus of BMC, Library</th>
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<tbody>
<tr>
<td>Tuesday, October 18</td>
<td>Noon</td>
<td>Fairview, Ground Floor Conference Room</td>
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<tr>
<td>Wednesday, October 19</td>
<td>11:30 am &amp; 12:15 pm</td>
<td>BMC, Auditorium</td>
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<tr>
<td>Friday, October 21</td>
<td>1:00 pm</td>
<td>Clocktower, 5th Floor Large Conference Room</td>
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<tr>
<td>Wednesday, October 26</td>
<td>Noon</td>
<td>North Adams Campus of BMC, Conference Room Near Café</td>
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<tr>
<td>Thursday, October 27</td>
<td>Noon</td>
<td>Central Block, Large Conference Room</td>
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- Pre-Registration Required: log on to the Wellness website or call ext. 3100 for more information
- Qualifies as a Wellness Activity for 2018 Wellness Insurance Premium Discount
- Be one of the first 15 people to pre-register and attend to receive a $3 café ticket and 10 Wellness Points

YOGA Series II Starts November 3rd

BMC 2 East Rehab Gym

Join Carol Harty, Advanced Level Kripalu Yoga Instructor & Certified Yoga Therapist

This class is open to all levels. Yoga helps improve physical flexibility, balance and strength, while bringing a sense of peace and well-being. Please wear comfortable clothing, bring a yoga mat, and a small pillow or towel.

Information on taking care of neck, shoulder and lower back pain will be included in this session!

Cost: $5 payroll deduction for 6 weeks

To register, log on to the Wellness at Work website (https://www.bhswellnessworks.org) and complete the following online forms to hold your spot:
- Physical Readiness Questionnaire
- Payroll Deduction Form

Qualifies as a Wellness Activity for 2017 & 2018 Insurance Premium Discount
Claim Your 2016 Prize

_How to claim your 2016 wellness prize:_

1) Log in to the Wellness website: [https://www.bhswellnessworks.org](https://www.bhswellnessworks.org)
2) Click on the _Claim your 2016 Prize_ widget
3) Click the drop down Campaign Box and select _2016 Wellness Works Points Program_
4) Scroll to the bottom of your _Incentive Summary_ to view your Total Points Earned (this will NOT include the 100 Insurance Premium Discount Points)
5) Go back to the top of the page and select the _Rewards_ menu and click on _2016 Wellness Prizes_
6) View the prizes in your points level to select your desired prize
7) Fill out the prize survey and submit

_BHC_ 
_BHS Employees & Spouses who sign up for payroll deduction can attend any Weight Watchers meeting in the area. $10.94 / week for 12 weeks through payroll deduction with FREE e-tools. (PRICE BREAK: $87.52)_

Fill out the payroll deduction form on the wellness website and fax to 413-395-7653.

**Come to the Information/Registration Meeting**

<table>
<thead>
<tr>
<th>Information &amp; Registration Meeting</th>
<th>Program Begins</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>Monday, October 17th</td>
<td>Monday, October 24th</td>
<td>12:05 pm-12:25 pm</td>
<td>BMC Auditorium</td>
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To accommodate hourly staff, you may bring your lunch to the meetings. Call ext. 3100, option #3 for more information. Program qualifies as a Wellness Activity for 2017 Wellness Insurance Premium Discount.

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Wellness at Work now has a Facebook page! Like Us and check out our page for upcoming events!
End of Summer Celebration at the North Adams Campus of BMC

The End of Summer Celebration was also held at the North Adams Campus of BMC on September 27th.
Thanks and Recognition

“Although a major surgery, the procedure and the stay were not at all stressful, or painful. The staff is the best.”
– Comment from a BMC Orthopedic Unit patient

“The receptionist/greeter is warm and friendly, and helps to start the procedure in relaxed manner. I am so happy to have you in our community.” – Comment from a North Adams Campus of BMC patient

“The trauma team took extremely good care of me. Dr. Joseph Pfeiffer and his entire team treated me compassionately and respectfully throughout my stay at BMC.” – Comment from a BMC Surgical Services patient

“My first time having surgery was back in 1968 and five more times since then. Everyone that works there has always been the best to me. God bless you all.” – Comment from a Fairview Hospital patient

“This is a top-notch team. My experience is that they will go all out to answer questions, allay fears or concerns, and draw us out to push a little harder to keep going.” – Comment from a BMC Cardiac Rehabilitation patient

“I have never had a bad experience at BMC. Everyone has always been kind, helpful and addressed any concerns I had. I feel very fortunate to have access to a healthcare facility with such wonderful staff. Thank you.”
– Comment from a BMC Outpatient Imaging & Testing facility patient

“I would highly recommend this facility for their excellent staff and therapy services. Staff is very supportive.”
– Comment from a BMC Center for Rehabilitation patient

“I received wonderful outstanding care, best hospital experience I ever had. Your doctors are the finest. No need to go to Boston or Albany.” – Comment from a Crane Center for Ambulatory Surgery patient

“You have a great staff and super emergency room. A high quality hospital and only 2 ½ miles from home. Thank you.”
– Comment from a Fairview Hospital patient

“I am so happy that the North Adams campus is back in operation.” – Comment from a North Adams Campus of BMC patient

In Memoriam

• Margaret T. Cady, a former employee of Berkshire Medical Center, died on September 15th at the age of 88.

• Mary O. Yon, who worked as an admitting specialist for the former St. Luke’s Hospital and later Berkshire Medical Center, died on September 15th at the age of 91. She retired from BMC in 1987.

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