

The Healthy Life

News About Health and Giving from
North Shore Medical Center

SPRING/SUMMER 2015



North Shore
Cancer WALK

**CELEBRATES 25TH
ANNIVERSARY**



NORTH SHORE
MEDICAL CENTER

IN THIS ISSUE:

Hip Replacement Helps Lynn
Contractor Maintain Active Lifestyle

Weight Loss Surgery Has Beverly
Father Feeling Young Again

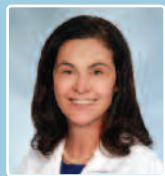
Making the Scene at the
6th Annual Gourmet Gala



“HOW DO I
CHOOSE A
PRIMARY CARE
PHYSICIAN?”

Let us help.

As healthcare changes, your relationship with your doctor is more important than ever. Fortunately, some of the best and brightest primary care physicians are on staff at North Shore Medical Center. Let us help you find the one who's best for you.



Anne
Jennings, M.D.
Danvers



Claudia
Luque, M.D.
Lynn



Frank
Harte, M.D.
Peabody



Larissa
Gemme, D.O.
Beverly

To learn more about our primary care physicians, please call our Physician Finder service at 1-877-NSMC-MDs (1-877-676-2637) or visit us online at nsmc.partners.org.



The Healthy Life

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ON THE COVER

Cancer survivor Jessica Williamson of Danvers, now an oncology nurse, will be one of thousands participating in the 25th anniversary North Shore Cancer WALK on June 28.



The Healthy Life is a publication of the North Shore Medical Center Marketing and Development departments. We welcome your input. Send questions, comments and suggestions to:

The Healthy Life, North Shore Medical Center Marketing Department
81 Highland Avenue, ED Ground, Salem, MA 01970
Phone: 978-354-2060 Email: HealthyLife@partners.org
Website: nsmc.partners.org

North Shore Medical Center is a multi-site health system located north of Boston that includes NSMC Salem Hospital, NSMC Union Hospital and North Shore Physicians Group. Together with Massachusetts General Hospital, we opened the Mass General/North Shore Center for Outpatient Care in Danvers in 2009. NSMC is a member of Partners HealthCare.

RESTORATION PROJECT

Hip Replacement Surgery Helps Lynn Contractor Maintain Active Lifestyle

Grant Story is a man in motion. When he is not running from one construction site to another as the owner of his own general contracting business, Story can often be found on a baseball field coaching one of his sons' Little League teams or engaged in an improvement project at his own home in Lynn.

"My days begin before the sun comes up and usually don't end until after it goes down," says the married 51-year-old Lynn native and father of five. "I like to keep active."

As the owner of Story Construction, a company that specializes in new construction, remodeling and repair work, Story is more than familiar with the normal aches and pains associated with labor-intensive work. "Sore muscles come with the territory," he says. "But it's usually nothing that a good night's sleep can't fix."

In 2014, however, Story began to experience a new type of pain around his lower back, thighs and groin that was not so easily treated. "This pain felt like a pulled muscle that just wouldn't go away," he explains. "It was less noticeable when I was moving around, but it would flare up when I relaxed at the end of the day or after a prolonged period of sitting."

While not debilitating, the pain intensified and Story worried that it might eventually limit his active lifestyle. Seeking a diagnosis, he first scheduled an appointment with his primary care physician, Jeffrey Gold, M.D., of Marblehead. Preliminary tests indicated that the pain was

emanating from Story's right hip, and he was referred to North Shore Medical Center orthopedic surgeon Benjamin Schwartz, M.D.

Story's X-rays showed a narrowing of the space between the ball and socket of his right hip due to osteoarthritis. A degenerative joint disease that occurs when the cartilage between joints breaks down, osteoarthritis is the most common chronic condition of the joints, and usually occurs with the normal wear and tear of aging.

As a first step, Dr. Schwartz suggested a conservative, non-surgical approach to treatment using anti-inflammatory pain medication and cortisone shots to manage the pain. "In the long term though, I learned that a hip replacement would give me the best result," explains Story.

I HAD FULL CONFIDENCE THAT A HIP REPLACEMENT WOULD WORK WELL FOR GRANT."

— Benjamin Schwartz, M.D.

With hip replacement surgery, Lynn native Grant Story is able to maintain an active lifestyle.

HIP AND KNEE SCHOOL

A Program for Patients Considering Joint Replacement Surgery

To help patients who are either scheduled to have joint replacement surgery or considering it as an option, NSMC offers a unique educational program called Hip and Knee School. This free course covers a wide spectrum of subjects so that patients and their caregivers have all the information they need to make an informed decision and proceed with confidence.

Some of the topics covered include:

- How to prepare for surgery
- What the surgery entails
- How to prepare your home post-surgery
- Pre-admission testing
- Pain control after surgery
- What to expect on the day of surgery
- What the recovery period will involve
- Life after joint replacement

Please speak with your surgeon’s office to book a session. For more information, please visit nsmc.partners.org/orthopedics.

GIVE AND RECEIVE WITH A CHARITABLE GIFT ANNUITY

A North Shore Medical Center charitable gift annuity not only helps provide the very best healthcare to our community, but also provides the donor with an attractive stream of income for life. For example, with a gift of \$20,000, an individual age 75 will receive a rate of 5.8 percent; at age 80, the rate is 6.8 percent; and at age 90, the rate is 9.0 percent.

IN ADDITION TO A GUARANTEED ANNUAL INCOME, OTHER BENEFITS INCLUDE:

- A current income tax deduction
- Tax-free income on a portion of the income received
- Reduced capital gain tax (on gifts made with appreciated securities)
- Possible reduction of estate taxes
- The opportunity to make a significant gift to North Shore Medical Center

To learn more and receive a “no obligation” illustration on how this unique gifting opportunity can work for you, please contact Mike Davenport, Director of Planned Giving, at 978-825-6306 or mdavenport1@partners.org.



I AM GLAD I WENT THROUGH WITH THE SURGERY AT NORTH SHORE MEDICAL CENTER AND COULDN'T BE HAPPIER WITH THE OUTCOME."

— Grant Story

The “long term” came sooner than expected when, after two more months, the pain became unbearable. Dr. Schwartz performed Story’s surgery at NSMC Union Hospital in December and within three days Story was home recovering. After five weeks of rest and physical therapy, he was back to work renovating a bathroom at a home in Marblehead.

“The success rate for this type of surgery is very high, with 95 percent of all patients reporting relief from pain and improvement in function,” says Dr. Schwartz. “I had full confidence that a hip replacement would work well for Grant.”

“All I can say is, the pain is gone,” says Story. “I am glad I went through with the surgery at North Shore Medical Center and couldn’t be happier with the outcome.”



To watch a video about Grant Story, please visit: youtube.com/NorthShoreMedCenter.

Physician Q&A

If you have a health question you would like answered by our experts, send us an email at HealthyLife@partners.org.

Q | I get spring allergies and don’t like taking medicine. Can you recommend any natural or alternative treatments for seasonal allergies?

The first step to treating your allergies is prevention, which requires that you know your triggers and avoid them when possible. Some treatments that may offer relief include acupuncture and nasal rinse. Additionally, making some simple lifestyle changes, such as eating a healthy diet and drinking more fluids, can make a big difference. You may also benefit from more subtle life changes, such as using the air-conditioning and closing windows in your car and home; using a high-quality air filter in your home; and changing clothes or taking a shower after an extended time outside. Self-treating is not for everyone, so consult with your primary care physician about any alternative treatments prior to using them. *To contact Dr. Champion, please call 978-739-6950.*

Adepeju Champion, M.D., M.S.
Internal Medicine



Q | Electronic cigarettes have become increasingly popular in recent years, particularly among teenagers. Are they healthier than traditional tobacco cigarettes?

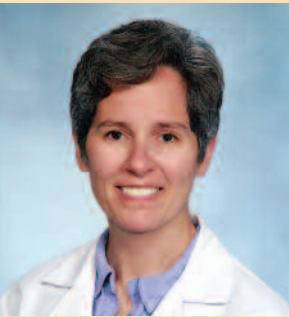
Electronic cigarettes—also known as e-cigarettes or vapor cigarettes—are battery-operated devices that contain a nicotine-based liquid that is vaporized and inhaled, simulating the experience of smoking tobacco. Because e-cigarettes have only been readily available in the United States since 2006, there is limited research on their long-term health impact. Additionally, it is not known whether e-cigarettes may lead young people to try other tobacco products, including conventional cigarettes, which are known to be addictive, cause disease and lead to premature death. Until more is known about the potential risks, the safest bet is to avoid electronic cigarettes. *To contact Dr. Saie, please call 978-646-2100.*

David Saie, M.D.
Internal Medicine

Q | My husband and I just moved into our first house. What essential first aid items should we always keep on hand?

A well-stocked first aid kit is a handy thing to have in all homes. An effective kit should include any essential health items used by your family members, such as medications and emergency phone numbers. Ensure that your kit also has basic items: first aid manual, compress dressings, bandages and gauzes in various sizes, cloth tape, antibiotic ointment, antiseptic wipes, ibuprofen, CPR mask, latex-free gloves, hydrocortisone ointment, scissors, thermometer, tweezers, flashlight and extra batteries. How much of each item you will need depends on your family size. *To contact Dr. Sidman, please call 978-279-0800.*

Marcie Sidman, M.D.
Family Medicine



Q | I get a reasonable amount of sleep, but still wake up fatigued; often with a headache and joint pain. As a result, I find it hard to concentrate and get tasks done. Could this be chronic fatigue syndrome?

Chronic fatigue syndrome is a complicated disorder characterized by extreme fatigue that cannot be explained by any underlying medical condition. The fatigue may worsen with physical or mental activity, but doesn't improve with rest. The cause of chronic fatigue syndrome is unknown, although there are many theories, ranging from viral infections to psychological stress. Some experts believe chronic fatigue syndrome might be triggered by a combination of factors. You may need a variety of medical tests to rule out other possible medical causes before a diagnosis can be made. Treatment for chronic fatigue syndrome focuses on symptom relief. Talk to your primary care physician to get an accurate diagnosis. *To contact Dr. Blanco, please call 978-532-6111.*

Silvio Blanco, M.D.
Internal Medicine

CELEBRATION OF LIFE, COURAGE AND COMMUNITY

NORTH SHORE CANCER WALK
CELEBRATES 25TH ANNIVERSARY



Cancer survivor Jessica Williamson (right) will be among those participating in the 25th anniversary Cancer WALK. Mass General/North Shore Cancer Center physicians James McIntyre, M.D., and Joel Schwartz, M.D. (opposite page), serve as ambassadors for the annual Cancer WALK each year.



Jessica Williamson of Danvers participated in her first Cancer WALK in 2005 to raise awareness about young people with cancer. Williamson was 19 years old when she was diagnosed in 2003 with synovial carcinoma in her right knee. Her year of treatment—surgery, chemotherapy and radiation—at the North Shore Cancer Center (now the Mass General/North Shore Cancer Center in Danvers) and the Dana-Farber Cancer Institute was a stressful time made more challenging by the fact that Williamson often was the only teenager in a room full of adult patients and caregivers. She credits the compassionate personal care she received on the North Shore with helping her cope and inspiring her to become an oncology nurse.

Williamson is one of the thousands who will attend the 25th anniversary North Shore Cancer WALK on Sunday, June 28, starting at 8:30 a.m. in Salem Willows Park.

Now 30 years old, cancer-free, married and the mother of two toddlers, Williamson has participated in many North Shore Cancer WALKs. “The day is one of unity and everyone has a cause,” she says. “It’s very uplifting.”

Since raising its first \$247,000 in 1991, the Cancer WALK has become the largest single-day fundraising event on the North Shore, generating more than \$20 million in support of cancer treatment and programs at NSMC and the Mass General/North Shore Cancer Center.

James McIntyre, M.D., Chief of Radiation Oncology at the Mass General/North Shore Cancer Center, completed his first Cancer WALK in 2002 and hasn’t missed one since. “The atmosphere at the Cancer WALK is electric—walkers arriving by the busload, families setting up tents and barbecues in the park, strangers greeting one another as friends,” says

Dr. McIntyre. “For me, it’s truly a privilege to work with a cancer resource that is so valued by the community.”

Through the years, proceeds from the WALK have supported construction of the Mass General/North Shore Cancer Center, expansion of treatment facilities at NSMC and development of resources in mammography, radiation, infusion and clinical trials. Funds raised this year will go toward the development of a new inpatient oncology unit at NSMC Salem Hospital and wellness services and support programs at the Mass General/North Shore Cancer Center.

“Simply put, there would be no cancer program on the North Shore without the Cancer WALK,” says Joel Schwartz, M.D., Director of Oncology Services at Mass General/North Shore Cancer Center, who has participated in every WALK since it began. “I can’t overstate my gratitude to the many local businesses who support the WALK, the thousands of individual contributors at all levels and the hundreds of volunteers who provide refreshments, entertainment and encouragement along the route.”

Among those sharing Dr. Schwartz’s enthusiasm are 25th anniversary Cancer WALK co-chairs Chris Cole and Mary Jo Gagnon. Cole, who lost his wife, Debbie, to breast cancer in



“SIMPLY PUT, THERE WOULD BE NO CANCER PROGRAM ON THE NORTH SHORE WITHOUT THE CANCER WALK.”

— Joel Schwartz, M.D.

“IT IS GOOD TO BE PART OF SOMETHING LIKE THE WALK THAT ENABLES US TO TAKE ACTION, CONNECT WITH OTHER PEOPLE AND GIVE BACK.”

— Mary Jo Gagnon



25th anniversary Cancer WALK co-chairs Mary Jo Gagnon and Chris Cole.

2014, says that the Cancer WALK gives him an opportunity to keep her legacy and spirit alive. “During her treatment, Debbie became involved in the Cancer WALK because she wanted to do something for the community and for others facing this disease,” he explains. “Her team, Debbie’s SnackCakes, has since become one of the largest team fundraisers in WALK history, and I know she’d be proud that we are continuing her work.”

Gagnon is also participating in honor of loved ones. “Like many people, I have been touched by cancer,” says Gagnon, senior vice president of operations at NSMC and longtime Cancer WALK participant and volunteer. “I lost several family members to the disease and know that it can leave one feeling helpless. It is good to be part of something like the WALK that enables us to take action, connect with other people and give back.”

For Williamson, her experience with cancer has affected choices throughout her life. As a dedicated oncology nurse, she now brings the same special care to others that meant so much to her years ago.



For more information on the North Shore Cancer WALK, please visit: NorthShoreCancerWalk.org.

Classes & Services



Disease Management

Cardiac Rehabilitation
781-477-3300

Cardiac Risk Reduction
781-477-3900

Diabetes Management Program
781-477-3409 (Lynn)

Living Well with Heart Failure
978-354-2577

Pulmonary Rehabilitation
781-477-3102

Surgical Weight Management
978-825-6505

Wellness Classes and Services

- Acupuncture
- Childbirth/Parenting
- CPR 978-354-3013
- LEARN Program for Weight Control
- Massage
- Reiki
- Tai Chi
- Yoga & Yogalates

North Shore Medical Center offers a wide range of health programs, classes, support groups and special events at our locations in Salem, Lynn and Danvers.

Most classes begin in January, April, June and September. Call or log on for more details.

Locations and Contact Information

Danvers | Mass General/North Shore Center for Outpatient Care
102 Endicott Street, Danvers

Danvers | NSMC Outpatient Services
One Hutchinson Drive, Danvers

Lynn | NSMC Union Hospital
500 Lynnfield Street, Lynn

Salem | NSMC Salem Hospital
81 Highland Avenue, Salem

Salem | MassGeneral for Children at North Shore Medical Center
57 Highland Avenue, Salem

Please contact the following organizations for meeting times and locations.

Addiction Recovery
www.smartrecovery.org

ADHD Parent Support Group
978-354-2660

Al-Anon
508-366-0556

Asthma and Food Allergy Support Group
781-598-5932

Bereavement: Fetal/Newborn Loss
978-354-3357

Bipolar Disorder Parent Support Group
978-354-2660

Breast Feeding Support Group
978-354-3263

CPAP Support Group
978-354-4397

Defibrilladies Support Group
978-354-4507

Depression Support Group (for teens)
978-354-2670

Diabetes Management Support Group
781-477-3409

Fibromyalgia Support Group
978-740-1022

Gastric Bypass, Band and Sleeve Support Group (pre- and post-op support)
978-825-6505

Grandparents Raising Grandchildren Support Group
978-354-2660

Grief Recovery After a Substance Passing (GRASP)
781-593-5224

HAWC (Healing Abuse Working for Change)
978-744-6841

Healing Your Heart
781-477-3505

Implantable Cardioverter Defibrillator Placement Support Group
978-354-4507

Laryngectomy Support Group
781-534-5953

Learn to Cope (substance abuse family support)
978-354-2660

Mindfulness-Based Stress Reduction (adults, teens and children)
978-354-2670

OCD Support Group
978-354-2670

Overeaters Anonymous
781-641-2303

Parenting Teenagers Today
978-354-2670

Parents Helping Parents
978-354-2670

Sibshop Support Group (for siblings of children with special needs)
978-354-2660

Stress Reduction Clinic (adults and children)
978-354-2670

Stroke Support Group
978-825-6286

Cancer Support Groups

Children Whose Parents Have Cancer Support Group
978-882-6073

Head and Neck Support Group
978-882-6002

Healing with Hope
781-477-3505

Save the Date 6TH ANNUAL NORTH SHORE CANCER RUN, NOVEMBER 8



The sixth annual North Shore Cancer RUN will be held rain or shine on Sunday, November 8, 2015. The RUN features a 5K and 10K road race starting at the Cove

Community Center in Beverly at 8 a.m. Both routes are along the scenic Beverly coast and are “out and back” courses. The cost to participate is \$30 prior to the race, \$35 on race day. To learn more, visit northshorecancerrun.org.



To register online or sign up for advanced email notification of class registration, visit nsmc.partners.org, or call 1-978-740-1022.



Gourmet Gala

MAY 8, 2015
ACURA OF PEABODY

- 1) Susan and Peter Frankfort
- 2) Billy Costa, Kathy Bazazi, LauraLee Poirier
- 3) Patrick Delulis, Cynthia Phelan
- 4) Jenni Leikikh, Sara Jennings
- 5) Heidi Rubin; James L. Demetroulakos, M.D.; Pam Demetroulakos; Marc Rubin, M.D.
- 6) Jovina Tarantino, Janice E. Meade, Paula Fallon, Pam Rosinski, Heidi Turner
- 7) Mia Klein; Jim McIntyre, M.D.; Amy Leveroni
- 8) Nerissa and David Hill
- 9) John Zimmerman, Joy Fisher, Dr. John Fisher
- 10) Jerry Tucker, Joel Avery
- 11) Judy and Mike Bouchard; Mitchell Rein, M.D.; Amy Rein
- 12) Susan Douglass, Senator Joan Lovely
- 13) Phyllis Sagan, Jude Toner
- 14) Chris Cole, Patti Lennan, Doug Lennan, Samantha Stevens, Andria Paradis
- 15) Christine Roy, Jennifer Lawler, Judy Miller

All photos left to right.



Rewards of Good Health

Weight Loss Surgery Has Beverly Father Feeling Young Again

Who wouldn't like to have the energy we once had as kids? Just six months ago, Reinaldo Dasilva of Beverly couldn't have imagined it. The 44-year-old father of four and US Postal Service clerk had gained more than 70 pounds in six years, and pain in his back and joints made even light exercise difficult.

"I had never had problems with my weight," recalls Dasilva. "But, after I lost my previous job during the recession in 2008, a combination of stress and poor eating habits began to add up."

Concerned about future health issues and committed to making a positive lifestyle change, Dasilva met with his primary care physician, who referred him to NSMC's Surgical Weight Loss Program. Working with a nutritionist in the program, he initially lost 15 pounds through improved diet, but his progress quickly hit a plateau. Hoping to build on his early success, Dasilva began exploring his surgical options.

Last January, Dasilva underwent laparoscopic sleeve gastrectomy surgery at NSMC Salem Hospital. During the hourlong procedure, approximately 80 percent of the stomach is removed and the remaining stomach remains connected to the intestines. For some patients, this approach reduces the risk of complications and long-term side effects that can be associated with traditional gastric bypass surgery.

After receiving gastric sleeve surgery at NSMC Salem Hospital, Reinaldo Dasilva of Beverly has a renewed energy and zest for life.

HealthyLife | Weight Loss

Now in its sixteenth year, NSMC's Surgical Weight Loss Program is the largest on the North Shore. Procedures offered include minimally invasive sleeve gastrectomy, gastric bypass and gastric banding as well as minimally invasive revisional bariatric surgery. At the core of the program is an extensive pre- and post-operative regimen that includes nutrition counseling, behavioral therapy, stress management, exercise and peer support.

"For our patients, surgery is the beginning, not the end," says NSMC director of bariatric (weight loss) surgery Bernard Benedetto, M.D. "Every pound lost requires a great deal of hard work, and our program is distinguished by our commitment to ensuring long-term success through active education, monitoring and engagement."

"The education and training I received through the weight loss program helped me understand that surgery isn't a miracle. It's the start of a new way to live," says Dasilva. "With that extra support, I felt better prepared to face the challenges ahead."

Soon after his recovery, Dasilva began to lose weight quickly. Today, he has lost the extra weight he had gained, and more. In addition to working full-time, he's pursuing a degree in finance. He runs for up to an hour several times a week, often joined by his 12-year-old son.

"Losing this weight has changed my life," he says. "I'm stronger and have more energy than I've had in years. My mind is clearer and I feel great. I'm so happy I made this choice for me and for my family."

"Our patients often come to us after suffering many years of damage to their health as well as frustration, stress and fear of failure," says Dr. Benedetto, dispelling the notion of weight loss surgery as a vanity project or an easy way out. "There is nothing more rewarding for us as caregivers than helping them become the people they want to be."



SURGICAL WEIGHT LOSS INFORMATION SESSIONS

NSMC's Surgical Weight Loss Program is now offering free information sessions at NSMC Salem Hospital and the Mass General/North Shore Center for Outpatient Care in Danvers. These sessions offer a great opportunity to learn more about weight loss surgery options and ask questions.

Register online at nsmcweightloss.org or call us at 978-825-6505.

WHAT'S YOUR NSMC STORY?



Did you or a family member have a positive experience at North Shore Medical Center that you would like to share? Is there a caregiver who has made a lasting impression? Are you a loyal participant in the North Shore Cancer WALK or RUN? We'd love to hear from you!

Email us at HealthyLife@partners.org or call 978-354-2060, and thank you for your support.



HARBORLIGHT FAMILY MEDICINE JOINS NSPG

Established Beverly family medicine practice Harborlight Family Medicine, P.C., recently joined North Shore Physicians Group (NSPG), the multi-specialty practice of North Shore Medical Center (NSMC). Physicians Marcie Sidman, M.D., and Susan DeLuca, M.D., together with a team of nurse practitioners, are experts in treating patients of all ages, from infants to adults.

The newly named North Shore Physicians Group practice will remain at its current location at 900 Cummings Center, Suite 126-V, in Beverly. Office hours and telephone numbers will remain the same.

Patients will continue to receive the high-quality, compassionate care that they have become accustomed to over the years. To make an appointment or request more information, please call 978-279-0800 or visit northshorephysicians.org.

NorthShorePhysiciansGroup

LEADERSHIP GIVING & 1874 SOCIETY

NSMC gratefully acknowledges all gifts and pledges of \$1,000 or more made between January 1, 2014, and December 31, 2014. This list recognizes pledges in the year they were made, at the full amount. Subsequent pledge payments are acknowledged at the level of payment made in that year. Leadership gifts generally support multiple construction and renovation projects that are critical to the Medical Center. 1874 Society members (denoted with the symbol ~) make annual contributions of \$1,000 or more to support innovations in healthcare delivery, purchase new equipment and augment programs in patient care and education.

\$100,000 +
 The Davenport Fund
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 Weld Foundation

\$25,000 - \$49,999
 Danversbank Charitable Foundation, Inc.
 Charles W. Pingree ~

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 Bea and Scott Thibedeau ~
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The 1874 Charter Society recognizes individuals who have made a gift to NSMC as part of their estate planning via a bequest, a gift annuity, real estate, a charitable trust or any other form of deferred giving. This society acknowledges the generosity of this special group whose vision will provide a permanent legacy to support NSMC’s mission well into the future.

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The 1874 Society recognizes annual gifts of \$1,000 or greater for any purpose with the exception of capital campaigns.

NSMC relies on the generous support of individuals, companies, foundations and organizations to thrive and grow and is grateful for gifts of all sizes. With your support, you are helping to strengthen a variety of programs that ensure that your community hospital is here when you, your family or neighbors need us.

For more information on Leadership Giving, the 1874 Society or the 1874 Charter Society, please contact Rose Fisher at 978-825-6116, rfisher3@partners.org.

NORTH SHORE CANCER WALK/RUN

More than 6,000 walkers and 650 runners participated in the 2014 North Shore Cancer WALK/RUN and helped raise more than \$910,000.

We could not have had such a successful event without the outpouring of support of dedicated walkers, runners, donors, team captains, volunteers and sponsors. To date, the WALK/RUN has raised more than \$20 million over the last 24 years, providing vital funds for cancer treatment and programs at North Shore Medical Center and the Mass General/North Shore Cancer Center.

We are indebted to the following groups for their steadfast support of this annual event:

- WALK Steering Committee
- WALK Logistics Committee
- RUN Logistics Committee
- Wicked Running Club
- Volunteers
- In-kind donors
- Entertainers
- City of Beverly Police
- Beverly Park and Recreation Department
- City of Salem Police and Fire
- Salem Park and Recreation Department
- Salem Electrical Department
- Salem Parking Department

In addition, we offer special thanks to Karen Krag, MD, and Jerry Tucker, the 2014 WALK co-chairs. Karen and Jerry worked tirelessly to help increase participation and bring enthusiasm to the 24th annual Cancer WALK.

2014 WALK Presenting Sponsor
People’s United Community Foundation of Eastern Massachusetts

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2014 WALK Media Sponsor
The Daily Item
North Shore 104.9

2014 BRICK RECIPIENTS

The healing garden at the Mass General/North Shore Cancer Center in Danvers presents an opportunity for individuals, teams or organizations to be recognized or to honor a loved one by having a brick inscribed and placed in the garden.

The garden sits directly outside the infusion bay windows in the cancer center, which is on the south side of the building facing the wetlands. The healing garden contains a paved path, benches, a water fountain, a trellis with climbing flowers and willow trees. It also includes several varieties of perennial plants and flowers.

Each year, any individual, team or organization that raises or donates \$3,000 or more to the North Shore Cancer WALK/RUN is eligible for a brick.

- Teams**
- Bd.130 Travelers
 - Belmonte Middle School NJHS
 - Carol's Hopes & Dreams Team
 - Cathy's Crew
 - Chaoui's Angels
 - Cheri's Pink Panthers
 - Debbie's SnackCakes
 - DeIulis Brothers Construction
 - Eastern Bank
 - Electric Insurance
 - Fed Up With Cancer
 - Fight For Sue
 - Flock of Seagulls
 - Girl Power
 - Head and Neck Above the Rest
 - HIM Hotties
 - LeeAnn's Lovey's
 - M&M Gang
 - Nana's Angels
 - Nivtop
 - Penni Family Oncology Fund
 - QBE Qrusaders
 - Roberta's Rebels
 - Stanton-Bates Syndicate
 - Team CRA
 - Team Double D
 - Team GE
 - Team Kathie Mitchell
 - Team Moar
 - Team NSMC
 - Team Tucker
 - Temple Ner Tamid

- Individuals**
- Mrs. Winona Aylwin
 - Mr. Richard C. Bane
 - Mr. Adam Baran
 - Mr. Craig Barrows
 - Mr. Randall M. Brown
 - Mrs. Elaine G. Clark
 - Ms. Nina V. Cohen
 - Mr. Chris Cole

- Mr. Patrick DeIulis
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This special issue of *The Healthy Life* has been prepared to acknowledge the generous support of contributors to NSMC during the calendar year 2014. Every effort has been made to ensure the accuracy of these listings. Errors and omissions should be reported to the NSMC Development Office, 81 Highland Avenue, Salem, MA 01970; 978-741-1242.

To all of our donors and to the staff of the medical center, the NSMC Development Office expresses its deepest appreciation.

~ 1874 Society Member

* Deceased



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81 Highland Avenue
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URGENT CARE CLOSE TO HOME

URGENT CARE is there to help you when you're not feeling your best. Physicians at North Shore Medical Center's affiliated urgent care centers treat adults and children seven days a week for everything from bumps and bruises to sore throats, ear infections, allergies, minor cuts and fractures. Our experienced, compassionate staff, led by board-certified physicians and healthcare providers, will get you back on your feet as soon as possible.

These urgent care centers are all affiliated with NSMC and available to take care of you and your family.

NORTH SHORE URGENT CARE

104 Endicott Street, Suite LL05
Mass General/North Shore
Center for Outpatient Care
Danvers, MA 01923
northshoreurgentcare.org
978-739-7700

FAMILY DOCTORS

250 Paradise Road
Swampscott, MA 01907
myfamdocs.com
781-596-2000

LYNN COMMUNITY HEALTH CENTER

269 Union Street
Lynn, MA 01901
lchcnet.org
781-581-3900

SALEM FAMILY HEALTH CENTER

47 Congress Street
Salem, MA 01970
nschi.org
978-744-8388

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89 Foster Street
Peabody, MA 01960
nschi.org
978-532-4903

Please note: The locations above treat only non-life threatening conditions. If you are experiencing a medical emergency, such as a heart attack, stroke, chest pains or excessive bleeding, please go directly to the nearest emergency room or call 911.

The HealthyLife

News About Health and Giving from North Shore Medical Center

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