

focus

Peace through Palliative Care

When a person faces a chronic or terminal illness, peace and comfort are two of the most valuable gifts a loved one or organization can give. Milford Regional Medical Center is in the process of developing a palliative care program with this goal of emphasizing care and support.



THE PRACTICE OF PALLIATIVE CARE goes back for decades. Hospice is a form of palliative care that provides assistance for patients in the final stages of life. However, palliative care is designed for patients of any age and at any stage in their battle with a chronic disease. It is the medical subspecialty that focuses on preventing, treating and relieving pain and other debilitating effects of serious illness. Palliative care can be provided simultaneously with life-prolonging treatment.

Chronic diseases are often confusing for patients and their families, and the patient may end up feeling left out of the process when different specialists are working on his or her medical care. The goal of palliative care is to coordinate the medical team to help these patients understand their conditions and all their options for care. As a result, patients can choose care options that fit their goals, better manage their symptoms and enhance their quality of life.

How Does It Work?

When the inpatient palliative care service is consulted, a multidisciplinary team first gathers information from the patient and family as well as medical resources. This team then meets to discuss the patient's disease, realistic goals for symptom management, and the level and type of care the patient will need now as well as in the future.

Once a patient is involved with palliative care, he or she will have an advocate to help alleviate many common disease symptoms, such as pain, constipation, fatigue, loss of appetite, nausea, shortness of breath and sleeping problems. The palliative care team will work closely with the patient's physicians for the medical management of these symptoms and provide education about how to progress through the disease process with as few symptoms as possible.

Living with a chronic disease or illness can be extremely stressful. Palliative care has the potential to dramatically reduce stress levels by helping the patient obtain relief from symptoms and better understand his or her disease. As a result, the patient can focus on living life to the fullest in peace and comfort.

Here to Meet Your Needs

Milford Regional Medical Center is in the process of developing an inpatient palliative care service to meet patients' unique health needs and personal concerns. Services will include:

- emotional support
- multidisciplinary evaluation
- pain control
- relief of debilitating symptoms

18 Holes FOR HEALTH

ON MONDAY, AUGUST 30, join supporters of Milford Regional for the 21st Annual Golf Classic. Held at the Franklin Country Club, this challenging tournament benefits the Medical Center's services and promotes health awareness in the community.

After last year's success with the Golf Classic raffle, we'll be selling raffle tickets again this year. Stay tuned for more information about the Golf Classic, including the tee-off time, raffle prizes and the program that tournament proceeds will benefit.

Milford Regional Auxiliary
Completes
\$250,000 Pledge



From the left: Elaine McNanna, Grace Lavallee, Ed Kelly (president of Milford Regional Medical Center), Judith Kapatoes, Catherine Holmes, Marjorie Horton, Nancy Gannett and Gloria Rauth



Running for a Worthy Cause

Jeff Hopkins (left), MD, emergency physician at Milford Regional Medical Center, presents Milford Regional CEO Frank Saba with checks for the Oliva Patient Comfort Fund. On April 19, Dr. Hopkins completed the legendary Boston Marathon to raise more than \$7,000 for the fund, which helps provide care and comfort for cancer and hospice patients.

Donating to the Foundation

Gifts to the Milford Regional Healthcare Foundation do not have to come in the form of cash. The Foundation can accept a wide variety of donations, including:

- closely held stock
- life insurance
- retirement plan assets

○ To learn more about other donations the Foundation accepts, visit www.milfordregional.org/foundation.

Oct. 30th
Save the Date

MARK YOUR CALENDARS

for Milford Regional's *Mélange* on Saturday, October 30.

The event, in its sixth year, will be hosted by ImperialCars.com, and proceeds will support the new Breast Center at Milford Regional.

As this is the first year *Mélange* will be held in the fall, make a special note and look forward to supporting Milford Regional by attending this exciting event.



Meet Andrew Salmon

As a new member of the Milford Regional Healthcare Foundation Board, Andrew Salmon is poised to meet the challenges of his role.

ANDREW HAS EXPERIENCE in the healthcare industry and currently serves as executive director for SALMON Health and Retirement's Northbridge Campus.

"My family has a long history of personal and financial commitment to Milford Regional Medical Center, so I'm thrilled to have this opportunity," says Andrew. "I became interested in joining the Board through the Medical Center's Vice President of Medical Affairs, William Muller [MD], who is also a Board member and an internist at the Medical Center."

Making a Difference

Andrew feels it's important to give back to the community, and serving on the Foundation's Board allows him to do just that.

"Health care in this community is something that is near and dear to my heart; my mother has been well cared for at the Medical Center, and many of our Northbridge Campus residents have, too,"



Andrew Salmon

Andrew says, "I want to help ensure everyone in our area has access to high-quality health services."

* Fun Facts about Andrew

In his spare time, Andrew enjoys training for marathons and is an accomplished Ironman® triathlete. He also loves spending time with his wife, Julie, and their 1-year-old daughter, Avery.

Welcome, Vasцен J. Bogigian

Another new member of the Milford Regional Healthcare Foundation Board, Vasцен J. Bogigian, is excited to work for the benefit of the community he has called home since birth.



Vasцен J. Bogigian

A FORMER PARTNER in a construction management business, The Torrey Company, Inc., and now an independent real estate consultant, Vasцен has made hard work a priority, and success has followed closely behind. Entering a new pursuit on the Foundation Board, Vasцен brings his reputation for diligence and dedication with him.

"My work with the Foundation started when I attended fundraisers and other events," Vasцен explains. "When

it was suggested that I assume a role on the Board, I was honored and excited to help enhance the level of care offered by this fantastic Medical Center."

Spreading the Word

For Vasцен, serving on the Board is a unique chance for him to demonstrate his appreciation for the Medical Center that has helped his family many times over the years.

"I am humbled to be an ambassador for Milford Regional within the community," Vasцен says. "Many of my family members have turned to the Medical Center in times of medical need. It has helped my family through difficult situations, and now it is my turn to spread the good word about the quality of care offered at the Medical Center."

○ To learn more about Milford Regional Healthcare Foundation, visit www.milfordregional.org/foundation.

* Born to Work

Upon retiring from a construction management company after 18 years of dedication, Vasцен Bogigian felt something was missing from his life: meaningful work. He soon started real estate consulting independently and says he is having a good time staying busy and networking through his occupation and his involvement with Milford Regional.

Did You Know?

You could help save us the cost of mailing by making your gift online. Online gifts are secure and convenient. Visit www.milfordregional.org/foundation and select "Online Giving." Make your gift in any amount today!



Spares and Strikes for Support

With the convivial sounds of laughter, music and the crash of bowling pins drifting through the air, Milford Regional Medical Center employees and community members enjoyed an evening of fun and fundraising for the VNA and Hospice of Greater Milford.

MILFORD REGIONAL Healthcare Foundation sponsored a night at PINZ, a family entertainment facility, to raise funds for hospice care. Attendees enjoyed PINZ's 20 bowling lanes, arcade, restaurant and live entertainment.

"We wanted to provide our employees and community members an opportunity to have fun together in a laid-back atmosphere while showing their support for our programs," says Martin Richman, vice president of philanthropy and executive director of the Foundation. "The active involvement of Milford Regional's employees is a testament to how important the programs of the VNA and Hospice of Greater Milford are in our community."

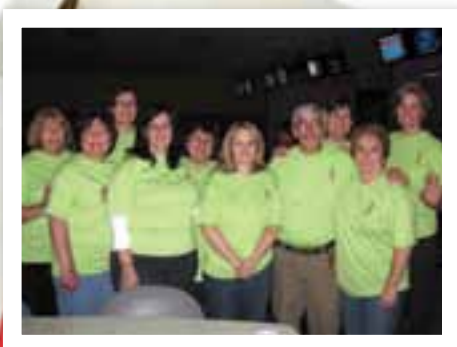
○ Hospice care will always need the support of the community. Please visit www.milfordregional.org and click "Supporting MRMC" to learn how you can make a contribution.



Senior Management Team won the evening's game!



Performance Improvement Team—close competitors of Senior Management Team



Finance Department Team ready for action



Tigerlily Band entertained folks all evening