



Members of the Cancer Center staff present an energetic and festive version of *The Twelve Days of Christmas*.



Sharing the Light of Hope

Adonica Racicot and Catherine Hulme-Freudenberger read *'Twas the Night before Chemo*.

Another holiday season has come and gone, and with it came Milford Regional Medical Foundation's Tree of Life event.

HELD ON DECEMBER 6, 2010, the annual lighting of the Tree of Life—which honors those who have faced cancer—raised \$13,500. The event featured joyful entertainment and delicious refreshments, topped off with a lighting of the dazzling holiday tree in front of the Medical Center.

This year, the tree was lit by cancer survivor and Medical Center employee Deb Ragosta. Community members made donations in honor of loved ones who are currently battling cancer or in memory of those who fought against the disease. All funds raised went to the Oliva Patient Comfort Fund, which helps ensure the comfort and care of patients undergoing treatment for various forms of cancer.

"We are so grateful for all who participated in the Tree of Life ceremony," says Sheba Pai, development officer for the Foundation. "This event is a celebration of life for cancer survivors and their family members. Seeing all the lights and angels that were donated by loved ones was a touching way to begin the holiday season."

○ *You can make every day shine a bit brighter for someone with cancer. To find out how you can help, visit www.milfordregional.org and click "Ways to Give."*



Dr. Michael Constantine recognizes cancer survivor and Medical Center employee Deb Ragosta, who lit the tree this year.

Kicking for a Cause

FOR THE THIRD consecutive year, kids from several karate schools across the greater Milford area gathered at Fino Field to get active and support a good cause. Participants in the kick-a-thon, one of the many events at the annual Kickin' Cancer Martial Artists United for a Cause, raised \$1 for every karate kick they performed. Combined, the children raised \$11,000 for the Cancer Center at Milford Regional, demonstrating that it is never too early to support local cancer care.



Improving Access to Care through Collaboration



The Health Foundation of Central Massachusetts has awarded Milford Regional Medical Center a Synergy Initiative Planning Grant to improve access to care in our service area.

ON DECEMBER 9, 2010, the Medical Center received a grant of \$124,500 from The Health Foundation of Central Massachusetts as part of that organization's Synergy Initiative. To achieve its goal of improving the health of those who live or work in Central Massachusetts, the Foundation has supported major initiatives dealing with oral health, mental health and substance abuse, hunger, homelessness and youth development. The Foundation's aim is to secure administrative and policy changes that will sustain these initiatives.

As Project Director for the grant, Dr. Jennifer Childs-Roshak, medical director of quality at Milford Regional, has convened a partnership to develop a plan to improve access to care for vulnerable residents. A 2010 community health needs assessment identified a need to better coordinate outreach to residents in our service area who are not accessing basic medical care, including preventive care and screenings, because they are uninsured or underinsured.

This project could not succeed without the active participation of a broad range of community partners. We are grateful for the significant commitment of our steering committee members, including Tri-River Family Health Center, Fallon Clinic, Tri-County Medical Associates, Edward M. Kennedy Community Health Center, Riverside Community Care, Milford Board of Health, The Latino Health Insurance Program and Milford's Health Education and Advocacy for Latinos.

○ *Milford Regional will host a series of meetings to discuss the grant, and community residents are welcome to attend. For more information, e-mail communitybenefits@milreg.org or call Kathleen Corcoran at 508-422-2167.*

Promoting Community Wellness

THE MILFORD REGIONAL Healthcare Foundation Board celebrated its fifth annual Business Breakfast series in December 2010. The event was organized to educate community business leaders about Milford Regional's Diabetes Education Program. Sponsored by UniBank, the breakfast provided an exciting networking opportunity while presenting a forum for promoting wellness among the community's workforce to combat the rising prevalence of diabetes.

○ *The Business Breakfast is offered by invitation only. Call 508-422-2228 for information about future events.*



Everything You Need

MILFORD REGIONAL recently unveiled its newly renovated gift shop. The store now offers a full selection of flowers, jewelry, accessories, toys, handbags, baby gifts, balloons, gourmet chocolates and snacks, and seasonal merchandise.

“We accept telephone orders, and we’re always happy to make gift suggestions,” says Carol Colpitts, gift shop manager. “If you’re looking for a gift, stop in and shop. You’ll be able to choose from a wide variety of items and even receive complimentary gift wrapping.”

○ *If you’re interested in becoming part of the gift shop’s volunteer staff, please contact our volunteer service department at 508-422-2265.*

A Great Success

ONE HUNDRED TWENTY PARENTS attended Stress and Your Teen: A Conference for Parents of Teens and Preteens last November. Keynote speakers and subjects addressed included:

- **Barent Walsh, PhD, executive director of The Bridge of Central Massachusetts:** *Why Are Our Children Self-Injuring at High Rates?*
- **David Bickham, PhD, staff scientist for the Center on Media and Child Health:** *Your Teens and the Internet: Tools for Staying Safe and Sane in the Digital Age*

- **Eva Selhub, MD, Benson Henry Institute for Mind Body Medicine, author of *The Love Response: Stress Physiology: Understanding the Stress Response and Eliciting the Relaxation Response***

“Our region has a wealth of resources for parents and adolescents,” says Kathleen Corcoran, manager of corporate, foundation and community relations. “The conference was our way of connecting people with them.”

○ *Need some tips and tools for raising a teen? Visit www.yourteen.org.*



Click Here to Get Involved

SUPPORTING MILFORD REGIONAL Medical Center through the Foundation just got easier and is a great way to express gratitude for the Medical Center’s quality care and helpful services. Through the Foundation’s redesigned website, you can stay up to date with the latest news and events at Milford Regional and even say thanks with just a few clicks and keystrokes to a staff member who helped you or a loved one.

The Foundation’s website also provides extensive donation information, including:

- different types of giving
- how to give in memory or honor of a loved one
- potential tax deductions

While you’re visiting the website, make sure to sign up for the e-newsletter for Foundation updates. If you would like to register for an event or make a donation, you may do so with secure and easy-to-use online tools.

○ *To experience the Foundation’s updated and user-friendly website, visit www.milfordregional.org/foundation.*

Physician Highlight

While Milford Regional Medical Center's family of physicians serves patients with a sense of excellence, its dedication to the community transcends Medical Center walls. Three providers share what fuels their commitment to philanthropy.



“Milford Regional has a tremendous community of patients, staff and board members. Their dedication and participation is remarkable. It makes you want to be a part of it. All of us are here to do the best job we can possibly do. Taking care of patients is what it's all about.”

—Kate Burke, MD, emergency medicine physician, co-founder and president of Orion Emergency Services, clinical associate professor of emergency medicine at the University of Massachusetts Medical School, and member of the Milford Regional and Tri-County Medical Associates boards of trustees



“A wide range of our community members need advanced cardiovascular technology and expertise—young people, older people, men and women. It is wonderful to have expanded cardiovascular services like the catheterization laboratory right at the Medical Center. We are fortunate to have it.”

—Melissa Mead, MD, board-certified obstetrician/gynecologist at the Milford-based Caring for Women practice and an avid supporter of Milford Regional



“[Commitment to patient care and community service] is the same as taking care of your children. You want to do everything you can to see them grow up, blossom and succeed. Supporting the Medical Center contributes to its ability to provide comprehensive services, which, in turn, benefits the community. Everyone comes out a winner.”

—Faheem Farooq, MD, internal medicine physician with Tri-County Medical Associates and supporter of Milford Regional through the Foundation