

Health tips and more for 2024

Baystate Health caregivers weigh in on what's good for your health and soul

SPRINGFIELD – Did you include better health in your New Year's resolutions?

Health experts at Baystate Health suggest setting realistic goals and prioritizing what is most important to you, taking small steps, and remembering not to beat yourself up if you encounter a setback in your health goals for 2024.

Some goals for your health and soul to consider as you continue on your journey include:

Improving your blood sugars

There are three important approaches to improve your blood sugar numbers as we start the new year. First, moderate your carbohydrate intake. No dramatic approach needed. If before you would take two scoops of potatoes, now consistently take one and fill the empty space with non-starchy vegetables. Second, increase your physical activity. Using our muscles will push sugar into our cells and out of our bloodstream. The more we move and be physically active, the better our numbers will look. Third, modest weight loss. Losing between 5-10% of our body weight will have a dramatic impact on how we metabolize sugar. Speak with your healthcare provider to personalize this approach for you. We have specialists for lifestyle approaches to improved metabolic health at Baystate called diabetes educators who can provide you with additional personalized information.

-Dr. Cecilia A. Lozier, chief, Division of Endocrinology and Diabetes, Baystate Health

Don't allow sleep problems to affect your health

Stress levels are higher today in the world we live in. While stress can make sleeping well more challenging, it is important to prioritize sleep, which is necessary for health and well-being. Most adults function best with seven to eight hours of sleep and teenagers need around

nine hours. Good quality sleep is important for preventing infections and keeping your immune system working well. Studies have shown that sleep-deprived people don't mount the same immune response after vaccinations as good sleepers, so it is important to make sure you get a good night's sleep prior to getting a flu or COVID vaccine, for example. Keeping a regular sleep schedule will allow your body's internal clock to help you get the best night's sleep. If you are having difficulty sleeping or signs of poor-quality sleep with loud snoring, difficulty staying asleep, urinating frequently at night or daytime sleepiness or tiredness, you may benefit from a sleep medicine evaluation at Baystate. Sleep studies are available by referral from your doctor, or for more information call 413-794-5600.

-Dr. Karin Johnson, medical director, Baystate Health Regional Sleep Program and Baystate Medical Center Sleep Laboratory, Baystate Health

Staying safe from COVID-19 and seasonal respiratory infections

Staying up to date with vaccinations against COVID-19, flu, and RSV is important if you want to remain healthy in 2024. It is not too late to get these shots, particularly if you are 60 years old or older, have a weak immune system or have medical conditions that put you at risk of having severe respiratory infection. Talk with your healthcare provider if you have questions. It is prudent to wear your mask if you are in an indoor public setting or in any crowded area with poor ventilation.

-Dr. Armando Paez, chief, Infectious Disease Division, Baystate Health

Keeping kids healthy

As we settle into the "new normal" of a post-pandemic world, our children have navigated many challenges that have impacted their well-being. Mental health struggles, including increased rates of depression, anxiety, and self-harm, highlight the importance of making sure that children have strong relationships with caring adults and peers. Let's focus on guiding our children towards continued healing and growth. In addition to daily

expressions of love and assurance, encourage your children to explore creative outlets that bring joy and foster resilience. Real-world connections and mindful screen time are key to balancing the digital landscape. As families, we can prioritize age-appropriate approaches to wellness, whether through regular movement or fostering healthy eating habits. Adapting our approach ensures children are not just equipped to handle challenges they encounter but are empowered to thrive in an ever-evolving world.

-Dr. Amy J. Starmer, MPH, chief, Division of General Pediatrics and Family Health

Addressing your mental health

As we come off the season of giving, the past months have been a time when it is customary for people to make an effort to be generous and compassionate to others. My tip for the new year is for people to save a measure of generosity and compassion for themselves. An example of being self-compassionate includes being patient and gentle with yourself when you make a mistake or when you're unable to achieve a goal. If you notice being angry, even hateful, towards yourself, or feeling ashamed about a shortcoming, ask yourself if you would have that same attitude towards a dear friend, or even a beloved child when they fail to live up to some ideal. If not, consider whether you deserve to treat yourself just as well. Compassion defies the laws of physics: when you save compassion for yourself, it doesn't reduce the amount of compassion left for other people-it actually increases it.

-Dr. Barry Sarvet, Harold Grinspoon Endowed Chair of Psychiatry, Baystate Health

Women's Health

Women's health is about more than Pap smears and mammograms. It is good to see your women's health provider on a regular (every one to two years) basis to talk about family planning, cancer screening, sexual wellness, and your menstrual cycle. It is normal for your menstrual cycle to change a little bit over time, and it is important to understand the difference

between an expected, physiologic change and an atypical change. Your provider can help with menstrual suppression, heavy periods and pre-menstrual symptoms. The transition to menopause may be barely noticeable or may impact your sleeping and moods, but fortunately there are treatments available to help with these symptoms. Any bleeding after a year of no periods in menopause should be brought to the attention of your provider right away. If you are planning a pregnancy, it can be helpful to discuss screening tests and healthy lifestyle changes in advance, such as a reduction in nicotine and alcohol intake, exercise, and healthy eating habits. Taking folic acid every day while trying to conceive may prevent certain kinds of birth defects. If you do not want to get pregnant and want contraception there are many options, with new methods becoming available every year. See your women's health provider if you notice any changes that concern you, such as abnormal vaginal bleeding, pain with intercourse or vaginal discharge. Your body may be telling you that something is wrong and your provider can help.

-Dr. Heather Z. Sankey, Burkman Endowed Chair of Obstetrics & Gynecology, Baystate Health

Controlling Your Weight

Is your New Year's resolution to eat healthier, exercise more, or achieve another health-related goal? The new year brings with it the opportunity to start on a path toward wellness or if you've already done so, to maintain healthy habits. However, it can be difficult to make these goals stick with all the challenges the year throws our way. What is the best way to be successful in achieving your health resolutions? Consider the following.

Be specific with your goals. Instead of "I will eat healthier," consider something like "I will replace 4 sodas per week with water." Setting a more specific goal can help you actually "check off" whether you have completed the goal each day and thus, be successful long term.

Make sure your goals are measurable.

Please see **BAYSTATE**, page 16

PUBLIC NOTICES

WILBRAHAM PLANNING BOARD

The Wilbraham Planning Board will hold a Public Hearing on **Wednesday, January 31, 2024, at 5:45 PM** in the Town Office Building, 240 Springfield Street, on the application of 2 Crane Park, LLC for a Special Permit as required under Section 12.11 of the Wilbraham Zoning By-Law for a Sign Master Plan to govern all commercial signage for businesses owned or leased by 2 Crane Park, LLC on premises located at 6 Burt Lane as shown on information on file in the Planning Office and posted for public viewing on the Planning Board page of the Town of Wilbraham website at www.wilbraham-ma.gov/123/Planning-Board. Both in person and virtual participation are available. To participate virtually go to <https://meet.goto.com/274121677> or call 877-309-2073 (Access Code: 274-121-677).

John McCloskey
Chair
01/11, 01/18/2024

WILBRAHAM BOARD OF APPEALS PUBLIC HEARING

The Wilbraham Zoning Board of Appeals will hold a Public Hearing on **Thursday, January 25, 2024 at 5:30**

PM on the application of Robert Ward for a special permit (ZBA23-09) under section 3.4.5.4 of the Wilbraham Zoning By-Law to allow the operation of a beer and wine retail store in a portion of the existing building owned by 2 Crane Park LLC located at 6 Burt Lane as further specified in the application on file in the Planning Office and posted for public viewing on the Zoning Board of Appeals page of the Town of Wilbraham website at www.wilbraham-ma.gov/135/Zoning-Board-of-Appeals.

Both in person and virtual participation are available. To participate virtually go to <https://meet.goto.com/952191069> or call 866-899-4679 (Access Code: 952-191-069).

Edward Kivari Jr.,
Chairman
01/11, 01/18/2024

Commonwealth of Massachusetts
The Trial Court
Hampden Probate and Family Court
50 State Street
Springfield, MA 01103
(413)748-7758
Docket No. HD23C0345CA
In the matter of:
Maeve Leiola Frati
CITATION ON PETITION TO CHANGE NAME
A Petition to Change

Name of Minor has been filed by Maeve Leiola Frati of Wilbraham, MA requesting that the court enter a Decree changing their name to:

Maeve Leiola Young
IMPORTANT NOTICE

Any person may appear for purposes of objecting to the petition by filing an appearance at: **Hampden Probate and Family Court before 10:00 a.m. on the return day of 02/09/2024.**

This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.

WITNESS, Hon. Barbara M Hyland, First Justice of this Court.
Date: January 12, 2024

Rosemary A Saccomani
Register of Probate
01/18/2024

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Hampden Probate and Family Court
50 State Street
Springfield, MA 01103
Docket No. HD24P0023GD
In the matter of:
Rosa Soto Lopez
Of: Hampden, MA
RESPONDENT
Alleged Incapacitated Person
CITATION GIVING

NOTICE OF PETITION FOR APPOINTMENT OF GUARDIAN FOR INCAPACITATED PERSON PURSUANT TO G.L. c. 190B, §5-304

To the named Respondent and all other interested persons, a petition has been filed by **Vantage At Hampden of Hampden, MA** in the above captioned matter alleging that **Rosa Soto Lopez** is in need of a Guardian and requesting that **Marianna Diaz of Holyoke, MA** (or some other suitable person) be appointed as Guardian to serve **Without Surety** on the bond.

The petition asks the court to determine that the Respondent is incapacitated, that the appointment of a Guardian is necessary, and that the proposed Guardian is appropriate. The petition is on file with this court and may contain a request for certain specific authority.

You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 a.m. on the return date of **02/05/2024**. This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return

date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date.

IMPORTANT NOTICE

The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.

WITNESS, Hon. Barbara M. Hyland, First Justice of this Court.
Date: January 05, 2024

Rosemary A. Saccomani
Register of Probate
01/18/2024

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Hampden Division
Docket No. HD23P1777EA
Estate of:
Dennis Albert Marceau
Date of Death: 06/19/2023
INFORMAL PROBATE

PUBLICATION NOTICE

To all persons interested in the above captioned estate, by Petition of Petitioner **Jeffrey S Gadoury of Manchester, CT** a Will has been admitted to informal probate.

Jeffrey S Gadoury of Manchester, CT has been informally appointed as the Personal Representative of the estate to serve **without surety** on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.
01/18/2024