



Marlborough Hospital

A Member of

UMass Memorial Health Care

Be Well

Marlborough Hospital's Community Newsletter

The Art of Health and Healing After a Diagnosis of Cancer

*Patient-centered
Cancer Care at
Marlborough Hospital*



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Samantha Boudreau, Chief Radiation Therapist, with the TrueBeam linear accelerator.

What Makes the TrueBeam Special?

It offers precise treatments and can target hard-to-reach tumors without damaging surrounding tissue. What is it? It's the new TrueBeam™ radiation therapy system now being used at the UMass Memorial Cancer Center at Marlborough Hospital.

“The True Beam linear accelerator brings the most advanced radiation therapy treatment technology to the Marlborough region. We are fortunate to have this capability in our community.”

Thomas J. FitzGerald, MD
Chair, Radiation Oncology

But precision is not the only benefit of this state-of-the-art piece of equipment. In fact, this linear accelerator has been specially designed to increase patient comfort and to deliver faster treatment times than conventional radiation therapy systems.

And while it is truly “top of the line” and “state of the art,” the real beauty of this radiation therapy system is that it is now conveniently located, right here in the community.

For many of us who have a friend or a family member who has been touched by cancer, being able to receive high-quality cancer care close to home is a true benefit. The UMass Memorial Cancer Center at Marlborough Hospital offers this and more. And while the center is located in Marlborough, it is part of an extensive system of care that reaches well beyond the MetroWest region. This edition of *Be Well* offers a glimpse into some of the elements that make the UMass Memorial Cancer Center at Marlborough Hospital so extraordinary. And, as you will see, the compassionate, patient-centered care that is a hallmark of Marlborough Hospital all begins with you.



For more information please visit www.qualitycareandhope.org.

One Patient's Perspective



Don't let Jean Francolini's petite size and demure manner fool you. She has the strength of a lion and the heart to match.

“I volunteer at the hospital once a week and I exercise at least three to five times a week,” she casually explains. “I like doing Pilates and yoga.”

Jean, a Marlborough resident, also likes bike riding and recently completed a 16-mile bike excursion of the Cape Cod Canal.

“It was all flat terrain,” she says with a laugh. “It really wasn't that difficult.”

What was difficult for Jean was travelling out of town for her radiation treatments after a second bout of cancer had spread to her hip, liver, lungs and brain.

“Traveling for my treatment was even worse than getting my chemotherapy,” says Jean. “It truly took so much out of me.”

“The best thing to happen to Marlborough Hospital in a long time is the new Cancer Center,” she continues. “It truly gives people like me a relief.”

Like so many people, Jean knows the importance of receiving close-to-home care, especially when it comes to cancer. And while she is still receiving treatment, with the support of her family, friends, and the oncology physicians and nurses, the cancer she has been fighting is now confined to her lungs. It's a fight she'll be able to continue at Marlborough Hospital's new Cancer Center.

“It's like a little sanctuary,” Jean says of the center's bright and airy space and the adjacent Healing Garden. “It opens more doors for other people to come and experience the exceptional staff. And the new facility has radiation therapy and a CT scan. I think this is the best thing. I really do.”

Art with a Purpose

Adorning the walls and display areas in UMass Memorial Cancer Center at Marlborough Hospital are works of art that serve a multitude of purposes. True, they enhance the overall aesthetic of the building, itself, but in reality, each glass vessel, photograph, painting and mixed media canvas has yet another purpose – or even two – that may not be readily apparent to the casual observer.



Marsh Meditation by Marla Lipkin.

“Whether we realize it or not,” explains Ellen Carlucci, Marlborough Hospital vice president and a member of the Healing Environment Council, “everything we see makes an impression on how we feel. The Healing Council took this into consideration when selecting artwork for the new Cancer Center.”

Landscapes and seascapes, for example, tend to promote solace and serenity. Vases that are positioned to reflect and refract light will inspire and enthuse. Still other works were selected as conversation starters or as representations of the many and diverse cultures that make up the hospital community.

“This work by Marla Lipkin (see image above), an artist known for her play on



Untitled fiber and filament by Merrill Comeau.

light in both sea- and landscapes, is such an example,” says Carlucci. “The painting is both inviting and thought-provoking at the same time. Exactly the type of imagery that would help a person escape from the day-to-day worries that can accompany a diagnosis of cancer.”

“We want our patients to feel comfortable and engaged in their environment,” she continues. “And in many ways art can help to motivate and empower our patients. We want to give our patients every advantage when it comes to fighting cancer. We want to help them win.”

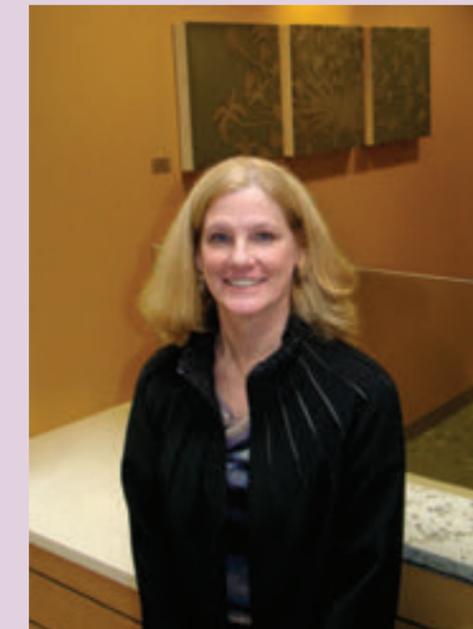


Blasted Romeo by Beth Weintraub.

On the cover: Patient Jean Francolini poses with an original oil painting in the UMass Memorial Cancer Center at Marlborough Hospital.

A Healing Environment

As a nurse practitioner, Terri Reed understands the importance of medicine and technology when treating patients. She lost her youngest brother to cancer when he was only 15, so she understands the need for patients and families to have a special place for respite, comfort and reflection during care. It was this passion for caring for others combined with her ongoing efforts to make the hospital environment a part of the healing process, that made Reed a natural fit for Marlborough Hospital's Healing Environment Council.



Terri Reed, RN, NP, PhD, Marlborough Hospital Healing Environment Council member.

“As a health care provider, one develops technical and communication skills to help treat and prevent disease, but it's just as important to treat the whole person,” she explains. “We need to treat the physical but still see the patient as multi-faceted. We need to

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PATIENT-CENTERED CANCER CARE AT MARLBOROUGH HOSPITAL



Your Care Team

In addition to being board-certified specialists in medical oncology, radiation oncology and hematology, our physicians are experts in their fields who believe that caring and educating go hand in hand. They are joined by a talented team of clinical and non-clinical personnel who all see compassion and caring as synonymous with listening to our patients.



More than Meets the Eye ...

Some pieces may evoke conversations. Others might promote feelings of tranquility or reflection. The artwork within the new Cancer Center has been specially chosen with our patients in mind. The many different styles, colors and themes have but one objective—to help nurture the healing process.



The Beacon of Hope

Often likened to a shining star or the guiding illumination of a lighthouse, the Cancer Center's "Beacon of Hope" is actually a single lamp nestled within the Cancer Center's lobby rafters and is specially designed to give off a perpetual glow.



Bruce Bornstein, MD, and Allison S. Jech, MD, Radiation Oncologists.



Working With You, For You

Just as Marlborough Hospital works in concert with the Cancer Center of Excellence at UMass Memorial Medical Center to provide advanced, patient-centered cancer care, so, too, do the physicians and staff of the UMass Memorial Cancer Center at Marlborough Hospital work together with patients and their families to deliver the best plan of care and to meet each patient's individual treatment needs.

State-of-the-art Therapy

Some of the most advanced and sophisticated radiation oncology technology is now a part of the UMass Memorial Cancer Center at Marlborough Hospital. In fact, the Center's TrueBeam® radiation therapy system can treat tumors anywhere in the body and can even tackle complex treatments, such as "moving" tumors.



Paul Riggieri, MS, CNMT, CRA, Director of Diagnostic Imaging Services

Convenient Diagnostics

The center's computed tomography scanner (also called a CT or CAT scan) is on-site and readily available to help detect abnormal growths, diagnose tumors and for use during biopsy procedures.

The Healing Garden

Outdoor gardens have been used to promote healing for over a thousand years and the Healing Garden at the Cancer Center is no exception. Complete with bright, seasonal plantings and a moving water feature, viewing and interacting with such a natural space has been scientifically proven to reduce stress, alleviate negative emotions and aid in the healing process.



Care with Comfort

Created with both the patient and the family in mind, the Steven E. Salomon, MD Infusion Suite boasts wireless internet, televisions and headphones. It also includes special seating areas for family and friends and offers a restful and soothing space for patients who often spend extended periods of time receiving treatment.



Kathryn Edmiston, MD, medical oncologist.



Rachel Borson, MD, medical director of medical oncology.



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Learn more at www.qualitycareandhope.org

A Healing Environment

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take into account each person's spiritual and cultural perspectives." Over the years, Reed has become a strong advocate for listening to the needs of patients and integrating the arts and nature into the delivery of care.

"While all hospitals have to be sterile, they don't have to be stark," adds Candra Szymanski, COO at Marlborough Hospital and member of the Healing Environment Council. "Our new Cancer Center was the perfect opportunity for us to put all types of healing environment best practices into place. From strategically placed seating for family and loved ones, to visual works that calm and inspire, the healing environment at the Cancer Center was specially designed with the patient in mind."

Both Reed and Szymanski are part of a council that has been meeting for over a year to discuss artwork, garden design and the overall look and feel of the new Cancer Center as well as the hospital environment. Made up of physician, nurse, staff, patient and community representatives, the group has worked collaboratively with art and landscape consultants to bring evidence-based healing environment practices to what is now a completed, 14,500-square-foot building offering expert medical oncology treatment and state-of-the-art radiation therapy care.

"There have been a number of well-designed studies that show the impact that environments have on patient outcomes," Reed notes. "And everything that has been chosen for the new Cancer Center has been selected to reduce patient and family stress." A factor that has been shown to aid in patient recovery.

"It's everyone's hospital," Reed continues. "We're here for our patients and their families."

“They listened to what I had to say. They really, really listened.”

– Cancer patient Jean Francolini on her experience as part of Marlborough Hospital's Healing Environment Council

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Be Well Be Well is published by the Marketing and Communications Department at Marlborough Hospital. Questions and comments are welcome. Contact Teri Hegarty, Marketing and Communications Department, Marlborough Hospital, 157 Union Street, Marlborough, MA 01752. Tel: 508-486-5806 or email Teri.Hegarty@umassmemorial.org. Contributing writers: Ellen Carlucci, Teri Hegarty, Tiffany Testagrossa. All page 3 photos (excluding Marsh Meditation); art photos on page 4 and photo of Dr. Edmiston on page 5 by Tiffany Testagrossa. All other non-stock photos by Robert Carlin Photography. © 2013 by Marlborough Hospital

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A System Approach to Cancer Care – the UMass Memorial Health Care Cancer Center of Excellence



UMass Memorial Medical Center

University Campus, 55 Lake Avenue North, Worcester, MA 01655

Online at: www.umassmemorial.org/cancer

At the Cancer Center of Excellence in Worcester, you can be assured that instead of a few doctors working on many types of cancer, you will be cared for by many cancer specialists focused on *your* type of cancer. From simple to complex cancers, your small army of experts comes together to determine the best possible treatment plan – and the best result.

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Clinton Hospital

201 Highland Street, Clinton, MA 01510

Tel: 978-368-3000

Online at: www.umassmemorial.org/clinton-hospital/our-care/cancer-care

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HealthAlliance Hospital

Simonds-Sinon Regional Cancer Center – Burbank Campus, 275 Nichols Road, Fitchburg, MA 01420

Tel: 978-343-5048

Online at: www.umassmemorial.org/healthalliance-hospital/our-care/cancer-care

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Mammography and Diagnostic Imaging • Endoscopy • Cancer Surgery • Chemotherapy • Education and Support • Access to clinical trials, genetic testing and other advanced resources at UMass Memorial Medical Center

The Healing Garden

It has been called sacred. Others make note of its Zen-like qualities. Still others simply enjoy the colors and the patterns of the trees and the plantings. An occasional butterfly or two has even been known to visit the burgeoning flower beds. But no matter what you see when gazing out at the Healing Garden at the UMass Memorial Cancer Center at

Marlborough Hospital, each element has been carefully selected and placed to evoke a feeling of peace and tranquility.

“It is designed to be a relaxing visual experience for the patients receiving care at the Cancer Center,” explains Nicholas Dines, the landscape architect who oversaw the garden design process. “As the garden matures it will provide images of color and seasonal change for patients and staff.” Dines continues, “I guess you could say that it’s a metaphor for the regenerative process of life.”

We continue to accept donations to the UMass Memorial Cancer Center at Marlborough Hospital. Charitable gifts provide the support to continue to

grow our Healing Garden, purchase beautiful art to enhance our healing environment and offer new services and support programs for our patients and families. Please call 508-486-5810 or visit www.marlboroughhospital.org and click “Make a Gift.”



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