

# The HealthyLife

News About Health and Giving from  
North Shore Medical Center

SPRING/SUMMER 2018

## DRAMATIC RESCUE

Danvers Dog Trainer Bounces  
Back at NSMC Salem Hospital



NORTH SHORE  
MEDICAL CENTER

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\$1 Million Gift Helps Bring Robotic  
Surgery to NSMC

Taking the "Ouch" Out of Your  
Child's Trip to the ER

Making the Scene at Lively  
NSMC Events



WE'VE GOT YOUR BACK

HIPS  
KNEES  
SHOULDERS  
HANDS  
ANKLES

If pain is slowing you down, our orthopedic team can help get you moving again.

From diagnosis through treatment, our orthopedic specialists can help you restore mobility and enhance quality of life.

To meet our team and learn more, visit [nsmc.partners.org/orthopedics](http://nsmc.partners.org/orthopedics).



# The HealthyLife

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### ON THE COVER

She's a survivor. Alexis Rochefort beat breast cancer and a life-threatening infection.

*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:

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Website: [nsmc.partners.org](http://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.

## DRAMATIC RESCUE

### Danvers Dog Trainer Bounces Back at NSMC Salem Hospital

**G**rowing up, Alexis Rochefort was the only one in her family desperate to get a dog. She pleaded until finally, when Rochefort was 12, her father brought home a golden retriever named Peaches, setting in motion a love that would last a lifetime.

Today, Rochefort is a certified dog trainer and her rescues, Rudy and Leo, are her constant companions. “My heart belongs to rescue dogs,” says the Danvers resident. “Many people see only their flaws; I see their potential.”

In August 2016, Rochefort’s training career was put on hold after she learned that a lump she found on her upper chest was Stage 2 breast cancer. “I was 40 years old with no history of cancer in my family,” Rochefort says. “This wasn’t supposed to happen to me.”

She began her treatment with chemotherapy, which combats cancer, but can also weaken a patient’s immune system. As a result, Rochefort developed a serious intestinal infection called Clostridium Difficile or C. Diff. The highly contagious bacteria is particularly dangerous for patients undergoing cancer treatment.

Rochefort was rushed to NSMC Salem Hospital, immediately placed in isolation and provided with nutrients through a feeding tube. Meanwhile, her cancer treatment was put on hold.

Because C. Diff can be resistant to antibiotics, physicians at NSMC used a variety of medications to treat her infection, and Rochefort eventually began to recover.

She spent 16 difficult days in NSMC Salem Hospital in very serious condition, but always in good hands. “Over the course of my illness, I lost 40 pounds and was as close to death as I’ve ever been, but my care was extraordinary,” she says.

“The nurses were always encouraging me, always lifting my spirits. I was scared, and if it weren’t for them, I would have lost my will.” Nurses led her through a progression of small but important victories—sitting up, taking a few steps, getting into the shower. Physicians like hospitalist Elvis Patel, M.D., also made it clear to Rochefort that the NSMC staff took a holistic approach to caring for her. “Dr. Patel took the time to sit and talk with me, not just about my condition, but about my life outside the hospital,” Rochefort says. “That personal connection meant the world to me.”

Shortly after Rochefort recovered from C. Diff, she returned to intensive cancer treatment, including radiation therapy at the Mass General/North Shore Cancer Center in Danvers. Now, a year and a half later, she is cancer free, back to work and grateful to be alive with Rudy and Leo. “All I see for myself,” she says, “is potential.”

**“ THE NURSES WERE ALWAYS ENCOURAGING ME, ALWAYS LIFTING MY SPIRITS. I WAS SCARED, AND IF IT WEREN’T FOR THEM, I WOULD HAVE LOST MY WILL.”**

A survivor of cancer and a life-threatening infection, Rochefort is healthy and reunited with her beloved rescue dogs.

# Physician Q&A

If you have a health question you would like answered by our experts, send us an email at [HealthyLife@partners.org](mailto:HealthyLife@partners.org).

**Q** | I'm worried I have a tick bite. When should I see a physician to have it looked at?

Tick bites are often harmless and don't cause any noticeable symptoms. But some ticks can be infected with bacteria, viruses or parasites that can lead to serious illness in humans and pets. Many of the diseases ticks carry cause flu-like symptoms, such as fever, headache, nausea, vomiting and muscle aches. Symptoms may begin from one day to three weeks after a bite. Sometimes a rash appears—Lyme disease can produce a bull's-eye, for example—along with the flu-like symptoms. Be sure to seek medical attention immediately if a tick bite results in these symptoms. *To contact Dr. Barry, please call 978-882-6700.*

**Shawna L. Barry, M.D.**  
Internal Medicine



**Q** | How much water should I be drinking when I work out?

**Ryan Gosselin, M.D., M.B.A.**  
Internal Medicine

Water makes up about 60 percent of the adult body, and without enough of it, dehydration can set in, causing dry mouth, fatigue, headaches and muscle cramps. To stay hydrated, it is essential to replace the water we lose through sweating and digestion. On average, an adult needs 11.4 to 15.6 cups (2.8 to 3.9 quarts) of fluids per day. When exercising, drink one to two cups of water or fluid before your workout and an additional half to one cup every 15 to 20 minutes during your workout. Managing your hydration will lead to better results and recovery. *To contact Dr. Gosselin, please call 781-593-3400.*

**Lauren Shkolnik, D.O., M.P.H.**  
Gastroenterology



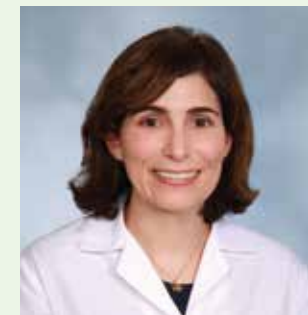
**Q** | My doctor suggests I take omeprazole for my stomach. Are there any side effects I should be aware of?

Omeprazole is commonly sold as Prilosec and used to treat symptoms and conditions caused by excess stomach acid, including peptic ulcer disease, gastritis, Helicobacter Pylori, and gastroesophageal reflux disease. Side effects are uncommon and usually mild, such as headaches, nausea and abdominal pain. Serious allergic reactions to this drug are rare. Long-term use has been associated with several concerns, including diarrhea, mineral malabsorption, kidney disease and dementia. However, there isn't consistent data available to definitively link these outcomes to omeprazole. You should address any concerns you might have with your physician. *To contact Dr. Shkolnik, please call 978-741-4171.*

**Q** | I just learned I am pregnant and I need to choose a prenatal caregiver. What are my options?

**Anastasia H. Koniaris, M.D.**  
Obstetrics and Gynecology

Congratulations! Prenatal care can be provided by various medical professionals, including obstetrician-gynecologists and certified nurse midwives. Your caregiver will be a vital resource throughout your pregnancy. Be prepared for possible early symptoms of nausea and vomiting, sore breasts, fatigue, food cravings and frequent trips to the bathroom. *To contact an NSMC OB/GYN or midwife, please visit [nsmc.partners.org/birthplace](http://nsmc.partners.org/birthplace).*



## STRIDING TOGETHER FOR THEIR CAUSE

North Shore Community Raises More Than \$650,000 for Cancer Care



Thousands of cancer patients, survivors, family members, friends and caregivers came together in 2017 to raise awareness and money for oncology services at NSMC and the Mass General/North Shore Cancer Center. In its 27th year, the North Shore Cancer WALK along with the annual North Shore Cancer RUN and Gourmet Gala collectively generated more than \$650,000 for cancer care in this community.

Always inspirational, these signature events celebrate life, hope and courage by honoring all those who have been touched by the disease. "The meaning and emotion was palpable on WALK day," says Allyson Preston, M.D., Chair of Obstetrics and Gynecology at NSMC and a breast cancer survivor who served as co-chair of the 2017 WALK. "A cancer diagnosis is hard on anyone," she says. "But when you see the number of other people who turn out for the WALK, you know you're not alone."



Save the Dates!

**NORTH SHORE  
CANCER WALK**  
Sunday, June 24

**NORTH SHORE  
CANCER RUN**  
Sunday, October 14



To learn more about the 2018 North Shore Cancer WALK and RUN, or to donate, please visit [www.northshorecancerwalk.org](http://www.northshorecancerwalk.org). See you at the starting line!

# World-Class, Close to Home



NSMC's Vascular Center team, including (left to right) James Balcom, M.D.; Miriam Neuman, M.D.; James Bass, M.D.; and Junaid Malek, M.D., perform complex life- and limb-saving procedures in NSMC's state-of-the-art hybrid vascular operating room.

## NSMC's Vascular Center Is Providing Comprehensive, Cutting-Edge Care

In North Shore Medical Center's new hybrid vascular operating room, state-of-the-art imaging technology captures real-time, three-dimensional images that enable surgeons to perform complex life-saving procedures.

The facility is the centerpiece of NSMC's expanded Vascular Center. Bringing together experts in vascular surgery, interventional radiology, hyperbaric therapy and wound care, the Center offers treatments for a wide range of circulatory problems to help patients resume physical activities, slow or stop the progression of vascular disease and reduce the risk of heart attack or stroke.

The new hybrid operating room puts NSMC at the leading edge of endovascular intervention and vascular surgery. "Our talented endovascular physicians have access to some of the most advanced imaging technology in the nation," says Miriam Neuman, M.D., vascular and interventional radiologist and Chief of Interventional Radiology at NSMC. "It is a powerful tool to provide world-class care."

### Comprehensive Approach

The Center treats a full range of conditions involving the vascular (or circulatory) system—the arteries and veins that supply blood, oxygen and nutrients to every part of the body. Complications arise when the flow of blood is restricted due to a blockage or narrowing in the arteries, leading to stroke, limb deterioration, pain or discomfort.

NSMC vascular specialists use the latest methods to treat blockages and restore healthy blood flow. Treatments include clot-dissolving medication and angioplasty, which involves inserting a thin balloon-tipped tube (or catheter) into the blocked artery, and placing a stent (a wire mesh tube) to keep the artery open so blood can flow properly. For certain conditions, surgeons may create a vascular bypass using a vessel from another part of the body or a tube made of synthetic fabric. This enables blood to flow around a blocked or narrowed artery and can save lives and limbs.

Many patients can alleviate symptoms with simple lifestyle changes such as exercise and improved diet. To help patients suffering from Peripheral Artery Disease (PAD)—a narrowing of the peripheral arteries, most commonly in the legs, but also in the stomach, arms, or head—NSMC recently launched a comprehensive, physician-supervised program. This service gives patients practical guidance and treatment options, including exercise therapy, to reduce the cramping and muscle pain caused by PAD and improve their quality of life.

"Over the past few years, NSMC has been implementing an ambitious expansion and development plan to provide high-quality, integrated, accessible care to North Shore families, and our Vascular Center is emblematic of this effort," says James Balcom, M.D., vascular surgeon and Medical Director of NSMC's Advanced Wound Center. "We're excited about the many ways our expanded service will benefit our patients."

“OUR TALENTED ENDOVASCULAR PHYSICIANS HAVE ACCESS TO SOME OF THE MOST ADVANCED IMAGING TECHNOLOGY IN THE NATION.”

### Learn More

Please visit [nsmc.partners.org/vascular](https://nsmc.partners.org/vascular) to learn more about the NSMC Vascular Center.

Patients with circulatory conditions should first check with their primary care physician, who can refer to a vascular or interventional radiology specialist if additional treatment is needed.

## Arthur Epstein Pledges Largest Gift in NSMC's History

New Behavioral Health Center to Be Named in His Honor



Longtime friend and supporter of North Shore Medical Center Arthur J. Epstein committed a gift of \$5 million toward NSMC's plan to build a new behavioral health center at its Salem Campus. The gift is the single largest donation in the 144-year history of the hospital.

In recognition of Epstein's extraordinary philanthropy, NSMC will name the new center in his honor. Scheduled to open in the fall of 2019 as part of NSMC's \$207 million plan to consolidate hospital-based medical, surgical, behavioral health and emergency care on one campus in Salem (see below), the state-of-the-art facility will enable NSMC to address the increasing demand for behavioral health services and provide much needed care to the children, adults and seniors of this region. "I'm proud to support North Shore Medical Center's efforts to address this dire need in our health care system,"

Epstein said. "Families will have a place to go where they are assured their loved ones will receive excellent care."

Now a resident of Brookline, Epstein previously lived with his family in Marblehead for more than 50 years. He has served on NSMC's Board of Trustees since 2006.

"The NSMC community is deeply grateful to Arthur for his longstanding support," says NSMC President David Roberts, M.D. "His historic gift is a reflection of his kindness and concern for those in need, as well as an endorsement of the professional, high-quality care NSMC provides. His gift will benefit generations of North Shore families."



Learn more about NSMC's campus consolidation project at [nsmc.partners.org/healthier-north-shore](http://nsmc.partners.org/healthier-north-shore).



The NSMC community, including President David Roberts, M.D., celebrated the final piece of structural steel being raised into place at a ceremony last summer.

### BUILDING A HEALTHIER NORTH SHORE

NSMC is consolidating hospital-based medical, surgical and behavioral health services on its Salem Campus. When construction is complete in the fall of 2019, NSMC will be equipped to provide a wide spectrum of services to the North Shore region.

#### Key elements of the \$207 million project:

- New Emergency Department
  - 62 private patient bays, including three trauma bays
  - 10 observation bays
  - Exclusive pediatric emergency care space
  - Designated treatment areas for psychiatry
- 24 new private patient rooms
- Behavioral Health Center aligned with Massachusetts General Hospital

## NSMC Receives \$1 Million to Launch Robotic Surgery Program

Davenport Family Continues Legacy of Support for NSMC

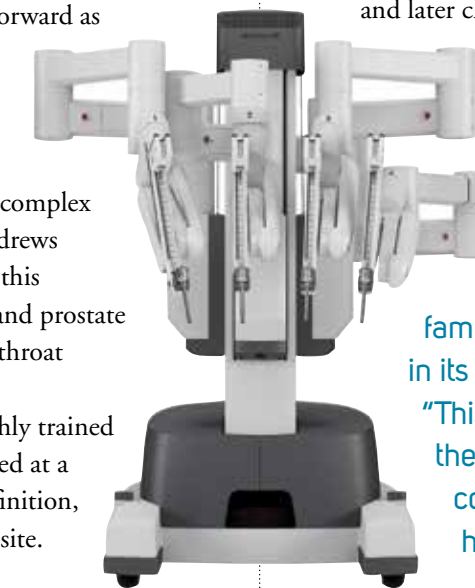


(From left to right) NSMC President David Roberts, M.D.; Marc Rubin, M.D., Chair of Surgery; Urologist Anthony Filoso, M.D.; and Mike Davenport.

Building on its tradition of surgical excellence, NSMC is preparing to launch a Robotic Surgery Program at its Salem Hospital campus. Supported by a \$1 million challenge grant from the Davenport Fund, the program will be the only one of its kind on the North Shore. "Adding robotic surgery to NSMC is an exciting advance for our facility and our patients," says Marc S. Rubin, M.D., Chair of Surgery at NSMC.

The \$1 million "challenge" grant kicked off a campaign to raise an additional \$1 million to purchase a state-of-the-art surgical robot. "We are incredibly grateful for the support of Mike Davenport and his family's fund, and are optimistic that others in our community will step forward as we strive to raise an additional \$1 million in ongoing support," says Sara Andrews, Senior Vice President of Development at NSMC. The robot will enable surgeons to perform delicate and complex procedures with enhanced precision. Andrews expects that NSMC will acquire a robot this summer and begin using it for urologic and prostate cancer surgeries, as well as ear, nose and throat procedures in the fall of 2018.

During robot-assisted surgery, a highly trained surgeon operates robotic arms while seated at a computer console that provides high-definition, magnified and 3-D views of the surgical site. "The robot is a remote extension of the surgeon's own hands but its instrumentation enables finer access, maneuverability and technical precision," says Rubin. Other advantages of robotic surgery include smaller incisions, reduced pain and discomfort, and faster recovery for patients.



### GENERATIONS OF GENEROSITY

Since its establishment in 1976, the Davenport Fund has provided \$5.2 million in support of infrastructure and other capital improvements at NSMC. Mike Davenport is today a donor and volunteer for NSMC, continuing the service of his late father, Horace "Davy" Davenport. The former owner of Pickering Oil Company, Horace moved to Swampscott in the 1930s and became involved in several community organizations including Salem Hospital, where he served on and later chaired the Board of Trustees. In addition to the endowed fund, the Davenport name graces a building at NSMC Salem Hospital.

"NSMC is a world-class institution and I'm enormously proud and gratified that my family has been able to play a part in its success," Mike Davenport says. "This gift will ensure that patients across the North Shore will continue to have convenient access to the safest and highest-quality care."

North Shore Medical Center  
Golf Classic

JUNE 19, 2017  
MYOPIA HUNT CLUB, SOUTH HAMILTON



1) Deb Sloan, Sally Mason-Boemer, Mary Lentz, Jim Canfield  
2) Rich Holbrook, Dick Moore, Ken Carpi, Tom Carpi  
3) Tom Demakes, Tim Demakes, Andrew Demakes, Elias Demakes



North Shore Medical Center  
Fall Donor Celebration

SEPTEMBER 13, 2017  
PEABODY ESSEX MUSEUM, SALEM

1) Jeffrey and Susan Brudnick  
2) James McIntyre, M.D., Jennifer Lawler, Emily Lawler  
3) Heather Fisher, Joy Fisher  
4) Dharma Cortés, Lori Long, David Solimine, Jr.

2017 Walk Video Premiere and  
Top Fundraiser Celebration

NOVEMBER 9, 2017  
FINZ, SALEM



1) Donna Barrett, Anna Pelosi, Barry Jones, Chris Muto  
2) Ken Lee, Rebecca Lee, M.D.  
3) Ann Hargraves and her family



Welcome Party for David Roberts, M.D.  
North Shore Medical Center President

MAY 25, 2017  
MARBLEHEAD

1) Joan Hooper, Joy Fisher  
2) Bryna Litchman, David Roberts, M.D., Arthur Epstein  
3) Julie Pitt, Stephen Pitt, Kerri Burr  
4) Tony Klein, Terry Correnti, Barbara Klein, Joe Correnti



## NSMC'S CHAMPION FOR CHILDREN

BRIAN SANDERS, M.D., CHAIR OF PEDIATRICS

**B**rian Sanders, M.D., joined MassGeneral *for* Children at North Shore Medical Center (NSMC) as Chair of Pediatrics last summer, bringing a wealth of experience to lead NSMC's Pediatric Emergency Department, newborn care in the Birthplace and Special Care Nursery, as well as a range of pediatric outpatient services.

Board certified in pediatrics and pediatric emergency medicine, Sanders previously served as Medical Director of Pediatric Emergency Medicine at Lowell General Hospital and a pediatric emergency medicine physician at Boston Children's Hospital. He was an Instructor of Pediatrics at Harvard Medical School, and currently is an Assistant Professor of Clinical Pediatrics at Tufts University School of Medicine. A husband and father of three children, he recently talked to *The Healthy Life* about his background and passion for pediatric medicine.

### What was most appealing to you about NSMC?

The opportunity to work with such an experienced and talented team of physicians and nurses was a big draw, along with the medical center's affiliation with Partners HealthCare and close partnership with MassGeneral Hospital *for* Children. As a resident of the North Shore (Wenham), I also was excited to work nearby and make a difference in the lives of families who also call this community home.

### How did your experience prepare you for your new role?

My background in pediatric emergency medicine has taught me the importance of teamwork—staff working together effectively to provide the best care possible. As a leader, I want to foster an environment of vibrant collaboration. Lucky for me, we have a great team at NSMC, not only in our Pediatric Emergency Department, but also across a wide range of specialties. Families turn to us at some of their most vulnerable times and that is a responsibility we take very seriously. We are always thinking about how to make each family's experience as pleasant as possible, while ensuring their child will be well cared for in any situation. For example, we are introducing an "Ouchless ER" to take the pain and anxiety out of kids' experience in the emergency room (see sidebar).

## HealthyLife | Pediatric Care

### As Chairman, do you still have time to see patients?

More than half of my time is spent actively caring for children in our Pediatric ER, and I find this hands-on approach gives me a better sense of what both our staff and our patients are experiencing. We have a great team of pediatricians, neonatologists, psychiatrists and nurses, and I just want to make sure I'm making it as easy as possible for them to do what they love, and that's care for kids.

### What are your key initiatives?

My first priority was to cut down the wait times in our Pediatric ER. Our "door-to-doctor" time averages only 30 minutes and overall time spent in the ER has been reduced to 90 minutes, and we're working to bring these times down even further. I've been busy planning for the opening of our new Pediatric ER and behavioral health facilities in the fall of 2019, exciting developments for our staff and patients. I'm also creating close relationships with community pediatricians and family medicine doctors, connecting them and their patients to the tremendous services offered by the medical center.

### What sets MassGeneral *for* Children at NSMC apart?

Our Pediatric ER is the only one on the North Shore staffed 24/7 with pediatric physicians and nurses. Beyond our ER, we offer a full complement of pediatric care that includes MassGeneral *for* Children specialists who offer dedicated clinics in cardiology, endocrinology, gastroenterology and nutrition, nephrology, pediatric surgery and rheumatology. Through these clinics, patients and families can see experts from MGH. We also provide diagnostic services, behavioral health services, neurology, pulmonology, rehabilitation services, and neurodevelopmental assessments. As we have done for more than a century, I'm proud to say that NSMC is providing exceptional care to the kids and families of the North Shore.

**“ WE ARE ALWAYS THINKING ABOUT HOW TO MAKE EACH FAMILY'S EXPERIENCE AS PLEASANT AS POSSIBLE, WHILE ENSURING THEIR CHILD WILL BE WELL CARED FOR IN ANY SITUATION.”**

# Taking the "Ouch"

## Out of Emergency Care

**Needles.** Just the thought of them can leave kids screaming and parents shuddering at the idea of a trip to the emergency room. To help take the anxiety away, MassGeneral *for* Children at North Shore Medical Center has developed its "Ouchless ER" to alleviate the pain of an unplanned trip to the hospital.

**"Going to** the emergency room is overwhelming enough for kids," says Brian Sanders, M.D., Chair of Pediatrics at MassGeneral *for* Children at North Shore Medical Center. "The goal of our 'Ouchless ER' is to make shots, stitches and other procedures less scary with the help of non-invasive, pain-relief methods."



**NSMC pediatric** emergency physicians and nurses are trained in distraction and sensitivity techniques and use a variety of tools to make shots, stitches, inserting IVs and drawing blood less traumatic for young patients, including:

- Age-appropriate distraction techniques
- Pain-relieving cooling sprays, gels and creams
- Nitrous oxide (laughing gas)
- Needle-free devices that numb injection points

**"In addition to great care,"** Sanders says, "we want to provide comfort and peace of mind to our patients and their families."





## Classes & Services

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


**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

 To learn more, register online or sign up for advanced email notification of class registration, visit [nsmc.partners.org](http://nsmc.partners.org), or call 1-978-825-6557.

## HealthyLife | Giving

# LEADERSHIP GIVING & 1874 SOCIETY

NSMC gratefully acknowledges all gifts and pledges of \$1,000 or more made between January 1, 2017 and December 31, 2017. 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 support multiple construction and renovation projects that are critical to the Medical Center as well as support innovations in healthcare delivery, purchase new equipment and augment programs in patient care and education.

### \$100,000 +

Commonwealth Radiology Associates  
Arthur J. Epstein and Bryna Litchman  
Norman H. Read 1985 Trust,  
Nile L. Albright, MD, Trustee

### \$50,000 - \$99,999

Jeffrey and Susan Brudnick  
Merry Mixers  
Friends of MassGeneral for Children  
at North Shore Medical Center  
Daniel and Linda Sullivan  
Weld Foundation

### \$25,000 - \$49,999

Charles W. Pingree  
Fed Up With Cancer

### \$10,000 - \$24,999

Mr. Nelson J. Darling, Jr.  
Gordon Hall III  
Richard and Susan Holbrook

### \$5,000 - \$9,999

Anonymous  
Acura of Peabody  
Laura Beeghly, MD  
Bouchard & Son, Inc.  
The Bunchberry Foundation  
Patricia N. Bursaw

Cataldo Ambulance Service, Inc.  
The Davenport Fund  
DeLulis Brothers Construction  
Company, Inc.  
Dr. and Mrs. James L. Demetroulakos  
Designer Bath & Salem Plumbing Supply  
Donoghue Barrett & Signal, P.C.  
John and Karen Drislane  
Eastern Bank  
Electric Insurance Company  
Mrs. Joan Comfort Johnson  
Louis and Rose Klosk Fund  
Charles A. Mastronardi Foundation  
McCall & Almy  
McCarthy Family Foundation  
Dr. Maury McGough and  
Mr. Richard Holliday  
Mr. John Mulaney  
Mr. and Mrs. Bradley P. Noyes  
Mary Puma and Eivind Lange  
Dr. David J. Roberts and  
Marguerite Roberts  
Salem Five Charitable Foundation  
Mrs. Anne L. Seaver  
Mr. and Mrs. Edwin G. Smith  
Harold T. N. Smith Memorial Foundation  
Thermal Circuits  
Barbara and Anthony Klein  
Walsh Brothers, Inc.  
Weiss Commercial Property Services

### \$2,500 - \$4,999

Sara J. Andrews  
Mr. Richard C. Bane and  
Mrs. Elizabeth H. Bane  
Bruce Beckwith and Nancy Lee  
The Becton Family Foundation  
Mr. Michael Carhidi and  
Ms. Marybeth Stevens-Carhidi  
Mr. and Mrs. Arthur J. Croft, Jr.  
Mrs. Rufus C. Cushman  
Mr. and Mrs. Stephen Donahue  
Edgewater  
Dr. and Mrs. John P. Fisher  
Jennifer and Jim Flanagan  
The Fruehauf Foundation  
Mary Jo Gagnon  
GE Aviation  
Dr. John Gelinias and Dr. Justine Gelinias  
Harriett and David Gowell  
Mr. and Mrs. Ulf B. Heide  
Hutchinson Medical  
Nathan Kaufman and  
Elin Spring Kaufman  
Ms. Helen Markos  
Mr. and Mrs. Thomas McAuliffe  
Terence A. McGinnis  
Mr. Jeffrey S. Murphy  
Old Neighborhood Foods/Thin and Trim/  
Waterhill Naturals  
Olive Realty Trust  
The Ossoff Family Foundation  
Mrs. Nancy P. Parker  
Ms. Rosa R. Rasiel  
Michael Reich, MD  
Dr. and Mrs. Mitchell S. Rein  
Roxanne and Kevin Ruppel  
St. John's Preparatory School  
Mr. and Mrs. Robert Salter  
Drs. John C. and Julia M. Santos  
Seaboard Products, Inc.  
Serafini, Darling & Correnti, LLP  
Shetland Properties  
Mr. and Mrs. Paul K. Soucy  
Betsy and Gary Spiess



**I just sneezed eleven times in a row.  
Make it stop.**

From allergies and colds to sprains and scrapes, North Shore Urgent Care is here to take care of you when you're not feeling your best. Seven days a week in Danvers.

**Mass General/North Shore Center for Outpatient Care**  
104 Endicott Street, Danvers • 978-739-7700  
Mon-Fri, 8 a.m. to 8 p.m. Sat-Sun, 8 a.m. to 5 p.m.

Visit [northshoreurgentcare.org](http://northshoreurgentcare.org) to Reserve Your Spot In Line Before Leaving Home

Please note: North Shore Urgent Care is not an emergency room and only treats non-life-threatening conditions. If you are experiencing a heart attack, stroke, chest pains or excessive bleeding, please go directly to the nearest emergency room or call 911.

## Expanding Cardiology Services on the North Shore



**North Shore Physicians Group Cardiovascular Medicine** (Formerly North Shore Cardiovascular Associates), is a practice of outstanding cardiovascular specialists affiliated with North Shore Medical Center and Massachusetts General Hospital. They have offices in Salem and Danvers, and physicians from this practice will soon begin seeing patients at NSPG's Rowley location at 414 Haverhill Street.

Please visit [northshorephysicians.org](http://northshorephysicians.org) to learn more.

Eijk and Rose-Marie Van Otterloo  
The Morton and Lillian Waldfogel  
Charitable Foundation  
Zampell Refractories, Inc.

**\$1,500 - \$2,499**

Bake'n Joy Foods, Inc.  
Dr. and Mrs. Arthur Z. Berg  
Beverly Athletic Club  
Beverly Bank  
Boston North Cancer Association  
Boston North Fitness Center  
Mr. and Mrs. Kevin T. Bottomley  
The Carlson-Smith Family  
Dr. Gary Cohen and Ms. Cheryl Cohen  
Joseph C. Correnti, Esq., and  
Teresa M. Correnti

Daniella's Cafe and Market  
Mr. and Mrs. Thomas J. DeSimone  
First Ipswich Bank  
Fisher & Orfaly Dental Practice, P.C.  
Mr. and Mrs. Joseph Giuffrida  
Mr. John Hamerstrom  
Dr. and Mrs. Joel Heller  
Elizabeth H. Hunt  
Maury and Pearl Greenbaum  
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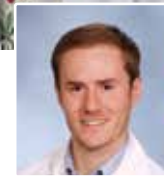
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