

The Register

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A TURLEY PUBLICATION

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Defying DEPRESSION

New
FDA-approved
treatment covered
by insurance

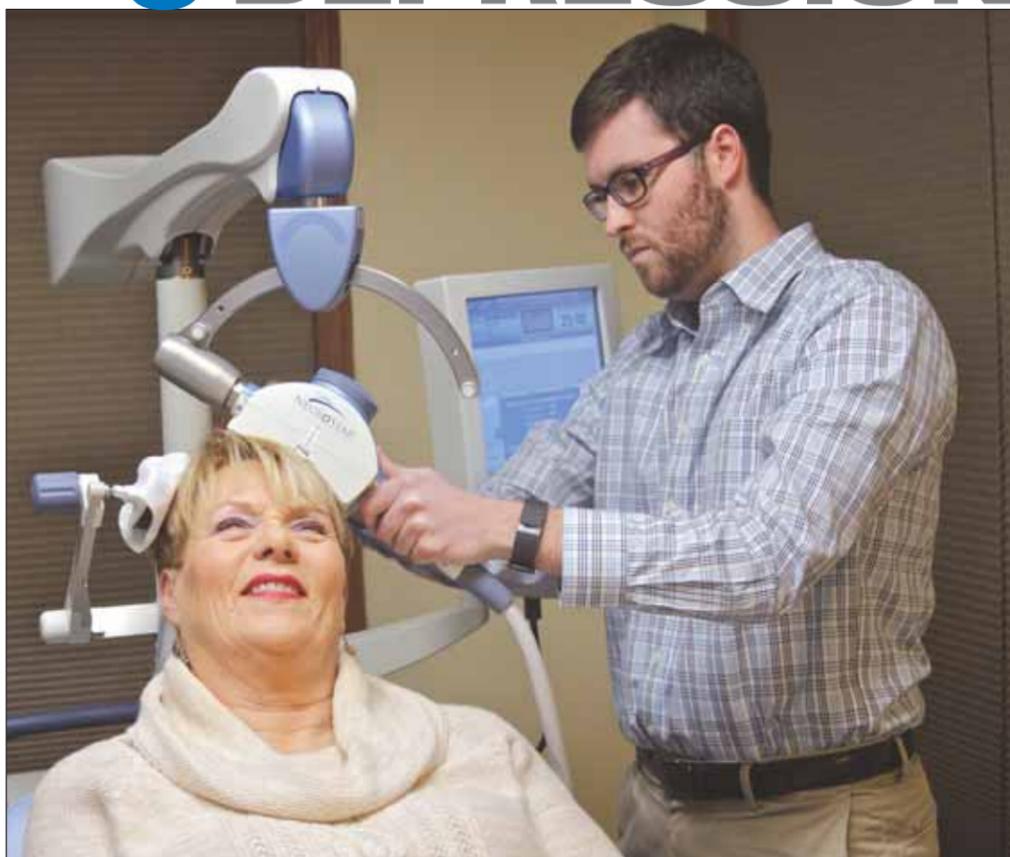
By Emily Thurlow
Staff Writer

Beth Donovan has been suffering with depression since she was a teenager. Admittedly, she's been prescribed almost every anti-depressant on the market and sat in every psychiatrist's office in the city of Springfield. While her treatment helped on a temporary basis, it never lasted. Until now.

"Growing up, and even into adulthood, people would ask what I had to be depressed about, and I'd think about it, and of course I have nothing to be depressed about...I have a good life. I have a great life, in fact. So I'd find myself feeling bad about feeling bad," she said. "But I couldn't help it. I couldn't make plans. I missed out on functions. I couldn't sleep. I wouldn't dress. I wouldn't even leave the house. My husband would even bring home food every day because I just couldn't do anything. But all that's different now."

What's changed?

After years of failed attempts and a lifetime of letdown with the disease, the Sixteen Acres resident was recommended for a new treatment in the area called Transcranial Magnetic



TURLEY PUBLICATIONS STAFF PHOTO BY EMILY THURLOW

Ryan Webler of East Longmeadow sets up the TMS device used to treat Beth Donovan's depression in the Psych Care Associates office in Ludlow.

Stimulation, or TMS. And for the first time in years, the 68-year-old is finally looking forward to living her life.

"It's the best thing that's ever happened to me," said Donovan, grinning from ear to ear. "When you're depressed, you're not living

and I certainly wasn't. But I want to live now and I'm excited to get up and face the day."

What is TMS?

TMS is a non-invasive, cutting-edge treatment for major depression. It is FDA-approved and recommended by the American

Psychiatric Association for treating adult unipolar depression. With the device, the part of a patient's brain that's not functioning is re-activated. According to Psychiatrist Dr.

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CEOs stand strives to cease stigma in workplace

Mental illness
shown to have
overwhelming
impact on
business world

By Emily Thurlow
Staff Writer

Research has shown that mental disorders – namely depression – have had an overwhelming effect on efficiency in the business world, even greater than that of physical impairments. It affects one in five adults. The hardest obstacle that continues to propel that impact forward is the stigma associated with mental illness. One initiative, however, is looking to terminate that bias.

Through a grant funded by the Massachusetts attorney general, the National Alliance on Mental Illness of Massachusetts (NAMI Mass) has launched the campaign "CEOs Against Stigma." Designed to reduce the negative impact of mental illness stigma in the workplace, NAMI Mass has partnered with CEOs across the state to bring the

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Scrapbooking memories for academic futures

By Tyler W. Leahy
Staff Writer

LUDLOW – This spring, a celebration of preserved memories will grace Ludlow again and ultimately directly benefit students in town.

The fifth annual "Scrapbooking for Scholarships" event to benefit the Sgt. Joshua Desforges Memorial Scholarship Fund will be held on March 26 at the Polish American Citizens Club, located at 355 East St.

"People who make scrapbook albums are all about preserving those memories and traditions. With the fellowship of getting together, women will sit for days and days on

end to work on family photos, laugh, cry and chat," said event organizer Dana Madera. "Making those albums make the memories live on forever...that's pretty much the idea behind the tradition."

There are three session options for the event: 10 a.m. to 4 p.m. with lunch included, a 4 p.m. to 10 p.m. session with dinner included or an all-day, and 10 a.m. to 10 p.m. session. Lunch and dinner sessions cost \$32.50 each, while the all-day session with both lunch and dinner costs \$55. There is a \$5 discount for all military members and their spouses.

Please see **SCRAPBOOKING**, Page 9

Topping off a morning with fun

Church scoops up
sundaes at annual
'Ice Cream for
Breakfast'

By Emily Thurlow
Staff Writer

LUDLOW – The reason to rise may be a little sweeter on the morning of Saturday, Feb. 6 with the festivities that the First Church in Ludlow is whipping up.

Whether parishioners or not, children of all ages are invited to the church's fourth annual "Ice Cream for Breakfast" event. Held each year at First Church – located



TURLEY PUBLICATIONS SUBMITTED PHOTO

For the fourth year in a row, the First Church in Ludlow will be hosting a sweet sunup with their "Ice Cream for Breakfast" fundraiser.

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Looking for love...

With the festival of romantic love beckoning around the corner, we at The Register are looking for love – yours that is! We're looking

for couples to share their stories of how they met! Whether you're newlyweds or are ringing in another decade together, we want to hear

from you! And for those that are a little shy about sharing the whole tale, but want to confess your love, for your love, let us play cupid and

share your words and photos with ludlowregister@turley.com! Feel free to call us at 413-682-0007 with any questions.

Grant shakes up approach to nutrition

Baird students drink in healthy living

By Emily Thurlow
Staff Writer

Baird Middle School students gulped down the first lesson of their 90-day curriculum last week after being selected as one of five schools across the country to participate in the “NutriBullet University.”

After applying for a grant, through the collaboration between Natalina Tulik, a parent-volunteer that helps lead the Go Green Club, Deborah Casagrande, BMS health teacher, and Jordan Funke, BMS library media specialist, Capital Brands, the manufacturer of NutriBullet, a popular blender, announced that BMS was among the five schools selected. As a winner, 34 students from BMS were chosen to participate in a 90-day, healthy eating program geared at helping school-aged children improve their diets by increasing their daily intake of fruits and vegetables.

“I found this contest online and knew it was something that would be great to have at our school,” Tulik said noting that Casagrande and Funke helped make the video submission. “With this grant, we will be able to make students – and even their families – aware of healthier eating habits.”

Tulik said she was especially excited to be chosen for the unique curriculum as more than 200 schools applied for the NutriBullet grants.

With the grant, BMS received \$15,000, which funds five NutriBullet units for the school, \$6,000 to purchase fresh produce, and a NutriBullet for each of the families of the 34 students participating.

“The program is designed to help students improve their diets by increasing their daily intake of vegetables and fruits. The ultimate goal is that this will become part of a healthy



Kendall Peters, Keziah Abanador, and Alex Spedero toast nutrition.

lifestyle that will follow them throughout their life,” Casagrande said.

As part of the program, students will visit the “NutriBullet University Blast Bar,” now established in the school, to create their own fruit- and vegetable-based concoctions before school.

Gigi Kwork, MS, RD from the NutriBullet University Program, unveiled the curriculum to students and their parents last Thursday during a kick-off event.

“We hope that students can share this hands-on learning experience with friends and family at school and at home because they will have access to the NutriBullets in both environments. A lot of learning for students through this program will happen at school, but the healthy behaviors can be solidified at home,” she said.

At the event, Kwork showcased two different recipes with fresh ingredients that the students could make for themselves and attending guests. Students were also encouraged to get excited about healthy eating with “stations” to customize their smoothie cups for the school’s purpose as well as a “selfie”

station to capture some of the fun moments from the afternoon.

“As a parent, it’s hard to get Ryan to eat healthy. His mom is always after him to eat his vegetables,” said David Roberts after attending Thursday’s kick-off. “It seems like this challenge has motivated him [Ryan] to get excited about healthy eating. He’s even insisted on making sure that he is the one in charge of making everyone’s smoothies at home.”

With the grant, students are also given health screenings and dietician support. To make sure students could see the value of healthy living, students had their fingers pricked for blood tests to check their sugar and cholesterol.

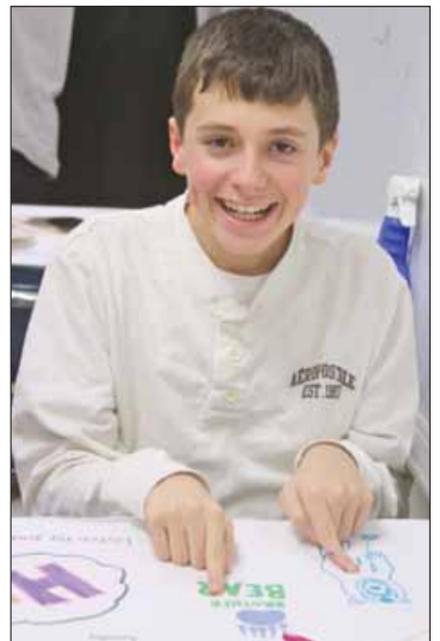
“At the end of the 90-day period, a second round of tests will be performed to compare the changes,” said Casagrande, who started her healthy eating program back in December. “I feel better already...the ultimate goal is that this will become part of a healthy lifestyle that will follow them throughout their life.”

NutriBullet University was launched in 2013 in schools in Alaska, Arkansas, California, and Texas. According to statistics gathered at previously held curriculums, students at three of the schools last spring decreased their total cholesterol by 23 percent and increased their HDL (good cholesterol) by 59 percent over average, decreasing their risk of heart disease. Seventy-six percent of students who participated in the NutriBullet University program now feel more empowered to make healthy behavioral changes.

“By engaging directly with the foods they eat, we have found that students get a better



Kaylee Arsenault scoops up some of the healthy ingredients in the recipe provided by NutriBullet.



Excitement is painted all over Lucas Balula’s face as he points to some of his artwork at the decorating station.

sense of how nutrition directly affects their mood, energy, and overall well being,” said Sarah Lefkowitz, registered dietitian and director of nutrition branding for NutriBullet. “At the same time, students are developing new healthy habits that will stay with them for years to come.”



Though they guising their identities, Sara Ketchale and Kellie Lyonais couldn’t hide their excitement for the afternoon’s festivities.



Ariel Vitar and Makenzie Mastorakis mix in some unique combinations to create one of two different smoothie options for the month.



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STAFF PHOTOS BY EMILY THURLOW

Ryan Roberts has his blood pressure tested. In three months, he’ll get to see the results of having a healthy smoothie every day.

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