

# WORCESTER medicine

Volume 86 • Number 5

Published by Worcester District Medical Society

September/October 2019

## THE WORCESTER PEOPLE PROJECT



**INTERVIEWS FROM "THE WORCESTER PEOPLE PROJECT"**

Presorted Standard  
US Postage  
PAID  
Worcester, MA  
Permit No. 467

**WDMS.ORG**

**a great practice begins with**

# **INNOVATION**

When you join Reliant, you join a large, physician-led medical group where primary care providers and specialists work together to improve the quality, cost and experience of health care. Through innovation and superior care management, we are at the forefront of value-based care.

**Learn more at  
[practiceatreliant.org](http://practiceatreliant.org)**



**RELIANT**  
**MEDICAL GROUP**

Part of OptumCare®

**Career opportunities in Primary Care, Urgent Care  
and Medical & Surgical Specialties**

WHEN ONLY  
THE BEST  
WILL DO



FOR YOUR NEXT MEETING, EVENT  
OR CONFERENCE

RANKED  
**ONE OF THE BEST HOTELS IN THE USA**  
*U.S. NEWS & WORLD REPORT*

THE REGION'S ONLY  
**AAA FOUR DIAMOND HOTEL**

**VOTED BEST HOTEL /** *TELEGRAM & GAZETTE*

VOTED **BEST VENUE FOR A BUSINESS MEETING**  
VOTED **BEST HOTEL FOR BUSINESS CLIENTS**  
VOTED **BEST VENUE FOR A CORPORATE EVENT**  
*WBJ*

COUPLES' CHOICE AWARDS  
**WEDDING VENUE WINNER**  
*WEDDINGWIRE*



**sonoma**  
**RESTAURANT**  
*at the Beechwood Hotel*

TRY OUR **NEW SEASONAL MENU**, AND EXPERIENCE  
**FRESH, GLOBALLY-INSPIRED CUISINE**

**OPENTABLE DINERS' CHOICE AWARD WINNER**

**DIRŌNA** (*DISTINGUISHED RESTAURANTS OF NORTH AMERICA*) **AWARDED RESTAURANT**

**"IT'S ONE OF THE BEST DINING DESTINATIONS  
ANYWHERE IN NEW ENGLAND."**

*PHANTOM GOURMET*

363 PLANTATION STREET / WORCESTER, MASSACHUSETTS

HOTEL: 508.754.5789 / [BEECHWOODHOTEL.COM](http://BEECHWOODHOTEL.COM) / RESTAURANT: 508.754.2000 / [SONOMAATTHEBEECHWOOD.COM](http://SONOMAATTHEBEECHWOOD.COM)

# contents

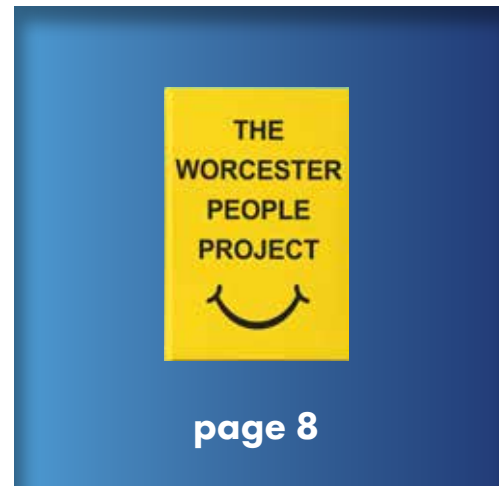
volume 86, number 5

on the cover: interviews from "the worcester people project"

- 6 Editorial  
Jane Lochrie, MD
- 8 The Worcester People Project
- 18 The Gerald F. Berlin Creative Writing Award Article:  
A Fine Balance  
Supreetha Gubbala, MD
- 20 Legal Consult: Data Privacy Doctrine in Motion?  
Peter J. Martin, Esq
- 23 As I See It: My Life, My Quit.  
Tina Grosowski
- 24 In Memoriam
- 25 WDMS 225th Anniversary Gala Press Release  
B. Dale Magee, MD

## Society Snippets:

- 27 Calendar of Events
- 28 Michael Hirsh appointed Asst. Vice Provost for  
Wellness and Health Promotion  
UMass Medical School Communications
- 30 Dining Review: Meze Estiatorio



**The WDMS Editorial Board and Publications Committee gratefully  
acknowledge the support of the following sponsors:**

**UMass Memorial Health Care**

**Reliant Medical Group**

**The Louis Albert Cottle, MD Trust Fund**



WORCESTER

# medicine

Worcester Medicine is published by  
the Worcester District Medical Society  
321 Main Street, Worcester, MA 01608  
e-mail: [mwwdms@massmed.org](mailto:mwwdms@massmed.org)  
website: [wdms.org](http://wdms.org)  
phone: (508) 753-1579

#### WDMS Officers

**President:** Sahdev Passey, MD  
**Vice President:** Spiro Spanakis, DO  
**Secretary:** Giles Whalen, MD  
**Treasurer:** Dale Magee, MD

**Martha Wright, MBA, Executive Director**  
**Melissa Boucher, Administrative Assistant**

#### WDMS Editorial Board

**Jane Lochrie, MD, Editor**

**Lisa Beittel, MBA**

**Anthony Esposito, MD**

**Michael Hirsh, MD**

**Anna Morin, PharmD**

**Nancy S. Morris, PhD, ANP**

**Thoru Pederson, PhD**

**Joel Popkin, MD**

**Alwyn Rapose, MD**

**Robert Sorrenti, MD**

**Peter Zacharia, MD**

**Alex Newbury, Resident Representative**



**Production and advertising sales  
by Pagio Inc.**

**88 Winter Street, Worcester, MA 01604  
(508) 756-5006**

**Paul Giorgio, President**

**Sloane Perron, Editor**

**Carl Marzolini, Art Director**

**Justin Peacock, Marketing & Events**

**David Simone, Vice President/Sales**

**Chris Reddy, Account Executives**

Worcester Medicine does not hold itself responsible for statements made by any contributor. Statements or opinions expressed in Worcester Medicine reflect the views of the author(s) and not the official policy of the Worcester District Medical Society unless so stated. Although all advertising material is expected to conform to ethical standards, acceptance does not imply endorsement by Worcester Medicine unless stated. Material printed in Worcester Medicine is covered by copyright. No copyright is claimed to any work of the U.S. government. No part of this publication may be reproduced or transmitted in any form without written permission. For information on subscriptions, permissions, reprints and other services contact the Worcester District Medical Society.



166 SHREWSBURY STREET,  
WORCESTER MA.  
**508-556-4242**



**AUTHENTIC GREEK FARE**  
EXCLUSIVE GREEK WINES & SPIRITS.  
OUTSIDE SEATING NOW AVAILABLE.

*Authentic*  
GREEK CUISINE  
[WWW.MEZEESTIATORIO.COM](http://WWW.MEZEESTIATORIO.COM)

*Old World Charm, New World Cuisine*



**Tuesday - Thursday 5-10 p.m. • Friday & Saturday 5-11 p.m.**  
**157 Shrewsbury St., Worcester • (508) 754-1057 • [Piccolos157.com](http://Piccolos157.com)**

# Editorial



Jane Lochrie, MD

This is a very special issue of Worcester Medicine – written entirely by three very talented students at the University of Massachusetts Medical School (UMMS). In their introduction they explain that this was part of their Capstone Project that was conducted over three years (2016-2019). This was an attempt to immerse themselves in Worcester and better acquaint themselves with the people who would become their patients. The interviews were recorded with the interviewees' permission and with little promptings from the students. These are the stories as told by the people of Worcester.

The students interviewed and photographed close to 100 individuals ranging from the homeless to the Commissioner of Health and Human Services. One thing that the students have made very clear is that Worcester has a diverse population with residents from all over the world and with varying education and socioeconomic status.

Also included in this issue is the winner of the Gerald F. Berlin Creative Writing Award, "A Fine Balance" by Supreetha Gubbala, MD who graduated from UMMS in June 2019. She explains the difficulty trying to balance her identity as a traditional Indian woman and an American medical school student.

As always, please read the Legal Consult, As I See it, In Memoriam and Society Snippets. I hope to see you all at the 225th Anniversary Gala on September 27th!!



**Friday, September 27, 2019**

Mechanics Hall  
321 Main Street  
Worcester, Massachusetts

## JOIN THE PAGIO FAMILY



### ADVERTISE IN ONE OF OUR PUBLICATIONS:

PULSE MAGAZINE • WORCESTER MEDICINE  
VITALITY MAGAZINE • DISCOVER CENTRAL  
MASSACHUSETTS VISITORS' GUIDE

### ADVERTISE ON ONE OF OUR WEBSITES:

TASTEWORCESTER.COM • THEPULSEMAG.COM  
THEVITALITYMAG.COM

### PARTICIPATE IN ONE OF OUR EVENTS:

WORCESTER RESTAURANT WEEK  
TASTE OF SHREWSBURY ST. • WALK & ROCK  
BEER, BLUES & BBQ FEST • THE COLLEGE SHUFFLE  
CHILI & CHOWDER FEST • OKTOBERFEST  
CANALLOWEEN • DOWNTOWN UNDERGROUND  
WORCESTER MUSIC AWARDS • SANTA PUB CRAWL  
A NIGHT WITH THE CHEF • CLUSTERTRUCK FESTIVAL



**88 WINTER ST. 2D, WORCESTER, MA 01604**  
**508-756-5006 • SALES@PAGIOINC.COM**



# Mako® robotic surgery for hips and knees.

## Now available at Day Kimball Hospital.

At Day Kimball Hospital, we're using advanced robotic surgery to give people freedom of movement from joint pain. Our orthopedic surgeons are now offering patients an innovative option for joint replacement procedures with Styker's Mako Robotic-Arm Assisted Surgical System.

Your patients will benefit from more accurate surgery from our Mako robot that uses 3D imaging and computer guided precision. And, parking is always free at Day Kimball Hospital.

*Located just over the border in nearby Putnam, Connecticut.  
Around a 35 minute drive from Worcester - right off exit 45 on 395 South.*

### Day Kimball Hospital

320 Pomfret Street | Putnam, CT 06260  
(860) 963-6419 | [daykimball.org/mako](http://daykimball.org/mako)

**DKH** DAY KIMBALL HEALTHCARE

**Anthem**   
BlueCross BlueShield

Designated  
**BlueDistinction®**  
Center  
Knee and Hip Replacement



*Day Kimball Hospital is the only hospital in the region to hold the Cigna Center of Excellence, The Joint Commission Gold Seal of Approval, and Anthem Blue Cross Blue and Blue Shield Blue Distinction Center designations for hip and knee joint replacement.*

There is essential, life-saving work  
going on right here in Worcester.  
Your organization should be a part of it.



11th Annual

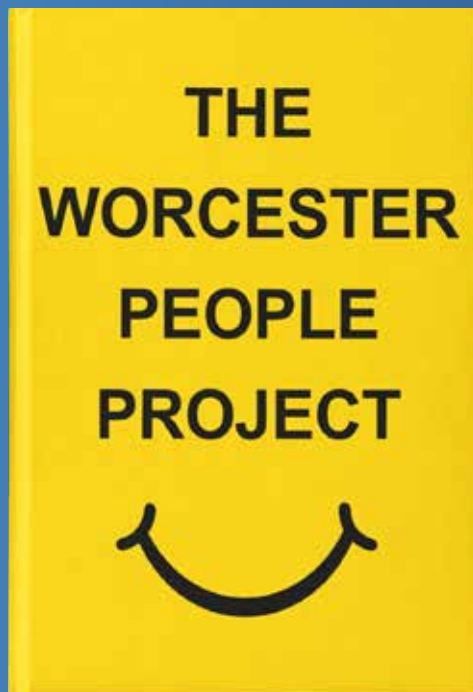
You can become a sponsor TODAY.

[www.umassmed.edu/winterball](http://www.umassmed.edu/winterball)



Making our community stronger.  
Making our community healthier.  
Making a difference.





**Real people.**  
**Real talk.**

## The Worcester People Project

The Worcester People Project was a longitudinal project conducted from 2016-2019 by three friends attending the University of Massachusetts Medical School together. Medical students, unfortunately, tend to spend much of their time in the library or in the hospital, and often lack the opportunity to explore their surrounding community. If most of one's experiences with members of the community are confined to those within the hospital's walls, one can develop a skewed perspective on the individuals of that community. This project was an effort to immerse ourselves in Worcester and better acquaint ourselves with our patient population, the residents of greater Worcester, from whom we had learned so much in the hospital, but about whom we still knew so little as people.

Our primary inspiration for the Worcester People Project was the photo blog and publication, *Humans of New York*, which consists of portrait photographs and interviews of people throughout New York City. We felt this medium would best enable us to share the photographs and stories of our interviewees with other medical students, faculty, and members of the community. As much as possible, we tried to approach people at random in public spaces throughout Worcester. With their consent, we would record our interviews with an audio recording device and photograph them. The only goal of each interview was to learn about our interviewee to whatever degree they were willing to share with us. We tried to prompt as little as possible, and largely let our interviewees drive the conversation. Similarly, our photographs were meant to represent our interviewees however they chose to be represented, so we often let our interviewees choose where and

how they wanted to be photographed. Albeit impossible to totally remove one's personal biases from any undertaking of this sort, we endeavored to make this project an honest representation of the people of Worcester without any other agenda.

The entirety of our work, close to 100 interviews and photographs, was self-published as a hardcover book titled *The Worcester People Project*. This project was also presented at UMass Medical School's annual Capstone Presentation Day in March 2019. As a result of the generous consideration of several faculty members at UMass, an arrangement was made to publish a portion of our project in this edition of the Worcester District Medical Society's magazine. We would like to take this time to thank all those in the Worcester District Medical Society, especially those on the magazine's editorial board, for considering our project worthy of further dissemination.

We prefer to remain anonymous lest our personal stories detract from the incredible stories of the individuals featured in our book. Worcester and its people taught us to be competent, empathic physicians, and while we may have left Worcester, we will be forever grateful for being a small part of such a culturally rich and welcoming city.

If anyone reading this article is interested in purchasing a copy of *The Worcester People Project* book, please email [Worcesterpeopleproject@gmail.com](mailto:Worcesterpeopleproject@gmail.com). All profits will go to a charity based in Worcester.





"I'm from Barbados, and I go to school here at Clark University. It's a cool spot. We were actually about to do a photo shoot." "I have high hopes for myself. My ultimate goal is to become a singer. That's my thing." "I used to dance hip hop here. I do hip hop and contemporary dance, and I perform poetry at events. I'm just all around. I'm a performer. For me, growing up, that's what kept me okay, you know?" "I like to show people how I feel through my art. It's really cool whenever you bring out a feeling in someone. Because it's hard, you know, if you're really trying to. But if it's just coming from you, then it's just an amazing feeling. Art is what has kept me alive. People have different things that keep them alive, that keep them feeling alive, and art is my thing."

***"I LIKE TO SHOW PEOPLE HOW I FEEL  
THROUGH MY ART."***

"So what made me decide to buy the bike shop? I have been into bicycles and everything about them ever since I was a kid. My first job, when I was 15, was working at a bike shop, and subsequently ever since then almost every job I've had has been related back to this industry. So, it just seemed like something I've always wanted to do. The timing in my life seemed about that time. I'd just had children and realized that I was probably going to be in this particular area for quite a while. That was the only thing that stopped me from having owned a shop earlier was just wanting to travel and move around a little bit. That part of my life was slowing down a little bit, so I looked at Worcester objectively and said - and this is five, six years ago - 'it's different now.'

"I didn't work for Fritz. I did literally walk in off the street one day and say, 'Hey, how do you feel about selling your bike shop?' And he was really into the idea, because he was older. He was in his seventies. He had no exit strategy. It was really serendipitous for both of us I think."



**[You mentioned that one of your hobbies is drawing.  
What do you tend to draw?]**

"I used to draw a lot of nature stuff, because it's easier and the colors are really cool."

Since medical school it's been more anatomy-focused, and I think it's just changing interests. Maybe it's subconscious. I don't really know. I used to run cross country in the woods a lot, now I look at peoples bodies all the time. I never really put two and two together, but maybe having done cadaver stuff, and surgery, and seen the inside - the body is like this really crazy miracle - and it's a shock that not everything goes wrong. There's a million things that could go wrong. So it's just - there's a lot of beauty in it. I don't have the artistic skills to express it; maybe with practice, maybe if I took more art classes. I kind of put that on the backburner for a long time, but it's really beautiful. I wish I could express it better."





“The Worcester Fire Department is made up of 418 people right now, both uniformed and staff members. It is an incredible cross section of society that’s on this department. The breadth and range of talent in this department is truly amazing. I don’t think people truly understand what the Worcester Fire Department brings to the table with that manpower, that pool of talent. We’ve got a lot of good, good people that really want to do well by the citizens of Worcester, people that really care about the citizens of Worcester. They bring in so much talent from construction trades to medical professions to writers. We’ve got guys on the job that are pilots. Just about anything you can think of, we’ve got people who can do it. Every day we go to incidents where that knowledge comes into play, and the outcome of that incident is better because of the knowledge and talent that an individual firefighter brought to the table.”

“When 9/11 happened, it kind of sealed the deal for me. So, I joined the National Guard. You take an ASVAB test and you get a list of jobs that you qualify for, that you’re smart enough for. And I looked, the shortest weeks of training – six weeks – truck driver. ‘I’ll do that. Sure.’ Little did I know it was the most deployable and one of the most dangerous jobs. So, I ended up doing a tour with the 10/60th transportation company out of Framingham in 2006 and 2007. Then I was in the Inactive Ready Reserve, and I got called up and attached to a Louisiana National Guard unit in 2009 and 2010, and went over to Iraq again. In both tours I did over 10,000 miles each tour, so my body is a little messed up; a lot of wear and tear on it from the military. But I’m very passionate about what I do at Veterans, Inc.”

“And what’s interesting is, I was a veteran they were helping. When I graduated in 2015, I thought, ‘I have my degree. I have veteran’s status. I’m not going to have a problem getting a job.’ Five months later I was still unemployed and getting nowhere. So, I came here, they asked me what I was passionate about, and I said ‘working with veterans.’ And, you know, they pulled strings and got me on the team.”



“It’s still rare to see other females in the kitchen. Here there are six men on the kitchen staff and three girls. In the industry we are still outnumbered, so coming across other female butchers is really cool. It’s still a niche thing. A lot of girls who’ve grown up in the kitchen, people think, ‘Oh obviously you do baking and pastries, you must do the dessert stations.’ I’m just like, ‘No. I cut up the whole animals. You’re an asshole.’”

“I have been a butcher since I was about 13. My family owns a big game butcher and taxidermy service. I’ve done that for about my entire life.”

“I come from a super large family. Everyone in my family is blue collar. We’re hairdressers. We’re mechanics. We’re electricians. We work in restaurants. My mom was a baker. My great grandmother was a baker. My grandmother used to do catering. My grandfather worked on tug boats. Yeah, my family, we’re workhorses.”



"I think Worcester's a shithole. But like any other town, any country, anywhere I think there's a lot of good and bad in it. You know I think there's a lot of good people in Worcester, and a lot of shitbags in Worcester. There's far more shitbags than good people, but there's a lot of good people here. Like there's a guy out here who comes and brings me a sandwich every day, but he does that for everybody. And he drives this shitty ass Honda SUV that's falling apart. I ask him why he does it. He'll buy like pizza; he'll buy me a pizza and someone else a pizza. Like there's this woman. Yesterday in a rental car. She came and gave me five bucks in the morning and then when she was leaving, picked up her car because she had to go move somebody's stuff. She took me out for supper over there at the diner on Shrewsbury Street. That's the first time anybody's done that for me. She actually wanted me to get in her car and everything. I started crying to be honest with you because I've literally had people – I'm not sure if I look that bad – I literally have people spitting at me and throwing pennies."



"I live in Worcester now. I was gentrified out. I went to war, came back and couldn't afford to live in my hometown, so I moved to Worcester."

**NOW I'M A SELF-TAUGHT PHOTOGRAPHER, AND I WANT TO START DOING WAR CORRESPONDENCE PHOTOJOURNALISM.**

I studied political science for a bit at Bunker Hill Community College, and I wanted to be a lawyer, but I figured I would rather tell the truth than tell lies. Now I want to go into journalism with this current political climate that we're living in."

"I was born and raised in Worcester. I went to Worcester State, and now I work with a youth program in Worcester. We've got to push to help our youth or nothing is going to change in this city." "I start at two. I'm just trying to thrash before then. I come out here and it helps me clear my head."

"Family is everything. We've all moved out but we still come home to grill as a family rain, shine, or snow this time of year. They call me the Sauce Boss because I love to experiment with concocting new BBQ and hot sauces. Nothing brings family together like meat and cold beer."





"In 1978 I started writing a fanzine called the Wormtown Punk Press, covering the local punk bands that nobody else would. The Telegram and Gazette wouldn't write about them. Back then, it was all mainstream - AOR, Led Zeppelin, Deep Purple, and then when punk started coming out, nobody was covering it because it was punk. The Sex Pistols gave us all a bad name - spitting on people."

**[How did you come up with the name?]**

"I was coming up with names for my fanzine. It was like, the rock and roll scene was dead. It was dead - worms - Wormtown. Just like that. One of those stream of consciousness things. It popped right into my head."



**[When did Elwood Adams open? How long have you worked here?]**

"It opened in 1782, before the first president. Yeah, I would have been here 42 years in January. Mark's been here 35 years, since 1982. I'm from the Main South area, but I live in Leicester now. It's not far."

"It's been a whirlwind. We've had a number of customers come in to express their condolences. We've had grown men walk out of here in tears; people who have shopped here their whole lives; who shopped here with their fathers and grandfathers. Some of these guys are in their sixties and seventies and this is all they know. Some of our customers would come by here and just sit here on the stool and spend an hour just chit-chatting, shooting the shit, so to speak. We've had people from all over the country stop in since they saw us on the CBS Sunday Morning Show with Jane Pauley three to four weeks ago. Once that hit, we would get phone calls, Facebook messages, and emails from people all over the country. People as far as Oregon and Washington State in the West, Texas to the South. So that was pretty neat. We didn't know we had that type of impact."



**[What's something you do for fun?]**

"I write poetry, which is totally different. I guess people overlook that because they see somebody who is like a big tough football player, and then they associate poetry as a feminine thing, but I don't think it's a feminine thing. I just think it's art, and it's a way to express yourself. Like me, expressing myself on the field by kicking a perfect ball, everyone is amazed by that. Behind the scenes I'm more impressed by the ability to write poetry."

***"I JUST THINK IT'S ART, AND IT'S  
A WAY TO EXPRESS YOURSELF."***





"Worcester always seemed like the failing city that nobody wanted to go to except for college. Then as soon as everybody graduates, they leave. But now people are starting to come to Worcester as adults to grow their businesses, which is a nice change. Worcester was always an industrial city, then when industry left, so did a lot of everything else. Now a lot of the business that are opening seem to me to be similar to the businesses that originally opened in Worcester supporting all those industries; like the little butcher shop on Water Street that has the restaurant area. That to me seems like 1930s, 1940s living. It feels like a little bit of a circle."

**[How would you describe Worcester to someone not from here?]**

"My first reference is sort of sad I guess, but it's a loving way I look at Worcester -- in a sad way. Truman Capote talks about Worcester in *In Cold Blood*. I have the page marked on the back of the book at home. He refers to it, and I'm misquoting totally so feel free to fix it, something about Worcester as like a has-been type of industrial city where no matter what, no matter how blue the sky is, it's still looks a little gray."

"I went to my parents and said, 'Mom, Dad, I have something to tell you. I'm going to join the school at the conservatory. You're not mad, are you?' And my mom came and gave me a big hug and said 'Are you kidding me? You're doing this for yourself. We're not mad!' I became the happiest person. I knew they always supported me. And that was the best moment for me. It meant everything."

I just thought, 'Do the decisions that scare you the most.' Because that is when it tests you. How much are you able to push yourself? No matter what anybody says, if you're able to do that it changes so much in your life. So, I said, 'Oh God, just take that risk. Don't be scared.'"

**"SO, I SAID, 'OH GOD, JUST TAKE THAT RISK. DON'T BE SCARED."**



"My life has been a mess. I've been in and out of prison since I was young. Growing up, I grew up in one of the worst projects in my island. So, drugs and violence have always been part of my life because that's what I grew up seeing. So, I carried that with me for a long time. When I got older and older things got worse and worse. It led me to prison. I just got out of prison not too long ago. So, my decisions that I make have been taking me down the wrong path. In all, when I'm clean and sober and I'm on the right track, I like to work, support my family, do things that normal people do. But, when I'm on another level, it's like I don't care about nobody. It's what I need and what I want. So, nobody else's needs come before mine. It's pretty messed up."

**[What are your plans for the future?]**

"My heart is set on substance abuse counseling. That's where my heart is set right now. I know I got certifications, ServSafe certifications. I'm a mechanic. I know how to paint houses. I know how to put up sheetrock and lay bricks. I know a lot of things, but what my heart is set on right now is that. That's what I want to do."



***"I'M CURRENTLY STUDYING AT WPI, INTERACTIVE MEDIA AND VIDEO GAME DESIGN BECAUSE VIDEO GAMES ARE COOL."***

"I really like stories. As a kid I always loved looking at the stories of different things. In tandem with how powerful I think perspective is, it's kind of having a person see a story through their own way. I think that's the best way to tell one. Especially if you want to invoke meaning to them, make them feel something, have a new thought. I think having that in the most personalized way and providing that is really cool."

"[This city] is what I'm used to. I don't like going into the suburbs. I'm scared of wilderness. That's a true fact." "I'm the property manager here for the whole building. I do everything: maintenance, making new store fronts, whatever it takes. Then I work at night out here as security, parking. I love it, just meeting people. You build connections too."

**[What do you do for fun?]**

"I play poker. Casinos. I played in the World Series. There's a guy from Charlton, MA. He won the Aruba tour. I went to a private poker tour for that and I took him out. I played against the master Daniel Negreanu. The biggest I ever won was \$37,000 for a \$500 buy-in."



"I absolutely love Worcester. I love playing here. This is where all the shows are, where the good gigs are. I've bar tended at almost every bar in Worcester so I'm attached to a lot of them." "I never did the three-hour sets before. Maybe two years ago is when I started doing it. Before, I would just play basement shows and acoustic punk music. Ironically, about two years ago I quit drinking, so those kind of went hand-in-hand. I started focusing on taking music more seriously and actually learning how to play guitar and how to use my voice to sing." "I have a Chaucenee. He's half wiener dog, half chihuahua. His name is Rocko. And my favorite place in Worcester is Coney Island Hot Dogs, so I got my dog tattooed on me as a Coney Island hot dog. It's the perfect face because it says, 'I'm ugly, but I'm also afraid' And that sums up Rocko."

**[What has been your favorite part about moving here? What were some challenges?]**

"Meeting new people, the new culture - it was a totally different life in Brazil, a new language. I have to get used to it all the time. I just learn here at work, because at home everyone speaks Portuguese. [The laundromat] is where I have the chance to learn English. Another challenge that I have here is getting used to this new work, because in Brazil I was a teacher. I taught Portuguese and literature."







"From the time I was five or six years old, I had a piggy bank. The piggy bank had a little sign I had made for my doctor's business, and any time I had money to save I would put it in the piggy bank. As far as kids, I think it was from being a camper. The German and Austrian traditions were that you sent your kid to summer camp away from the cities in the summer. So, I did that from the time I was six until fourteen, and I was a junior counselor my last year. I just loved working with kids, and I figured, 'I'm going to be a pediatrician.'" "And then the surgery thing, I had actually loved it so much that over Christmas break, when we were supposed to have a Christmas break for two weeks, I stayed at Mass General just to be kind of the gofer guy for my surgery team. They had me running around doing suturing of lacerations and lancing of boils, and I thought it was great. So, I went for surgery, but I was too dumb to think of pediatric surgery until, just by chance, the first rotation I got assigned to at Columbia as an intern was on peds surgery. And I kind of said, 'Wow, this is it. This is how I can combine the things I like.' So, I wish I could say I had this calling. I just feel like a lot of the stuff that has happened to me was total luck. So that's how I ended up in it."

"I'd say welcome to the city. We have a good mix here of people. We are a city that's on the move and very progressive. We have a big arts community that's growing here. It's a good place to come if you're a young person. You can live here cheaply. I think in the next five or ten years you're going to see real estate prices go further. We have the talent here. We have colleges and universities - the brain power; some of the best institutions in the country, right here in the city of Worcester. We have a great police department - the lowest crime rate in New England for a city our size. We are investing in our schools. Between the two high schools we opened over the last five years or so, we probably have invested close to a billion dollars in Worcester public schools and infrastructure. This is the place if you want to come here for a good education and to raise a family. It's a good price right now. This is the place to be, it's a good city atmosphere, especially when you're young."



"I've always been in the local bartending, waitressing scene my whole life living in Worcester. I grew up here. And I've always had an obsession with the diners, old diners and everything. We just had the opportunity to take the diner over. It had been vacant for three years, and my husband being a contractor, we had to put a lot of money into getting it back open again. And then once we got it open, that's how it came about anyway."

"I wanted to have different things on the menu - not just the standard diner food, which I have all of that. But I wanted to be different about certain things, so every day I would make up a new French toast just off the top of my head, and write it on the special board. Then people would like it, so then I'd add two. Then people would ask me for it if it wasn't up there, whatever it was. Then I was just like, 'You know what, I'm just going to make a French toast menu and incorporate it all into one menu, and just do it like that.' That's how that came about."



"I'm a second-year graduate student at Clark University, and I'm a Fulbright scholar. I've come here from Afghanistan two years back. So, I'm almost finishing school. I am studying for an MBA in finance."

"My career goal is to become a private equity associate or an investment banker. And in the long run, I want to work with a team to build capital markets in Afghanistan. It's kind of hard to achieve it, but in the long run it's possible."

"I have a big family. I have six siblings and a mom and dad. I'm the second eldest. What I miss most is my family. Here, in the U.S. most people are living away. They have individualistic lives. They stay away. But there, we live with our families. And those are like big families, big houses. So that gathering, that social environment – I miss that a lot."



***"I GREW UP IN WORCESTER,  
I NEVER REALLY HAD NOTHING."***

"I grew up in Worcester, I never really had nothing. I never had shit. There wasn't shit in the fridge. There wasn't shit nowhere, and there still ain't shit."  
"Worcester ain't shit. I mean, it might be good if you got it good - if you were brought up in a good spot, in a good position. But when you're around negative shit, you become negative. It's like if you take a dog, and you put him around a neighborhood of dogs. And they're dogs that like to bite people. I was put in that type of neighborhood, and I couldn't be nice and friendly. That wasn't an option."

"As a child I was in foster care for about six years; never went past the fourth grade. Did some jail time, got my GED in jail. I have an associate degree in medical assisting. I'm working on a bachelor's degree in health science, and then I'm going to Worcester State for nursing." "I can't pinpoint anything specific; I just know that I wanted to do something with my life. I wanted my life to mean something – not just to be famous, or to be rich, or something like that. I want to be something more personable. I had patients before when I worked in hospitals, so even if I did something minor, if I made their day or something, that made me feel good about what I'm doing. So, I was like, 'That's what I want to do. I want to be that kind of person. I want to make an impact in someone's life no matter how small or how big it is. That's what I want to do.'"





"I grew up baking. I have always loved being in the kitchen, and I was super quiet, and weird, and nerdy when I was in high school and just my whole life. So, I was just hiding in the kitchen and listening to music and making weird things, and I didn't know that that was what I wanted to do for work. I went to Wellesley and thought I would conquer the world. I worked in a bakery when I was there and that was it. That was all I wanted to do. I loved it. It was like time didn't even exist when I was there."

"The business itself has been here for about four years, and I bought it January 16, 2017. It has been chaotic. It's been all over the place. It hasn't necessarily been what I expected. I knew it would be stressful, and I feel like it has pushed me and helped me in ways I never could have anticipated. It's super rewarding, and it's still surprising to walk in here sometimes and believe that it's mine."

"I'm interested in going down to Chiapas. You know Chiapas? It's the southernmost county in Mexico, and it borders Guatemala. And being from Holy Cross, I got involved with the Jesuits, and they've got some parishes down there. And so, I'm kind of excited about thinking about how to build bridges with Mexico. While Trump is building his wall, I'm trying to think about how can we build some bridges to help us connect with, you know, kind of indigenous folks from down there, and see what those challenges are. It's not clear to me that an old white guy has much to offer Chiapas, but I'm agitated by Trump, so I must be agitated for a reason. So that's got me thinking a little bit beyond our borders. I was down there at one point to meet with some bishops down there, and one of the bishops said to me, 'Well, Frank, you know what we call Americans?' I said, 'No, what?' He said, 'We call them neighbors.' So how do we build on that?"



"If you think of all the things that I've done in my lifetime, and in medicine, I think that really changing someone's life has been a huge part of the process for me, that I enjoy the most. It's like having a kid, and you see them grow. You know, we have taken kids, and I know they're adults, but we look at them as kids sometimes; and they call me mom, so I say they're my kids. We have taken trips, and gone to D.C., and shown them places. They've never traveled; rarely ever gone out to eat, you know, to a real restaurant. Every Christmas, we do the Hanover, and go see the Christmas Carol. They've never done that. We do dinner and a show like everybody else does. We've done trips to Cape Cod. We'll spend a week there at the house, and people, even those from Puerto Rico, have not been to the beach. So how do you bring all that to a community that hasn't had it? It's not just the piece of addiction itself. It's the whole life, the whole piece that you have to bring, that I was fortunate to bring to my kids. And these are people who never had it."



# A Fine Balance

*The Gerald F. Berlin Creative Writing Award at the University of Massachusetts Medical School honors the poetry, fiction and essays of medical students, physicians, in training (interns, residents and fellows), graduate students and nursing students from the medical school. The award was established to encourage creative writing by health professionals-in-training and to honor the father of Richard M. Berlin, MD, who sponsors the award.*

Supreetha Gubbala, MD



When I was eleven years old my father gave me my first novel: *A Fine Balance* by Rohinton Mistry. The book weaves together a glorious constellation of colors, odors and social classes to depict the bustling culture of the Indian subcontinent. Over six hundred pages Mistry tells the inevitably tragic tale of Dina, Ishvar,

Omprakash and Maneck: four people from four very different versions of India colliding in the politically turbulent period of the 1975 “Emergency.” Their stories co-exist almost in complete contradiction: a middle-class widow alongside two “untouchable,” sewing apprentices and a young, university-going nephew arriving from the mountainous region of Nepal; each desperately trying to balance both the growing chaos of an awakening urban India with that brewing inside themselves. In moments, they manage to attain balance, a delicate dance of spices, tea leaves, things unsaid amongst piercingly bright fabrics; poverty, sweat, joy, cows and dust that encompass, just about suffocating, one’s experience of this ancient culture that pumps through my veins.

Yet, wherever I travel in the world, it is not this fine dance of elements that anyone sees, but instead the large almond eyes of a traditional Indian woman. They are physically gigantic and jet black to the beat of my long, unruly hair that no matter how I try to avoid, still looks best in matching, double braids slick with coconut oil. The story goes that when I arrived two months early, my mother assumed I had some sort of according facial malformation, as my eyes inhabited nearly half my face. Needless to say, no one in my family is a physician and indeed, I would like to believe I grew into them. Even so, they are impossible to hide.

Last week, I walked into a coffee shop in a small neighborhood of Athens in a bright blue polka-dotted sundress still to be greeted most emphatically with, “Namaste!” Almost universally, yellow taxi cab drivers across the globe double-take to their rearview mirror when I climb in. Leeringly, and with little doubt, asking, “India, am I right? Big eyes!!” Of course, the obliging Indian daughter in me smiles, feeling the need to provide them the validation they seek. To throw up confetti of unknown origins, and channel my inner Price-is-Right voice to inform them that indeed, they have chosen the right price.

I don’t want to sound bitter. I know in the most distilled form they are seeking to make a connection with another sentient being, something shiny in the otherwise mundane day-to-day. However, what exactly should I feel when I am not at all inside, what I appear so strongly to be on the outside?

Little do they know, I float quite aimlessly between my identities and as I got older, even my trips back to Dodavaram began to feel less comforting and more painful. My cousins smirked as I explained things in Telugu, teasing me for the words my mouth now stumbled on, struggling to form something that was no longer there. Strangers awaiting their fried goods at the mirch bajji stand began to stare when I picked up my precious packages of oil-soaked newspapers. They say it is your American posture that gives you away.

Truly, it is not as if I have not tried to fit the part. In high school and college, I joined the usual liberal arts Bollywood dance performances, adding to my own performance that I had ever been familiar with this subculture before. The truth is prior to moving to the United States, I had never heard of Bollywood, let alone been able to sing along with the lyrics of its’ most famous hits. Frankly, I spent much of my childhood between the backwoods of Perth, Australia smelling eucalyptus leaves and eating dirt. At my most advanced stage of play, I peeled leaves off coconut trees in my grandmother’s village of Dodavaram. Perhaps, the Owl sent to inform me of Bollywood’s predominance in Indian-American culture was diverted by the fried mirch bajjis at the village center, something I can much more readily empathize with.

I spent quite a bit of my time trying to be the identity the world so effortlessly placed on me: the ideal Indian woman. For some time, I even fooled myself believing if I could just find the perfect group of Indian girlfriends, we could take enough group photos that eventually no one could suspect I loved the Red Hot Chili Peppers more than Sharukh Khan, the heart throb of Bollywood subculture.

By the time I came to medical school, I had grown tired of my own diaspora blues. As Ijeoma Umebinyuo wrote, “Too foreign for home, too foreign for here, never enough for both.” I defiantly began to claim all my identities in all spaces, despite the looks of momentary surprise or disappointment that inevitably covered peoples faces. I began to see the unique beauty of my own fine balance. However, even here, the scale occasionally tips.

Recently, as I sat down to watch one of my favorite shows on origin stories of famous chefs, I was thrilled to see an episode dedicated to Asma Khan. She is an Indian lawyer turned chef who ultimately

opened a home-style Indian restaurant in London with an empowering, all-female kitchen. One scene shows Asma walking alongside her grandfather amidst their mango orchard, joking about eating mangoes whole and so ripe that the juice dripped carelessly down their chins. The memory seared me; transporting me for a moment back to late summer evenings on my grandmother's veranda. Leaning over the edge so as not to attract ants to the carnage, sticky juice bursting from the corners of my mouth and through the spaces between my fingers.

Tears began to stream down my face. A friend watching alongside me gaped, open-mouthed and confused at my reaction. I, too, felt confused; longing for a place or a person that no longer felt like mine. Years had passed since I had last thought of these memories. I could not remember the last time I actually wanted to go back to visit India. Yet, my heart ached as if a fresh lover had just been ripped from my arms. Who exactly was I longing for?

In these moments, I see that although I cannot quote Khabi Kushi Khabi Gham or necessarily demonstrate the latest hip gyrations dominating the Bollywood stages, the very nature of India has found a way to inhabit me. Like Dina and Ishvar, I have haphazardly had to create my own delicate, contradictory dance of survival that reflects, in many ways, what it means to live and breathe in India. Perhaps, even then, my father knew this. The chaos of identities that lives within me ebbs and flows, with moments of perfection almost immediately lost to tears incited by a Netflix special. These giant orbs residing quite permanently on my face no longer seem so fraudulent, absorbing the swirling clouds of deep red dust raised up from caked, pre-monsoon roads each time a stray calf strolls across it. All of it settling quietly into my memories until it is jostled once again from its delicate slumber by an unexpected, ripened mango that has once again tipped the scale.

Supreetha Gubbala, M.D.  
University of Massachusetts Medical School  
supreetha.gubbala@umassmed.edu

## ATTENTION MEDICAL PROFESSIONALS:

Who is managing your **REVENUE**?

Who is managing your **ACCOUNTS RECEIVABLE**?

Are you aware that insurance carriers **DENY AND OR REDUCE** your revenue due to:

- Timely filing limits on claims vary for each insurance carrier
- Resubmittal of pended claims;
- Appeals process which requires documentation;



**CHM** has been entrusted with servicing New England Physicians for over 30 years.

Please contact Maureen Glodas, Practice Manager to review your analysis and cash flow protocol.

Also available for HIRE - "'On site' Professional Practice Manager" to perform billing functions for large or small practice and/or clinical settings... Per diem or Contracted time-frame to suit your office needs.

1-800-527-9990  
508-795-0009 x116  
moe@chm-inc.com



## FOLLOW US!

FOLLOW ON SOCIAL MEDIA FOR EXCLUSIVE CONTENT AND GIVEAWAYS:

Instagram: @WORCESTERPULSE

Twitter: @WORCESTERPULSE

Facebook: @THEPULSEMAGAZINE

# Legal Consult: Data Privacy Doctrine in Motion?



Peter J. Martin, Esq

Health information privacy law at its core involves a balancing between individuals' privacy interests and countervailing interests such as the need for personal health information for treatment, research, public health and other purposes.

Current state and federal law effects this balancing by providing exceptions to the general rule that an individual's health information is confidential and must not be used or disclosed unless in pursuit of specified legitimate interests. A recent Massachusetts Supreme Court decision in the distinct but related context of public records law contains rulings that may have a significant impact on how this balancing is to take place with respect to health records.

The Supreme Judicial Court's opinion in *Boston Globe Media Partners, LLC v. Department of Public Health* was issued in June of this year. The Globe had sought DPH indices of publicly available birth and marriage data. The DPH had argued that these public records could be withheld under two statutory exceptions: either because they were exempted from disclosure by other statutes or because they were medical files or information disclosure of which would lead to an unwarranted invasion of personal privacy. The trial court judge ruled that DPH could withhold the requested records based on the second but not the first exception.

On appeal, the SJC remanded the matter to the lower court for further proceedings on both grounds. In doing so, the court required the lower court to make specific factual findings about the "extent to which the indices requested here could be compared against later-requested indices to reveal information protected from disclosure" under either statutory exception. It noted that the application of the medical files or information exemption from public disclosure "involves a privacy issue we have yet to address in the public records context, namely, whether there is a greater privacy interest in a compilation of personal information than in the discrete information that a compilation summarizes." The court concluded that in certain circumstances there is such a greater privacy interest.

The court's analysis contains two points that may have relevance to medical data privacy law. First, the court noted that a comparison of an individual's data at two points in time increases its informational value and thus increases the individual's privacy interest in that data. Second, the court noted that in the public records context, when balancing individuals' interest in privacy against a public interest in disclosure, the public interest ought to be understood as broader than the traditional interest in learning

about government operations. The court's decision thus contains potential grounds for further strengthening both private and public interests in health-related information, which may lead to changes in how those two interests are balanced.

The first point stresses the significant difference between accessing two rather than just one piece of data. The court's discussion of this is worth quoting at length: "protected information could be gleaned through comparison if the Globe or another requester were to obtain in the future an updated version of the same indices requested here. A side-by-side comparison of the same person's data at difference points in time might reveal, for example, the biological parents' names of an individual who has since been adopted, the name of a putative father whose nonpaternity has since been established, and the previous name and sex of an individual who has since completed sex reassignment surgery." While a single datum may not itself be protected health information, placing that data in motion through comparison of data over time may result in information the individual has an interest in protecting. The court thus instructed the lower court to make factual findings "about the extent to which the indices requested here could be compared against later-requested indices to reveal information protected from public disclosure by statute."

**THIS ENHANCED UNDERSTANDING OF THE  
PRIVACY INTEREST IN PERSONAL DATA THAT  
MAY BE ACCESSED REPEATEDLY OVER TIME  
MAY INCREASE THE SCOPE OF PRIVACY  
PROTECTIONS THAT INDIVIDUALS MIGHT  
EXPECT OR DEMAND IN THIS EMERGING ERA  
OF BIG DATA ANALYTICS.**

While the public interest in the results of such data processing is difficult to dispute, especially in the field of public health, the court's decision here may result in a corresponding increase in the private interest in the privacy of data in motion. This balancing of interests is itself evolving over time.

The second point in the court's analysis treats the other side of that balancing by expanding how the law may understand the public interest in disclosing personal information in the context of public records requests. Traditionally, the public interest in disclosure must be weighed against the privacy interest in non-disclosure of such records. That public interest is usually described as the public's right to know about the operations of government, whether that be confirming that public servants are carrying out their duties lawfully and efficiently or uncovering official misconduct. The court in this decision expands this public interest analysis: "public records laws serve an important



purpose in addition to shining sunlight on government operations . . . Information is the bread and butter of democracy, and the government is in a unique position to collect and aggregate information from which the public may benefit . . . To ensure that the public-private balancing test reflects the various uses of which government information may be put, we conclude that where a requester articulates with specificity a public interest, even one unrelated to government operations, 'that non-dispositive factor can add weight to whatever [public] interest exists on that side of the balancing test [reference omitted].'"

In this case, the Globe argued that the public had an interest in identifying individuals in news reports, investigating voter fraud and studying birth and marriage trends. As a result of this decision, public records requesters may be given additional grounds, such as these, on which to seek disclosure of such records containing personal information. Informed by the decision in this case, this re-balancing of the public versus the private interests will no doubt take place through a good deal of public records litigation over the coming years.

Although the Supreme Judicial Court in this decision interpreted public records law, and remanded the matter for specific factual findings as to the existence and significance of privacy interests in public records data compilations, the decision contains food for thought with respect to health care data privacy in general. The idea that an individual has a greater privacy interest where his/her data may be accessed over time may lead to an expanded definition of "protected health information" in such areas as parentage, paternity and gender identity. A re-balancing of public and private interests in public records law may eventually lead to a similar re-balancing in health privacy law. How the lower court in this case, and judges in the future relying on this decision, interpret these issues will be of continuing interest to those concerned with health data privacy.



**VOTED WORCESTER'S BEST MIDDLE EASTERN RESTAURANT**

**El Basha** Middle Eastern & American Cuisine

*Serving Central Mass Quality Food for 25 Years!*

**ELBASHARESTAURANT.COM**

256 PARK AVE., WORCESTER • 508-795-0222  
 424 BELMONT ST., WORCESTER • 508-797-0884  
 2 CONNECTOR RD., WESTBORO • 508-366-2455  
 423 BOSTON POST RD., SUDBURY • 978-579-4970  
 880 WALNUT ST., NEWTON • 617-916-9076

INQUIRE ABOUT OUR BEAUTIFUL FUNCTION SPACE  
 AT THE PARK AVE. LOCATION  
 ACCOMMODATES UP TO 150 PEOPLE

**OPEN MONDAY - SATURDAY**  
 OPEN SUNDAYS ON BELMONT ST.  
 LUNCH 11:30AM - 3PM • DINNER 4:30PM - 10PM



**COMMONWEALTH  
OF MASSACHUSETTS**

**JUSTICE  
OF THE  
PEACE**

**"FOR ALL YOUR  
WEDDING NEEDS"**

**Paul Giorgio**  
**(508) 414-4454**  
 pgiorgio@pagioinc.com

# Physicians Insurance

a subsidiary of

MASSACHUSETTS  
MEDICAL SOCIETY

[www.piam.com](http://www.piam.com)

781.434.7525

[piam@mms.org](mailto:piam@mms.org)

## HEALTH INSURANCE

Whether you're an owner of a solo practice, a practice manager, or a retired clinician, Physicians Insurance offers health plans and options designed to help you in your practice and into retirement.

### Retiree Health Insurance Programs

- Medigap plans, PPO's and HMO's, many include credible drug coverage (Part D)
- Retiree dental with MetLife

### Group Health & Dental

- Health insurance for large group and small practices
- Dental plans for large and small groups
- PPO's, HMO's, high and low deductible plans

### MEDICAL BILLING SOLUTIONS...

### Medical Professionals: How is your REVENUE?



**1)** Are your initial claims being filed within the "timely filing limits"?

**2)** IF claims are in "pending" status and never acted upon... revenue is lost.

**3)** Are appeals being submitted within the "timely filing limits"? Revenue Lost!

*If you have questions about any of the above, then you **CAN INCREASE** your revenue.*

Also available for HIRE - "'On site' Professional Practice Manager" to perform billing functions for large or small practice and/or clinical settings... Per diem or Contracted time-frame to suit your office needs.

Please call Maureen Glodas.

1-800-527-9990

508.795.0009 x116

[moe@chm-inc.com](mailto:moe@chm-inc.com)

**CHM**, Inc.  
Comprehensive Healthcare Management, Inc.



## As I See It: My Life, My Quit.

Tina Grosowski



How many parents and youth realize that youth vaping has become what the U.S. Surgeon General calls an epidemic?

Medical professionals are in a particularly good position to educate their patients regarding healthy behaviors so, the Massachusetts

Medical Society and Massachusetts Department of Public Health created a [3-minute PSA aimed at increasing medical professionals'](#) awareness of and ability to respond to young people addicted to vaping. In addition, the Massachusetts Department of Public Health created a campaign and resources to educate parents and youth serving adults, such as medical providers, about vaping products and the dangers of vaping for youth.

Many young people do not know the facts about vaping. DPH created a second campaign, found at [mass.gov/vaping2](http://mass.gov/vaping2), to provide facts for middle and high school youth about vaping. The campaign compares vapes and cigarettes: both put nicotine and cancer-causing chemicals in their body and both are highly addictive and dangerous for young people. Printed materials for youth including a handout, poster and mirror clings, are available [here3](#) along with useful information for adults.

For youth who are addicted to nicotine and want to quit, you can offer a new program from DPH, *My Life, My Quit*. Teens can reach specially-trained youth quit coaches by texting or calling toll-free at 855-891-9989 or by visiting [mylifemyquit.com4](http://mylifemyquit.com4) for real-time online chat. Youth will connect confidentially with someone who listens, understands their needs and can help them build a plan to become nicotine free.

Additional resources to support young vapers who want to quit are being developed and are coming soon, including resources for school nurses. Visit [GetOutraged.org5](http://GetOutraged.org5) for more information or contact me at **Tina.Grosowsky@umassmed.edu** or **508-856-5067**.

### Links:

1. <https://www.youtube.com/watch?v=osoZirx94w4>
2. <https://www.mass.gov/service-details/vapes-and-cigarettes>
3. <https://massclearinghouse.ehs.state.ma.us/category/vaping.html>
4. <http://mylifemyquit.com/index.html>
5. <http://makesmokinghistory.org/dangers-of-vaping/>

## WORCESTER medicine

Published by the Worcester District Medical Society

**Interested in reaching a target market that includes over 2,500 physicians?**



## ADVERTISE YOUR BUSINESS IN WORCESTER MEDICINE!

Worcester Medicine, available six times per year, is published by Worcester District Medical Society, a professional organization and resource for physicians, medical personnel, and medical students in Central Massachusetts.

*Partner with us and become a recognized presence in the medical community!*

**FOR ADVERTISING INFORMATION,  
CONTACT DAVID SIMONE AT PAGIO INC.**  
88 WINTER STREET, APT. 2D, WORCESTER, MA  
DSIMONE@PAGIOINC.COM



## In Memoriam



Dr. Marvin "Chick" Baum, 98, was born in Patterson, N.J. He was predeceased by his wife, Pennie, and son, Michael. He served with distinction as a naval officer in World War II and attended the University of Alabama. He received his medical degree from New York Medical College. He completed his training in internal medicine in Worcester and established a thriving solo practice based on his medical acumen and compassion. When he was not allowed to expand his office on June Street due to zoning laws, he brought his large practice to the Fallon Clinic where he developed a special interest in geriatrics. He was on the staff of Fairlawn Hospital and Saint Vincent Hospital as well as a member of several medical societies.


Upon his retirement, he continued with community activities and participated in outreach programs such as: serving as a tutor for students at Flagg Street school, becoming a reader for the visually impaired, volunteering at Rachel's Table, and was an active member of Temple Emanuel Sinai. He

especially enjoyed time with his extended family, reading including poetry, music, and socializing with his friends at the Eisenberg Residence.

He leaves behind his two sons Sam and Dr. Alfred Baum, his daughter Faith, and their spouses as well as six grandchildren and one great grandchild, and his longtime companion Naomi. At his funeral, Sam recounted an example of his dry wit: when he was toasted at a family function where he was extolled to live for 120 years, Chick responded that he would not want to live so long since there would be no one left to attend his funeral.

This was not the case at his funeral where the sanctuary was filled with former patients, friends, family, and colleagues gathered to celebrate his productive life.





**Respectfully,  
Herbert M. Dean, MD, FACP**





# TasteWORCESTER.com

Explore Central Massachusetts' Cuisine.

Restaurants • Reviews • Recipes • Openings • Drinks • Specials • News • More...

## THE MOST COMPREHENSIVE DINING WEBSITE IN CENTRAL MA HAS ARRIVED!

For more information and to reserve online advertising space, contact:  
**David Simone • (508) 756-5006 • pgiorgio@pagioinc.com**

# WDMS Gala Press Release



**WDMS Curator**  
**B. Dale Magee, MD**

Worcester's Medical Society traces its origin to 1794 and is now celebrating its 225th anniversary. The times then were turbulent and much was changing. The new nation had adopted a constitution several years earlier, but central Massachusetts had voted against it, feeling that too much power was going to the central government. In addition, repeated lobbying to prevent Boston from becoming the capital of the state (and draining power away from those who lived west of the city) had failed. In 1781, doctors in Boston had formed the Massachusetts Medical Society and gained a charter from the state to be the certifying organization for all doctors in the state, but they had limited membership to only 70 doctors and only one lived west of Boston.

Doctors in Central Massachusetts felt excluded, but they also saw the importance of organizing and so 41 doctors met at the United Arms Hotel on Main Street in Worcester to form this new society.

Medicine had barely changed in centuries before that time and was closer to religion than to science, more about providing comfort than cure. Doctors in the U.S. learned mostly through apprenticeships for several years, but there were no standards. There was only one medical school in the state but in 12 years it had only graduated 10 doctors. Medical school in those days involved lectures on various theories and no patient contact. Medicines were as likely to do harm as good as were treatments such as bleeding purging and blistering.

But this, too, was about to change and those doctors sensed the need to organize to provide education, to certify those who proved their knowledge, and to meet to discuss cases and learn from them. However, when they approached the Commonwealth for a charter to certify doctors (there was no state licensing board until 1890) the Massachusetts Medical Society objected. A decade of lobbying and counter lobbying followed and a compromise reached with Worcester becoming a District of the Massachusetts Medical Society, and Worcester would oversee membership west of Framingham.

Perhaps the most important function of the Society was to provide a library to enable physicians to read the newest textbooks. This began with a gift of 50 books from the Mass. Med. Society and expanded greatly with a donation from local attorney Daniel Waldo. In 1859, Dr. John Green helped establish the Worcester Public Library and the medical library took up residence on its top floor. A reading list was established for candidates for membership and candidates were examined by "censors" appointed by the Society.

The nineteenth and twentieth centuries saw magnificent progress in medical practice as science came to replace the unproven and sometimes harmful traditions. Advances in germ theory, hygiene, anesthesia, surgery and general medicine advanced both the health and longevity of the public. Throughout this time, members of the Worcester District worked hard to learn the newest advances and move them to practice to help the Worcester community.

Public Health was never far from the heart of the Worcester District. In the early 1900's the district established a "clean milk" initiative at a time when pasteurization was not universally practiced. In the 1950's it collaborated with the U.S. Public Health Service to perform over 150,000 chest x-rays to screen for lung and heart disease. During the 1960's the district offered polio immunizations to tens of thousands of citizens. A charge of \$0.25 per dose led to an unanticipated residual of \$14,000 which was used to start the District's scholarship program for medical students. A program of measles immunization in the mid 1960's, in collaboration with the Mass. Med. Society, led to a 97.6% reduction in reported measles cases in two years. In the late 1960's pediatrician A. Jane Fitzpatrick alerted the community to the threat of opioid addiction and an editorial in the Worcester Medical News warned that doctors needed to be aware that the prescriptions that they were writing for opioids could lead to addiction. Today, members collaborate with other organizations to provide health screenings in barbershops.

## **TODAY, THE SOCIETY PROVIDES A FORUM FOR DISCUSSION AND LEARNING REGARDING THE CHANGES THAT ARE OCCURRING IN OUR HEALTH SYSTEM.**

It represents the values and ideals of physicians to hospitals, insurers and the government. The values that brought us together in 1794 remain: that medicine is a profession that is enriched when its members gather together to do more as a group, to better themselves as professionals, to hold true to our ideals, and to better the practice of medicine.

What was once an organization of a few dozen male physicians that met a few times per year is now an organization of just under 2,500 members whose makeup reflects the diversity of our community. We have 19 committees, hold regular educational sessions, publish the Worcester Medicine journal, produce the Health Matters TV show, and our scholarship fund has awarded hundreds of scholarships to medical students. The next 225 years will bring change that we cannot even imagine today but the caring relationships between patients and doctors will never be out of date.

**B. Dale Magee, MD**  
**Curator, Worcester District Medical Society**

# UMASS MEMORIAL ORTHOPEDICS AT WESTBOROUGH IS GROWING



Our newly expanded patient care location treats adults and children in a convenient, easily accessible location. Your patients will benefit from the latest in advanced technology and on-site digital X-ray capabilities, as well as free parking and convenient hours.

**154 East Main Street (Route 30), Westborough, MA**

*Right off Route 9 and close to routes 495 and 20*

**Physicians specialize in the treatment of:**

- Arthritis and Joint Pain
- Foot and Ankle
- Hand and Upper Extremity
- Orthopedic Injuries/Fractures
- Pediatric Orthopedics
- Physical Medicine and Rehabilitation (Physiatrist)
- Podiatry
- Shoulder/Elbow
- Spine Care
- Sports Medicine
- Total Joint Replacement

**Appointments – 855-UMASS-MD (855-862-7763)  
or visit [www.umassmemorial.org/westboroughortho](http://www.umassmemorial.org/westboroughortho)**

***Now Offering Walk-in Access for Physician Referrals***

Monday through Thursday, 8 am to 4 pm | Friday, 8 am to noon

**Call our referral line at 508-793-6466.**



**UMassMemorial  
Medical Center**




Worcester District Medical Society

# Calendar of Events

2019

2020

<p><b>September 13</b> Friday 7:30 a.m. Beechwood Hotel</p>	<p><b>28TH ANNUAL WOMEN IN MEDICINE BREAKFAST</b> Speaker: Marcia Lagerwey, senior curator of Education, Worcester Art Museum Title: A Medical Journey: Pregnancy and Birth in the Art of Otto Dix Co-Sponsored by Physicians Insurance</p>	<p><b>February 13</b> Thursday 5:30 p.m. Beechwood Hotel</p>	<p><b>224TH ANNUAL ORATION</b> Orator: Sanjiv Chopra, MD, MACP, professor of Medicine, Harvard Medical School, and former dean for Continuing Medical Education, Harvard Medical School Title: Dharma, Health, and Happiness</p>
<p><b>September 27</b> Friday 5:30 p.m. Mechanics Hall</p>	<p><b>WDMS 225TH ANNIVERSARY GALA</b> Celebrating our Society with a display of historic artifacts, music, dancing, and other surprises. Tickets MUST be purchased in advance.</p> <p>For more information and to register</p> 	<p><b>February 28</b> Friday 7:00 p.m. Pre-concert Reception; 8:00 p.m. Program; Mechanics Hall</p>	<p><b>CHANTICLEER</b> Founded in San Francisco in 1978, Chanticleer is known around the world as "an orchestra of voices" for the seamless blend of its 12 male voices ranging from countertenor to bass and its original interpretations of vocal literature, from Renaissance to jazz, and from gospel to venturesome new music.</p>
<p><b>October 23</b> Wednesday 6:30 p.m. Leo's Ristorante Worcester</p>	<p><b>MMS NETWORKING EVENT AT LEO'S RISTORANTE, WORCESTER</b> This is a professional networking event with complimentary hors d'oeuvres, drinks, and good fun! Physician members and non-members are invited and welcome to bring a guest.</p>	<p><b>March 30</b></p>	<p><b>DOCTOR'S DAY</b> March 30 is National Doctor's Day when patients, friends, family, and colleagues honor physicians and express their gratitude for physicians' continuing commitment to patients and exceptional medical care. <i>The event to be announced and will be sponsored by the MMSA.</i></p>
<p><b>October 24</b> Thursday 5:30 p.m. Beechwood Hotel</p>	<p><b>14TH ANNUAL LOUIS A. COTTLE MEDICAL EDUCATION CONFERENCE</b> Speaker: Larry Garber, MD, medical director for Informatics, Reliant Medical Group Title: Using the Power of Your Electronic Health Record to Energize Your Practice, Instead of Causing Burnout A generous bequest from the Louis A. Cottle Trust was received allowing WDMS to establish an annual lecture series in memory of Dr. Cottle, a dedicated Worcester physician.</p>	<p><b>April 15</b> Wednesday 5:30 p.m. Beechwood Hotel</p>	<p><b>ANNUAL BUSINESS MEETING</b> Meeting includes presentation of the 2020 Community Clinician of the Year Award.</p>
<p><b>November 21</b> Thursday 5:30 p.m. Beechwood Hotel</p>	<p><b>FALL DISTRICT MEETING AND AWARDS CEREMONY</b> The dinner meeting includes the Dr. A. Jane Fitzpatrick Community Service Award, the WDMS Career Achievement Award, and Medical Student Scholarship Award Presentations.</p>	<p><b>April–May 30 &amp; 2</b> Thursday and Saturday 9:00 a.m. Seaport Hotel and World Trade Center, Boston, MA</p>	<p><b>2020 MMS ANNUAL MEETING AND HOUSE OF DELEGATES</b> All WDMS members are invited to attend as a guest and may submit a resolution to the MMS.</p>
<p><b>December 6 &amp; 7</b> Friday and Saturday 9:00 a.m. MMS Headquarters and the Westin Hotel, Waltham, MA</p>	<p><b>2019 INTERIM MEETING AND MEETING OF THE MMS HOUSE OF DELEGATES</b> All WDMS members are invited to attend as guests and may submit a resolution to the Massachusetts Medical Society (MMS).</p>	<p><b>May 13</b> Wednesday 5:30 p.m. Beechwood Hotel</p>	<p><b>WOMEN IN MEDICINE LEADERSHIP FORUM</b> Speaker: TBD Co-sponsored by Physicians Insurance.</p>
<p><b>December 19</b> Thursday 5:30 p.m. Washburn Hall, Mechanics Hall</p>	<p><b>HOLIDAY RECEPTION AND A NIGHT AT THE MOVIES</b> Join us for a holiday buffet and movie with a group discussion to follow.</p>	<p><b>May</b> Thursday 5:30 p.m. University of Massachusetts Medical School</p>	<p><b>MEET THE AUTHOR SERIES</b> Date, Author, and Title: TBD Co-sponsored by the Humanities in Medicine Committee of the Lamar Soutter Library.</p>



For more information about our Society, please visit [www.wdms.org](http://www.wdms.org).

# Michael Hirsh appointed Asst. Vice Provost for Wellness and Health Promotion



UMass Medical School  
Communications

Michael P. Hirsh, MD, Professor of Surgery, Chief of the Division of Pediatric Surgery and Surgeon-in-Chief for the UMass Memorial Children's Medical Center,

has been appointed to a newly created position of Assistant Vice

Provost for Wellness and Health Promotion,

according to Terence R. Flotte, MD, the Celia and Isaac Haidak Professor of Medical Education, Executive Deputy Chancellor, Provost and Dean of the School of Medicine, and Sonia Chimienti, MD, Vice Provost of Student Affairs and Enrollment Management. As Assistant Vice Provost, Dr. Hirsh will report to Dr. Chimienti and work closely across the academic enterprise as a member of the Office of Student Life, as of Oct. 1.

***"WE AND OUR LEARNERS WILL BENEFIT GREATLY FROM DR. HIRSH'S EXPERTISE, COMPASSION AND TRACK RECORD OF LEADERSHIP IN MANY REALMS, INCLUDING AS AN OUTSTANDING CLINICIAN, ADVOCATE, MENTOR, COMMUNITY PARTNER, ROLE MODEL AND COLLEAGUE"*** -Dr. Flotte and Chimienti

"We and our learners will benefit greatly from Dr. Hirsh's expertise, compassion and track record of leadership in many realms, including as an outstanding clinician, advocate, mentor, community partner, role model and colleague," said Dr. Flotte and Chimienti, in announcing the new role. "The health and well-being of our students is a high priority, and UMMS has long worked to ensure that our learners benefit from a supportive, respectful and inclusive learning environment, with access to a wide variety of health and support services. As you know, caregiver burnout and resilience are critical issues being addressed by many health systems and we endeavor to equip our graduates in all three schools with the tools they will need to lead successful, fulfilling careers."

Dr. Hirsh will continue to have a role in the Division of Pediatric Surgery, which he has led for the past 19 years, and he will maintain his positions in pediatric trauma and critical care, and as Co-Director of the Injury Free Coalition for Kids. Soon, Demetrius Litwin, MD, Chair of the Department of Surgery, will share his choice for the next Chief of the Division of Pediatric Surgery.

The scope of the Assistant Vice Provost's role includes serving as chair of a newly created Committee on Student Well-Being. This committee will include student and faculty representation from each school, along with representatives from the student body and the Office of Student Life. Its mission will be to work collaboratively to create and support extracurricular programs and events that foster a sense of community and learner well-being at UMMS. The Assistant Vice Provost will lead planning of an annual "wellness week" each Fall and will serve as a liaison to the clinical system's new wellness officer and graduate medical education wellness initiatives.

Hirsh said he is "humbled and grateful for the opportunity to lead a major effort to keep our wonderful learners in all three schools moving forward feeling supported, interconnected and fulfilled."



**acclaim**  
Home Health Care Inc.  
*working to keep you in your home.*

- HIGHLY TRAINED PROFESSIONALS
- NO DELAYS IN SN, PT, OT, ST, SW, OR HHA
- MULTILINGUAL CLINICAL STAFF
- CLOSE WORKING RELATIONSHIP WITH PHYSICIANS
- SKILLED NURSING

Insurances include Medicare, MassHealth, Fallon, Summit, ElderPlan, Evercare and Network Health.  
Towns include Auburn, Berlin, Boylston, Brookfield, Clinton, Charlton, Dudley, East Brookfield, Grafton, Holden, Leicester, Millbury, Marlborough, Northborough, Northbridge, Oxford, Paxton, Rutland, Shrewsbury, Spencer, Sutton, Webster, West Boylston, Westborough and Worcester.

120 STAFFORD STREET  
SUITE 206  
WORCESTER, MA 01603  
(508) 459-6937  
ACCLAIMWORCESTER.COM







***COME GET YOUR  
TUSK ON***



**WATCH FOR OUR NEW SEASONAL MENU**

**OPEN DAILY 11:30AM**



**RHINO CHARGE  
GIFT CARDS  
ALWAYS AVAILABLE**



**LET US CATER YOUR  
NEXT PRIVATE OR  
CORPORATE EVENT**

**278 SHREWSBURY STREET  
WORCESTER, MA  
(508) 757-1450  
FLYINGRHINOCAFE.COM**





## Meze Estiatorio: *An Awakening*

Bernie Whitmore

Meze Estiatorio  
166 Shrewsbury Street, Worcester  
(508) 556-4242

My first encounter with Greek cuisine came as a series of epiphanies. Mundane fruits and vegetables exploded with fresh juicy flavor. Ranging from simple salads to highly refined traditional entrees and desserts, each meal was an awakening to what food can and should be. The blazing Greek sunlight might grow tastier herbs and vegetables, but the Greeks themselves skillfully blend them to make delicious meals they can take pride in.

And that was just the bounty of the land; seafood from the surrounding Aegean multiplies the range of Greek cuisine.

That, in short, discloses my bias toward Greek food and why I'm eager to find restaurants that serve it; especially those that follow the tradition of honest flavor, freshness and simplicity. Please! No hiding behind canned and frozen shortcuts.

I think we've found those qualities in Meze Estiatorio. For example, let's begin with the snack your server greets you with; a plate ringed with large slices of rustic bread, grilled and drizzled with olive oil, surrounding a mix of green and black olives. Hospitable and tasty – the mood is set.

In prior visits to Meze, with larger groups, we've ordered the Greek Charcuterie board; a wide sampling of meats, cheeses, fruit and nuts. But this evening happened to occur in Worcester's Restaurant Week, so my companion ordered one of the 3-course specials that started with Pantzaria, a salad of blanched beets heaped with sugared walnut pieces, crumbles of feta cheese and red onion. The ruby-red beets had marinated in balsamic vinegar to attain an extra dimension of deep fruit flavor and, better yet, the portion was more than enough for sharing so, fork in hand, I dug in.

Happily, Meze's kitchen didn't use canned beets like we've experienced at several area restaurants recently. These beets were cut by hand in uneven chunks, firm and delicately flavorful. If you're going to put out a beet salad, take some time and do it right!

The Meze Plate allows the you to mix-and-match from five

different Greek specialty dips, so everyone at the table is able to select their favorite – or, better yet, sample something new. I decided to try their Fava dip, smashed split peas and garlic drizzled with olive oil and served with triangles of grilled pita bread dusted with herbs. This was garlic they way I prefer it: spicy-hot and assertive. It would match up nice with clean and refreshing Tzatziki.

From there, my companion moved on to his entrée of Grilled Swordfish, a 6-ounce steak grilled and served with a lemon caper sauce and long wedges of buttery lemon potatoes. The swordfish was fresh and perfectly grilled; its fragile flavor was offset by a tangle of deep-forest green sautéed 'horta' – a Greek term for bitter greens. I speculated dandelion, but a server informed us that it was actually chicory sautéed till soft and then tossed on ice before the stems could evanesce.

After several dinners at Meze, I freely admit that I've settled into a prosaic habit with my entrée selection. But it's a happy one, for where else do you encounter Oktapodi on a menu? Meze's chefs brine and smoke octopus tentacles for 48 hours then grill and serve them over chopped red onions and balsamic vinegar reduction. They may look like something from a 50's-era sci-fi movie, but the flavor and tender texture remind me of the delightful experience of my first serving of calamari. Meze's grilling and dusting of herbs add texture and develop a richness of flavor that I find addictive.

I paired my food courses with Lunch, an American IPA brewed by the Maine Beer Company. It's mid-level alcohol and piney-sweet bitter tones highlighted rather than dominated.

The Restaurant Week menu included dessert and my friend's choice was Meze's Galaktoboureko, a Greek specialty composed of a thick layer of creamy semolina custard wrapped within layers of paper-thin crispy filo and drenched with a sticky-sweet syrup. Happily, the portion size was plenty large enough for sharing and arrived with two spoons. Our server informed us that we'd received the last portion; if they'll allow it, I recommend you ask them to set one aside for your table – galaktoboureko should not be missed!

Out of curiosity I wondered what an Estiatorio is and looked it up: "A Greek restaurant, especially one that is more upmarket and elaborate than a taverna". Meze Estiatorio is certainly sophisticated and, more importantly, keeps alive the tradition of Greek dining.

MUSIC WORCESTER THANKS ITS  
SUPPORTERS FOR BRINGING THE  
**HISTORIC 160TH MUSIC FESTIVAL**  
**AND 2018-2019 CONCERT SEASON**  
TO WORCESTER!



STAY TUNED FOR THE **2019-2020**  
SEASON ANNOUNCEMENT  
COMING SOON TO  
**MUSICWORCESTER.ORG**



**FOOD  
DRINKS  
LIVE MUSIC  
& MORE**

**FALL EDITION**

**GET YOUR  
STICKERS  
\$25**



**SUNDAY, OCTOBER 13<sup>TH</sup>, 2019 2-6PM**

**BUY STICKERS HERE- ONLY \$25!  
TASTESHREWSBURYSTREET.COM**

THE CELEBRATED EATERIES OF WORCESTER'S "RESTAURANT ROW"  
INVITE YOU TO EXPERIENCE A TASTING OF WORCESTER'S FINEST FOOD!  
ENJOY SAMPLES FROM OVER 40 DIVERSE SHREWSBURY STREET RESTAURANTS,  
PLUS LIVE MUSIC, BLOCK PARTIES, VENDORS, AND MORE!



*Tito's*



*Handmade  
VODKA*



**CANTIANI**  
INSURANCE AGENCY

**HARPOON**

**Corona  
PREMIER**

**Coors  
LIGHT**



**PULSE**

PRESENTED BY THE NON-PROFIT SHREWSBURY STREET AREA MERCHANTS ASSOCIATION (SSAMA). ALL PROCEEDS GO TO THE BEAUTIFICATION OF SHREWSBURY STREET AND LOCAL CHILDREN'S CHARITIES.