



Sturdy Memorial Hospital
2019 Annual Report

President's Message

At Sturdy Memorial Hospital, we have the honor of being a part of people's lives, often intimately. We take that privilege seriously and recognize that they are not only trusting us, but choosing us for their care. This is the driving force behind our commitment to provide them with amazing medicine, surprisingly close.



JOSEPH FX CASEY
President & CEO



CLINICAL AND PROGRAMMATIC HIGHLIGHTS

In response to the opioid crisis, we partnered with Column Health to bring comprehensive substance use disorder treatment to our community. The program, **Column Health | Sturdy Memorial**, opened its doors in April 2019 and provides treatment for substance use disorders through a combination of individual and group therapy, as well as medication assisted treatment. To date, more than 500 area residents have received care through this program. In addition, we now provide a Patient Navigator in our Emergency Department (ED) to assist patients, presenting in the ED with an overdose, in obtaining access to this highly regarded program.

Our oncology program continues to provide exceptional cancer care to our patients, right here in Attleboro. Since 2017, we have experienced a 31 percent increase in the number of patients diagnosed and treated at Sturdy and continue to maintain high rates of retention. In 2019, more than 80 percent of patients diagnosed with cancer at Sturdy chose to stay here for their care. As a community provider, we are dedicated to bringing advancements and additional services to provide our patients with treatment options that go beyond the traditional standard of care.

This year, we focused on developing a cardio-oncology program and further establishing our comprehensive breast health program, you can read more about these initiatives on page 6 and 7.

In addition to the increase in volume for our oncology program, we experienced an increase in our hospital inpatient admissions, including observation patients, for the fifth year in a row. Likewise, our outpatient surgical volume has increased 31 percent over the past five years.

And while we saw our patient numbers grow, we also saw our patient satisfaction increase. Our inpatient Press Ganey scores were the highest they have been in 10 years. We finished in the 79th percentile, which means we performed better than 79 percent of hospitals in our peer group of 588. Our success was aided by our leadership rounding program launched during the fiscal year which focused on measures of communication with nurses, responsiveness of staff on the nursing floors, quietness, and communication about medication.

Our Emergency Department, formerly known as the Emergency Care Center, remains a constant hub of activity with nearly 50,000 patient visits during the course of fiscal 2019. The team continues to look at ways to improve the patient experience and once again exceeded their benchmark by achieving a ranking in the 93rd percentile.

ENSURING QUALITY, SAFETY, ADVANCED TECHNOLOGY AND ACCESS TO CARE

As always, quality of care and patient safety were a focus this year. We received our ISO 9001 certification from our accrediting body, DNV-GL, which speaks to our diligent quality management efforts hospital wide. Additional quality recognition from national and state awards throughout the year can be found on page 15.

I am pleased to share that this year, through hospital-wide efforts, we reduced our readmission rates, lowered our rates of hospital acquired infections, and decreased the average length of stay in the Hospital.

A goal for the Hospital and the Sturdy Memorial Associates Practices was to improve access to preventative health care for our community. We made great headway in achieving this. In 2019 we hired three primary care physicians, Dr. Cailin McDeed, Dr. Benjamin Vaughan, and Dr. Pierre Caron; a surgeon, Dr. Colette Whitby; a gastroenterologist, Dr. Julio Ayala; and two dermatologists, Drs. Steven and Randy Ugent. Looking forward to 2020, we have already hired two primary care physicians, bringing us to a total of five new primary care physicians for our community. In addition, we will be welcoming two new obstetricians to our OBGYN practices and two new critical care pulmonologists who will bring expert care to our growing COPD population.

COMMUNITY INVOLVEMENT

As a community hospital, we are committed to being active in the cities and towns where we provide service, not only in relation to health and wellness initiatives, but through engagement in numerous family-related events, which is why we participate and sponsor over 25 community events each year. It's important that the community views us as both a neighbor, and a partner in their health and wellness. For more information about our community benefits program, please turn to page 8.

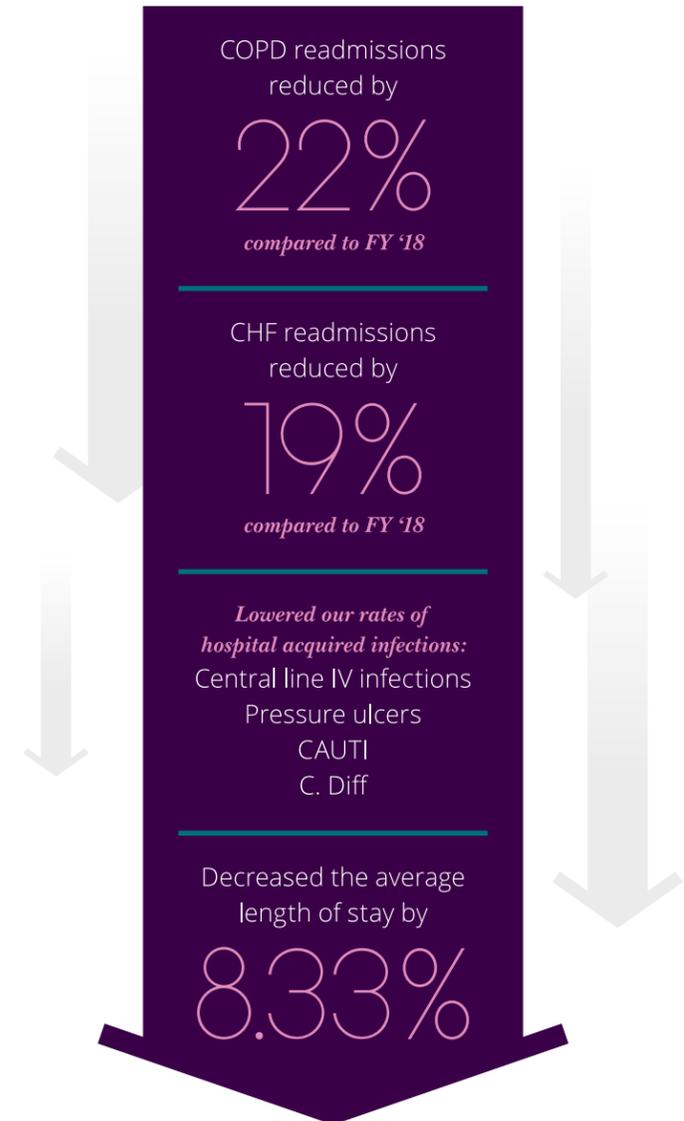
FINANCIAL PERFORMANCE

At the close of fiscal year 2019, Sturdy Memorial Hospital remained fiscally sound marking our 34th consecutive year in the black. The Hospital's bottom line attributable to current year operations for FY 2019 was \$3,736,969. This is after adjustments were made to account for changes in rules related to pension expense. Operating expenses for the year totaled \$198,127,796, which included \$6.5 million in uncompensated care for services provided to those who could not or would not pay.

LOOKING FORWARD

As a community hospital, we believe that health care is best delivered locally. Our ability to provide care to our patients and their families would not be possible without the dedication of our outstanding employees, exceptional physicians and providers, and our wonderful and committed volunteers, Foundation members and Board members. Together we are a strong team and I could not be more proud of all that we have accomplished.

QUALITY & SAFETY IMPROVEMENTS



STURDY MEMORIAL FOUNDATION, INC. BOARD OF DIRECTORS

OFFICERS

Ralph Schlenker
President

Robert Thresher
Vice President & Chair of the Board

Marco Arismendi
Treasurer

Colleen McGahan, Esq.
Clerk

BOARD MEMBERS

Marco Arismendi
Joseph Casey
Patricia Cochrane
Mark Cooper
Dwayne DeMond
Richard DiGiacomo
Ted Dion
Steven Frank, DO
Laura Gignac
Mayor Paul Heroux
Brian Kelly, MD
Dennis Kelly
John Korona
Colleen McGahan, Esq.
Thomas Noel, Esq.
Ralph Schlenker
Jean Siddall-Bensson, MD
Richard Smith, MD
Robert Thresher

STURDY MEMORIAL ASSOCIATES, INC. MANAGEMENT

Joseph Casey
President & Chief Executive Officer

Carolyn Ross
Vice President for Human Resources

Amy Pfeffer
Treasurer & Chief Financial Officer

Steven Frank, DO
Medical Director

William Florentino
Chief Marketing & Development Officer

Michael Delmonico*
Chief Operating Officer

STURDY MEMORIAL ASSOCIATES, INC. BOARD OF DIRECTORS

OFFICERS

Richard Smith, MD
President

Amy Pfeffer
Treasurer

Joseph Casey*
Clerk

BOARD MEMBERS

Steven Bensson, MD
Joseph Casey*
Brian Kelly, MD
Sharon Mullane, MD
Ralph Schlenker
Richard Smith, MD
Robert Thresher

STURDY MEMORIAL HOSPITAL SENIOR MANAGEMENT

Joseph Casey
President & Chief Executive Officer

Brian Kelly, MD
Vice President for Medical Affairs, Medical Director, & Chief Quality Officer

Carolyn Ross
Vice President for Human Resources

Amy Pfeffer
Treasurer & Chief Financial Officer

William Florentino
Chief Marketing and Development Officer

Brian Patel, MD
Chief of Emergency Services & Associate Chief Quality Officer

Robin Morris
Vice President Clinical Operations & Corporate Integrity Officer

David Spoor, BSN, MHA, RN
Vice President for Patient Care Services & Chief Nursing Officer

Michael Delmonico*
Chief Operating Officer for Sturdy Memorial Associates

STURDY MEMORIAL HOSPITAL BOARD OF MANAGERS

OFFICERS

Robert Thresher
Chair of the Board

Amy Pfeffer
Treasurer

Colleen McGahan, Esq.
Clerk

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Colleen McGahan, Esq.
Thomas Noel, Esq.
Ralph Schlenker
Jean Siddall-Bensson, MD
Richard Smith, MD
Robert Thresher

STURDY MEMORIAL HOSPITAL MEDICAL STAFF (2019)

EXECUTIVE COMMITTEE

Richard Smith, MD
President & Chair

Ronald Van Ness-Otunnu, MD
Vice President

Jean Siddall-Bensson, MD
Immediate Past President

Sharon Mullane, MD
Secretary/Treasurer

Brian Kelly, MD
Medical Director

Brian Patel, MD
Ambulatory Care

Amer Tabba, MD
Anesthesiology

Manuel Paz, MD
Hospitalist Group

Gregory Soares, MD
Imaging

Sharon Mullane, MD
Family Practice

Jean Siddall-Bensson, MD
Internal Medicine

Lawrence Greb, MD
Obstetrics/Gynecology

James Snead, MD
Orthopedics

Richard Smith, MD
Pathology

Jennifer Thomson, MD
Pediatrics

Thomas Roodhouse, MD
Surgery

M. Justin Loew, MD
At-Large Member

Elizabeth Gebhard, DO
At-Large Member

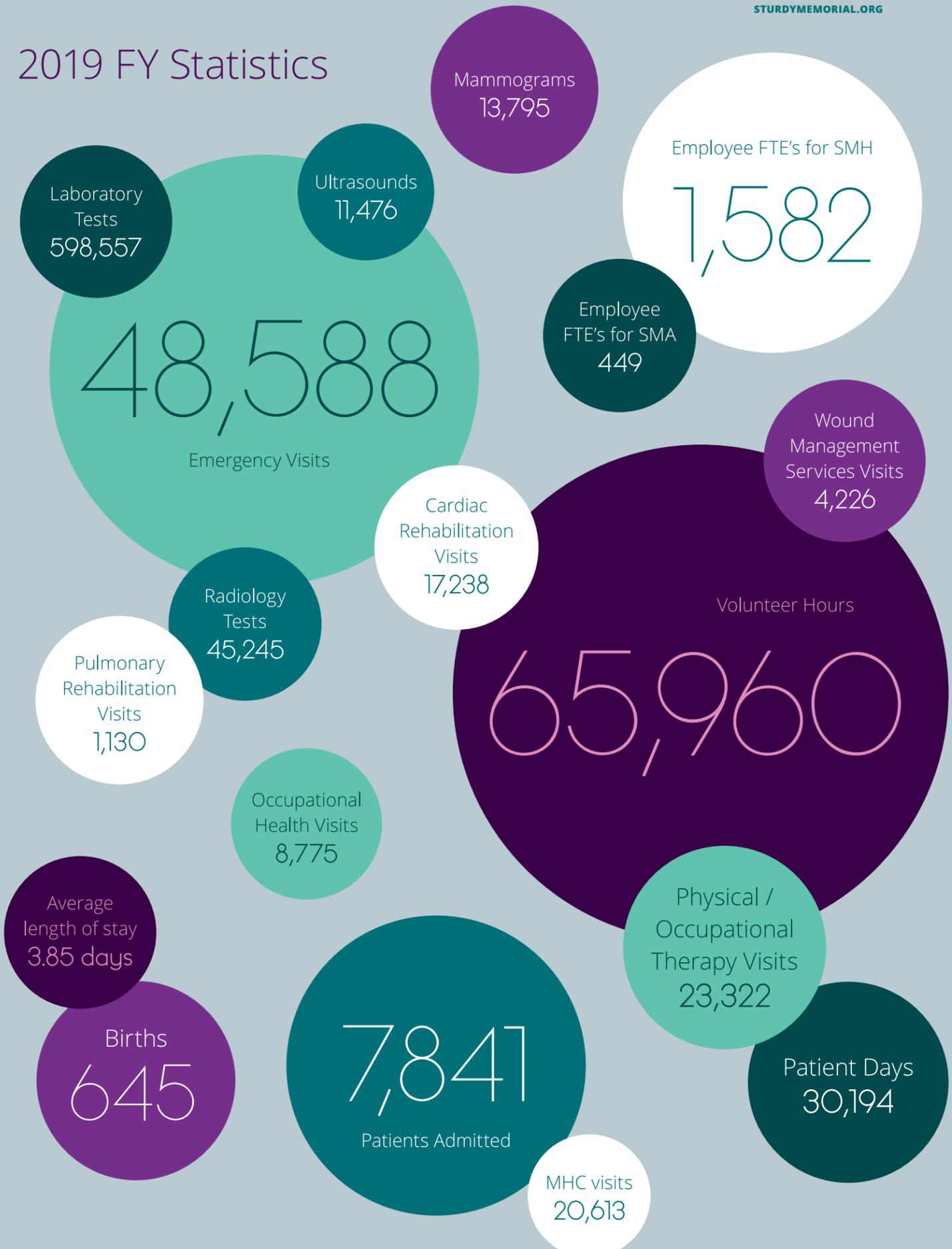
Nithin Karanth, MD
At-Large Member

Joseph Casey
Chief Executive Officer (Ex Officio)

David Spoor, BSN, MHA, RN
Chief Nursing Officer

Glenn Tucker, MD
Chief Medical Informatics Officer

2019 FY Statistics



*Pamela Miale served in this capacity from January 2019 – June 2019

Sturdy Focus: Breast Health

The Sturdy Memorial Breast Health Program was introduced earlier this year as part of the ongoing commitment we have made to provide access to extraordinary medical care right here in our own community.

It is estimated that there will be 6,690 women and 780 men diagnosed with breast cancer in Massachusetts in 2020. Aside from some skin cancers, breast cancer is the most common cancer in all women. The good news is that the death rates related to a breast cancer diagnosis are decreasing. These decreases are being attributed to early detection through screening, greater awareness of the disease, and improved treatment options.

Sturdy is proud to contribute to the trend in improved breast cancer outcomes by offering patients personalized and compassionate care through its comprehensive Breast Health Program. For many patients, their primary interaction with this program will be for breast imaging as part of prevention and early detection. “Breast self-awareness and an annual screening mammogram are the best defenses against breast cancer,” shares Asma Latif, MD. “As an oncologist, it is my recommendation that women of average risk consider beginning their screening mammograms at 40 years of age. Women with increased risk factors may require earlier imaging or additional screening tests beyond mammograms.”



“Patients leave the office more confident in the care they are receiving and better prepared to face cancer head on”

COLETTE WHITBY, MD, FACS
Board Certified Surgeon at
Attleboro Surgical Group



“Breast self-awareness and an annual screening mammogram are the best defenses against breast cancer”

ASMA LATIF, MD
Board Certified Oncologist and Hematologist at
Sturdy Hematology and Oncology Associates

When it comes time for a mammogram, all patients are offered 3D mammography, the latest in breast imaging technology. Using multiple layers of imaging, this technology can help identify breast cancers at a smaller size than traditional mammograms. Our suite of services includes screening ultrasounds as well as access to breast MRI. Recommendations for these services are based on risk as well as results of a mammogram.

“Many women fear a mammogram for the discomfort and the potential of being told something was found,” shares Jill Saunders, MD. “Our technicians are committed to making patients as comfortable as possible. If you are called back, please know it does not mean you have breast cancer. Oftentimes, it means that we want you to undergo additional imaging to look more closely at an area of concern.”

If a concern is found on imaging, patients are offered prompt follow-up including additional diagnostic imaging and a meeting with one of our board certified radiologists who review the results and discuss next steps. For some patients, this may include a biopsy. We understand that undergoing these procedures and awaiting results is a stressful experience, therefore, we work to secure all appointments in a timely manner. This includes an appointment with one of our surgeons to discuss the abnormal findings, what is involved in the biopsy procedure, as well as what the next steps may entail. “We find that this initial consultation between the patient and the surgeon allays some fear and allows for open and honest discussion,” shares Colette Whitby, MD. “Patients leave the office more confident in the care they are receiving and better prepared to face cancer head on, should they be diagnosed.”

While many women who require breast biopsies are ultimately not diagnosed with cancer, we recognize the emotional upheaval this can cause. This is why we encourage that all women who are recommended to undergo a biopsy speak with our dedicated nurse navigator who can provide strength and support during a very difficult time.

Patients diagnosed with breast cancer can expect to receive highly-coordinated and multidisciplinary care from our medical experts. Our robust breast cancer tumor board, attended by physicians across the spectrum of breast cancer care, ensures that our patients receive strong, evidence-based recommendations for their next steps. All treatment options are of the highest standard of care and may include surgical removal of the cancer, chemotherapy, hormone therapy, immunotherapy, and radiation therapy depending on the type and stage of the cancer. Our team of surgeons, oncologists, radiation-oncologists, and nurses are committed to our patients and their families, and work closely together to ensure a clear and highly personalized plan of care for every patient at Sturdy.

Cardio-oncology

As part of this commitment to providing high quality cancer care, we are proud to have launched the Sturdy Memorial Cardio-Oncology Program. Cardio-Oncology is an emerging field which embraces a multi-disciplinary approach to care for cancer patients who are at risk for developing cardiovascular disease due to their treatments.

“Our goal is to provide early evaluation and management for these patients and offer them optimal medical therapies and monitoring as they receive treatments which have potential for causing heart disease,” explains Umar Shakur, DO, cardiologist. “We work closely with our oncologists towards a common goal of changing the trajectory of potential cardiac complications in order to improve overall health and future quality of life.”

With the development of this program, we are thrilled to offer our patients access to a specialty of care which has traditionally only been available in large, tertiary-care centers.



“Our technicians are committed to making patients as comfortable as possible”

JILL SAUNDERS, MD
Board Certified Radiologist at
Sturdy Memorial Hospital

Our patients also have access to complementary care services to support them, not only physically, but emotionally. With services including lymphedema prevention and management, nutrition counseling, rehabilitation, genetic testing, and wellness-based programs, our program emphasizes the importance of a fully integrated approach to treating the whole person in addition to their cancer diagnosis.

“As a community hospital, we are committed to fostering healthy lives beyond cancer by providing treatment that goes above and beyond the standard of care and the care expected at a community hospital,” shares Latif. A common misconception is that in order to receive the best care, one must travel into the larger cities, but that travel may add to the burden of the diagnosis. “Our patients have access to the same quality of care and many of the treatment options that are available at larger institutions, right here in their community,” adds Kenneth Bishop, MD, PhD. “There’s minimal travel, they are given the time and compassion they need, and they are treated as a whole person, not just a patient. What truly sets us apart is the ability for us to connect to our patients and build relationships with them during one of the most challenging times in their lives.”



“What truly sets us apart is the ability for us to connect to our patients and build relationships with them”

KENNETH BISHOP, MD, PHD
Board Certified Oncologist and Hematologist at
Sturdy Hematology and Oncology Associates



“Our goal is to provide early evaluation and management for our patients and offer them optimal medical therapies”

UMAR SHAKUR, DO
Board Certified Cardiologist at
Sturdy Cardiology Associates

Community Benefits

Sturdy Memorial's employees, medical staff and volunteers are involved in a wide variety of activities that benefit our neighbors. Following are some of the many programs we participated in during Fiscal Year 2019.

AARP Driver Safety Program
 Adult & Infant CPR
 Advanced & Basic Cardiac Life Support
 American Cancer Society Relays for Life
 American Heart Association Go Red Day
 Attleboro Farmers Market
 Attleboro Halloween Party for Children
 Attleboro High School Senior Class Project
 Attleboro Summer Concert
 Babysitter Training
 Blood Drives
 Blue Plate Dinner Specials
 Breast Cancer Support Group
 Breastfeeding Classes & Support
 Breathing Club
 Bristol County DA's Office – Teen Summit
 Cancer Care Coordination Services
 Cancer Information Line
 Cancer Professional Education Program
 Cancer Screenings
 Cancer Support Group
 Cancer Survivors' Day
 Cardiac Rehab Educational Lectures
 Childbirth Education Programs
 Community VNA Spring Break
 Diabetes Education & Support
 EMS Education/Medical Oversight
 Emergency Preparedness Awareness
 Early Childhood of Attleboro Family Fun Fair
 EMS North Conference
 Financial Assistance Counseling
 Foot Screenings
 Future Nurses' Day
 Gloria Gemma Hope Bus
 Health Agent Educational Meetings
 Health Care Proxy/MOLST Form Informational Sessions
 Health Screenings
 Health and Wellness Fair at Arbour-Fuller Hospital
 Healthy Cooking Demonstrations
 Heart Health Fair
 Healthy Steps Dance Program for Cancer Patients
 Infant Massage
 Lactation Consultations
 LiveStrong Program with YMCAs
 Look Good, Feel Better
 Lung Cancer Risk Assessments
 Lymphedema Support Group

Mammograms in the Moonlight
 Mansfield Arts in the Park
 Mansfield Movies with the Stars
 Mansfield Halloween Parade
 Mansfield Summer Concert
 Medical Profile Cards
 Multiple Sclerosis Support Group
 Multiple Sclerosis Society Walk
 Multiple Sclerosis Fair
 New Moms Group
 Norton Medical Center / Wheaton College Open House
 Nutrition Education & Outreach
 Oral, Head, and Neck Cancer Screenings
 Ostomy Support Group
 Palliative Care Education
 Pastoral Care Program
 Perinatal Bereavement Services
 Physician Referral Line
 Poison Control & Prevention Kits
 Pregnancy & Infant Loss Support Group
 Project Connect – Family Fun Fair
 Prostate Cancer Support Group
 Reach Out and Read (ROAR)
 Rehoboth Youth Soccer Opening Day
 Safe Use of Medications Lectures
 School to Career Credit for Life Fair
 Seekonk Summer Concert
 Senior Spectacular
 Sharps Disposal Program w/ Area Fire Departments
 Sibling Classes
 Sleep Apnea & CPAP Informational Sessions
 Speaker's Bureau
 Sponsorship of Families at the Holidays
 Stroke Support Group
 Student Intern/Extern Programs *
 Support of Local Food Pantries
 Uncompensated Care – \$6.1 million for those who could not or would not pay
 United Way Campaign
 Valet Parking (complimentary)
 Volunteer Day Luncheon & Student Essay Contest
 WALKABOUT
 Wellness Programs & Lectures
 Wheaton College Practicum
 Wound Management Community Lectures & Newsletters
 YMCA Healthy Kids Day (Attleboro, Seekonk)
 Youth Mentoring Programs
 Youth Sports Team Sponsorships

SERVING COMMUNITY ORGANIZATIONS

Membership in, collaboration with, and appointments to the Boards of community organizations allows Hospital staff to share their expertise. Sturdy proudly contributes to more than 30 area Boards, medical associations, and service organizations in our communities.

Project BRIGHT: Building Results through Integrated Group Health Technology



For over a century, Sturdy Memorial Hospital has worked to provide the highest quality of care to our patients and their families. Over the years, in an effort to meet the changing needs of our communities and medical staff we've made investments to expand our physical structure, upgrade our medical equipment and recruit top notch physicians. This year, in addition to the continuous improvements mentioned above, we've made a significant investment to transition our medical record to a new Electronic Health Record with Cerner, one of the largest suppliers of electronic health record systems in the country.

While our current system has served us and our patients well over the years, we recognized the need to further advance our capabilities to improve care coordination for our providers by standardizing our medical record across the Hospital and Sturdy outpatient practices. We feel strongly that Cerner offers us the best combination of clinical functions, reporting, and revenue tools for a healthcare system of our size.

Extensive work has been going on behind the scenes with our Cerner project teams, comprised of Sturdy employees who have been building out, testing, and training staff on the Cerner system. Implementation is expected to be completed in summer 2020 for the Hospital and all of our Associates Practices.



We look forward to our conversion to Cerner. We believe that this integrated system will contribute to improved patient outcomes, decreased medical errors, and increased patient satisfaction. Our patients can look forward to having one comprehensive medical record accessible by any of our Sturdy medical providers which means improved coordination of care at any one of our locations.



* We serve medical and nursing students as well as student interns from more than 50 schools and colleges.

2019 Employee Payroll Deduction Donors

The management of Sturdy Memorial Hospital recognizes the generosity of its dedicated staff members that contributes through weekly payroll deductions in support of the Hospital. These contributions totaled more than \$4,440 in 2019. This collective philanthropic support helps to fund efforts supporting Sturdy's four core values; Quality of Care, Patient Satisfaction, Patient Safety, and Cost and Efficiencies.

Richard A. Adetola
Christina L. Alves
Matthew J. Balasco
Mark R. Bedard
Jennifer L. Botelho
Cara A. Burdette
Cynthia Caouette
Joshua J. Carrier
Sandra J. Carrier

Angela M. Carter-Greenough
Sesilly Cruz
Catherine Curbow
Magnely Franjul
Thomas J. Giglio
Cathleen Jandron
Susan Johnson
Linda Katibian
Michael M. Link

Kelly E. Lockwood
Tammy L. MacLeod
James J. Martin
Douglas Melgar
Eva M. Morrison
Karla P. Nardelli
Carolyn D. Nobrega
Martin Nugent
Edmond Nunes

Astrid R. O'Driscoll
Jeremy A. Paquette
Venessa Petit
Melissa A. Reilly
Deborah A. Silva
Monique J. Speicht
David Spoor
Susan L. Therien
Joanna Young

For more information regarding contributions through payroll deduction, please contact the Human Resource Department. → (508) 236-8850

The Sturdy Legacy Society

The Sturdy Memorial Foundation Legacy Society honors members of its community who have provided for Sturdy Memorial Hospital in their estate plans. For decades Sturdy Memorial Hospital has been the recipient of the generosity of special friends who have furthered Sturdy's mission of helping to deliver the best care possible to its patients. Planned gifts for programmatic support, capital improvements, breakthrough technology and funds to assist the needy have allowed for Sturdy to improve its facilities and directly help patients of Sturdy.

2019 STURDY LEGACY SOCIETY MEMBERS

Daniel F. Devine*

William J. Florentino and Timothy A. Allard

John E. O'Hara

Alice Polley

Paul Turner

ESTATE GIFTS AND BEQUESTS RECEIVED IN 2019

Albert R. Allard, Jr.*

Milford Bliss*

Dr. John and Marie H. Chiarenza*

Richard Correia*

Dorothy Hicks*

Sara Pheaney*

F. Thomas and Patricia D. Westcott*

**Deceased*

For more information about the Sturdy Legacy Society, please call the Development Office. → (508) 236-8008

Sturdy Memorial Foundation Named Fund Recognition Program

Sturdy Memorial Foundation's Named Fund Recognition Program was established to honor philanthropic giving to Sturdy Memorial Foundation in support of Sturdy Memorial Hospital. All giving to established Named Funds is added to the investment pool of the Foundation and exists in perpetuity.

On an annual basis the realized annual investment income derived from the principal will be split with 50 percent being reinvested into the fund to grow the principal and 50 percent going to fund active initiatives at Sturdy Memorial Hospital designated by the donor.

Albert R. and Rita J. Allard Fund for Education and Technology

Est. 2017

The Professional Care Giver Education Fund in Honor of the Contributions of Marita Prater CNO to Sturdy Memorial Hospital

Est. 2017

Physicians of Sturdy Hospital Fund to support the continued medical education and other needs of Sturdy's medical staff

Est. 2017

For more information on setting up a Named Fund please contact William J. Florentino at (508) 236-8015 or wflorentino@sturdyhospital.org

The Sturdy Society



CHAIRMAN'S CIRCLE \$25,000+

Albert R. Allard, Jr.*
Lloyd G. Balfour Foundation,
Bank of America, N.A., Trustee
Bristol County Savings
Charitable Foundation, Inc.
Richard D. Correia*
Coverys

PRESIDENT'S CIRCLE \$10,000-\$24,999

Brewster Ambulance Service
Mark Cuddy
Fbinsure
Harvard Pilgrim Health Care
Income Research + Management, Inc.
Mr. Andrew Kelson and Mrs. Claire Kelson*
F. Thomas and Patricia D. Westcott Foundation

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

Boston Medical Center HealthNet Plan
Joe and Buffy Casey
Dr. John J. and Marie H. Chiarenza*
Curt and Mary Ellen Fauth
Mansfield Bank Charitable Foundation
M.S. Company, Inc.
Pampered Chef/Suzy Chaves
Mr. and Mrs. Ralph P. Schlenker
Schweinschaut Family

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

Anonymous
A.I.M. Mutual Insurance Companies
Mr. and Mrs. Marco Arismendi
Attleboro Falls Family Dentistry
Steven A. Bensson and Jean M. Siddall-Bensson
Kevin and Kim Cryan
Cryan Landscaping Contractors, Inc.
The Demoulas Foundation
Design Elements for Business
Greater Attleboro Center for Dental Sleep Medicine
Gregg and Deb Hanson
William and Rose Larson
North Attleboro Industrial Park
Tenants Association, Inc.
Organogenesis
Pathology Associates of
Sturdy Memorial Hospital Inc.
Sara L. Pheaney*
Donald A. Pierce, DDS
Richard and Kate Smith
Bob and Leslie Thresher

** Deceased*

2019 MEMBERS

Sturdy Memorial Hospital recognizes the generosity of its staff, community members, and its philanthropic partners through the Sturdy Society. Sturdy Memorial Hospital is dedicated to its patients through clinical excellence, exceptional service, and sound financial management. The Sturdy Society contributions strengthen the already successful formula of delivering top-notch healthcare while being fiscally responsible through diligent management and financial oversight, to benefit patients and the communities it serves.

SUSTAINER \$1,000-\$2,499

Anonymous
The Allied Group
Arden Engineering Constructors, LLC
Michael J. Baker
Bank of America Merrill Lynch
Barrow, Hanley, Mewhinney & Strauss, LLC
The Benevity Community Impact Fund
The Boston Foundation
Bristol County Savings Bank
Castro, Thresher & Oliveira PC
Walter and Lynda Cekala
Cintas Corporation
Coogan Smith, LLP
CrossCountry Consulting, LLC.
Mr. and Mrs. James P. Downey
Mr. and Mrs. Frank D'Ercole
Rob Eberly
EMCOR Services Northeast, Inc.
Equity Alliance LLC
Fidelity Charitable Fund
Fidelity Investments
William J. Florentino and Timothy Allard
Steven Frank, DO, FP
Franklin Templeton Institutional, LLC
The Giving Fund
HarborOne Bank
Dorothy E. Hicks*
Hockomock Area YMCA
HopeHealth Massachusetts, Inc.
Johnny's Produce, Inc.
Mr. and Mrs. Robert E. Kearney
Brian and Pamela Kelly
Dennis and Michelle Kelly
Donna N. Kimmel
Larson Tool & Stamping Company
David C. Manoogian, Esq.
Mansfield Bank
Marsh & McLennan Agency, LLC.
Maugel Architects, Inc.
Medline Industries, Inc.
Mercer
The Northing Company, Inc.
Noel Law
Thomas Noel
Pepsi Beverage Company
Dr. and Mrs. Rudolph W. Pierce
Plainridge Park Casino
Rockland Federal Credit Union
Samsonite Corporation
Schneider Electric
Segal Advisors, Inc.
Shields Health Care Group
Thomas Shields
Structural Group, Inc.
T.R. Miller Company
Tufts Health Plan
Wasatch Advisors, Inc.
Willow Tree Farm

FRIEND \$500-\$999

Alexander's Uniforms
Anonymous
An Unlikely Story, Inc.
Attleboro YMCA
Bay Coast Bank
Milford E. Bliss*
Boston's Best Coffee Roasters
Brainsky Levinson, LLC
Bristol Community College Attleboro Campus
The Branches of North Attleboro
Bristol Glass Corporation
Bristow Electric Company, Inc.
Paul Bristow
Anne Carty and John Carty*
Ed Casey, Casey Law Offices, P.C.
Connection
Jane I. Coogan, Esq.
Virginia M. Coppola
Catherine Curbow
Delta Dental of Massachusetts
Mr. and Mrs. Dwayne K. DeMond
Dr. and Mrs. Daniel DeYoung
Rick DiGiacomo
E. A. Dion, Inc.
Ted Dion
Engineered Materials Solutions, Inc.
Judith A. Forget
Roger Forman
Foster & Eldridge, LLP
Foxborough Country Club
Richard J. Harris
Kathi and Ray Hague
Robert H. Hanson
Robert and Linda Hefron
Holman Insurance Agency
Mr. and Mrs. Edward J. Hyde
John and Kathy Korona
Dan and Betty Larson
Mr. Joseph and Mrs. Amy Loud
David MacTavish
Marcam Associates
Marathon
Colleen E. McGahan, Esq.
Douglas G. Melgar
Robin B. Morris
Sharon Mullane, MD
Nadeau Corporation
North Easton Savings Bank
Dr. and Mrs. Brian Patel
Patriot Subaru of North Attleboro
Karen R. Peck
Amy and Jim Pfeffer
Providence Fire Restoration, Inc.
Rhode Island Foundation
Rockland Trust Company - Investment
Management Group
Rotary Club of Attleboro MA, Inc.
Rick Salmonsens
Chief and Mrs. Paul Schleicher
Laurie Anderson and Tom Sprague
Starkweather & Shepley Insurance Brokerage, Inc.
Michael Stepka
Stepka Security and Communications
Mr. and Mrs. Michael Tamburro
The United Way
US Foods
Dr. Helaine Wolpert Dietz

Screen Time: How much is too much?

In today's society, children and teens are more connected than ever. From TV, smart phones, and computers, kids are being exposed to media that can influence how they develop, learn, think, and behave. If you're a parent in the midst of the hustle and bustle of everyday life, you may be wondering, how much screen time is too much?



"It's important that you put boundaries in place and set expectations for the type of content your children can view"

JENNIFER THOMPSON, MD
Board Certified Pediatrician at
Pleasant Street Pediatrics

It's important that healthy media habits be developed at a young age. Here are a few things to keep in mind when it comes to screen time.

SET LIMITS TO THE AMOUNT OF TIME YOU LET YOUR CHILD USE DIGITAL MEDIA

"The more hours children spend watching TV or playing video games, the more likely they are to be at risk for obesity," shares Peter Roman, MD. "This is due to a variety of factors, including exposure to enticing sugary and high-calorie food advertisements and physical inactivity. Children need at least one hour of physical exercise a day and recreational screen time should be kept to two hours. Encourage them to get outside and play, take regular family walks and if they're old enough—have them help with outdoor chores like gardening, raking leaves, or shoveling snow."

KEEP ELECTRONICS AND SMART DEVICES OUT OF THE BEDROOM

Screens from electronic devices emit a light that is known to disrupt the brain's processes and can impact sleep patterns. "Sleep is an important aspect in development of kids of all ages," explains Kathryn Hansen, MD. "Teenagers need up to 10 hours of rest and babies and toddlers need even more. Without adequate sleep, children may have difficulty concentrating in school and performing routine activities throughout the day." If screen time in your house happens in the evening, make sure to shut everything off about 30 minutes before bedtime.

WATCH DIGITAL MEDIA WITH YOUR KIDS

Play your favorite video game with them or watch your favorite show together. This can create a bonding experience and open up communication about your own childhood experiences. It's also a great way for you to be aware of who they are interacting with and the types of games and programs your child is interested in. "It's important that you put boundaries in place and set expectations for the type of content your children can view," adds Jennifer Thomson, MD. "For parents of children under 2 years of age, any media you provide to your child should be educational. At this stage of development, your child learns best from face-to-face communication, often imitating people and things within their environment."

Weber Maternity Unit: Better Than Ever



The summer of 2019 marked the beginning of a three phase project in our Weber Maternity Unit to renovate the current space to reflect a more modern, hotel-like atmosphere designed with amenities to cater to postpartum mothers, newborns, and families.

The renovated unit is comprised of 15 labor, delivery, post-partum and recovery (LDRP) rooms including a hydrotherapy room, all of which are equipped with advanced technology. "Our goal is to provide our families with a comforting, safe environment during their exciting, life changing journey of having a baby," shares Cathy Curbow, Weber Maternity Unit Nurse Manager.

The renovations include new flooring and paint throughout the entire unit, two brand new LDRP rooms, one of which offers early labor comforts with a hydrotherapy tub, and upgraded triage rooms complete with new televisions. Our air conditioning and heating unit was replaced and new windows are being installed in the final phase. The nurse's station was reconstructed to ensure the safety and security of our families, upon final completion, this area will feature an enclosed entrance onto the unit. For loved ones waiting on the arrival of the newest member of the family, we completely redesigned the family waiting area to include a big screen TV, couches and a phone and tablet charging station.

Sturdy Memorial Hospital has been welcoming newborns into the world for well over a century. While much has changed over the years, including our beautiful new setting, one thing remains the same—the dedication and care that our staff brings to each family. We are pleased to be able to offer a setting that complements their expertise as well as their warmth and gentleness.



"Sleep is an important aspect in development of kids of all ages"

KATHRYN HANSEN, MD
Board Certified Pediatrician at Sturdy Pediatric Associates



"Children need at least one hour of physical exercise a day"

PETER ROMAN, MD
Board Certified Pediatrician at Sturdy Pediatric Associates

As adults, it's our responsibility to make sure we provide children and teens with guidelines and restrictions to navigate this new way of communication. While there is no specific rule for the amount of time your child should use technology, no matter how much our society advances, social interaction and verbal communication will always be an important part of a child's development. Challenges are likely to arise, but always maintain rules and monitor behavior and you will create a safe environment for your child to learn and grow.

Community Matters

We believe that knowing our communities is what makes Sturdy special. As a longstanding institution, we are woven into the fabric of our communities. Our patients are our neighbors, friends, and colleagues. We travel the same roads, shop at the same grocery stores and have children who attend the same schools.

Being immersed in the community allows us greater perspective as to the challenges we face. Furthermore, as a community hospital, we recognize that we have an important role in enhancing the health of our residents, which is why we are invested in addressing the needs identified in our triennial Community Health Needs Assessment (CHNA) year over year.

- Increasing the awareness of the importance of early detection of breast cancer through proper screening, over the course of the past three years, we performed over 33,000 screening mammograms.
- Partnering with SunAWARE to bring educational programming related to skin cancer to our Attleboro High School seniors.
- Reducing barriers, such as transportation to care for our oncology patients through nurse navigation.
- Increasing the number of patients referred to the diabetes management program.
- Collaborating with community partners as a leader in the Health Living Consortium to increase education and awareness in the community.
- Developing educational brochures used throughout the community on the dangers of opioid use and abuse.
- Developing a pain stewardship program in the hospital to ensure proper internal controls to appropriately manage our patient population which resulted in a 45% reduction in the prescribing of opioids in the ED in just a year.
- Improving access to behavioral health through a partnership with McLean Hospital which provides our Associates Practices with two full time and one part time social worker providing access to well over 1,500 patients from 2017 to 2019.

While developing our 2019 CHNA for fiscal years 2020-2022, we further engaged our community members through key informant surveys and a Community Benefits Advisory Committee comprised of key individuals from organizations such as the YMCA, Hockomock YMCA, Community VNA, Council on Aging, Community Counseling of Bristol County, Manet Health, First Responders, New Hope, Fuller Hospital, and the area public schools.

Through their input and further research and analysis, we were able to identify key themes regarding health needs in our community that the Hospital will focus on for the next three years. These include: Access to Care, Behavioral Health and Substance Abuse, Chronic Disease Management and Prevention, Cancer Prevention Education and Screening.

As we implement strategies to address our community's health needs, we look forward to working together to create a healthier and more vibrant population.



September 30, 2019 marked the end of our 2016 CHNA and the beginning of our 2019 CHNA. Reflecting back on the past three years, we made significant headway in addressing the health needs of our community focusing on our impact related to cancer, diabetes, mental health/substance abuse, and obesity. Some of our initiatives included:

- Establishing a relationship with a clinical psychiatrist to provide hospital patients with access to behavioral health care.
- Participating in the ACEP opioid collaborative to develop best practices to fight opioid addiction.
- Partnering with Column Health to bring mental health and substance use disorder treatment to our community. The program opened in April 2019 and has provided care to over 500 patients.
- Developing a Wellness Weight management medical clinic helping patients achieve a 10% reduction in body weight, on average.
- Educating more than over 1,400 students on healthy nutrition and exercise through the HealthyChoices Program.
- Hosting 10 cooking demonstrations to area residents all focused on healthy nutrition.

2019 Accreditations / Awards / Corporate Membership



ACCREDITATIONS & LICENSURE

Sturdy Memorial Hospital is licensed by the State of Massachusetts to provide acute care hospital services. Sturdy Memorial Hospital is proud to be accredited by the following:

- American Academy of Sleep Medicine – Five Year Accreditation of the Sleep Lab
- American Association of Blood Banks
- American College of Radiology
- American College of Surgeons, Commission on Cancer Three Year Program Accreditation (accreditation maintained since 1988)
- American Diabetes Association – Education Recognition Certificate
- Centers for Medicare & Medicaid Services – Clinical Laboratory Improvement Amendments (CLIA)
- College of American Pathologists (CAP) – Accreditation of Laboratory Services
- DNV GL Healthcare, USA, Inc.
- Intersocietal Commission for the Accreditation of Vascular Laboratories
- Level 3 Geriatric Emergency Department Accreditation
- Massachusetts Department of Public Health
- Massachusetts Department of Public Health for Radioactive Materials
- Primary Stroke Service – Department of Public Health

AWARDS & RECOGNITIONS

- Harvard Pilgrim Health Care Honor Roll – Sturdy Affiliated Physicians
- American Heart Association/American Stroke Association's Get with the Guidelines®- Stroke Gold Plus & Target: Stroke SM Honor Roll Elite Plus Award
- American Heart Association Gold Referring Award for its continued success in using the Mission: Lifeline® STEMI program
- American Heart Association Mission: Lifeline® Regional STEMI Trailblazer Award as part of the Southeast MA Mission: Lifeline Alliance
- Platinum Designation from the New England Organ Bank

CORPORATE MEMBER

- Association of the Advancement of Wound Care (AAWC)
- American Association of Cardiovascular & Pulmonary Rehab (AACVPR)
- American Hospital Association
- Massachusetts Association of Cardiovascular & Pulmonary Rehab (MACVPR)
- Massachusetts Coalition for the Prevention of Medical Errors
- Massachusetts Council of Community Hospitals
- Massachusetts Department of Public Health – Southeastern Massachusetts (Region 5)
- Emergency Preparedness Consortium
- Massachusetts Hospital Association
- Massachusetts Value Alliance
- The Schwartz Center for Compassionate Healthcare
- U.S. Department of Health and Human Services, FDA Certified Mammography Facility





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Surprisingly close.

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