

2018



Sturdy Memorial Hospital
2018 Annual Report

President's Message

It's exciting to look back on fiscal year 2018 and see how Sturdy has continued to provide amazing medicine, close to home. As we embark on a new fiscal year, it's important to reflect upon what we've accomplished, the steps we've taken to get where we are, and the plans we have for our future.



Joseph Casey, President & CEO

CLINICAL AND PROGRAMMATIC HIGHLIGHTS

At Sturdy, we believe that healthcare is best delivered locally. Which is why we continuously seek to identify programs and services that will meet the needs of our community residents, eliminating the need for them to travel for their care.

It's this commitment that led to the development of our oncology program over 30 years ago. A program that has been recognized and accredited by the American College of Surgeons, Commission on Cancer since day one, and includes not only state of the art technology for diagnostics, imaging, interventions, and treatment, but a level of personalized care that our patients and families deserve.

It's also what led to the development of our Inpatient Palliative Care Program with HopeHealth. This program aims to enhance the quality of life for our patients living with serious and chronic medical conditions. In its first year, the program has resulted in a 40 percent decrease in unnecessary hospital admissions. You can read more about this remarkable partnership and the common misconceptions surrounding palliative care on page 9.

In March 2018, we launched a Pulmonary Clinic in an effort to improve patient outcomes for those diagnosed with chronic respiratory conditions. The clinic provides education and support after a patient is discharged to ensure an understanding of treatment and helping to decrease the chances of a return trip to the Hospital.

For patients coming to our emergency care center (ECC), we expedited our admitting process with the addition of more evening providers, thus helping to relieve congestion in the ECC. We also made strides in working to fulfill an unmet need in mental health services by welcoming Dr. MacCourt, MD, psychiatrist. He provides behavioral health services two days per week for patients in our care. This along with our partnership with McLean Hospital to provide access to behavioral healthcare within the Associates Practices works to reduce the barriers to mental health services for members in our community.

As a community, we continue to feel the effects of the opioid crisis. And as a healthcare provider, we recognize that we have an obligation to put processes in place to support efforts to reduce the impacts of this epidemic. This year we focused on educating providers on their opioid prescribing patterns as well as alternatives for pain management resulting in a 40 percent decrease in opioid prescriptions in the ECC. Additionally, Dr. Brian Patel, Chief of Emergency Services and Amy Pfeffer, Chief Financial Officer, have been spearheading an initiative to partner with an outpatient addiction provider to further treatment options in our service area.

ENSURING SAFE, HIGH QUALITY CARE AND EXCELLENT SERVICE

As medical providers, safety, quality, and service are our highest priorities. We continuously examine processes and procedures pertaining to quality and safety through our Quality Oversight Committee. By conducting extensive data analysis we are able to identify potential risks to our patients and develop intervention plans to mitigate those risks.

Patient satisfaction provides us with significant insight, as it is a reflection of our service. In our Emergency Care Center, which treats nearly 50,000 patients each year, we exceeded our benchmark goal ending the year in the 90th percentile for overall satisfaction in Press Ganey. Translated, when compared to our peer group, our patients were more satisfied with their experience at Sturdy than 90 percent of all other hospitals. Quite an achievement. On the inpatient side, however, we finished at the 62nd percentile, better than average, but below our goal. We can do better, and will be focusing on improvement in the coming year.

CONTINUOUS GROWTH AND ADVANCEMENT

As the world of medicine continues to advance, it's imperative that we invest in key technology, recruit top notch physicians and reinvest in our facilities. This year, we welcomed seven new physicians to our Associates Practices including Dr. Melnitsky, family medicine physician; Dr. Tompkins, urologist; Dr. Pate, obstetrician and gynecologist; Dr. Todani, ophthalmologist; Dr. Shakur, cardiologist; Dr. Roman, pediatrician; and Dr. Khurana, gastroenterologist.

A majority of this fiscal year focused on identifying an appropriate partner to help us with a significant upgrade of our Electronic Medical Records system. I am pleased to announce that a contract was signed with Cerner, a leader in Electronic Health Records, at the beginning of 2019. This new system will fully integrate the Hospital and the Associates into one single electronic health record that will provide many benefits including: greater efficiencies, faster documentation for providers, and improved medication reconciliation. It will be an enormous undertaking requiring extensive financial and human resources, but will result in improved care coordination from both the perspective of our care providers and more importantly, our patients.

LEADERSHIP CHANGES

Fiscal 2018 was a year of change and transition, which included shifts in our leadership. David Spoor, who was previously the Director of Nursing for 7 years, officially assumed the role of Vice President for Patient Services/Chief Nursing Officer in November of 2017. In June of 2018, Amy Pfeffer, who has been with Sturdy for 23 years, most recently as the Vice President of Planning and Business Strategy, was appointed to Chief Financial Officer and Treasurer for the Hospital. We also welcomed Carolyn Ross as Vice President of Human Resources in November of 2018. Carolyn comes to us with over 20 years of experience in all aspects of human resources management. We are pleased to have them join us in their new roles as part of our senior leadership team.

Imaging and Anesthesia services at the Hospital are both provided through contracted physician groups. Both of those existing

groups were dissolved during the year necessitating the need to identify new provider groups for both services. After extensive vetting, we welcomed Atlantic Anesthesia as our anesthesia provider in March of 2018 with Dr. Amer Tabba serving as the chief of the department. And in July of 2018 we welcomed Rhode Island Medical Imaging as our imaging provider with Dr. Mark Ridlen serving as the chief of the department.

COMMUNITY INVOLVEMENT

As a community hospital, we are committed to being active in the cities and towns that we provide service to, 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

I am pleased to share that at the close of fiscal year 2018, Sturdy remained fiscally sound marking our 33rd consecutive year in the black. The bottom line attributable to the current year operations for the Foundation, including the Hospital and Associates for fiscal year 2018, was \$5,357,461. Operating expenses for the year totaled \$235,255,379. Furthermore, the Hospital delivered \$5.7 million in uncompensated care for services provided to those who could not or would not pay.

LOOKING FORWARD

This year was one of significant change and transition for Sturdy as an organization. Like many other healthcare systems, we were challenged with meeting the demands of an ever evolving environment, both internally and externally. Despite this, we remained resilient.

The year ahead, like years before, will bring its own challenges. But I am confident that by working together, focusing on our priorities, and putting our patients first we will continue to remain strong. I'd like to thank our board of directors, foundation members, medical providers, employees, volunteers, and donors for their commitment and support of our organization. Thank you for another successful year.

Leadership & Management

BOARD MEMBERS 2018 SHV, INC.

OFFICERS

Karen Bodell
President

Catherine White
Chair & Treasurer

Betty Larson
Clerk

BOARD MEMBERS

Marco Arismendi
Joseph Casey
Betty Larson
Brian Patel, MD
Christopher Sweet
Catherine White

STURDY MEMORIAL FOUNDATION, INC. BOARD OF DIRECTORS

OFFICERS

Ralph Schlenker
President

Robert Thresher
*Vice President &
Chair of the Board*

Marco Arismendi
Treasurer

Catherine White
Clerk

BOARD MEMBERS

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Joseph Casey
Patricia Cochrane
Mark Cooper
Dwayne DeMond
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Steven Frank, DO
Laura Gignac
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John Korona
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Jean Siddall-Bensson, MD
Richard Smith, MD
Robert Thresher
Catherine White

STURDY MEMORIAL ASSOCIATES, INC.

OFFICERS

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President

Amy Pfeffer
Treasurer

Pamela Miale
Clerk

BOARD MEMBERS

Joseph Casey
Steven Bensson, MD
Brian Kelly, MD
Pamela Miale
Sharon Mullane, MD
Ralph Schlenker
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*

Pamela Miale
Chief Operating Officer

STURDY MEMORIAL HOSPITAL BOARD OF MANAGERS

OFFICERS

Robert Thresher
Chair of the Board

Amy Pfeffer
Treasurer

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

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*

Pamela Miale
*Chief Operating Officer for
Sturdy Memorial Associates*

STURDY MEMORIAL HOSPITAL MEDICAL STAFF (2018)

EXECUTIVE COMMITTEE

Richard Smith, MD
*Chief of Pathology
President & Chair*

Ronald Van Ness-Otunnu, MD
*Associate Chief,
Ambulatory Care
Vice President*

Jean Siddall-Bensson, MD
Immediate Past President

Sharon Mullane, MD
*Chief of Family Practice
Secretary/Treasurer*

Brian Kelly, MD
Medical Director

Brian Patel, MD
Ambulatory Care

Amer Tabba, MD
Anesthesiology

Manuel Paz, MD
Hospitalist Group

Mark Ridlen, MD
Imaging

Sharon Mullane, MD
Family Practice

Glenn Tucker, MD
Internal Medicine

Lawrence Greb, MD
Obstetrics/Gynecology

James Snead, MD
Orthopedics

Richard Smith, MD
Pathology

Kathryn Hansen, MD
Pediatrics

Marcy Bernstein, MD
Surgery

Marco Dirks, MD
At-Large Member

Amandeep Singh, MD
At-Large Member

Brian Gaudino, MD
At-Large Member

Joseph Casey
*Chief Executive Officer
(Ex Officio)*

David Spoor, BSN, MHA, RN
Chief Nursing Officer

2018 Statistics

Mammograms
12,757

Laboratory
Tests
595,546

Wound
Management
Services Visits
4,145

Volunteer Hours

71,189

Employee FTE's for SMH

1,519

Occupational
Health Visits
10,291

Physical /
Occupational
Therapy Visits
25,039

Employee
FTE's for SMA
429

Patient Days
33,033

Cardiac
Rehabilitation
Visits
15,040

Radiology
Tests
44,005

49,428

Emergency Visits

Ultrasounds
12,149

MHC visits
24,425

7,827

Patients Admitted

Pulmonary
Rehabilitation
Visits
3,633

Average
length of stay
4.2 days

Births
641



Your cancer questions answered

A cancer diagnosis is a life-changing experience, one that evokes many questions—“how did I get it?” or “why me?” followed by “what do I do now?” and “where can I get the best treatment?” We’ve asked a few members of our oncology team here at Sturdy to provide some insight should you or a loved one ever be faced with this diagnosis.

WHAT WOULD YOU TELL SOMEONE WHO JUST RECEIVED A CANCER DIAGNOSIS?

“Receiving a cancer diagnosis can cause fear, anxiety, and confusion, shares Asma Latif, MD. “Many people are confused and lack direction on what to do next. If you’ve been diagnosed, talk with your doctor. Ask questions to better understand your diagnosis. Become familiar with the type, where it is in your body and if it’s slow growing or aggressive,” shares Latif. “Also, identify someone in your support system that can attend your upcoming appointments, having another set of eyes and ears can be helpful.”

WHEN TO SEE A SPECIALIST

“It’s important to understand that there are certain types of cancer that may or may not require you to see a cancer specialist, otherwise known as an oncologist, explains Kenneth Bishop, MD. “For instance, many skin cancers can be removed and treated successfully by a dermatologist, but to ensure you are on the best course of treatment, consult with an oncologist early on in your diagnosis.”

There are three major types of oncologists; surgical oncologists who use surgery to help treat cancer, radiation oncologists who utilize radiation-type treatments, and medical oncologists who use drug and hormonal therapy to treat cancer. Depending on your diagnosis, you may need to see one, two, or all three of these specialists.

WHAT TO LOOK FOR IN YOUR TREATMENT TEAM

Credentials and expertise are of utmost importance, but just as important is your chemistry and level of comfort with your care team. “You want to have a team that truly cares about you as a person, a team that will support you during this challenging journey,” explains Karen Messier, Oncology Program Manager at Sturdy. “Our oncology team understands how complex and overwhelming the process of dealing with a cancer diagnosis can be. One day life is going along with family, work, and social activities. The next day, one hears they have cancer and life as they knew it is turned upside down,” shares Messier.

The oncology team you choose will be an integral part of your life during your entire cancer journey, you want to ensure that you feel heard, that you are a part of your treatment discussions, and that you can speak to them about any concern that may arise. “Those caring for you essentially become a part of your extended family,” explains Messier. Your diagnosis may require a vast array of treatments, you want to know that your care team will be there for you, coordinating your appointments and providing you with support. “At Sturdy we pride ourselves on the number of patients who return to us to say hello, see how we are doing and update us on their lives long after their treatments are over. They truly think of us as not only their nurses, doctors, and healthcare providers—but part of their family,” shares Messier.

By the Numbers

- 30 → Years of Accreditation by the American College of Surgeons Commission on Cancer
- 2 → Medical Oncologists
- 2 → Oncology Surgeons
- 13 → OCN Certified Nurses
- 1 → Affiliation with Brigham and Women's Hospital at Brigham and Women's / Sturdy Memorial Radiation Oncology Center
- 13 → Radiation Oncologists
- 7,492 → Oncology visits in Fiscal year 2018
- 81.4% → The percentage of cancers diagnosed at Sturdy that were treated at Sturdy



"If you've been diagnosed, talk with your doctor. Ask questions to better understand your diagnosis."

Asma Latif, MD

Board Certified Oncologist and Hematologist at Sturdy Hematology and Oncology Associates



"Receiving your oncology care in a community setting such as Sturdy has a number of advantages."

Kenneth Bishop, MD, PhD

Board Certified Oncologist and Hematologist at Sturdy Hematology and Oncology Associates

I WANT THE BEST POSSIBLE CARE FOR MY CANCER. IS IT IMPERATIVE THAT I GO TO BOSTON OR A RENOWNED CANCER CENTER?

"The common belief is that only a large well known academic or tertiary hospital, like those in Boston can provide the latest in technology, treatment and services when it comes to cancer care," shares Latif. This simply isn't true. At Sturdy we provide our patients with comprehensive cancer care ranging from screening and early detection, to diagnostics, surgery, chemotherapy, immunotherapy, radiation oncology, prehabilitation, and rehabilitation as well as access to clinical trials and palliative care— and have been doing so for over 30 years.

"We have an excellent infusion team which allows us to provide advanced treatment options to our patients, including the most recently-approved immunotherapy agents and newer chemotherapies," shares Bishop. "Our close collaboration with our radiation oncology partners in Mansfield and our colleagues in the surgery and urology departments, ensure high-quality multidisciplinary care."

"We treat a broad range of cancer diagnoses, and if there is a circumstance where we feel a patient is better suited for a larger facility, we refer appropriately," shares Latif. For patients enduring cancer treatment, the number of appointments for consultations, testing, treatments, rehab and support groups can be both stressful and exhausting, add to the mix traveling an hour each way for treatment and the burden becomes greater.

"Receiving your oncology care in a community setting such as Sturdy has a number of advantages," explains Bishop. "The most notable being more personalized attention and greater convenience for our patients and their families while receiving the same high level of treatment. We get to know you as a patient and an individual—something that may not happen with a larger institution."

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.

Community Involvement

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 2018.

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 Expo for the Senses
 Attleboro Farmers Market
 Attleboro Halloween Party for Children
 Attleboro High School Senior Class Project
 Attleboro Winter Night Festival
 Babysitter Training
 Blood Drives
 Blue Plate Dinner Specials
 Breast Cancer Support Group
 Breastfeeding Classes & Support
 Breathing Club
 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
 DANA Back to School Shuffle & Fair
 Diabetes Education & Support
 EMS Education/Medical Oversight
 Emergency Preparedness Awareness
 Early Childhood of Attleboro Family Fun Fair
 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
 Healthy Cooking Demonstrations
 "HealthyChoices" Program for School Children
 Heart Health Fair
 Healthy Steps Dance Program for Cancer Patients
 Infant Massage
 Lactation Consultations
 Live**Strong** Program with YMCAs
 Look Good, Feel Better
 Lung Cancer Risk Assessments
 Lymphedema Support Group
 MADD Project Red Ribbon
 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
 Nutrition Education & Outreach
 Oral, Head, and Neck Cancer Screenings
 Ostomy Support Group
 Palliative Care Education
 Pastoral Care Program
 Perinatal Bereavement Services
 Physician Referral Line
 Plainville Fall Festival
 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
 Seekonk Summer Concert
 School to Career Credit for Life Fair
 Sharps Disposal Program w/ Area Fire Departments
 Sibling Classes
 Sleep Apnea & CPAP Informational Sessions
 Speaker's Bureau
 Spring Into Wellness Health Fair
 Sponsorship of Families at the Holidays
 Stroke Support Group
 Student Intern/Extern Programs *
 Sun Chronicle's – Kids Expo at Capron Park
 Support of Local Food Pantries
 Take Our Children to Work Day
 Uncompensated Care – \$5.7 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
 Wrentham Village – Back to School Fun Day
 YMCA Healthy Kids Day (Attleboro, Foxboro, N. Attleboro, Seekonk)
 Youth Mentoring Programs
 Youth Sports Team Sponsorships

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

Misunderstandings: Palliative Care

CHOOSING PALLIATIVE CARE DOES NOT NECESSARILY MEAN THAT DEATH IS IMMINENT

This may come as a surprise to some, as there are many misconceptions surrounding palliative care. What most people do not understand is that palliative care provides patients with additional support when they are facing a serious chronic or progressive illness. With an emphasis on quality of life, the care approach focuses on symptom and pain management, as well as management of medication side effects. Recognizing that palliative care can offer patients facing such illnesses with a much needed level of support, Sturdy Memorial Hospital and HopeHealth launched an innovative palliative care program for patients receiving hospital-based care. The inpatient program provides compassionate care tailored to each patient, thus allowing them to fully focus on what is important in their lives.

“We want patients and their families to be involved in their care and have a voice in their treatment,” explains Audra Noonan, HopeHealth Palliative Care Nurse Practitioner for Sturdy. “We look at their goals, and offer treatment options to support them.”

“We may encounter a woman diagnosed with pancreatic cancer whose primary goal is to attend her son’s wedding,” shares Noonan. “We may have a man suffering from congestive heart failure who wants to travel as much as he can. It is our goal to identify ways that we can help our patients achieve what is important to them.” High-quality palliative care offers a reprieve from pain, symptoms, and stressors associated with serious illness and allows patients to focus on things that matter to them. It also provides family members and other caregivers with a level of support they are often unaware they actually need.

Oftentimes, patients and families don’t fully understand the value in palliative care, and how in addition to treatment, it can offer enhanced quality of life. Patients and families facing the challenges associated with a terminal diagnosis or chronic illness, may at times be completely overwhelmed with feelings of grief and fear. Palliative care offers the opportunity to openly discuss these feelings while focusing on what matters most. In short, it allows patients to live their best life, despite their diagnosis.



“We want patients and their families to be involved in their care and have a voice in their treatment.”

Audra Noonan, HopeHealth Palliative Care Nurse Practitioner for Sturdy

2018 Employee Payroll Deduction Donors

The management of Sturdy Memorial Hospital recognizes the generosity of its dedicated staff members that contribute through weekly payroll deductions in support of the Hospital. These contributions totaled more than \$5,500 in 2018. 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
Cheryl R. Barrows
Mark R. Bedard
Leona H. Bizier
Jennifer L. Botelho
Cara A. Burdette
Cynthia Caouette
Joshua J. Carrier

Sandra J. Carrier
Angela M. Carter-Greenough
Sonya Dumaine
Elizabeth Easton
Nancy Fisher
Magnely Franjul
Thomas J. Giglio
Susan Johnson
Linda Katibian
Michael M. Link

Kelly E. Lockwood
Gregory Madancy
James J. Martin
Douglas Melgar
Eva M. Morrison
Karla P. Nardelli
Martin Nugent
Edmond Nunes
Astrid R. O'Driscoll
Jeremy A. Paquette

Kailee Paulson
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.

2018 STURDY LEGACY SOCIETY MEMBERS

Albert R. Allard, Jr.
Richard Correia *
William J. Florentino and Timothy A. Allard
John E. O'Hara
Alice Polley
Paul Turner

ESTATE GIFTS RECEIVED IN 2018

Milford Bliss *
Dr. John and Marie H. Chiarenza *
F. Thomas and Patricia D. Westcott *

**Deceased*

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

Ralph P. Schlenker Golf Tournament

For over 20 years, the Ralph P. Schlenker Golf Tournament has been the event for the Sturdy Memorial Foundation. Launched in May 1997, the tournament was the brainchild of Ralph P. Schlenker, a staunch supporter of the Hospital since 1984. Over the years, the tournament has helped raise over \$1.9 million to help support programs and services at Sturdy Memorial Hospital. Join us this year on May 20, 2019!

Visit STURDYMEMORIAL.ORG/GOLF for more information or call the Foundation at (508) 236-8008

The WALKABOUT: A community fun-raising event

Together with the Rotary Club of Attleboro, Sturdy Memorial Hospital hosts a community Fun-Raising event known as the WALKABOUT every fall. Kicked off in 2017, this event aims to provide education on health and wellness and bring to light all of the resources available locally to our community members— all while keeping the whole family entertained!

Visit STURDYMEMORIAL.ORG/WALKABOUT to learn more.

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

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.

The Sturdy Society



CHAIRMAN'S CIRCLE \$25,000+

Lloyd G. Balfour Foundation,
Bank of America, N.A., Trustee
Bristol County Savings
Charitable Foundation, Inc.
SHV, Inc.

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

Albert R. Allard, Jr.
Brewster Ambulance Service
Cerner
Mark Cuddy
Dellbrook JKS
FBinsure Richardson-Cuddy Attleboro
Mr. and Mrs. Andrew Kelson

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

Boston Medical Center HealthNet Plan
Joe and Buffy Casey
Dr. John J. and Marie H. Chiarenza*
The Demoulas Foundation
Curt and Mary Ellen Fauth
Mansfield Bank Charitable Foundation
M.S. Company, Inc. in Memory of Max and
Louise Schweinshaut
Schweinshaut Family

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

Anonymous
Milford E. Bliss*
Bristol County Savings Bank
Gregg and Deb Hanson
Larson Tool & Stamping Company
William and Rose Larson
T.R. Miller Company
Pampered Chef
Pathology Associates of Sturdy Memorial
Hospital Inc.
Rich A. Smith, MD
Bob and Leslie Thresher
Estate of F. Thomas and Patricia D. Westcott*

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

Anonymous
A.I.M. Mutual Insurance Companies
The Allied Group
Arden Engineering Constructors, LLC
Attleboro Falls Family Dentistry
Michael J. Baker
Bank of America, N.A.
Barrow, Hanley, Mewhinney & Strauss, LLC
Steven A. Bensson, MD and
Jean M. Siddall-Bensson, MD
The Boston Foundation
Molly Cahill
Castro, Thresher & Oliveira PC
Walter and Lynda Cekala
Community Connections Foundation, Inc.
Kevin and Kim Cryan
Cryan Landscaping Contractors, Inc.
Rick DiGiacomo
Donoghue, Barrett & Singal, P.C.
EMCOR Services Northeast, Inc.
Equity Alliance LLC
Fidelity Investments
Foster & Eldridge, LLP
Steven Frank, DO, FP
Franklin Templeton Institutional, LLC
The Giving Fund
Greater Attleboro Center for
Dental Sleep Medicine
HarborOne Bank
Hockomock Area YMCA
HopeHealth
Holman Insurance Agency
Income Research & Management, Inc.
Johnny's Produce, Inc.
Mr. and Mrs. Robert E. Kearney
Brian and Pamela Kelly
Dennis and Michelle Kelly
Lenovo Health
Jeffrey Mann
David C. Manoogian, Esq.
Mansfield Bank
Medline Industries, Inc.
Mercer
Steven McLoughlin
Nadeau Corporation
Nihon Kohden
The Norking Company, Inc.
Pepsi Beverage Company
Dr. Raymond Petit
Donald A. Pierce, DDS
Rockland Federal Credit Union
Rick Salmonsens
Samsonite Corporation
Schneider Electric
Segal Marco Advisors, Inc.
Sensata Technologies Foundation, Inc.
Shields Health Care Group
Thomas Shields
David Spoor and Jorge Pereira
Tufts Health Plan
Wasatch Advisors, Inc.
Robert J. Wilken
Willow Tree Poultry Farm
XFinity Center

FRIEND \$500-\$999

AAA Northeast
Anonymous
Attleboro YMCA
Cheryl and Peter Barrows
Bay Coast Bank
Dennis J. Berard, MD
Robert Blaisdell
Boston's Best Coffee Roasters
Brainsky Levinson, LLC
Bristol Community College Attleboro Campus
The Branches of North Attleboro
Brown Physician's Inc.
Anne and John Carty
James Castro
Connection
Coogan Smith, LLP
Jane Coogan, Esq.
Coverys
Creative Office Pavilion
E. A. Dion, Inc.
Ted Dion
Jay Elias
Engineered Materials Solutions, Inc.
Dr. Peter and Cheryl Fischer
William J. Florentino and Timothy Allard
Judith A. Forget
Roger Forman
Kathi and Ray Hague
Robert H. Hanson
Robert and Linda Hefron
Dan and Betty Larson
LeachGarner
Marcam Associates
Marathon
Maugel Architects, Inc.
Stephen A. McGee
Mini-Systems, Inc.
Robin B. Morris
North Easton Savings Bank
Noel Law
Dr. and Mrs. Brian Patel
Patriot Subaru of North Attleboro
Karen R. Peck
Physician's Resource Network
James and Amy Pfeffer
Rockland Trust Company -
Investment Management Group
Rotary Club of Attleboro MA, Inc.
Mr. and Mrs. Ralph P. Schlenker
Laurie Anderson and Tom Sprague
Michael Stepka
Stepka Security and Communications
Mr. and Mrs. Steven R. Toupin
United Way
US Foods
Catherine White

* Deceased

Screening recommendations have changed: Take note

If you're 45 years old or older, you should be adding a colorectal cancer screening to your appointment book. Historically, the birthday to commence this screening was the half a century mark, but due to an increasing rate of colon cancer in younger adults, the American Cancer Society (ACS) has changed its guidelines.

"There has been an increase of colorectal cancer among adults under 40 years old," shares Nithin Karanth, MD. "Unfortunately, an exact cause of this increase is unknown, which makes screening all that more important. People with no family history are being diagnosed. With this spike, we encourage anyone who is experiencing symptoms to talk with their doctor and discuss options to pinpoint the cause."

According to a recent report from the ACS, for those born in 1990, the risk of developing colon cancer is twice as high as someone born in 1950, and the risk of rectal cancer is four times higher. The message is clear, regardless of your age, if you are having symptoms of concern: changes in your bowel habits, rectal bleeding, persistent abdominal discomfort, weakness, or unexplained weight loss—make an appointment with your doctor and consider seeing a gastroenterologist.

When it comes to colorectal cancer screening, a colonoscopy is the gold standard. Although widely unpopular, this screening can save lives by detecting and diagnosing cancer in its earliest and most treatable stages. Sturdy's endoscopy suite performs nearly 3,000 colonoscopies each year. That number should be higher, but people unfortunately do not get them as frequently or early as they should, if at all thinking, "I don't need to schedule that, that won't happen to me," or "I'll get around to it someday."

"People are often nervous," shares Tanvi Khurana, MD. "Aside from the actual procedure, people tend to be concerned about the prep, which involves forgoing solid foods and taking laxatives before the test to cleanse the colon and rectum. While an inconvenience, it's required so we can get a clearer view of the lining of the colon, thus resulting in a successful colonoscopy," says Khurana.

"Patients are sedated during the 30 minute procedure," explains David Cohen, MD, board certified gastroenterologist. "We examine the colon through a colonoscope which allows us to identify any abnormalities within the lining of the colon. We can remove polyps and small cancers during the screening, allowing us to catch cancer in its early stages. If the disease isn't caught early, patients may have to undergo a colon resection and other treatments such as chemotherapy."

Ashley Dalomba, born in 1996, is a perfect example of why no symptom should be ignored, at any age. At 22 years old she began to experience bleeding and pain. Concerned, she met with Dr. Karanth. "Prior to the increase in prevalence among a younger population, patients like Ashley would have been advised to increase fiber and reduce stress, now we proceed with diagnostic testing," shares Karanth. "In Ashley's case we decided upon a Flexible Sigmoidoscopy which identified a 4.5 centimeter mass, which was removed during the procedure. A biopsy identified that the mass was a villous adenoma, a polyp that has a higher risk of becoming cancerous."

"It was a fairly easy procedure, shares Dalomba. "At my age I was taken aback by the need to have one. But knowing now that if I didn't have it done, I would've ended up with some kind of cancer down the road is really eye opening, so much so that it prompted other members of my family to take action and get screened as well."

There is no surefire way to prevent cancer, which is why preventative screenings are so important. If you're 45 don't put off scheduling your screening. And if you're experiencing worrisome symptoms, no matter your age, make an appointment to be seen. As a community resident, there's no need to travel for this ever important screening, you can have it done right at the Hospital.



"I encourage anyone who is experiencing symptoms to talk with their doctor and discuss options to pinpoint the cause."

Nithin Karanth, MD

*Board Certified Gastroenterologist at
Attleboro Gastroenterology Associates*



"We can remove polyps and small cancers during the screening, allowing us to catch cancer in its early stages."

David Cohen, MD

*Board Certified Gastroenterologist at
Attleboro Gastroenterology Associates*



"People are often nervous and unfortunately do not get their screenings as frequently or early as they should."

Tanvi Khurana, MD

*Board Certified Gastroenterologist at
Attleboro Gastroenterology Associates*

A colonoscopy is not the only option for screening. Talk to your doctor to determine which test is best for you depending on your choice and personal risk. The most important thing is that you get your screening done so any early signs of cancer can be caught in its infancy.

Screening Types	Name of Screening	Frequency
Stool Based Tests	Highly sensitive fecal immunochemical test (FIT)	Annually
	Highly sensitive guaiac-based fecal occult blood test (gFOBT)	Annually
	Multi-targeted stool DNA test (MT-sDNA)	Every 3 Years
Physical Exams of the Colon	CT Colonography	Every 5 Years
	Flexible Sigmoidoscopy (FSIG)	Every 5 Years
	Colonoscopy	Every 10 Years

Before you visit,
know where to go and when!



Primary Care	Urgent Care	Emergency
<p>Your primary care doctor is the best place to go for your routine care. Developing a good relationship with your doctor can aid in managing your health over time. Make an appointment with your primary care doctor for:</p>	<p>Urgent Care should be used when you have a condition that is not life threatening, but needs attention sooner rather than later. It's a good option when your primary care doctor is not available. Visit your urgent care for:</p>	<p>The Emergency Room should be reserved for serious, potentially life threatening illnesses or injuries. Below are some of the examples you should use your local emergency room for:</p>
<ul style="list-style-type: none"> • Management of chronic conditions such as asthma, COPD, Diabetes • Physical exams • Prescriptions • Wellness Screenings • Vaccinations <p>Your Primary Care Doctor can also treat and manage many of the conditions listed under Urgent Care.</p>	<ul style="list-style-type: none"> • Abdominal pain • Allergies • Cold or flu symptoms • Cough • Diarrhea • Ear Infection • Fever • Headaches • Mild back pain • Minor burns • Minor cuts requiring sutures • Muscular pain • Rashes and skin irritations • Respiratory infections • Simple fractures and sprains • Sinus pain • Sports related injuries • Vomiting 	<ul style="list-style-type: none"> • Acute changes in vision • Chest pain • Confusion/disorientation • Deep wounds • Difficulty breathing • Fainting/loss of consciousness • Head or eye injury • Heavy bleeding • Persistent vomiting • Seizures • Severe abdominal pain • Severe allergic reactions • Severe burns • Symptoms of stroke • Suicidal thoughts • Trauma

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 Achievement Award with Target: Stroke SM Honor Roll Elite Plus

American Heart Association Gold Referring Award for its continued success in using the Mission: Lifeline® STEMI program

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American Association of Cardiovascular & Pulmonary Rehab (AACVPR)
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 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
 The Schwartz Center for Compassionate Healthcare
 U.S. Department of Health and Human Services, FDA Certified Mammography Facility



DNV GL Healthcare, USA, Inc.



American Heart Association / American Stroke Association's Get with the Guidelines®-Stroke Gold Plus Achievement Award with Target: Stroke SM Honor Roll Elite Plus



American Heart Association Gold Referring Award for its continued success in using the Mission: Lifeline® STEMI program



Amazing Medicine.
Surprisingly close.

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