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“What if we all focused on the good and performed random acts of kindness? What if we all asked ourselves, like Dr. King, what am I doing for others today?”

Good day!

Yesterday we celebrated the legacy of one of the world's great humanitarians, Martin Luther King Jr. In advancing the cause of civil rights and social justice, Dr. King also reminded us of some basics about the human condition. He posited, “Life's most persistent and urgent question is, ‘What are you doing for others?’”

Last week, I poignantly learned what one woman was doing for others in a heartfelt gift toward Women & Infants. In a unique tribute to herself in commemoration of her 30<sup>th</sup> birthday on January 8, she brought in a huge bag of clothes and diapers for a new mother who gave birth on that very day. Her gift was accompanied by a letter. In it, she wrote:

*Hi there, new mom!*

*Congratulations on your new child!*

*My name is unimportant. What is important is that 30 years ago, I was born in this very hospital. Yes, that's right. Today is my birthday too! However, instead of having a big party with cake and social obligations of presents, I'm spending my birthday, my 30<sup>th</sup> birthday (quite a milestone) by doing 30 Random Acts of Kindness. So, in a way, I'm spending my birthday with you.*

*I hope this has brightened your day just a little bit. I wish you and your family health and happiness (and a little wealth couldn't hurt either). I hope your child grows up to be happy and healthy. I hope that he or she is kind to you and to others. I hope he or she grows up to be someone incredible—a doctor, a lawyer, a comedian or even President—whatever they chose, know that they matter. That one day someone thought of your child and of you, and while some may want to bring you down, that there is still good in the world so don't become hard and callous, keep hope in your heart...*

*... I hope that this random act of kindness has touched your heart and that you will think of someone else one day and continue the cycle of kindness...* continued

## In this issue:



*continued*

She went on to detail some of the other acts she has performed: bringing flowers to workers at DMV, bringing coffee and donuts to the police department, leaving a scratch ticket for someone at a gas pump, volunteering at the animal shelter, donating blood, feeding the parking meter...

I am awed by these expressions of kindness in two significant ways.


First, I am struck by the attachment women feel toward Women & Infants. It has been the birthplace of literally hundreds of thousands of Rhode Islanders since the hospital's founding in 1884. Every day, along with our maternity services at Kent and Memorial, we are not only getting families off to the healthiest start, but we are forming lifelong bonds with individual families and entire generations of Rhode Islanders who have come to rely on the excellence of our services and have entrusted us with what is most precious in their lives. These relationships are the true legacy of our work.

I am also inspired by our 30-year-old friend for her positive affirmation of what can be good in a world that is sometimes not. Seeing the horror of violence and terrorism which is now all too prevalent in our society, listening to the rancor and vitriol of today's political discourse, and even experiencing the difficulties and disappointments we sometimes face at home or at work, it is easy to become resigned or disheartened. Yet, we all have heard about the attitude of gratitude and its salutary effects on mental and physical health. What if we all chose this demeanor? What if we all focused on the good and performed random acts of kindness? What if we all asked ourselves, like Dr. King, what am I doing for others today?

I daresay our world might be a better place.

Do what you can today to make our world a better place.

Sincerely,



Dennis D. Keefe  
President and Chief Executive Officer



## Butler's Dr. Joseph Friedman talks about anxiety and Parkinson's Disease

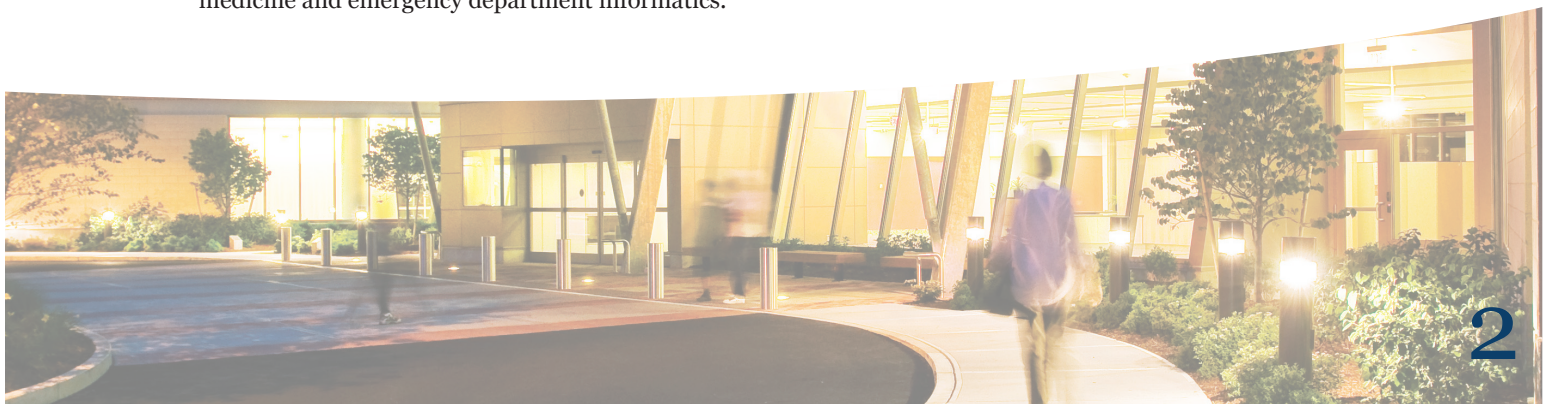
In an online seminar hosted by the Parkinson's Disease Foundation, Joseph Friedman, MD, director of the Movement Disorders Program at Butler Hospital, gave an expert briefing on anxiety and its effects in Parkinson's Disease. The foundation said this was their most successful online seminar yet, with the highest number of registrations—1,631 from 23 total countries—and an especially high number of physician registrants. In the seminar, Dr. Friedman covered signs and symptoms of anxiety, how the disease differs in patients with Parkinson's, and various treatment options. To learn more about anxiety and Parkinson's Disease, see his post on TalksYourHealth.com at <http://www.talksyourhealth.com/parkinsons-disease-anxiety>.



## Dr. Pinkes appointed chief of emergency medicine at Memorial

Memorial Hospital of Rhode Island recently appointed Victor A. Pinkes, MD, FACEP, its new chief of emergency medicine. He is a member of Affinity Physicians working at Memorial. Dr. Pinkes earned his medical degree from University of Health Sciences/The Chicago Medical School. He completed his emergency medicine residency at Cook County Hospital and Loyola University, Resurrection Medical Center, both in Chicago.

A member of the American Academy of Emergency Medicine, the American College of Emergency Physicians and American Medical Association, he is certified in advanced cardiac life support, pediatric life support and advanced trauma life support. His clinical interests include addiction medicine and emergency department informatics.





## Memorial Internal Medicine Residency Program earns grant for hypertension project

The Internal Medicine Residency Program at Memorial Hospital, part of The Warren Alpert Medical School of Brown University, is pleased to announce receipt of a \$1,000 Community Grant from Walmart to support the program's Hypertension Quality Improvement Project. This project, the goal of which is to improve the health of patients with hypertension, seeks to identify barriers to hypertension control and implement a plan to overcome those barriers. The funds will specifically be used to purchase blood pressure cuffs for patients who cannot otherwise afford them and need to test their blood pressure regularly at home. The grant application was spearheaded by Anais Ovalle, MD, a first-year resident.



## W&I family resource specialist invited to present at national neonatology conference

Jennifer Silva, a family resource specialist with the Partnering with Parents Program of the neonatal intensive care unit (NICU) at Women & Infants Hospital, was invited to present at the Hot Topics in Neonatology conference in Washington, DC last month. Hot Topics in Neonatology (<http://www.hottopicinneonatology.org>) is a forum to present and highlight current research projects in neonatology.



Silva was asked to present on behalf of the Partnering with Parents Program, an expansion of the Transition Home Plus Program (<http://www.womenandinfants.org/Services/Transition-Home-Plus.cfm>), because of its innovative use of family resource specialists as key figures in the NICU research program. Family resource specialists are trained parent paraprofessionals who share the personal experience of having had an infant treated in the NICU. These specialists provide emotional support to parents and help them navigate their time in the NICU in ways unique to an experienced NICU parent. The staff play a role in supporting families during their stay in the NICU and with successful transition from the NICU back home.

The overall goal of the Partnering with Parents Program is to improve transitions home from the hospital, provide added support for NICU families, improve readiness for discharge, and reduce return visits to the hospital in the first three months after discharge. To achieve this, parents were given one-on-one support and education from either a family resource specialist or social worker.

After discharge, families were communicated with multiple times at certain points in the baby's first months home. The families received a call in the first 24 hours after discharge to answer any questions and assess any needs. One week post discharge, all babies received a NICU nurse practitioner home visit.

One month post discharge and at three months corrected age, all babies are seen in the Neonatal Follow-Up Clinic <http://www.womenandinfants.org/Services/Neonatal-Follow-Up-Program.cfm>.

A NICU mom herself, Silva endured a life-changing traumatic birth in 2009 resulting in a month-long NICU stay for her youngest daughter. Formerly a successful professional in the marketing and product development field, Silva became a stay-at-home mom before her NICU experience. A strong advocate for the NICU families, Silva, in addition to being a family resource specialist, serves as co-chair of the Women & Infants NICU Family Advisory Council.



## 2016 Flex for Life Health Screenings scheduled

We listened to you and the movie tickets are back! Benefit-eligible employees and their family members\* who complete a Health Risk Assessment (HRA) at the time of their free screening will receive two Showcase Cinema movie tickets! Take advantage of these offerings and participate at one of the screenings scheduled below.



<b>Kent – Doctors’ Auditorium</b> Tuesday, January 19 Friday, January 29 Tuesday, February 2 Tuesday, February 9	4 p.m. to 7 p.m. 7 a.m. to 2 p.m. 7 a.m. to 11 a.m. 4 a.m. to 7 a.m.
<b>Women &amp; Infants</b> Thursday, January 21 Tuesday, January 26 Monday, February 8 Wednesday, February 10	4 a.m. to 7 a.m. – Auditorium 3 7 a.m. to 2 p.m. – Auditorium 4 10 a.m. to 4 p.m. – Auditorium 4 4 p.m. to 7 p.m. – Auditorium 4
<b>Memorial – Sayles 2 and 3</b> Thursday, January 21 Friday, January 29 Thursday, February 11	8 a.m. to 2 p.m. 3 a.m. to 6 a.m. 11 a.m. to 6 p.m.
<b>Service Ave. – Conference Room 212</b> Tuesday, February 2	9 a.m. to 2 p.m.
<b>Butler – Sawyer Lobby</b> Wednesday, February 3 Wednesday, February 10	7 a.m. to 2 p.m. 10 a.m. to 4 p.m.
<b>Trowbridge – Conference Rooms 102/103</b> Thursday, February 4	11 a.m. to 2 p.m.
<b>VNA – Conference Room</b> Friday, February 5	8 a.m. to 2 p.m.
<b>One Blackstone – 2<sup>nd</sup> Floor Conference Room</b> Tuesday, February 9	9:30 a.m. to 2 p.m.

Limited on time? New this year, complete your HRA in advance online at [cne.provantone.com](http://cne.provantone.com), print your health score page and bring it with you to your screening to qualify for the movie tickets! Please visit [carenet/flex](http://carenet/flex) for more information or to download the schedule.

BlueChip Flex Plan Members – Completing the health screenings counts toward your 2016 Healthy Rewards wellness requirements, visit [carenet/humanresources/cne/Healthy-Rewards.cfm](http://carenet/humanresources/cne/Healthy-Rewards.cfm) to learn more and print your form.


*\*A family member is defined as a legal dependent eligible to be covered on the health plan. Must be 18 years or older to participate in the screening and HRA.*



## BankNewport awards rehabilitation grant to Kent

BankNewport recently presented a grant in the amount of \$16,000 to Kent Hospital to purchase new equipment for the hospital's Acute Rehabilitation Unit. The grant monies will purchase LiteGait® an innovative, partial weight-bearing harness to help patients with standing, weight-bearing and walking. This new equipment will continue to enhance the unit's capabilities of care and increase patients' level of function to perform tasks and return home.

"We are honored to receive this grant from BankNewport. We appreciate their commitment and dedication to enhance our services and care for the patients of Kent Hospital," said Michael Dacey, MD, MS, FACP, president and chief operating officer at Kent Hospital. "Kent's acute rehab patients will benefit greatly from their generosity."

"BankNewport believes there is a strong connection between the health of our community and the health of our business," said BankNewport President and CEO Sandra J. Pattie. "Kent Hospital is a valuable resource that touches the lives of so many, and our grant to the hospital's Acute Rehabilitation Unit is one that we are most proud of. The LiteGait® apparatus will allow patients with life-altering medical conditions to increase their level of function and independence. It is a gift that strengthens patients and the community which we are all a part of." 

*From left to right: Sandra J. Pattie, BankNewport president and CEO; William Marcello, BankNewport vice president and Coventry branch manager; Michael Dacey, MD, MS, FACP, president and chief operating officer, Kent Hospital; Lorraine Fowler, rehab aide; Meghan Seyboth, PT; Aaron Guckian, BankNewport vice president and East Greenwich branch manager; Danielle Keough, PTA; Carl Oliveira, PTA*



# Care New England