

# carenews

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“A New Year’s resolution is all about beginnings and transitions and is either about letting go of an old habit or belief or adopting a new behavior or attitude.”

Good day! Happy New Year!

The tradition of celebrating a new year dates back 4,000 years to ancient Babylon and marked the first new moon following the vernal equinox in late March when daylight and moonlight share equal parts of the day. It was under Julius Caesar’s rule and the introduction of the Julian calendar that January 1 was designated the beginning of a new year. It was chosen to honor Janus, the god of beginnings and transitions. Appropriately, he is most often depicted with two faces, one reflecting the past and one looking to the future.

Last week, along with festive parties, midnight toasts and the dropping of the crystal ball in New York City’s Times Square (and squares across the world), we continued to carry forward the meaning of the new year started in Roman times with the making of New Year’s resolutions. A New Year’s resolution is all about beginnings and transitions and is either about letting go of an old habit or belief or adopting a new behavior or attitude.

In keeping with our Care New England tradition, today we share some of the New Year’s resolutions you’ve set for 2016. If you haven’t thought about yours yet, perhaps these will inspire you.

My New Year’s resolution is to have an even greater presence at all of our CNE facilities. Our staff is our greatest asset, and our teamwork is the result of our incredible work together.

*My New Year’s resolution for 2016 is to decrease the amount of red meat I consume, be active at least 20 minutes a day five days a week, and to practice stress-free techniques such as meditating, yoga, etc. in order to become a healthier me. ~ Sabrina Barbosa, Phlebotomist, Women & Infants*

*Spending less on items that I don’t need. ~ Marco, Kent Hospital*

*Close on my first home! ~ Sheila Henriquez, Integrated Care Coordinator, The Providence Center*

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## In this issue:



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*For my New Year's resolution, I would like to see myself volunteering in the Pawtucket Animal Shelter as I am a very devoted animal lover....Very passionate about dogs especially Pitbulls which are loved the least....Also wishing a prosperous New Year & peace to all throughout the world... ~ Marie Goncalves, Admitting Department, Patient Access, Memorial Hospital*

*More art and more yoga. ~ Sara Brandon, Marketing Communications, Care New England*

*I'm resolving to perform one kind act each day, not to get annoyed by rude drivers, and to organize my massive family history files at home. ~ Donna Potter, clinical educator, Kent Hospital*

*My resolution this year is to quit smoking. ~ Nick Wade, nutrition associate, Butler Hospital*

*Spend more time with my family. ~ Barbara Cochran, Office of General Counsel, Care New England*

*A recent trip to the Emergency Department reminded my wife and me that we do not have a current living will or durable power of attorney—although we both work in health care and tell others that they should have them! For the New Year we are going to practice what we preach and prepare those, along with updating our personal wills as well. ~ Stephen Earle, Information Services, Care New England*

*My New Year resolution is to practice patience. ~ Lori-Ann Gagne, Emergency Department, Memorial Hospital*

*Drink more water. ~ Garry Bliss, Medicaid Accountable Care, Integra*

*My New Year's resolution is to practice more patience with my young sons (10 and 5). In the midst of our busy lives and schedules, I want to "listen" more and not just "hear" them. For one day I know these small conversations/stories will become treasures to hold on to. ~ Debra Carroll, CNE Physician Organization*

*As I give birth in a few months, I hope to be the best mom possible. ~ Ashli, Kent Hospital*

*Not to make any New Year's resolutions that I am not able to keep! ~ Linda Hunt, Administration, Women & Infants*

*I have received many blessings over this past year, my resolution is when given the opportunity to pay it forward. ~ Donna Dupuis, RN, Hodgson 6, Memorial Hospital*

*This year my resolution is to be grateful for what I have and give glory to God who has blessed me with a wonderful life. Also to be more humble and give more service to others. ~ Terri Wells, WDIC, Kent Hospital*

*For 2016, I resolve to embrace as much ever-changing technology as my 54-year-old brain can absorb, while making sure I can make it work to accomplish what really matters. ~ Paul Defanti, Finance, The Providence Center*

*To find more time to devote to my family, while still giving 100% to my workload. In other words: "to find the perfect balance"!! And, since I am a Libra that should not be so hard to find!! Wishing everyone happiness in the New Year. ~ Peggi Latorre, Nursing Administration, Women & Infants*

*Go to more yoga classes. ~ Stephanie Paolino, Cardiology, Kent Hospital*

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*My New Year's resolution is to help CNE grow by volunteering some time to the Kent rehabilitation center or the VNA. I am hopeful to have a mentor that will help me learn new hospital procedures and grow! Once I'm trained, I could be a mentor for someone else, and CNE will keep getting bigger and better! If we all work together by getting cross-trained where the hospital needs us it will improve the service of the hospitals in CNE. If every employee gives any time they have available to volunteer, it will help CNE to be the best hospitals around. The more employees learn the more they can help when and wherever they're needed! So my New Year's resolution is giving and learning new things to mentor new and present employees. Hope the New Year will bring in a year of giving and working together!!! ~ Laurie Amaral, Patient Financial Services, Care New England*

*To travel to Ireland. ~ Colleen McGovern, mental health worker, Butler*

*My New Year's TPC resolution is to become familiar with where every department at TPC is in this maze of a place and have had introduced myself to each member in every department personally. ~ Cherie Davis, Behavioral Health Outpatient Services, The Providence Center*

*My resolution this year is not to worry about things that are out of my control. ~ Lynn Foster, Volunteers, Memorial Hospital*

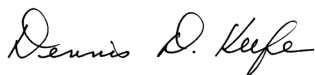
*To have more patience and forgiveness. ~ Anthony, Security, Kent Hospital*

Indeed, there are many theories about setting resolutions, but, from the December 7 *The New Yorker*, the writer Jhumpa Lahiri perhaps says it best:

One could say that the mechanism of metamorphosis is the only element of life that never changes. The journey of every individual, every country, every historical epoch—of the entire universe and all it contains—is nothing but a series of changes, at times subtle, at times deep, without which we would stand still. The moments of transition, in which something changes, constitute the backbone of all of us. Whether they are a salvation or a loss, they are moments that we tend to remember. They give a structure to our existence. Almost all the rest is oblivion.

Here's to 2016—and to not standing still!

Sincerely,



Dennis D. Keefe  
President and Chief Executive Officer



## Reppucci named new chair of Care New England Board

Charles R. Reppucci, executive director and chief operating officer of the Providence law firm Hinckley Allen & Snyder, LLC, was elected chairman of the Board of Directors of Care New England at the recent annual meeting of our health care system. Reppucci succeeds George W. Shuster of Harmony who joined the Care New England board in 1996 and served with distinction as chairman since 2011.



Reppucci has a strong history of service with the Care New England family of institutions. He first joined the Butler Hospital board in 1984, and he became a member of the Care New England board in 1996. He has gone on to serve as a member of the Governance and Nominating, Strategic Planning, Compensation, and Finance committees. He was elected vice chairman of the board in 2012.

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Active in the community, Reppucci serves as vice chair of the board of the Rhode Island Blood Center and also as past chairman of Vector Health Systems and treasurer of the Legal Aid Society of Rhode Island. He earned a degree in accounting from the University of Rhode Island and a master's in business administration from Providence College. He is the senior non-lawyer executive at Hinckley Allen & Snyder, LLC, where he has worked for 30 years.

Shuster presided over the Care New England board during a period of tremendous industry change and organizational growth. He led the initiative which consolidated the separate hospital and agency boards into a single system level board, oversaw the addition of Memorial Hospital and The Providence Center into Care New England, guided Care New England's immersion into new forms of health care delivery and payment reform, and shepherded a strategic partner evaluation process which culminated in the decision, announced in November, that Care New England and Southcoast Health System would work toward the creation of a new non-profit parent organization to oversee both systems.

"We are fortunate to have the caliber of individuals like George Shuster and Charles Reppucci on our governing board," Dennis D. Keefe, president and CEO of Care New England, said in a news release announcing the new chairmanship. "They not only bring business acumen and leadership strength to Care New England, but deep and abiding commitments to the institutional missions of our organizations and the advancement of quality care for the patients and families of our community."

## Care New England Center for Surgical Weight Loss can help with New Year's resolutions

It's a new year and time for new resolutions for you and your family. If weight loss is on your New Year's resolution list, then The Center for Surgical Weight Loss at Care New England may be able to help with free monthly information sessions:

- **Kent Hospital:** Information sessions are held every month at Kent Hospital's Doctors' Auditorium from 6 to 8:30 p.m. The next three sessions will be Jan. 5, Feb. 2, and March 1. Free parking is available on the Doctors' Auditorium side of the hospital by entering at the service vehicle entrance on Toll Gate Road. No RSVP is needed.
- **Women & Infants:** Information sessions are held each month, the next three sessions will be on Wednesday, Jan. 27, Feb. 24 and March 23, at Women & Infants Hospital, Auditorium 4 of the Malcolm and Elizabeth Chace Education Center, 101 Dudley St., Providence, from 6 to 8:30 p.m. Please RSVP to Sherry Peter at (401) 736-3731.



Obesity is a disease that is chronic and often difficult to treat. It is often the root of many other serious illnesses including diabetes, heart disease, sleep apnea, high blood pressure, high cholesterol, joint pain, infertility, acid reflux and even cancer. Medical treatments such as diet, exercise and pills fail to help keep off the weight for more than 95 percent of obese people. Yet, surgery is successful more than 80 percent of the time in achieving weight loss outcomes.

The surgical weight loss program is directed by Jeannine Giovanni, MD, a board-certified general surgeon with advanced training in bariatric surgery and extensive experience here in Rhode Island. The Center for Surgical Weight Loss at Care New England is aimed at helping patients who suffer from obesity and other weight-related diseases obtain optimal weight and healthier lifestyle with such surgical options such as the lap band, sleeve gastrectomy and gastric bypass.

Along with Dr. Giovanni's leadership, the program is supported by an experienced team including a certified physician assistant and program coordinator. In addition, a team of cardiologists, gastroenterologists, pulmonologists, nutritionists, psychiatrists, nurses, anesthesiologists and exercise physiologists will provide multi-faceted clinical support to patients helping to ensure the best possible clinical outcomes from consultation, to day-of surgery, post-operation, recovery and long-term follow up.

For more information please visit <http://carenewengland.org/bariatric>. For the latest information or any last minute cancellations or changes, please log onto <http://kenthospital.org> or our Kent Hospital Facebook page.





## Butler in the news: The new Outpatient Detoxification Unit



To answer the need for more diverse options for recovery services in the state, an outpatient detoxification unit was recently opened at Butler Hospital. As essential as it was to create this ambulatory program, it is equally important to educate the community about its availability. As part of a larger communications effort, members of the program treatment team were interviewed by Barbara Morse Silva for NBC 10 News, and John Tassoni, Jr. for Recovery Radio on AM 790. The segment on NBC 10 News, which aired on December 14 and is available to view online at <http://bit.ly/1T6vSwV>, focused on the multidisciplinary treatment team that includes physicians, nurses and recovery coaches. Morse Silva spoke with Butler's Alcohol and Drug Program Unit Chief Alan Gordon, MD; Leah Ciarlo, RN; and Kelly Gregson, about the comprehensive care provided through this ambulatory program. In the interview on Recovery Radio, which aired on December 21 and can be heard online at <http://www.790business.com/recoveryradio>, Maryella Durbreuil, RN, discussed how the new program complements the addiction recovery services available throughout Care New England. Learn more about the outpatient detoxification unit at <http://bit.ly/1Z1exr0>.

## Giving the gift of life: Kent collects 10,000 pints of blood

On Tuesday, December 22, Steven Allenson's donation was the 10,000th pint to be collected at Kent Hospital. Steve, a Care New England hardware technician, has donated more than 40 pints throughout the years. Thank you Steve, please keep giving the gift of life!

After processing the 28 donations made at the drive last Tuesday, up to 84 people will benefit from these lifesaving donations. The RI Blood Center and the Kent Hospital blood committee are thankful and appreciative to all who make the drives at Kent a success. For more information about donating please contact the RI Blood Center <http://www.ribc.org/full/Default.aspx> or contact Melissa Costello at ext. 31395.



*From right to left: Renelda Maurice-Simmons, account manager, RI Blood Center; Steve Allenson, CNE hardware technician; Anna Pilkington, database coordinator.*

## 'Patient, Family and Community Centered Care Summit' slated for January 13

Join Women & Infants and Care New England senior leadership for the Patient, Family and Community Centered Care Summit. The Summit will feature a panel discussion with leadership regarding the role of patients and families in health care reform and design. The Welch Award for Excellence in Patient and Family Centered Care, in its 10<sup>th</sup> year, will also be presented to the clinical and non-clinical winners. The Summit will take place on Wednesday, January 13, 2016, at 4 p.m. in the Malcolm and Elizabeth Chace Education Center of the Women & Infants Hospital South Pavilion. For more information or to RSVP, please contact Shannon Sullivan, director of Patient and Family Support Services, at (401) 274-1122, ext. 41542 or email [shsullivan@wihri.org](mailto:shsullivan@wihri.org).



## Chelo's donates golf tournament proceeds to The Providence Center

Chelo's has once again selected The Providence Center to receive the proceeds of its charity golf tournament held at Cranston Country Club. The 28<sup>th</sup> annual Charity Golf Classic was a success, drawing more than 100 golfers and earning \$8,365.31. Erica Donnelly (pictured with Craig and Glenn Chelo), TPC's annual campaign manager, expressed the organization's gratitude toward the Chelo family. "Their generous donation will help ensure The Providence Center is able to continue to provide critical mental health and addiction treatment to thousands of Rhode Islanders in crisis," Donnelly said. Since 1955, the locally-owned restaurant chain has been supporting Rhode Island communities. The Chelo family is proud to give back. "We're touched by the mission of The Providence Center," said restaurateur Craig Chelo. "It is our pleasure to donate the proceeds from our 28<sup>th</sup> Annual Charity Golf Classic to them, so that together we can help those most in need." *cne*

