

# carenews

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“My perfect summer day is taking a leisurely ferry ride to Block Island, a day at the beach and then sitting in the Adirondack chairs on the Spring House lawn, relaxing and taking in the view.”

Good day!

## In this issue:



This week marks the unofficial start of the summer season when we all seem to kick back a bit, enjoy the outdoors, fire up the grill and savor relaxing times with family and friends. For me, my perfect summer day is bicycling with my wife along the beautiful bike path in Falmouth, having a seaside lunch in Woods Hole, then leisurely biking home. It is my quintessential summer day.

What makes your perfect summer day? Here's what a few of you had to say.

*“Sitting back while going for a sail in the bay with a Del's in hand.” ~ Kelsey Grabert, program manager, Nashua Street, The Providence Center*

*“My perfect summer day begins early in the am, it's Sunday. My birds are chirping, the rabbits are running all around the yard. The two cats are staring me down, and the dog is jumping around, like he hasn't seen food in a week. (110 pd Rottie). After all the animals are fed, and they have water, it's time for Jack and I to head to the beach—to Misquamicut, of course, with all our goodies packed, to spend the entire day in the sun, with no worries. It's 85 degrees with a light breeze and awesome waves. We go to Paddy's to get out of the sun, and have a couple cool ones. We swim all day, and sit in our beach chairs, like we own the place. There's a DJ, and there are always people dancing. Best place ever to people watch, and be thankful that it's not one of us up there. After the crowds head out, we go to The Mews for a burger which is outstanding, and a cool one. Nothing better than a long day at the beach, with sand all over and the smell of salt air...” ~ Deborah A. Marshall, RN, Care Management, Kent Hospital*

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*"My perfect summer day is a day at Fenway Park in Boston. We leave early, have lunch or dinner at Boston Beer Works, attempt to watch some batting practice if we get inside early enough, then enjoy the game! Go Sox!" ~ Christine Pereira, Division of Urogynecology and Reconstructive Pelvic Surgery, Women & Infants Hospital*

*"My perfect summer day is taking a leisurely ferry ride to Block Island, a day at the beach and then sitting in the Adirondack chairs on the Spring House lawn, relaxing and taking in the view. Heaven! Summer!" ~ Paula Foster, occupational health manager, VNA of Care New England*

*"An enjoyable summer day includes waking up late, enjoying a leisurely brunch and making our way to a beach. Once there, we enjoy making sandcastles, beachcombing and checking out the tidal pools. In the evening we enjoy a tasty dinner of seafood or tapas while listening to music. Dessert is a must so we like to roast s'mores over a fire pit and call it a successful day!" ~ Tara Tang, Memory and Aging Program, Butler Hospital*

*"When I think of a perfect summer day so many thoughts run through my head, but what I most enjoy and fills my heart is relaxing in my beautiful backyard listening to the background sounds of birds chirping and the ducks playing on the water, while surrounded by my friends. We laugh, we eat, we drink—we make memories. That's something, I'd say, is pretty perfect!" ~ Stephanie Regine, Marketing Communications, Care New England*

*"An absolutely perfect summer day is spending the evening with my children and grandchildren at Colt State Park having Quality Fruitland grinders and watermelon. 80 degrees and, as the evening progresses and the sun starts to go down, sitting on the rocks with everyone and watching the most magnificent sunset. We then packup and go home. This has been a yearly tradition." ~ Barbara Saleeba, Center for Rehabilitation, Memorial Hospital*

*"My perfect summer day would be a bike ride around Block Island. And, somehow, it would not be a ride that was always up hill. How can an entire island always be up hill?" ~ Garry Bliss, program director, Medicaid Accountable Entity*

*"Relaxing lakeside at Purity Spring Resort in New Hampshire." ~ Lynn Anderson, Quality Management, Women & Infants Hospital*

*"My perfect summer day is staying home." ~ Marilyn Walsh, Human Resources, Care New England*

*"Working night shift, my perfect summer day starts with a cool morning for watering our urban garden, followed by a brisk morning walk/jog at Roger Williams Park and a game of tennis. Back at home, I'd prepare an extravagant homemade brunch with the love of my life, followed by an afternoon nap. Our day is sure to end with a beautiful sunset, a home-cooked seafood dinner that's always paired with a glass of white from Newport Vineyard, mini Island Baked rum cakes for dessert, and a night on the town to listen to live reggae music at Parlour or Fete Music Hall. #CHOOSERI #PerfectSummerDay." ~ Niyoka Powell, Nursing, Butler Hospital*

*"My perfect summer day is an afternoon at home with the kids, hanging out by the koi pond." ~ J. Gates, MD, chief medical information officer, Care New England*

*"Kayaking and dipping my hands in the cool water on a hot day. A little current taking me downstream would be good, too." ~ Owen Heleen, chief strategy officer, The Providence Center*



*"My perfect summer day entails my family going to the beach in Charlestown. On a clear day we can see Block Island perfectly. The waves are great, and we take nice long walks. It's a day just to enjoy what the Ocean State is known for." ~ Jacquelyn Johnston, Women's Care Unit, Kent Hospital*

*"Paddle boarding in Charlestown with my son, dog, and maybe some friends, swimming, digging for clams, then cooking them by campfire with friends." ~ Jessica Barletta, Program in Women's Oncology, Women & Infants*

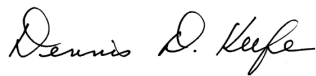
*"My perfect summer day is any day on, in, or beside the ocean! And ice cream!" ~ Jennifer F. Lee, Home Health Services, VNA of Care New England*

*"Spending the day with my kids and grandkids/family time barbecuing, swimming in our pool, playing volley ball/games/love the summer!" ~ Terry Rodriguez, Family Care, Memorial Hospital*

*"Our family reunion in August when everyone comes home to RI, we eat, drink, play and laugh with a giant dose of love." ~ Joy Vaudreuil, Physician Relations, Care New England*

Well, I certainly don't need to say: Have a great week ahead. It's clear that all of you know how to do that fully and well. I will say: Take time with family and friends, do something that gives you joy, and stay safe and healthy. Happy summer!

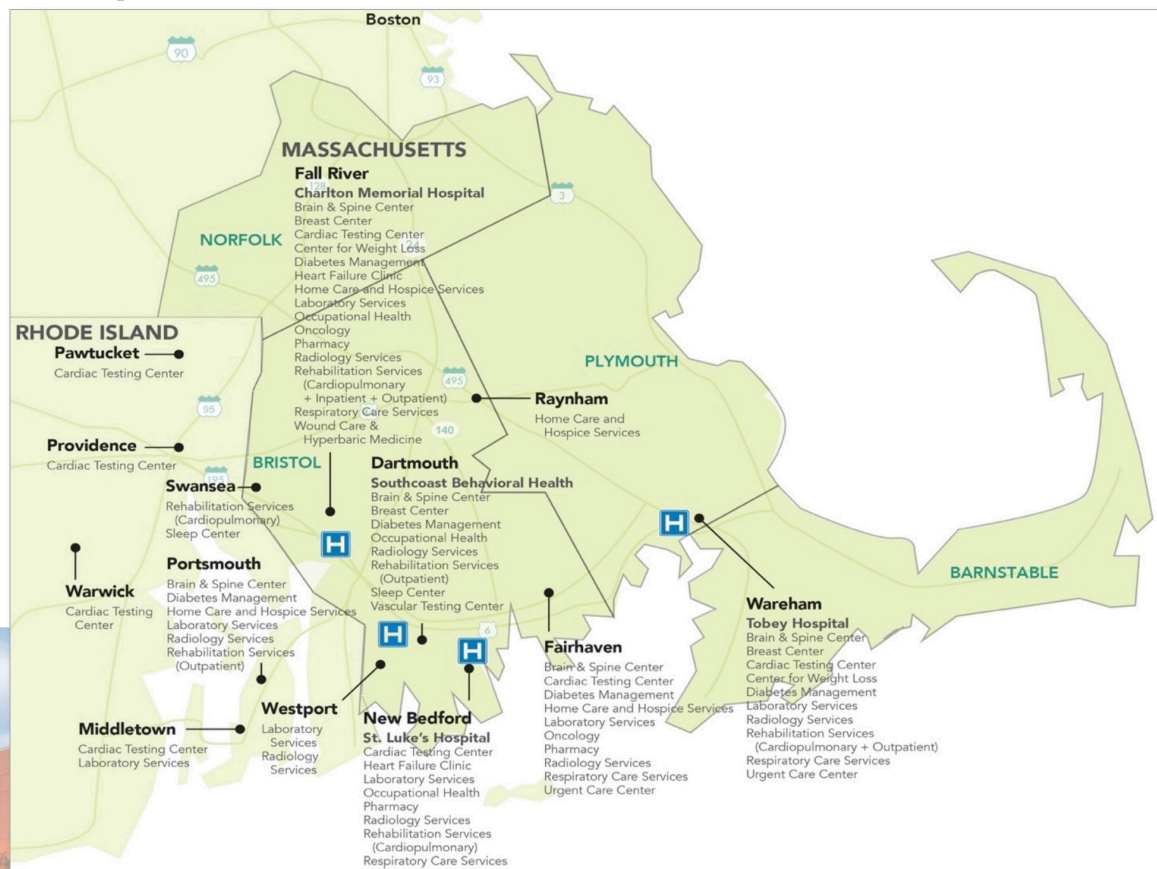
Sincerely,



Dennis D. Keefe  
President and Chief Executive Officer

## Getting to know you: A look at Southcoast sites

Southcoast Health maintains a robust array of hospital and provider sites throughout southeastern New England. Check out the map to learn more about the services and locations of our proposed affiliation partner.



## Butler researchers demonstrate the benefits of screening for suicide in emergency departments

In a study recently published in the *American Journal of Preventive Medicine*, researchers at Butler Hospital found that the use of universal suicide risk screening in emergency departments was feasible and led to a nearly twofold increase in risk detection. The researchers—including Sara Arias, PhD, and Van Miller, PhD, leader of the Psychosocial Research Group—conclude that if these findings remain true when scaled, the public health impact could be tremendous because identification of risk is the first and necessary step for preventing suicide, a leading cause of death in the U.S.



To read more: <http://www.sciencedirect.com/science/article/pii/S0749379715006315>.

## Dr. Donald Coustan appointed to committee of American Diabetes Association

Congratulations to Dr. Donald Coustan, director of the Division of Maternal-Fetal Medicine's Diabetes in Pregnancy Program, who has been appointed to serve a two-year term of the Professional Practice Committee of the American Diabetes Association.



Dr. Coustan was chairman of the Department of Obstetrics and Gynecology at Women & Infants and the Alpert Medical School from 1991 to 2008. He is a past president of the Society for Maternal-Fetal Medicine, past board member of the American Diabetes Association, and has held numerous other national positions. He is board certified in obstetrics and gynecology and maternal-fetal medicine. Dr. Coustan is an internationally-recognized expert on the management of diabetes in pregnancy, and is the author of more than 200 research papers and scholarly publications, many of which address diabetes.

## Kent's graduating residents honored, incoming interns welcomed, research awards announced

Kent Hospital recently celebrated the graduation of its sixth class of residents who have completed the Emergency Medicine, Family Medicine, Internal Medicine and Undersea & Hyperbaric Medicine Fellowship, in the Graduate Medical Education (GME) programs. The graduation ceremony took place Thursday, June 23, 2016, at Quidnesset Country Club in North Kingstown.



"I would like to congratulate all of our GME residents on their graduation. Their hard work and dedication is clearly visible by this impressive achievement," said Michael J. Dacey, president and COO, Kent Hospital. "I would like to wish these physicians well as they embark on this exciting time both personally and professionally."

"Graduate Medical Education at Kent continues to grow and gain national recognition," said Joseph Spinale, DO, FACC, senior vice president, chief medical officer and director of medical education at Kent. "We are excited to welcome in a new class of students and wish our graduates all the success they deserve. Each year we continue to grow and build our program as we prepare these physicians for a successful career."

### 2016 graduating class

The graduates, who comprise the sixth graduating class include: **Nicholas Billings, DO**, Emergency Medicine; **John Budi, DO**, MSA, Emergency Medicine; **Adam Levin, DO**, Emergency Medicine; **Stacy Page, DO**, Emergency Medicine; **Anil Tahiliani, DO**, Emergency Medicine; **Lacey Vogts, DO**, Emergency Medicine; **Jonathan Andersen, DO**, Family Medicine; **Justin Etter, DO**, Family Medicine; **Mark Oien, DO**, Family Medicine; **Desirae Budi, DO**, Internal Medicine; **Mark Salmon, DO**, Internal Medicine; **Colin Woodard, DO**, Internal Medicine; and **Todd May, DO**, Undersea & Hyperbaric Fellowship.

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**Jonathan Andersen, DO**, is from Sudbury, MA, and graduated from Western Virginia School of Osteopathic Medicine. He will be working at North Attleboro Medical Center, an outpatient practice affiliated with Sturdy Memorial Hospital. **Nicholas Billings, DO**, is from Toledo, OH, and a graduate of the Kansas City University of Medicine and Biosciences. He plans to practice emergency medicine at Novant Health Brunswick Medical Center in Bolivia, NC. **Desirae Budi, DO**, is from Appleton, WI, and is a graduate of A.T. Still University – School of Osteopathic Medicine. She will be moving back to Appleton, WI, and will join ThedaCare Regional Medical Centers as a hospitalist. **John Budi, DO**, is from Appleton, WI, and attended Des Moines University. He will become a teaching attending for the emergency medicine program at Adena Hospital in Chillicothe, OH. **Justin Etter, DO**, is from Norton, MA, and is a graduate of University of the New England College of Osteopathic Medicine. He will continue his career at Hawthorn Medical Associates in North Dartmouth, MA. **Adam Levin, DO**, is from Murray, UT, and a graduate of A.T. Still University. Following graduation, he will be staying local and working at South County Hospital.

**Todd May, DO**, is from Cheshire, CT, and a graduate of Touro College of Osteopathic Medicine. He is relocating to New Orleans to join Louisiana State University Health in the hyperbaric medicine department. **Mark Oien, DO**, is from Marion, MA, and attended the University of New England College of Osteopathic Medicine. Following graduation he will be working at Hyannis Community Based Outpatient Clinic, a branch of the Providence VA. **Stacy Page, DO**, Cincinnati, OH, graduated from Rocky Vista University, Parker, CO, and will be returning to Colorado to work for Ergentus Physician Group.

**Mark Salmon, DO**, of North Smithfield, RI, graduated from Nova Southeastern University College of Osteopathic Medicine and will be staying at Kent Hospital. **Anil Tahiliani, DO**, from Lake Hopatcong, NJ, a graduate of Touro College of Osteopathic Medicine, will move closer to family and start as an emergency medicine physician at Memorial Hermann Memorial City Medical Center in Houston, TX. **Lacey Vogts, DO**, is from Norman, OK, and graduated from Rocky Vista University. She plans to head home to Tulsa, OK. **Colin Woodard, DO**, from Cleveland, TN, graduated from the University of New England, College of Osteopathic Medicine. Following graduation, he will be staying at Kent to participate in the Gastroenterology Fellowship.

**Interns**—Kent Hospital is also welcoming 16 incoming interns and three fellows to the GME Program.

## *Emergency medicine*

**Meredith Garvin**  
Lincoln Memorial-DeBusk COM  
Hometown: Wells, ME

**Kathryn Kelly, DO**  
University of New England COM  
Hometown: Greenfield, MA

**Chelsea Laber, DO**  
Philadelphia College of Osteopathic Medicine  
Hometown: Brewster, NY

**Matthew Lambton, DO**  
Philadelphia College of Osteopathic Medicine  
Hometown: Ridge, CT

**Vincent Sicari, DO**  
West Virginia School of Osteopathic Medicine  
Hometown: Seaford, NY

**Landon Wood, DO**  
Western University of Health and Sciences/COM  
Hometown: Vernon, British Columbia

**Internal Medicine**  
**Rachel Black, DO**  
Oklahoma State COM  
Hometown: Guthrie, OK

**Dmitry Drozhzhin, DO**  
New York Institute of Technology COM  
Hometown: Moscow, Russia

**Iiona Goukassian, DO**  
University of New England COM  
Hometown: Newton, MA

**Matthew McMullen, DO**  
University of North Texas Health Science Center  
Hometown: Fort Worth, TX

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**Asmani Patel, DO**

University of North Texas Health Science Center  
Hometown: Sugar Land, TX

**Tri Quoc Pharm**

Arizona College of Osteopathic Medicine  
Hometown: Dunwoody, GA

**Roshan Shah**

Lake Erie College of Osteopathic Medicine  
Hometown: Rutherford, NJ

**Incoming Fellows**

**Gastroenterology Fellowship**

**Colin Woodard, DO**

Residency – Kent Hospital  
Internal Medicine  
Hometown: Cleveland, TN

**Lindsey Merritt, DO**

Residency – Stamford Hospital  
Internal Medicine  
Hometown: Palos Verdes, CA

**Jameel Shareef**

Philadelphia College of Osteopathic Medicine  
Hometown: Wilmington, DE

**Family Medicine**

**Zhi Peng Dai**

Lake Erie College of Osteopathic Medicine  
Hometown: Reno, NV

**Eric Joo Hyung Lee**

A.T. Still University of Health Sciences  
Hometown: Seoul, Korea

**Undersea & Hyperbaric  
Medicine Fellowship**

**Kyle DuBose, DO**

Residency – Broward Health Medical Center  
Family Medicine  
Hometown: Winter Springs, FL

Kent Hospital is a major teaching affiliate of the University of New England College of Osteopathic Medicine. Graduate Medical Education at Kent started in 2008 and currently has 50 residents and six fellows enrolled. Kent Hospital is proud to provide physician residents from across the world with the clinical expertise they will need to carry on their careers in medicine.

## CNE nursing retreat creates roadmap to excellence

What happens when you bring more than 80 nurse leaders together in one place? The answer is *synergy, sharing, and strategic planning*.

Led by Angelleen Peters-Lewis, SVP and chief nursing officer for Care New England, and the chief nursing officers from each of our CNE operating units, the first ever Care New England Department of Nursing Strategic Planning Retreat was held recently at Kent Hospital with the challenge of developing a shared vision statement to guide the future nursing work across the system. Jeremy Lopes, from the CNE Employee Development team, expertly facilitated the day which included refining objectives to support achievement of these nursing-specific goals aligned with the CNE strategic plan:

- To enhance academic and research excellence.
- To enhance engagement and create strategies for communication.
- To build operational strength by ensuring integration, innovation, and value-driven work.
- To further develop CNE as an integrated delivery system to achieve population health.
- To consistently deliver clinical excellence and exceptional patient experience across CNE.

The group also had an opportunity to hear from CNE's Chief Operating Officer Sandy Coletta, who inspired everyone to pause, reflect, and examine the practice of nursing and what we collectively bring to the table for health care. In a few short hours, the beginnings of a roadmap were built to lead nursing at CNE into the next phase of excellence. Stay tuned and look for opportunities to join the effort and support the growth. Learn more about the nurses at Care New England by visiting <http://carenewengland.org/nursing>.



## Anchor employees featured in RI's "Recovery is Possible" campaign

Rhode Island's relaunched "Recovery is Possible" public awareness campaign features two Anchor Recovery Services employees. George O'Toole, certified peer recovery coach and the coordinator of the Anchor ED Program, and Jonathan Goyer, manager of the Anchor MORE program, both shared their experience with battling addiction and finding recovery. Updates to the initiative include a dedicated helpline for those experiencing an overdose and a website (<http://www.recover.ri.gov/index.html>) where people can find treatment locations and other information. The updated initiative was made possible by a generous donation from the Del Prete Family Foundation.



At an event last Monday at the Brown University School of Public Health to kick off the campaign, O'Toole spoke about the importance of the awareness that campaign provides. "This program carries the message of hope to those who are hopeless," he said.

RI Gov. Gina Raimondo also weighed in on the need to stem the opiate crisis, saying, "We need to act with urgency, come together, and keep the focus on getting people into treatment." The event also featured remarks by RI Department of Health Director Dr. Nicole Alexander-Scott.

## Ride 'Round Rhody and support the Program in Women's Oncology

The 8<sup>th</sup> Annual Ride 'Round Rhody will be held on Sunday, July 17, and a team of doctors, nurses, staff, patients and family members from the Program in Women's Oncology and its Breast Health Center will be riding to support cancer clinical trials conducted at Women & Infants.



There is still time to sign up to ride or to make a donation:

<https://www.crowdrise.com/wihpwo-power-cyclists/fundraiser/wihpwopower-cyclists>. (Please note, you may not be able to donate from your computer at work through the CNE server. Please try from home or your smart phone—sorry for the inconvenience.) You can also mail donations to Ride 'Round Rhody 2016, c/o Breast Health Center, 101 Dudley Street, Providence, RI 02905 or drop off donations on the fourth floor of the Main Hospital or at the Program in Women's Oncology. Make checks payable to Lifecyle, Inc. and indicate in the comment section that the donation is going to support the WIH PWO Power Cyclists team.

Questions? Contact Dr. William Sikov at [WIHRRRiders16@yahoo.com](mailto:WIHRRRiders16@yahoo.com).

## The greatest wealth is health

Let's celebrate five members of the CNE Wellness Center's Cardiac Maintenance Program who are all between the ages of 88 and 92 years young! They are living proof that physical exercise is medicine. Each attends one of our supervised exercise sessions three days a week, meeting the 150 minutes of moderate intensity aerobic exercise as suggested by the CDC's physical activity guidelines. In addition, most members participate in a strength training circuit. Some patients are just joining the program while others have been with us for 15 years.



Back Row (l-r): Al Morin, Phil Segal  
Front Row (l-r): Mort Gray, Miriam Solinger, Hal Gadon

Our cardiac patients often report an increase in self-confidence, an improved sense of well-being, an increase in ability to perform physical tasks, and the comradery shared by all. Today, patients hold the ultimate choice of selecting the right team to accomplish primary objectives in their prescribed wellness plans. The CNE Wellness Center provides programs that are based on personalized care for each patient.

For more information about the CNE Wellness Center's Cardiac Maintenance Program or any service we offer, please call (401) 732-3066. 



# Care New England