The Miriam Memo



A MESSAGE FROM THE PRESIDENT



Arthur J. Sampson

elcome to your summer edition of *The Miriam Memo*. This is an issue that I am especially pleased to share because everything you will read about was made possible because caring people like you support our life-saving and life-changing work.

In these pages, you will read how The Miriam has emerged as a powerhouse at the national level when it comes to genetic testing for cancer mutations and the use of targeted cancer therapies. You'll see the impact we are making for patients struggling with pelvic floor disorders thanks to the kindness and generosity of one of our donors. You will also meet a caring philanthropist whose dedication to The Miriam has literally spanned decades, and read about one patient's experience when he was rushed to our emergency department and learned firsthand just how our cardiovascular team not only saved his life but got him back to his life.

Underpinning all of our accomplishments is our commitment to our patients, and nowhere is this more evident than The Miriam having once again attained Magnet designation for nursing excellence. This makes us one of just four hospitals in the country to receive this honor five consecutive times. We are very proud of this accomplishment and I hope you are, too. It speaks volumes about the patient experience and echoes what so many of you have told me over the years: that when you're here, you feel you're treated like family.

Speaking of family, please know that you are a valued and valuable member of The Miriam Hospital donor family! I hope you will visit **Giving.lifespan.org/2014-Donor-Listing** to see our 2014 Honor Roll of generous supporters. If you have any questions at all, please call senior gift officers Holly Ann Palermo at (401) 793-2014 or Nicole M. Purcell at (401) 793-2152.

It is with mixed emotion that The Miriam says goodbye to a cherished member of our hospital team. After 15 years of leading our fundraising efforts, Debbi Gilstein Jaffe, Chief Development Officer, retired in June to be a full-time, stay-at-home mom. Debbi's unwavering dedication and compassion to our hospital was evident in everything she tackled in her work. Because of her tenacity to build a sustainable foundation of support, our hospital is well-positioned for our next chapter. Thank you Debbi for all you've helped make possible for The Miriam Hospital. It is hard to say goodbye but we are happy for you and your family.

Until the next issue of *The Miriam Memo*, happy reading and thank you so much for being by our side.

LEAVE A LASTING LEGACY

lease join with our select group of visionary donors as a member of the The Miriam Hospital Living Heritage Society. Simply name the hospital as a beneficiary of your estate plan, retirement account, or life insurance policy. This critical support ensures the hospital's future and our pursuit of excellence in patient care, pioneering research, medical education and technology. To learn more about naming the hospital in your estate plan, or to receive information on establishing a gift which will provide you or a loved one with income for life, please contact Noreen Mitchell, Planned Giving Officer at 401-444-6311 or nmitchell@lifespan.org.



Planned Giving Profile: Jame S. Nelson

or Jane Sapinsley Nelson, The Miriam Hospital is in her blood. The daughter of Milton C. Sapinsley, the second president of The Miriam Hospital, she learned from a young age what it meant to support the community and The Miriam Hospital.

"I grew up knowing I had very strong women forebears—my great grandmother was an entrepreneur in San Francisco during the Gold Rush of 1849-1850 and her daughter, my maternal grandmother, marched down 5th Avenue in New York in 1917 as a delegate from New Jersey to fight for women's right to vote," Jane fondly recalls. "And my father went off to war, lying to get into officer training school because he was not old enough for the course." It is that mentality of standing up for what you believe in that was



Jane S. Nelson

"ingrained in my family's culture" and led Jane to continue her family's legacy of supporting The Miriam.

Jane joined The Miriam's Women's Association in 1953 as the Sunshine Chair—responsible for spreading sunshine by sending thank you notes and sympathy cards to members and donors. Over the years she continued to advance in leadership roles, ultimately serving as president of the association from 1966-1968. "I was an organizer," Jane remarks. "During my tenure I was lucky enough to have two close friends chair the membership drive, Gloria Winston and Sylvia Brown, who enrolled many new members. It might have produced the highest number of new members ever! But it was more important to raise money to purchase new equipment that the hospital needed to keep up with the newest and latest technology. By asking doctors to identify equipment for us, we could raise the funds need to achieve that goal." This successful campaign soon became an annual equipment event and has provided countless equipment purchases since its inception. Also during her presidency, Jane changed a previously unwritten rule that female physicians or wives of physicians couldn't serve as president of the Women's Association. She was named a "Life Member" of the Corporation in 1973.

Jane's legacy of leadership to The Miriam only continued from there: in 1971 she was one of the first two women appointed to the Board of Trustees; in 1988 she became an honorary trustee for life; and in 1997 she

was named the first female chairwoman of The

Miriam Hospital Foundation Board of Trustees. Her appointment to the Board of Trustees heralded women's increased influence on the board. One of her initiatives, and what she considers her biggest accomplishment, was to recommend non-Jewish members for the board, to reflect the diversity of the hospital's patients and staff. "Our patients were a mix of the population of Rhode Island; our board needed to be diverse as well," says Jane, who was also honored as the first Miriam Person of the Year in 2003.

Not only did her dedication to The Miriam

provide invaluable benefit to the hospital, it also served as an opportunity for Jane to teach her children and grandchildren the importance of philanthropy. "My mother set a phenomenal example of dedication and volunteerism," remarks Jane's daughter Pamela Nelson Erskine. "There is no doubt that she has been a worthy role model to her three children who emulate her in giving, volunteering, or both," adds her son Barry Nelson.

"My mother's lifelong commitment to The Miriam Hospital was self-evident. She loved her work at the hospital and was proud of her association with it," says her son Jonathan Nelson.

Throughout her decades of commitment to The Miriam, Jane has consistently given to the hospital each year. She has also established a charitable gift annuity and included The Miriam in her estate plan—making her a member of The Miriam Hospital Living Heritage Society. "There is nothing more important than having the knowledge spread about what one can do in perpetuity. I want to show people what they can do, no matter the amount," says Jane of her planned gift.

While Jane now devotes some of her energies to her beloved rescue dog Abigail, The Miriam Hospital is never far from her heart and her thoughts. And Jane is never far from ours either.

The Miriam Hospital Emerges as a National Leader in the Next Frontier of Cancer Care

It was September of 2009 and Ron Whittemore and his wife, Maureen, had just completed a tour of Mesa Verde National Park in Colorado—the largest archaeological preserve in the country.

They spent hours hiking, climbing ladders for views of historic cliff dwellings, and explored several ancient ruins. Having worked up quite an appetite, the couple retreated to one of the park's cafeterias. Just a few bites into lunch, Ron passed out.

When he woke, four park rangers were preparing to rush him to the nearest hospital. In the ambulance, he began vomiting blood.

"I was really scared, so was my wife—I knew what was happening wasn't good," recalls Ron.

Ron was admitted to the intensive care unit at the local hospital in Colorado, where he was stabilized and tests revealed a tumor in his stomach. After two days of monitoring, he was discharged to return home to Rhode Island for removal of a malignant gastrointestinal stromal tumor, or GIST, which has a high rate of recurrence. Thus began his journey with cancer. But fortunately for Ron, he had access to one of the country's leading oncologists and was a match for a targeted therapy.

"Our targeted therapy program is one of the largest and most sophisticated in the country," says Howard Safran, MD, Medical Oncologist, The Miriam Hospital, Director, Brown University

"The Miriam Hospital is a national leader in cancer research and an outstanding partner for biotechnology studying novel new anticancer treatments."

—CTI Biopharma Corp., Seattle, WA.

Oncology Group and Associate Professor of Medicine at The

Warren Alpert Medical School
of Brown University. Targeted
therapies are drugs that block
the growth and spread of
cancer by interfering with
specific molecules responsible
for cancer cell growth and
survival. By contrast, traditional
chemotherapy drugs act against
all actively dividing cells,
including healthy ones. When

exploring targeted therapies for a patient, oncologists at The Miriam

first receive permission to take tumor tissue that has been stored on behalf of the patient to analyze the genes within the cancer. The goal is to isolate the abnormal gene driving the cancer, known as the target, and match it with an available therapy drug that affects only that abnormal gene.

Knowing that Ronald's tumor had an abnormal gene called c-kit, his oncology team recommended Gleevec, which



in the country"

was originally used to treat chronic myeloid leukemia. But through research and Dr. Safran's extensive experience with targeted therapies, there was optimism that the drug could prevent the tumor from growing back.

"Throughout my entire ordeal, Dr. Safran was like having a friend who was also an oncologist," says Ronald. "His confidence made me confident—there was no way I was going to say no to trying Gleevec."

It's been a little more than five years since Ronald took his first dose of Gleevec, a small brown pill that he calls a "wonder drug." Though cancer cells still exist in his body, Gleevec has blocked the abnormal gene, preventing his cancer from growing back.

"I truly believe that without targeted therapies, I wouldn't be here today; every time I take that pill, I thank goodness it exists and that there are people out there working on things like this," says Ronald. "I've been given an extra five years of life, and hopefully more, because The Miriam is at the forefront of these breakthroughs—targeted therapies have to be pushed and have to be supported." Adds Dr. Safran, "Mr. Whittemore is an excellent example of the promise of targeted therapies. I think as long as he stays on Gleevec, he'll be safe."

The Miriam is currently using targeted therapies to treat common types of cancers, such as gastrointestinal and lung, in which a single gene is driving the disease. For many other cancers, there are multiple abnormal genes causing its growth, meaning a patient may be taking a single drug that works against some of the cancer cells in their body, but not all of them. This is driving The Miriam to develop new drugs to block other abnormal genes as well as significant work in the area of immunotherapy, which harnesses the power of the body's own immune system to fight cancer.

Within the next five years, Dr. Safran envisions patients being treated with combinations of targeted therapies that effectively attack multiple abnormal genes.

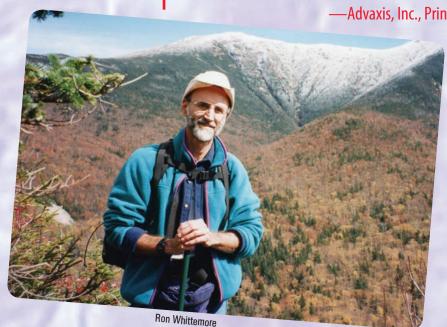
"Cancer is elusive and can mutate to circumvent the targeted therapies," he says. "So it's a race against time to develop new drugs and stay ahead of the cancer. And as is always the case, it comes down to resources. The Miriam's donors have helped make so much possible for this program already. It's wonderful to have them by our side as we move forward to save lives."

"The excellence that The Miriam Hospital shows as a national leader in innovative cancer research has been remarkable. Their cutting-edge work, developing tumor-specific targeted immunotherapy has the potential to benefit patients with cancer through out the world."

Advaxis, Inc., Princeton, NJ

"1 in 2 men, and 1 in 3 women, in the United States will be diagnosed with cancer in their lifetime."

—Stand Up to Cancer



The Miriam Hospital and Cardiovascular I

by all accounts, Scott Sanborn was a healthy 64-yearold. He visited his primary care physician annually and with the exception of slightly elevated blood pressure that was being controlled with medication, Scott was well.

He always took the four flights of stairs to get to his office and was on his feet most of the day. He and his wife of 40 years, Susan, have three beautiful adult children and love to travel. They had just returned from a weeklong vacation on Cape Cod.

Scott is an administrator at Oak Hill Nursing Home. Shortly after a morning meeting and his usual strong cup of coffee, Scott felt his heart flutter. His chest was heavy. Thinking it might just be too much caffeine, he paused outside his office, catching the attention of one of his nurse colleagues. After taking his blood pressure which was sky high—she told Scott that she was going to immediately get him over to the

emergency department at The Miriam Hospital.

Upon arrival at the hospital, Scott went into sudden cardiac arrest. His heart stopped right there in the Emergency Department waiting area. According to Samuel C. Dudley, MD, The Miriam Hospital and Cardiovascular Institute's Chief, Scott is lucky he was where he was when it happened.

"If he had been outside the hospital, his likelihood of survival would have been less than 10 percent. He likely would have died," said Dr. Dudley.

CPR was initiated immediately, but it took four

defibrillator shocks before getting Scott's heart rhythm back. He was whisked away to the cardiac catheterization lab where doctors weren't sure what they were going to find when they got inside his chest.

Of his four arteries, two were completely blocked and one was partially blocked, causing abnormal heart rhythms, also known as ventricular fibrillation, which led to his sudden cardiac arrest. Doctors performed an

angioplasty, inserting two stents to open the blocked arteries and cleaning out the partially blocked artery. He spent the next two days in intensive care before being brought to the cardiac care unit for the remainder of his eight day stay.

Scott was very fortunate to have been at The Miriam when he went into sudden cardiac arrest. The Miriam Hospital, as part of the

Cardiovascular Institute (CVI), a joint Lifespan program that includes The Miriam, Rhode Island Hospital and Newport Hospital, has all of the resources and experts in the state to care for patients experiencing cardiac events of all types. In addition, The Miriam's long history of providing a personalized patient experience combined with state-of-the-art medical care, continues to make it a sought after institution for cardiac care.



Scott Sanborn with his wife Susan

"Cardiac care at The Miriam is second to none. As part of the CVI, the only academic medical practice in the state, it has many features including performing more interventional procedures than any other program in the region. But, what makes The Miriam so exceptional is their commitment to the patient and the experience, here."

— Dr. Samuel C. Dudley

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With the blockages in Scott's heart repaired, it was important to evaluate the likelihood his heart would experience abnormal heart beats that could cause another cardiac arrest in the future. Performing an electrophysiology study, Michael Kim, MD, Director of the Arrhythmia Service for the Cardiovascular Institute, tried to induce an abnormal heart beat. Had abnormal heart beats been inducible, a defibrillator to monitor Scott's heart would have been implanted. Lucky for Scott however, now that the blockages were repaired, they were not able to induce irregular rhythms, meaning he is unlikely to have abnormal heart beats in the future.

Grateful to be alive, Scott is taking his brush with death seriously. Taking his medications, including a statin to keep his cholesterol down and a blood thinner, he's also enrolled in The Miriam's highly regarded Cardiac Rehabilitation Program, which combines exercise, education and behavior modification to help patients who have had a serious cardiac event from experiencing a repeat event. Doctors believe Scott's heart muscle sustained minimal damage as a result of the cardiac arrest and as long as he continues to monitor his exercise and diet, he should have no further problems.

Scott says, "Healthcare is all about people. At the end of the day the thing you take away is the quality of the care and the level of the quality that you get. The Miriam has the technology and staff that know what to do. Add to that the care and compassion; everyone is interested in you and is customer service oriented. It doesn't make a difference who it is, nurse,

housekeeping, everyone. It doesn't take a lot of time, but means a lot. I know that's a huge piece of why they became a Magnet hospital."

"I've always told people The Miriam is great and its where to go. But saying it is one thing, experiencing it is the proof in the pudding and couldn't be more true it's by far the best," concludes Scott.

Meet Dr. Samuel C. Dudley



Samuel C. Dudley, MD, PhD, Chief of the Division of Cardiology at the Cardiovascular Institute (CVI). His research efforts into sudden cardiac death have resulted in the development of an innovative blood test designed to identify those patients most at risk.

To learn more about CVI, Dr. Dudley's research work in Sudden Cardiac

Death, and ways to help, please visit, www.cardiac.lifespan.org.



Rosalyn Sinclair Establishes a Clinical Professorship for a Rarely Discussed Condition

Leslie Roth, MD, Colorectal Surgeon and Co-Director of the Program for Pelvic Floor Disorders in the Center for Women's Gastrointestinal Medicine, is hoping to remove the stigma around a rarely discussed pelvic floor disorder, fecal incontinence. After sharing her concern about the need to educate both physicians and the general population about this treatable disorder with Rosalyn Sinclair, a long-time friend of The Miriam Hospital, The Miriam received a generous donation of \$250,000 to establish the Rosalyn and Joseph Sinclair Clinical Professor of Pelvic Floor Disorders. The donation was made by Rosalyn on the occasion of Rabbi Leslie Y. Gutterman's retirement from Temple Beth El in Providence, RI. It will provide resources to support clinical, research and community education about fecal incontinence.

It might be hard to imagine being unable to leave your house because you fear you might not get to a bathroom in time, but this is a reality for upwards of 20 percent of the

population who suffer in silence and shame. Unfortunately, this problem is something many people don't even feel comfortable discussing with their doctor. While women tend to suffer most (a possible effect of pregnancy and childbirth), men are not immune. Additional causes can include medication, trauma, diabetes, stroke and brain



Roz Sinclair and her late husband Dody

"We're hoping to improve the quality of life for many patients. By educating people on not only surgical options to correct the problem but available medication and lifestyle options, we can change lives. It's important to educate physicians and bring it to the front line of medicine so it's actually screened for."

- Dr. Leslie Roth

tumors. As embarrassing as it is to talk about, fecal incontinence is treatable. But the first step toward treatment is open, honest discussion between patient and physician.

"So few physicians are aware of how far-reaching this problem really is, partly because their patients are ashamed to discuss their disability and partly because it has not been a priority in their educational process. Through this new program, we know we can change lives for the better," explains Rosalyn about her donation.

Dr. Roth, the inaugural Rosalyn and Joseph Sinclair Clinical Professor of Pelvic Floor Disorders, explains, "We are organizing patient education nights and community outreach lectures to spread the word and make sure people know this is something that should be talked about and can be treated." She continues, "We freely talk about other types of incontinence. Shouldn't this be part of that dialogue as well? We need to take the stigma out of this very real and debilitating condition so patients can talk about it with their physicians, not be ashamed and not have to suffer any longer."

To honor Rabbi Gutterman, community and physician educational events will be named the Leslie Y. Gutterman Education Event in Pelvic Floor Disorders.

"We're hoping to improve the quality of life for many patients. By educating people on not only surgical options to correct the problem but available medication and lifestyle options, we can change lives. It's important to educate physicians and bring it to the front line of medicine so it's actually screened for," says Dr. Roth.



Leslie Roth, MD



Rabbi Leslie Y. Gutterman

patients expressing their appreciation for her life-changing care. Dr. Roth often receives notes from

Dear Dr. Roth,

A simple thank you is not enough for all the help you've given me. I went into your office with fear and not much confidence or hope that I could be helped. After almost fifteen years, I was physically ready to accept the worst but certainly never psychologically ready. I did absolutely everything you said and it worked. My colon no longer controls my life! Thank you for giving me my life back. I cannot thank you enough.

Sincerely and gratefully, _ Grateful patient

Dr. Roth,

Thank you so much for helping me with the problem I had. l thought I had to live with it and you fixed it! I am so glad I found you. You are a wonderful doctor! You put me at ease in an embarrassing situation! Thank you so much!

– Grateful patient

Caring Hearts

ur Caring Hearts Program at The Miriam Hospital gives grateful patients and their loved ones the opportunity to support the hospital while paying tribute to caregivers who made a difference during the patient's visit or stay. Each honored Caring Hearts provider will receive a letter informing him or her of the thoughtful gift,

as well as a custom-crafted lapel pin to wear proudly on their lab coat. Donations to The Caring Hearts Program will support The Miriam Hospital Fund for a New Generation, which provides vital resources to areas with the greatest funding needs, including patient care services, educational programs, and innovative research projects.

Here is a recent nominee's touching story...

In 2012, Carol Lucchesi woke up one morning and could barely move. Later that day, while trying to get something from the refrigerator, she heard a snap and fell to the floor. Her hip was broken. When her husband got home, she told him to take her to The Miriam. After seeing orthopedist Lee Rubin, MD, Carol found out she needed a hip replacement. Lori Dionne, RN, was her nurse and took great care of her.

Fast forward a few years. Due to a thyroid condition, Carol's first hip replacement didn't "take" and she found herself needing another replacement. She waited 2 months for a spot to open up at The Miriam; she wasn't going anywhere else if she could help it. When she woke up from her surgery, Lori Dionne was once again her nurse. The two recognized each other immediately. "I can't say enough about Lori. She's warm and caring and I knew she was watching over me no matter what. She even made my husband comfortable and he's a tough cookie!" Carol, with her mom having recently passed away, said, "With Lori as my nurse, I felt like my mother was there taking care of me."

"It is such a great feeling to be recognized by a patient for the care you've provided," says Lori Dionne. "I always try to understand where my patients are coming from and put myself in their shoes. You go into their room and know they're nervous or scared and try to make them as comfortable as possible. When you treat each patient as an individual, I truly believe it helps with both their care and healing."

Journey to the Serengeti Raises more th





(L-R) Betsy Bilodeau, Roger Mandle and Ronald Whittemore, patients of The Miriam who have each benefited from targeted therapy treatment for cancer.

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(L-R) The Miriam Hospital 2015 Gala and Auction co-chairs David Greenberg and Elizabeth, DPM join Lynda and Arthur Sampson, President of The Miriam Hospital, and Marianne and Alan Litwin, Chair of The Miriam Hospital Foundation Board of Trustees

n Saturday, May 9, more than 500 of The Miriam's closest friends came out to North Central Airport in Smithfield for the hospital's 2015 Gala and Auction, *Journey to the Serengeti*. The event, co-chaired by Elizabeth and David Greenberg, DPM, raised more than \$662,000 to support The Miriam Fund for a New Generation and The Leonard and Adele R. Decof Family Comprehensive Cancer Center at The Miriam.

As part of the total, the Live Auction, Super Silent Auction and Fund-a-Need generated \$243,700 to help expand the cancer center's genomic testing for cancer patients to see if they're a match for targeted therapies.

"The success of this event embodies the incredible support
The Miriam receives from individuals and businesses across our
community," says Arthur J. Sampson, President of The Miriam
Hospital. "It is in large part due to this generosity that we have
emerged at the forefront of the next frontier of cancer research
and treatment—my sincerest gratitude to everyone who made the
evening possible."

Upon arrival, guests walked a red carpet for photos alongside an antique 1939 Aeronca Chief Airplane as the sounds of Cape Cod African Dance & Drum filled the outside air, setting the night's tone. Once indoors, guests were wowed by the transformation of the airport hangar, which had become an exotic, lush atmosphere inspired by the Serengeti, one of the ten natural travel wonders of the world. Following dinner prepared by Russell Morin Fine

Catering, guests were introduced to three patients who shared their personal journeys in a video highlighting The Miriam's work in targeted therapies for cancer. (See page 4 to meet Ron Whittemore.)

At the conclusion of the video, Fred Schiffman, MD, a medical oncologist at The Miriam, took the stage to thank the patients who were featured in the video and to acknowledge Debbi Gilstein Jaffe, who retired from The Miriam in June after 15 years as Chief Development Officer. In recognition of Debbi's dedication and countless contributions to our hospital, Dr. Schiffman encouraged gifts to the Fund-a-Need be made in her honor.

The evening continued with professional auctioneer Paul Zekos of The Zekos Group presenting a Live Auction against a 50-foot painted canvas depicting the Serengeti's Great

an \$662,000 for The Miriam Hospital



spirited bidding surrounded each item, with two packages generating substantial funds.

A Kentucky Derby experience of a lifetime—complete with private jet transportation for four and seats at Churchill Downs—raised \$27,000. A package for four to attend the live broadcast of the 2016 Nickelodeon Kids' Choice Awards in Southern California generated \$12,000. Following the Live Auction, guests danced to the sounds of The Pulse of Boston.

"The Miriam is a cause that is near and dear to our hearts; it was an honor to work alongside a committee of such dedicated individuals who care deeply about a hospital that so many of our families, friends and loved ones depend on," says Elizabeth Greenberg, who served as co-chair of Journey to the Serengeti with her husband, David. "Cancer, sadly, has touched nearly all of our lives, and the funds raised through this event will be critical in helping The Miriam continue to advance its nationally-recognized cancer programs."

The Miriam Hospital extends special thanks to title sponsors, Amica and Nortek, presenting sponsor University Orthopedics, and platinum sponsors IGT and Med Tech Ambulance Service.



If you do not wish to receive mail solicitations from The Miriam Hospital, or from other Lifespan institutions, please email privacyofficer@lifespan.org, call 866-626-0888 or 401-444-6500 and leave a message, or write to Lifespan Privacy Officer, 593 Eddy St., POB – Ste. 240, Providence, RI 02903.

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The Miriam Hospital Women's Association – Then and Now

For more than a century, The Miriam Hospital Women's Association has been committed to



ensuring the community has access to the best medical care possible. What began as a mission to raise funds to provide care and supplies for the poor and ill, ultimately sponsored a bed at Rhode Island Hospital and assured its availability for needy Jewish patients. Then, in 1921 with a bigger goal of opening a Jewish hospital "with a non-sectarian spirit" where Jewish physicians could practice and everyone would feel comfortable being treated, The Women's Association put a deposit on the property that would one day become The Miriam Hospital. Finally, after five years of door-to-door solicitations, homes collection boxes throughout neighborhoods and numerous fundraising parties and luncheons, their dream came to fruition. The Miriam Hospital opened its doors in 1926.

Today, more than 600 women from diverse backgrounds throughout Rhode Island honor the rich history of the Women's Association, contributing their

time and energy to enhance the hospital and improve the patient experience. This dedicated group is responsible for a variety of funds and programs that provide invaluable benefits to the hospital including an annual equipment event, the "Walkway to Health" Brick Program as well as numerous memorial special service and library funds. The Women's Association also operates the hospital gift shop and café.

To learn more about the Women's Association, visit http://www.miriamhospital.org/services/womens-association or call 401-793-2520.

At times we share news and information with our donors electronically. If you'd like to receive timely updates by email and help us reduce paper and postage costs, please email TMHGiving@lifespan.org.