Summer 2016

The Miriam Memo







Center Celebrates 5th Anniversary



A MESSAGE FROM THE PRESIDENT



Arthur J. Sampson

elcome to your summer edition of *The Miriam Memo*. This issue is particularly special because it gets right to the core of what makes The Miriam such an extraordinary hospital. Dr. John Froehlich says it succinctly in our cover story about The Miriam's Total Joint Center: "*It's the extra level of caring.*"

That commitment to exceeding patients' expectations that Dr. Froehlich describes is not limited to the Total Joint Center. It extends across The Miriam—from exceptional nursing and palliative care to our Patient Assistance Program, all featured in this issue—and guides our healing mission.

It also represents the extra level of care demonstrated year after year by our remarkable community of supporters whose generosity is recognized in our 2015 list of donors. Thank you for caring and giving.

On an especially sad note, we also remember Sidney "Bud" Greenwald, who had an enormous impact on The Miriam over the past five decades. We are grateful for Bud's leadership and generosity. He will truly be missed.

On behalf of The Miriam Hospital staff and our new chief development officer, Nancy Broude (see below), thank you for your continued generosity and friendship.

Q&A WITH CHIEF DEVELOPMENT OFFICER NANCY BROUDE

What attracted you to The Miriam?

I was introduced to The Miriam through a Rhode Island friend who raved about how everyone at the hospital was so nice. Throughout my interview process, I was impressed with The Miriam's reputation for excellence in cardiovascular and cancer care, its Jewish roots, as well as the culture of humanistic patient-centered care and continuous learning. Every development professional looks for strong leadership and engaged donors when considering a new position, and there's no question that both define The Miriam. But when it came to making a decision to leave my job in Boston, it was the people—everyone I met was thoughtful, mindful and believed in The Miriam mission.



What connects you to The Miriam?

I am a donor and recipient of The Miriam's health care, as well as an administrator. I exercise regularly at The Miriam Center for Cardiac Fitness. The center's multi-disciplinary team provides a 12-week rehabilitation program for patients recovering from a heart attack or surgery, along with a maintenance and prevention program for people like me with a cardiac history. Again, everything always connects back to people. Some of my work-out friends at the center are volunteer mentors to patients recovering from a heart attack.

Have you had an opportunity to become involved in the community?

In one of my early interviews, I learned about a Jewish Alliance trip to Budapest and Berlin. On May 7, I joined fourteen members of the Rhode Island community on a one-week mission to Eastern Europe. It was a life-changing experience meeting Holocaust survivors and learning about Jewish life before and after World War II. What made the trip so meaningful though, were not just the sites we visited, but the people with whom I travelled. It was a step toward becoming a member of the RI community. Next is improving my golf game at The Pawtucket County Club and spending more time at the Art Club and RI Philharmonic.

Why is it such a special place to work?

I have felt warmly embraced by everyone in The Miriam community—staff, donors, leadership, and volunteers. Donors are devoted to the hospital and to maintaining its legacy for outstanding healthcare. The commitment of everyone involved with The Miriam is truly second-to-none.



obody actually wants to have a joint replacement, but for many, when the pain becomes unbearable, seeking help at The Total Joint Center at The Miriam Hospital has been the best decision they've ever made.

The Total Joint Center at The Miriam Hospital, part of the Orthopedics Institute at Rhode Island and The Miriam Hospitals, is a center of excellence dedicated to delivering state-of-the-art joint replacement for the hip, knee, and shoulder. Celebrating its 5th anniversary since opening in

July 2011, the Center has established itself as a leader in joint replacement and patient care. The Total Joint Center has expert surgeons with advanced training in all types of major joint replacement.

"Everything at The Total Joint Center is geared toward helping the patient before, during and after surgery."

-John Froehlich, MD, MBA

Lois Moore had both of her knees replaced at The Miriam before The Total Joint Center opened and she was pleased with her experience and had good outcomes, but she can't say enough about the incredible and personal care she received more recently when she had both of her hips

replaced in the fall of 2015 and winter of 2016.

Crippled with pain that required the use of a walker, Lois says, "I was just anxious to get rid of the pain." She couldn't be happier with The Miriam and her decision to have the hip surgeries so close together. "The relief was instant. With physical therapy twice a day at the Total Joint Center, I was further along with my rehab at the time of discharge than I was with my knee replacements."

One of the keys to a successful outcome is the preoperative orientation, typically attended three or four

weeks prior to surgery. Offered multiple times a week to accommodate patient schedules, orientations are folded into the pre-admission testing. Topics include how to prepare physically for surgery, what to expect while in the hospital,

how to prepare your home for your arrival, and preparing loved ones for how to best help post-surgery.

"Education is an integral part of the process," says John Froehlich, MD, MBA who is the program director of the Total Joint Center. "It helps manage expectations and

(Continued on page 4)

reduces misconceptions. Patients' hospital length of stay is reduced and more are able to go directly home versus to a skilled care facility. These things all lead to greater achievements for our patients and the Total Joint Center."

The Joint Total Center has experienced tremendous growth and patient satisfaction since opening its doors, performing twice the number of cases annually as they did when it first opened. "High volume institutions and high volume surgeons have the best outcomes and lowest complication rates. It was

one of the reasons it was so important for us to create and achieve the Total Joint Center," says Dr. Froehlich.

Part of the magic of the Total Joint Center is the reassurance patients get and the connection they have to the staff to ensure everything they need is taken care of. "It's the extra level of caring," explains Dr. Froehlich. "Everything from ordering a tall bed for someone who needs it to knowing dietary needs of patients before surgery so the food they're able to eat is available to them."

Shoulder Replacements Help Patients Be Active and Pain-Free

While knee and hip replacements are done more frequently than shoulder replacements, The Total Joint Center's expertise in a variety of shoulder replacements is also giving patients of all ages and various shoulder conditions options for painfree living. This includes innovative procedures to relieve pain and restore function to patients who were not previously considered good candidates for shoulder

replacement surgery.

Meet Chris

For 49-year-old Chris Baxter, a former professional kick boxer, shoulder pain was something he learned to live with after a bicep tear and arthritis hit when he was in his 20s. After powering through the pain for 25 years, Chris decided he just couldn't live that way any longer. To his surprise, Andrew Green, MD, told him that a shoulder replacement could help—something he didn't think was even possible.

"Despite the constant pain, I wasn't willing to give up the activities I loved like mixed martial arts and weight training. Neither is suggested after a full shoulder replacement," says Chris. Knowing Chris' level of motivation and desired activity level, Dr. Green told him about an alternative partial shoulder

replacement procedure called the Ream and Run that would give him the ability to enjoy the more strenuous types of activities he desired.

In a Ream and Run replacement, the humeral head or "ball" is replaced and the patient's glenoid or "socket" is reshaped without replacing it. Dr. Green explains, "The recovery is harder than a standard total shoulder

> replacement, but the procedure is an alternative for the younger, highly motivated patient



Post operative x-ray of Chris'

that can tolerate the longer recovery to get back to their desired activity level."

After doing his research on the procedure itself and the surgeon in Seattle who developed it, Chris decided to proceed with The Total Joint Center and Dr. Green since they were right here in his home state and he felt a high degree of trust in both.

"With a traditional replacement, activities like golf, tennis and swimming are okay, but you can't participate in heavy resistance activities such as weight lifting or physical labor because the socket will loosen over time. If patients want to be more active, the Ream and Run is their option," says Dr. Green.

"I don't have to worry about my shoulder anymore and I'm more confident in myself,"

says Chris, who is back to lifting but with no pain. "I wish I didn't wait so long to have the surgery, but it's pretty miraculous what they were able to do for me."

Meet Janice

Janice Clauson struggled for years with arthritis and torn rotator cuffs in both her shoulders. At age 65, she wanted to be pain-free and able to live her life enjoying golf and jewelry making. However, due to her severe rotator cuff tears she

Post operative x-ray of Janice's right sholder

was not a candidate for rotator cuff repair surgery or a standard shoulder replacement. She sought out Dr. Green, who she knew from previous experience at University Orthopedics. He recommended a procedure called a reverse shoulder replacement for

both of her shoulders. "Because Janice's shoulders

were damaged from the rotator cuff tears, we couldn't do the standard anatomical replacement," explains Dr. Green.

In reverse total shoulder replacement surgery, the "ball and socket" implants are "reversed" from the positions in a normal shoulder. This allows a shoulder without a functioning rotator cuff to be replaced and have restoration of function.

"Before surgery, I was in so much pain and so limited in my mobility, I was willing to do anything," says Janice. "My proudest moment was being able to hold my first grandchild up over my head, and I can't thank

Dr. Green enough for giving that to me."

With replacement options for patients of all ages and activity levels, The Miriam Hospital Total Joint Center is helping patients get back to what they love.

"Everything at The Total Joint Center is geared toward helping the patient before, during and after surgery," says Dr. Froehlich. "From single rooms with

attentive nursing care, to standardized protocols for optimized patient management and the coordination of discharge, it's not just a total joint center; it's a total care center."



Douglas and Tracy Dame Orthopedic Education Endowment

"My proudest

moment was being able to

hold my first grandchild

up over my head ..."



Doug and Tracy Dame

Everyone who knew Doug Dame knew that he loved both his job as an orthopedic surgical technician and the people he worked with at The Miriam's Total Joint Center. Surgical technicians are vital to a smooth and efficient surgery, anticipating every move the surgeon is going to make while handing off instruments and supplies and maintaining sterile conditions. "Doug just loved learning and always sought to improve himself and share the knowledge he had with others," explains Tracy Dame, of her late husband.

After Doug's unexpected passing last year, Tracy and her daughters wanted to do something meaningful to honor Doug's passion for learning and his love for The Miriam Hospital. With a \$25,000 gift, they recently created The Douglas and Tracy Dame Orthopedic Education Endowment. The fund will provide a \$1,000 scholarship annually to a member of the orthopedic surgical services team for continuing education.

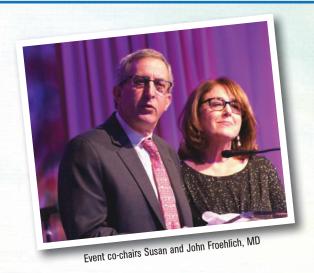
"Doug always said, if we ever win the lottery, this is something he would want to do,"

explains Tracy. "We wanted to create something lasting that honors both Doug's memory and what he cared about deeply."

Doug's passion for his career has rubbed off on his youngest daughter, Emily, age 21, who is following her father's footsteps by going to school to become a surgical technician.

"Doug was a spirited, meticulous and skilled technician. On difficult and unusual cases, he was the one we all turned to for input and help," says John A. Froehlich, MD, program director of the Total Joint Center. "It is so fitting that The Douglas and Tracy Dame Orthopedic Education Endowment was established to promote the high value he placed on continuing education for those he worked with on a daily basis."

AGE OF AQUARIUS GALA AND AUCTION RAI





Arthur J. Sampson, President of The Miriam Hospital, John Loerke and his wife, Marie J. Langlois, Chair of The Miriam Hospital Foundation Board of Trustees, and gala co-chairs John Froehlich, MD and his wife, Susan



New England Patriots offensive guard, Josh Kline, with his wife Natalie



t may have been 2016 outside Rhodes on the Pawtuxet on Saturday, April 16, but for the more than 450 Miriam Hospital guests inside, it was the '60s again during the hospital's 2016 gala and auction, Age of Aquarius. Serving as The Miriam's largest annual fundraiser, the event generated \$632,660, the net proceeds of which will support *The Miriam Fund for a New* Generation and The Patient Assistance Program at The Leonard and Adele R. Decof Family Comprehensive Cancer Center at The Miriam Hospital.

Of the total raised, the live auction, silent and super silent auctions, and Fund-a-Need resulted in \$246,785 for The Patient Assistance Program, which serves to help ease the financial burden of patients' cancer treatment in a multitude of ways.

"For five years now, our gala has supported the creation and expansion of critical programs at the Comprehensive Cancer Center," said Arthur J. Sampson, President of The Miriam Hospital. "I cannot thank everyone enough—our co-chairs, event committee, donors, sponsors and staff—for the tremendous amount of work that went into making this a night that once again will have an enormous impact for our patients."

Upon entering Rhodes, guests were welcomed by the soothing sounds of guitarist Tim Sullivan, a vintage Volkswagen Super Beetle, go-go dancing reminiscent of the times and performers posing as human lava lamps. Cocktails and hors d'oeuvres inspired by the '60s were followed by welcome remarks from hospital leadership and the event's co-chairs. Guests were then introduced to two Miriam patients who shared their cancer experiences in a moving video that shined a spotlight on the "fiscal toxicity" of a cancer diagnosis and the importance of helping patients through this part of their journey through The Patient Assistance Program.

Presenting Sponsors







SES \$632,660 FOR THE MIRIAM HOSPITAL



After a dinner exquisitely prepared by Russell Morin Fine Catering, professional auctioneer Paul Zekos of The Zekos Group presented the live auction and Fund-a-Need in support of The Patient Assistance Program. Featuring an impressive array of travel excursions and one-of-a-kind experiences, including a trip for two to the 41st Ryder Cup at prestigious Hazeltine National Golf Club in Minnesota, bid numbers were raised high and often. Following the auction, guests danced to the sounds of World Premier Band.

"We are thrilled to have served as co-chairs of this year's Miriam Hospital Gala and Auction," said John Froehlich, MD, who co-chaired Age of Aquarius with his wife, Susan.

"Cancer not only takes its toll physically and emotionally, it can be devastating financially. Thanks to the outpouring of support from everyone involved with this event, we'll be able to make a difference for The Miriam's cancer patients so they can focus on what's most important—getting well," added Susan.

The Miriam Hospital extends its sincerest gratitude to presenting sponsors, Amica, Nortek, and University Orthopedics; leadership donor, the Amica Companies Foundation; and platinum sponsors Amaral Revite General Contractors and Med Tech Ambulance Service.



David Greenberg, DPM and his wife Elizabeth (far left) with guitarist Tim Sullivan and Mara and Stuart Feldman



Steven Issa, Corporate Sponsorship Committee Chair for Age of Aquarius, with



The Miriam's Patient Assistance Program Helps Ease Financial Toxicity of Cancer Treatment

acob was an active, healthy 26-year-old with a good job and cancer was the farthest thing from his mind. After fighting severe pain he initially thought was a hernia, a biopsy confirmed testicular cancer and Jacob's world was turned upside down.

"Jacob is an excellent example of someone who has his whole life ahead of him and a great chance of being cured from his testicular cancer. At the same time, he is also

suffering from the challenges that cancer care introduces, and fiscal toxicity is definitely one of them," says Jodi Layton, MD, a hematology oncologist at The Miriam and one of Jacob's physicians.

Adds oncology social worker Kathy Higginbotham, LICSW, "When I first met Jacob, we talked a lot about the impact the cancer was going to have on him, and his ability to work, and the financial hardship that he was

very concerned about. You have a young man who is working hard to make ends meet, and now we're going to be taking him out of the workforce. He was worried whether he could really afford to be treated."

As a hospital that embodies the definition of compassionate care, The Miriam's Patient Assistance Program was established to help ease the financial burden of patients' cancer treatment in a multitude of ways, allowing them to focus on what's most important—getting better. It was created, quite simply, because it's the right thing to do.

Supported wholly by philanthropy (see gala recap p.6),

the Patient Assistance Program is administered by the team at The Leonard and Adele R. Decof Family Comprehensive Cancer Center. It helps patients with basic needs such as prescription co-pays, gift cards for food and gas to get to and from their appointments, utility bills, and rent and mortgage assistance, to name just a few.

"We see roughly 130 new cancer patients each month, and at least 60 percent would benefit from some type of financial

assistance," says Kathy. "They should be emotionally trying to cope with the diagnosis of cancer, not trying to be a banker, going through their savings account to figure out if they can live for a year without assistance as they go through treatment."

With national research indicating that cancer patients are two-and-a-half times more likely to file bankruptcy than non-cancer patients, it's easy to understand how resources can diminish quickly due to expensive, yet necessary, treatments and lost wages if a patient can't work.

Thanks to the generosity of The Miriam Hospital's



Jacob and his girlfriend Felicia

donors, Jacob didn't have to make a choice between receiving treatment and keeping a roof over his head. Today, his prognosis is excellent and he is cancer-free and back to work.

"The Miriam saved my life in every way a life can be saved—body, mind and spirit—and I now have my entire life ahead of me," says Jacob. "If they didn't care about how I'd climb and survive the financial mountain that was ahead of me, I wouldn't have been able to receive the treatment that saved my life—I'll forever be grateful."



"Dr. Taber didn't just help my mom with pain control. She went far beyond that-for all of us... Honestly, I don't know how our family would have made it through without Dr. Taber and the palliative care program at The Miriam Hospital by our side."

Alison Bilodeau Medeiros

Improving Quality of Life for Cancer Patients with Palliative Care

hen patients meet me, they are usually very scared and ask, 'Am I dying?' " explains Angela Taber, MD, a palliative care specialist and medical oncologist at The Leonard and Adele R. Decof Comprehensive Cancer Center at The Miriam Hospital. "I reassure them I'm here to help them; to try and make things as easy and comfortable for them as possible, with everything from their pain to their anxiety."

Palliative care is the specialized care given to improve the quality of life of patients who have a serious or life-threatening disease, such as some forms of cancer. It is an area of specialization that The Miriam Hospital not only excels in but feels is absolutely crucial for its most vulnerable patients.

The goal of palliative care is to prevent or treat, as early as possible, the symptoms of disease and the many side effects treatment can bring, in addition to the psychological, social, and spiritual issues that can accompany a difficult illness. Different from hospice, which provides support for patients at the end stages of life, palliative care can be given at any time during a patient's illness with the focus on living life as comfortably as possible. When a patient needs to move from palliative care to hospice, palliative care specialists help with that transition as well.

In addition to managing symptoms and pain, Dr. Taber explains, "We make sure patients and their families thoroughly understand what is going on and what to anticipate in the future—to the extent that they want to know. The focus is on helping them live the best quality life possible, despite everything that is going on."

Alison Bilodeau Medeiros, whose late mother Betsy was Dr. Taber's patient explains: "Dr. Taber didn't just help my mom with pain control. She went far beyond that—for all of us. My mother was very concerned about how my sister and I would

manage once she was gone, and she worried how our children would handle the loss. She encouraged my mom to write a journal and she talked with me at length about what to expect when the end was near. Dr. Taber knew when the time was right to transition my mom to hospice care. Honestly, I don't know how our family would have made it through without Dr. Taber and the palliative care program at The Miriam Hospital by our side."

Physicians like Dr. Taber, who is an oncologist specializing in palliative care, receive focused training around symptom management and communication. They work as part of a care team that includes oncologists, nurse practitioners, social workers, psychologists, and a patient navigator.

Kathy Higginbotham, LICSW, at The Leonard and Adele R. Decof Comprehensive Cancer Center at The Miriam Hospital, is a critical part of the cancer care team and sees the positive effects palliative care has on patients. "It's

important for us to use all the available resources that will be beneficial to patients and families and palliative care is one of them. Patients become more open once it's explained that palliative care doesn't mean end of life," says Kathy. "In addition to symptom management, palliative care is also the emotional piece of coping with cancer and things like writing letters to family, getting affairs in order and having



Angela Taber, MD

difficult conversations. It's more than helping with a patient's symptoms, its helping the symptoms of the family."

Dr. Taber says, "The Latin word 'palliative' is derived from means 'to cloak,' and I like to think of our work as a gentle hug."

In Gratitude and Memory of Sidney "Bud" Greenwald

idney "Bud" Greenwald was involved in shaping, guiding and supporting The Miriam Hospital for more than 54 years before his recent passing at the age of 95. Exemplifying all of the traits of an exceptional volunteer, trustee and leader, The Miriam Hospital is truly better because of his commitment to advancing its mission.

Bud was a fixer. A mechanical engineering graduate of the Massachusetts Institute of Technology, Bud founded the Hart Corporation and was known for making multi-million dollar engineering and construction deals with a handshake.

Invited by the late Norman M. Fain, with whom he served alongside on the Rhode Island School of Design's board of trustees, Bud joined The Miriam Hospital board of trustees in 1962.

While reluctant to chair during what was a challenging period for the hospital, Bud saw the need for his leadership and stepped up with the belief he was personally responsible

for the safety and quality of the hospital's services. He served as vice chairman from 1975 to 1979 and as chairman from 1979 to 1983.

Bud brought to bear exceptional organization and leadership abilities under difficult conditions, demonstrating an uncanny

understanding of The Miriam as a complex and dynamic organization with multiple constituencies and goals. He played a key role during the initial alliance between The Miriam and the Warren Alpert Medical School of Brown University, and his chairmanship of the Buildings and Grounds Committee was central to the success of several physical plant developments at the hospital. He also served on The Miriam Hospital Foundation board of trustees and was a life governor.

His remarkable volunteerism and leadership was recognized by the Hospital Association of Rhode Island in 1982 when



he was awarded their Distinguished Service Award. He was honored as The Miriam Hospital Foundation's Person of the Year in 2010.

Over the years, Bud was not only generous with his time and wisdom; he consistently supported the philanthropic needs of the hospital as well. A few weeks before his passing he said, "The Miriam Hospital is very important to me. It's

always been highly regarded and I want to do what I can to help out and help it continue on."

To that end, Bud wanted to help preserve what he called a "beloved community asset," and was a member of the Living Heritage Society with his inclusion of The Miriam

"The Miriam Hospital is very important to me. It's always been highly regarded and I want to do what I can to help out and help it continue on."

-Sidney Greenwald

Hospital in his estate plans.

"I know that I speak for so many when I say that we are grateful for Bud Greenwald's dedication, leadership and generosity. Over the years, he inspired others to become involved at The Miriam, helping them to understand and appreciate its unique culture. The Miriam has been so fortunate to be the recipient of his wisdom and counsel for so many years, and he will truly be missed," remarks Arthur Sampson, President of The Miriam Hospital.

2015 Donor List

Thank You to Our Donors

The Miriam Hospital Foundation is proud to recognize its generous donors whose philanthropy continues to enable The Miriam Hospital to provide exceptional, compassionate, patient-centered care to the people of Rhode Island and beyond. Many thanks for your generosity!

We apologize in advance for any names inadvertently not included.

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The Rampone Family Gives Back to Nursing



wenty years ago when David and Belle were first referred to The Miriam Hospital, they never imagined the special place the hospital would become for them.

After colorectal surgery was unsuccessful at a local hospital, David needed further surgery and was referred to Steven Schechter, MD, at The Miriam Hospital. "The care I received at The Miriam was how I thought care should be delivered," remarks David. "The difference was like night and day."

Grateful for the care he received, David and Belle wanted to give back to The Miriam in ways that would be meaningful for them and helpful to the hospital. David first joined the Board of Governors and now serves on The Miriam Hospital Foundation Board of Trustees. He also served on the Building and Grounds Committee, lending his professional expertise in engineering and construction.

Belle became a life member of the Women's Association and serves on the hospital's annual gala committee.

"The more I got involved, the more I

wanted to help make sure The Miriam Hospital remains the special place it is," says David.

David's mother, under the care of Dr. Fred Schiffman, recently battled breast cancer and is continuing to be treated for leukemia. Taking his mother to The Miriam numerous times a week for chemotherapy and doctors' appointments, David quickly noticed the incredible nursing care his mother was receiving. "The infusion nurses deliver the best care possible when patients are going through the worst situation. They are compassionate and treat all patients, no matter the gravity of the situation, with an amazing abundance of kindness. They just go above and beyond," explains David. It was that commitment to patients which prompted David and Belle to create The Rampone Family Nurses Education Fund to support the incredible work of The Miriam's oncology nurses.

"We may have helped The Miriam, but what they have given to us in kindness and compassion is far more than money can ever buy."

- David Rampone

The fund was created with a \$5,000 gift from the couple which was matched by David's mother. The fund received an additional \$3,000 when the family asked for donations to be made in lieu of flowers after David's father's recent passing.

"The nurses work so hard. They are such good hearted souls and they deserve support from the community. We're fortunate to be in a position to help," says Belle.

"Belle and David's creation of the Rampone Family Nurses Education Fund is a gift that will keep on giving. Not only will our nurses benefit, our patients and their families will reap the ultimate benefits from their altruism," says Dr. Schiffman.

"We may have helped The Miriam, but what they have given to us in kindness and compassion is far more than money can ever buy," concludes David.

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.

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