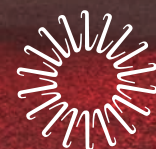


Newport *Hospital*

2018



Beyond the Building
Preparing to Break
Ground *Page 4*



Newport Hospital
Lifespan. Delivering health with care.®



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We invite you to learn more by contacting the Development Office at 401-845-1617

newporthospital.org/Giving-to-Newport-Hospital



COVER: *Beyond the Building: The Campaign for Newport Hospital.* More on page 4.

Cover photo credit: Andrea Hansen



Crista F. Durand

Crista F. Durand

President, Newport Hospital

Every day as I walk the halls of Newport Hospital, I'm reminded of what a special place it is. In addition to our top-notch medical and rehabilitation care, the compassion and generosity of our community is second to none.

In this issue of *Newport Hospital*, I'm proud to share that—with the support of caring donors—we are more than halfway to our fundraising goal for our *Beyond the Building* campaign, aimed at transforming the emergency department and intensive care unit. In April, thanks to the generous contributions of friends at last year's summer gala, we were able to open a critically needed new section of our partial hospitalization program for patients with co-occurring mental health and substance use disorders. These are just two examples you'll read about that demonstrate the direct impact of your support on our patients and our community.

The generosity of our donor family is the lifeblood of Newport Hospital, and in these pages you will read about a few of our dedicated supporters. When there is a need, whether inside our walls or beyond the building, we are fortunate to have so many caring individuals, businesses, and organizations by our side.

I hope you will join me at this year's summer celebration on July 12, as we honor Norey Dotterer Cullen for her service and commitment as a member of the Newport Hospital Foundation Board of Trustees and Newport Hospital Board of Governors.

On behalf of all of us at Newport Hospital, thank you for helping us to fulfill our mission of *Delivering health with care*.

The Impact of Philanthropy

On Monday, April 2, Newport Hospital opened a new section within its existing Partial Hospitalization Program that is entirely dedicated to patients with co-occurring substance use and mental health disorders. Made possible by the generous \$385,850 raised at last summer's gala, the expanded focus makes the program the only one of its kind in southern Rhode Island.

Housed in freshly renovated and expanded space in the Borden-Carey Building, the Partial Hospitalization Program delivers short-term, comprehensive outpatient treatment to help adults of all ages who are struggling with mental and behavioral health issues such as depression, anxiety, bipolar disorder and also, substance use disorders. The program offers patients a structured treatment environment during the day, while enabling them to return home at night and on the weekends.



Partial hospitalization treatment team:
Front row L-R Philip J. Schmitt, MD; Jon E. Brett, PhD;
Jennifer Fletcher; Back Row L-R Christine A. Forte,
LICSW; Jackie Henderson; Susan E. Pratt

Beyond the Building: The Campaign for Newport Hospital, Preparing to Break Ground



After months of planning and with the support of caring donors, we are preparing to break ground for the emergency department expansion and transformation.

Representing Newport Hospital's first major campaign in nearly two decades, the \$15 million effort focuses on a \$12.5 million transformation and expansion of the emergency department and a \$2.5 million revitalization of the intensive care unit. To date, secured gifts and pledges have helped us reach more than 50 percent of our goal.

"Newport Hospital was built by our community for our community, and every major investment has been embraced by our dedicated supporters and the residents we serve," says Crista F. Durand, President of Newport Hospital. "This is the next big opportunity to best meet our patients' changing needs, and I am so grateful our community is once again generously leading the charge." Serving as the hospital's front door, the emergency department was last renovated to care for an estimated 26,000 patients annually. In recent years, that number has grown to 33,000, underscoring the need to boost capacity.

Beyond the Building will increase the number of beds in the emergency department to 29, nearly doubling

the number of patients we can see within the hospital's existing footprint. The plan allows for a four-bed rapid treatment area for lower-acuity patients, a clinical decision unit for short-term admissions, an additional triage room, and a dedicated behavioral health unit. There also will be new space devoted to case management and social work personnel, as well as a comfortable lounge where patients can wait for test results. Once complete, the ED will be able to treat upwards of 40,000 patients annually.

The campaign also will support renovations to the intensive care unit. Last updated when the Alletta Morris Building was constructed in the early 2000s, plans call for larger rooms able to accommodate the advanced medical technology used in today's intensive care setting, and comfortable spaces for families to remain with their loved ones. Other planned improvements include updated fixtures, lighting, and noise-reduction measures to enhance the healing environment for patients and families alike.

BEYOND *the* BUILDING

The Campaign for Newport Hospital

"There is no question that the success of this campaign will propel our hospital to the next level," concludes Crista Durand. "Now is the time to ensure our physical environment matches the high quality of care that our neighbors across Aquidneck Island deserve."

To learn more about the *Beyond the Building* campaign, visit giving.lifespan.org/Newport/Campaign.

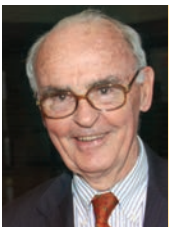


“Newport Hospital’s emergency department will affect nearly every single one of us at some point in our lives, with a family member, friend, or yourself in need of its services. We want the ED to be the best it can be, and by expanding its space and capabilities, we will further enhance the delivery of the exceptional care it delivers each and every day. The hospital is one of Newport’s most important and fundamental charitable causes and this is a campaign all of us should get behind.”

—Holly Bannister, MD, Newport Hospital Foundation Trustee

“It’s an honor to serve on the Lifespan and Newport Hospital Foundation boards, where our job is to help ensure the hospital will always be here for our community, as it’s been since 1873. I was born at Newport Hospital, as were my children. We currently have four generations using the emergency room for a wide range of medical needs. It’s a very special place—a best-in-class community hospital—and the *Beyond the Building* campaign is vital to ensuring it will remain that way for generations to come.”

—Peter Capodilupo, Chair of the Newport Hospital Foundation Board of Trustees



“When the present emergency department underwent changes as a result of the successful Vision 2001 campaign, we thought the improvements would accommodate our community’s needs for generations to come. But Newport is a destination for people from all over the world, along with those who call Aquidneck Island home, so the need has grown for a larger emergency department than we previously anticipated. The emergency department is the community’s first line of help in a medical crisis, and it has to be ready, fully equipped, and available to all of us at any time.”

—Edward “Ned” Corcoran, Esq., Newport Hospital Governor

“Newport Hospital is crucial to the community and a gift to have in our back yard. My family and I have needed it many times. But often, people don’t appreciate the hospital until there’s an emergency and they have to use it. Once people have the experience there, they realize its importance and why supporting it is so vital. Newport Hospital is already an amazing place; this will make the emergency department even more special and state-of-the-art.”

—Norey Dotterer Cullen, Newport Hospital Foundation Trustee

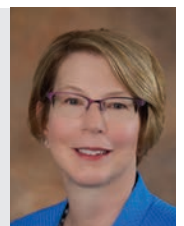


“We have always had a special love for Newport Hospital and a deep commitment to the community. Apart from the police or fire departments, Newport Hospital is unquestionably the most important resource on the island; the level of care and compassion you receive is something you just don’t find everywhere. The hospital’s leadership is so attuned to the needs of the community and how to best meet them, and expanding the emergency department is a big part of that.”

—Doris and Bernard Nemtsov, Newport Hospital donors

“One of the many things that make Newport Hospital so special is its ability to anticipate the needs of our community and evolve with changes in medicine while continuing to deliver the high level of compassionate care the hospital is known for. Our community’s needs are much different today than they were 20 years ago when the emergency department was last renovated. Supporting the *Beyond the Building* campaign was an easy decision for BankNewport, not only because it strengthens one of our island’s most critical assets, but also because it will positively impact the lives of our families, friends, and neighbors.”

—Sandra J. Pattie, President and CEO, BankNewport; Newport Hospital Foundation Trustee



Comprehensive Spine Center Offers Pain Management Close to Home



Alexander Hsiao, PT, and Debbie Bulk

Two years ago, Debbie Bulk of Middletown underwent an ankle procedure that required her to wear an orthopedic boot for three weeks. In that brief time, her off-kilter posture caused sciatica, a compression of the sciatic nerve in the lower back. Searing pain started radiating down Debbie’s left side, from buttock to toes.

“It was a seven or eight on the pain scale,” says Debbie, financial services manager for Newport Hospital and a 43-year employee. “Walking or standing was excruciating. It got so bad that when I’d leave my office at night, I’d make it to the door and think, ‘Dear God, how am I going to get to my car?’ ”

An estimated 80 percent of Americans experience back pain at some point in their lives. It’s the second most common reason for a trip to the doctor’s office. Now, with the recent opening of a branch of the Comprehensive Spine Center at Newport Hospital—which integrates services with our award-winning Vanderbilt Rehabilitation Center—access to leading-

edge diagnosis, treatment, clinical research, and rehabilitation for back problems is just minutes away.

“Back pain has better outcomes when treated early,” says Alexios G. Carayannopoulos, DO, MPH, the Comprehensive Spine Center’s medical director. “You don’t have to drive far or go to multiple locations to get the care you need – it’s all right here, under one roof, at Newport Hospital.”

The spine center offers a range of treatments to reduce pain and increase function. The staff is multidisciplinary and includes highly skilled specialists—Kyle Silva, DO, an interventional pain specialist and physiatrist; neurosurgeon Jared Fridley, MD; and Dr. Carayannopoulos, a nationally renowned interventional pain specialist and physiatrist.

“You don’t have to drive far or go to multiple locations to get the care you need—it’s all right here, under one roof, at Newport Hospital.”

—Alexios G. Carayannopoulos, DO, MPH

Whenever possible, the multidisciplinary team seeks solutions that don’t rely on surgery or opioids. Among treatment options are physical and occupational therapy, acupuncture, dry needling, steroid injections, pump therapies, and spinal cord stimulation. The center also offers counseling to help people cope better with their symptoms.

Dr. Carayannopoulos is leading five research studies on pain management, all open to patients at Newport Hospital. They focus on expanding applications of spinal cord stimulation—an implanted electrical device that interrupts pain impulses before they reach the brain. Dr. Carayannopoulos calls the intervention “a pacemaker for pain.”

One of his studies focuses on a system to control persistent low back pain by stimulating lower back muscles. Another aims to target chronic lower-limb pain by stimulating nerve clusters in the spine. “We have to find ways to treat pain without the use of opioids,” Dr. Carayannopoulos says.

People with chronic back pain may try several therapies before finding the one that works for them. Debbie Bulk sought relief from her sciatica for two years. “Everything I tried helped a little,” she says. “But the pain always came back.”

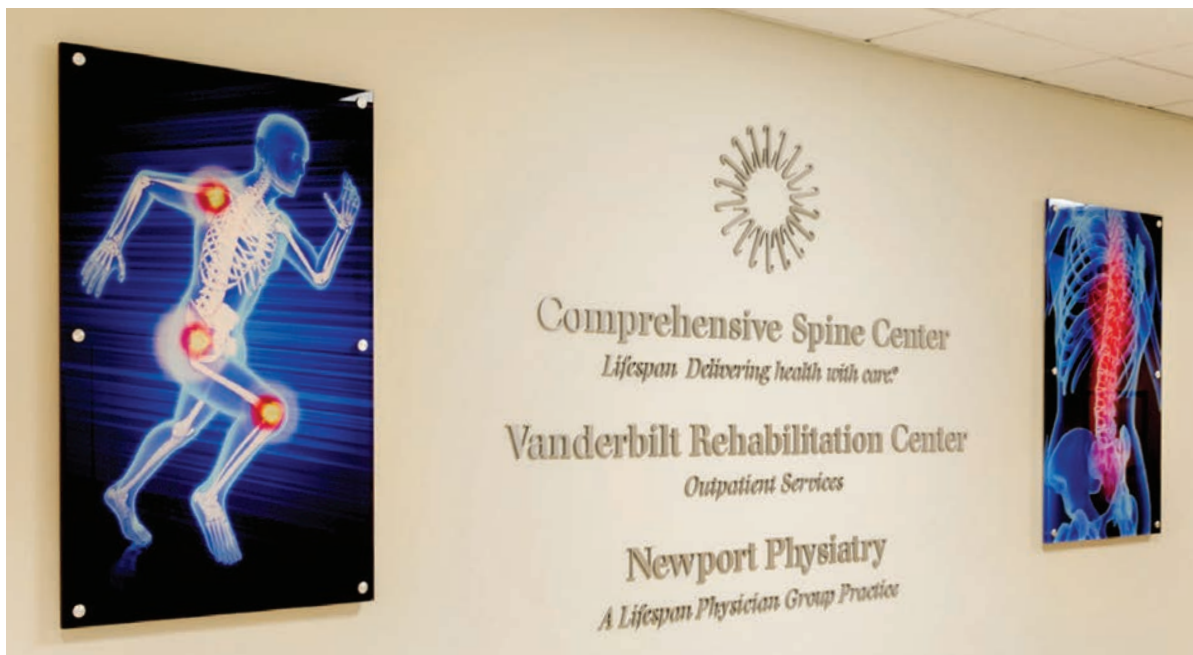
Then, in early 2018, Debbie was referred to the Vanderbilt Rehabilitation Center—which houses the Comprehensive Spine Center—for a method of physical therapy called dry needling. The results were amazing, Debbie says: “It gave me back my life.”

Dry needling uses monofilament needles inserted and manipulated at trigger points in the body to stimulate muscle and connective tissue. The therapy, which is different from acupuncture, relieves pain by increasing blood flow to the damaged area, reducing nerve irritation, and relaxing muscle tension.

“The effect of dry needling is to remind the body it has an injury so it will reactivate the natural healing process,” says physical therapist Alexander Hsiao, who treats 40 to 50 patients a week with dry needling at the Vanderbilt center. “Combined with exercise and stretching, it can be a really good way to help people move again.”

After one treatment, Debbie was able to sleep on her left side for the first time in two years. After five weeks, “I was back to my old self,” she says. “I can walk again without pain. It’s so amazing that if I see someone going down the street who looks like their back hurts, I stop to tell them about my experience. We are so lucky to have the Comprehensive Spine Center and Vanderbilt Rehab in Newport.”

She adds, “I’m taking a trip to Aruba this fall and I’m not going to be sitting out a moment of it.”



Top to bottom: Alexios G. Carayannopoulos, DO, MPH; Jared Fridley, MD; and Kyle Silva, DO

Local Organizations are Powered By Prince



Michael Falcone of Newport Gulls shaking hands with Guillaume de Ramel



Guillaume de Ramel; Randy Butler of Butler Basketball; and Roger Warburton

Powered By Prince 2018 Grantees

Bike Newport
Boys & Girls Club
Butler Basketball
Fab Newport
International Tennis Hall of Fame
Island Moving Company
Newport Community School
Newport County Shooting Stars
Newport Gulls
Newport Open Space
Newport Rugby
Newport County YMCA
Norman Bird Sanctuary
La Petite Gourmande
Potter League for Animals
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Sail Newport
Sail to Prevail
Special Olympics Rhode Island
Star Kids

Every year since 2012, organizations in Newport County have proposed exciting new ways to help local kids lead active, healthy, and confident lives. And each year, the Newport Hospital committee that receives these proposals is wowed by the community's response.



"It's wonderful to see," says Guillaume de Ramel, whose family initiated the grant program in partnership with Newport Hospital. "There are so many amazing 'athletic entrepreneurs' on Aquidneck Island who are making a difference in the lives of children."

The Frederick Henry Prince Memorial Fund was established eight years ago when Elizabeth Prince of Newport and her children—Guillaume, Diana Oehrli, and Regis de Ramel—donated \$3 million to Newport Hospital to promote active lifestyles, education, and fun for school-age kids who do not have access to other programs.

This year, Newport Hospital has awarded \$110,334 to 20 local organizations.

"My family recognized the importance of a community health and wellness program aligned with Newport Hospital's mission to maximize the health of all the people of Newport County," says Guillaume, past chair of the Fund's advisory committee. "We're very proud to support the grassroots projects that are 'Powered By Prince.'"

Grantees for 2018 will provide a wide range of creative athletics, fitness programs, and nutrition education. In total, the F.H. Prince Memorial Fund has granted more than \$500,000 since its inception.

"Projects have run the gamut, from community gardening and food pressing to rugby and squash," says Guillaume, who stays active by kite surfing. "We aim to make it easier for people with bright ideas to get startup funding."

Newport Hospital President Crista F. Durand is grateful to the Prince family and the advisory committee for helping to seed the community with stellar projects.

"This program has an enormous impact on diverse local organizations, each with the potential to reach thousands of families," says Crista. "The dedication and commitment of the Prince family to the health and well-being of children and families in Newport County is an inspiration to everyone involved in carrying forward the mission of the Frederick Henry Prince Memorial Fund."

Newport Hospital Auxiliary Going Strong



Joan Mason, Jenny McLaughlin, Sheila Item

Growing up on Gibbs Avenue in the shadow of Newport Hospital, Joan Mason, president of the Newport Hospital Auxiliary, can't remember a time when the hospital wasn't central to her life. In fact, her parents met at the hospital.

"My father was head of the YMCA, and one day, he brought a child to the emergency department, and that's where my mother was a nurse. The rest, as they say, is history," Joan says. "My parents were so committed to their community. I've always tried to emulate everything they stood for, and the Auxiliary is a huge part of that."

Founded in 1873, the Auxiliary was first known as the Ladies Visiting Committee, and one of its earliest responsibilities was to help maintain the hospital's linen supply. In the 145 years since, the impact of the all-volunteer group has multiplied many times over, and now both men and women carry on its rich tradition.

Since 1997 alone, the Auxiliary has donated more than \$681,000 to Newport Hospital, supporting everything from its areas of greatest need and capital campaigns to leading-edge technologies like digital mammography

and CT scanners. Most recently, they pledged a \$75,000 leadership gift to the *Beyond the Building* campaign.

Leading the Auxiliary's fundraising activities is the hospital gift shop, run entirely by volunteers. Its profits support the group's projects, which include providing a copy of the Newport Daily News to every patient; giving books and crayons to children in the emergency and surgery departments; and a complimentary hairdresser for patients in the Vanderbilt Rehabilitation Center. Funds are also raised through the Auxiliary's annual bake sale, fashion show, and holiday craft fair. Auxiliary knitters make lap blankets for cancer patients, finger puppets for kids, and hats and booties for babies.

"Everyone who comes to Newport Hospital knows they're going to get fantastic care, but they're also going to get much more, and that's where the Auxiliary comes in," adds Joan.

While our patients are the ultimate beneficiaries of the Auxiliary's efforts, the group's membership takes great pride in its accomplishments.



Kathleen Wood and Barbara Rakowski

"It is deeply satisfying to know the difference we've been making for patients for 145 years! Everything we do is to provide comfort and a sense of normalcy for patients," says Joan. "The expertise at Newport Hospital is second to none, but it can also be the small things—a smile when you walk through the door or a welcoming distraction—that make a big difference. We are happy to provide that."



Front: L-R: Peter Capodilupo, Carol R. Bazarsky, Crista F. Durand, Rita B. Gewirz, David S. Gordon; Back row L-R: Patricia Norton Kidder, Sandra J. Pattie, Juliette C. McLennan, Jonathan H. Pardee, Paul A. Leys, William J. Corcoran, Sarah Schochet-Henken. Not pictured: Edward D. Feldstein, M. Therese Antone, RSM; Holly Bannister, MD; Norey Dotterer Cullen, Bradford C. Gray, MD; James A. Purviance, Charles L. Stengel, MD; and Sharon Wood Prince

Foundation Board of Trustees

Led by chair Peter Capodilupo and vice chair Edward D. Feldstein, the Newport Hospital Foundation Board of Trustees is composed entirely of volunteers who represent leaders in the community. Wholly dedicated to the hospital’s mission, members of the Foundation work to inspire generosity and foster fundraising success that has a direct impact on the lives of patients and their families. In the fall of 2017, the Foundation welcomed four new members to its ranks.

Carol Bazarsky

A resident of Newport for more than three decades, Carol and her husband, David, founded and operate the Middletown-based real estate development firm, Samuel’s Realty Company. Deeply committed to initiatives that focus on children, education, and health and wellness, Carol is an active volunteer with the Dr. Martin Luther King Jr. Community Center, and

helped to create a “publishing house” at two Newport schools to encourage creative writing among students. In addition to her role with Newport Hospital, Carol serves on the boards of Boys Town of New England and the Newport Public Education Foundation.

Bradford Gray, MD

Dr. Gray is an attending surgeon who joined Newport Hospital in June 2015 after practicing for 15 years at Holyoke Medical Center in western Massachusetts. Dr. Gray, who is eager to contribute his perspective as a physician to the Foundation, earned his undergraduate degree from Syracuse University and his medical degree from Temple University School of Medicine. Among his many professional memberships are the American College of Surgeons, Alpha Omega Alpha Honor Medical Society, and the American Medical Association.

continued on page 11

Sarah Schochet-Henken

The only child of Suzie and the late Jay Schochet, Sarah is owner and partner in Holistic Wellness Center, LLC, which offers acupuncture, Chinese herbal medicine, reflexology, massage therapy, and holistic health coaching. A prominent philanthropist, Sarah is a generous supporter of the Potter League for Animals and the C. Thomas Clagett, Jr. Memorial Clinic and Regatta, in addition to her giving to Newport Hospital. She also is an active volunteer, donating her time to the Fenway Health Board of Visitors and serving on the boards of Amilia's Light and Fiddlehead Theatre Company.

Paul A. Leys

A third-generation native of Newport, Paul A. Leys is the co-owner of Gustave White Sotheby's International Realty. Through the hospital's Foundation board, Paul is eager to share his unique perspective of life on Aquidneck Island to further strengthen the hospital's fundraising efforts. Along with being active with the REALTOR® community, where he has served as past president at both the local and state levels, Paul has served on the boards of Child & Family Services-Newport, Newport County Youth Hockey Association, and Newport County YMCA. Paul serves as President of the Rogers High School Athletic Boosters Club and Vice President of Newport County Boys & Girls Club.

Golf Tournament Raises \$17,000



In late October, friends and family of the late Marshall and Bruce Johnson—Aquidneck Island brothers and jai alai players—gathered at Newport Hospital to present a charitable donation of \$17,000 to hospital leadership. The generous gift was raised during the fifth annual “Small Island, Big Hearts” golf tournament, held June 16 at Green Valley Country Club in Portsmouth to honor the memory of the Johnson brothers.

The dreams of the Johnsons, both decorated athletes, were realized on the jai alai courts of Newport and Florida before the brothers’ untimely passing left a legacy of laughter, sportsmanship, and incredible talent.

Through “Small Island, Big Hearts,” dedicated volunteers, sponsors, and attendees made a generous gift of the tournament’s proceeds to the Newport Hospital Foundation. They also donated to the Newport, Middletown, and Portsmouth high school athletic departments. Since its inception, “Small Island, Big Hearts” has donated \$92,000 to the Newport County community.

2017 Honor Roll of Supporters

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



ANNUAL DONORS

The donors listed below have made contributions of \$250 and above (not including pledge commitments) during calendar year 2017.

The Ellen Mason Society (\$50,000 and above)

Created to recognize the earliest advocate for building a hospital in Newport, who started the successful movement to raise funds for its construction in 1873.

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General John A. Hazard Society (\$25,000–\$49,999)

Created to honor an early benefactor who left large tracts of land now known as Ocean Drive, Second Beach, and Sachuest Point to the hospital.

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Henry Ledyard Society (\$10,000–\$24,999)

Created to honor the original founder of Newport Hospital, Henry Ledyard.

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Created to honor Cornelius Vanderbilt, whose wife contributed funds for the Vanderbilt Building, opened in 1903.

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Created to honor John Rovensky, who provided funds in memory of his wife, Mae Caldwell Rovensky, for construction of the Rovensky Building, completed in 1962.

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Created to honor three generations of advocacy
and support from the Corcoran family in Newport.

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