



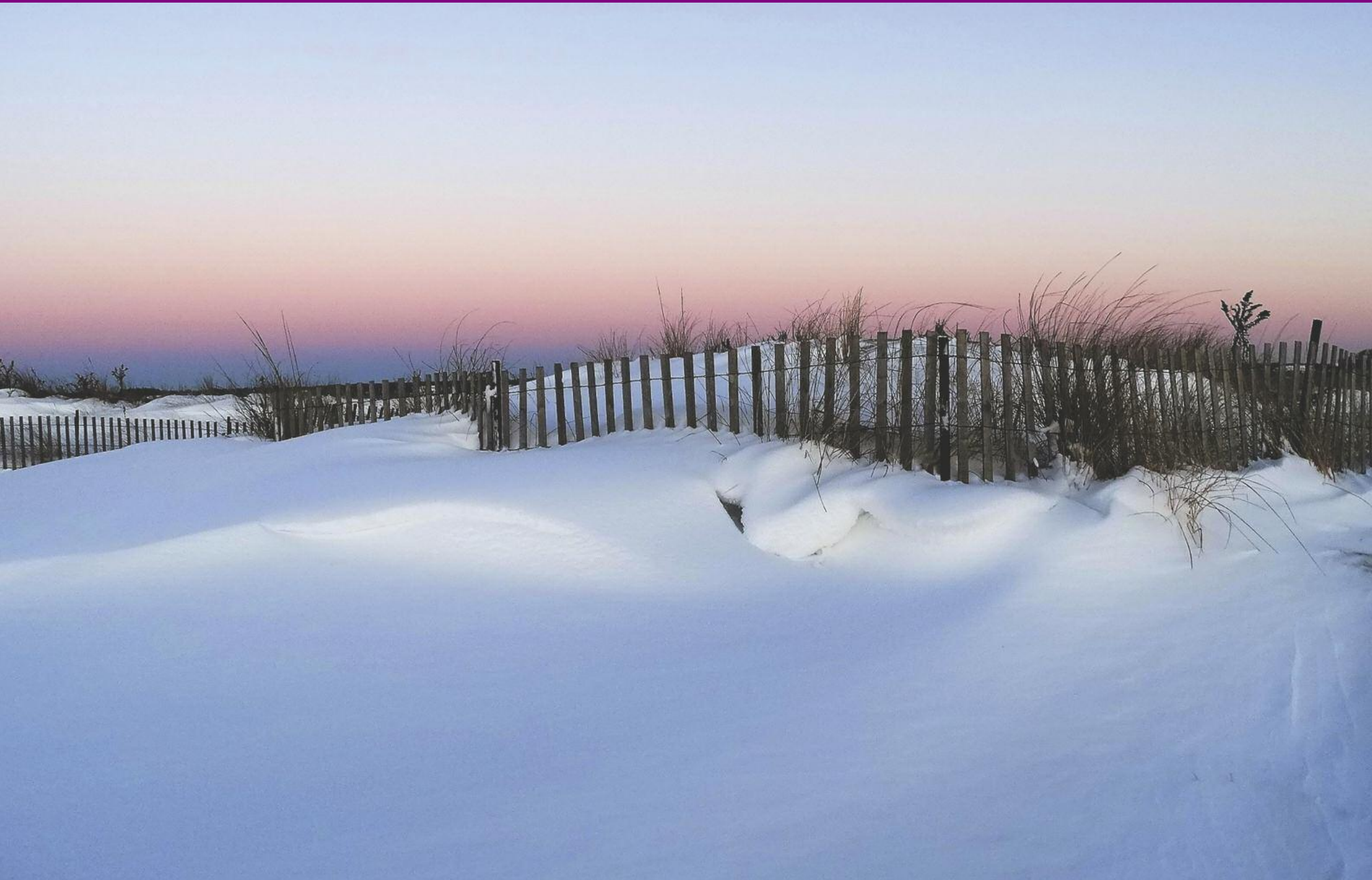
SOUTH COUNTY HEALTH

2018 CALENDAR



●
“The silence of nature is very real. You can feel it.”

– Ted Trueblood, writer, conservationist, 1913 – 1982



JANUARY

DECEMBER 2017

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

FEBRUARY 2018

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			



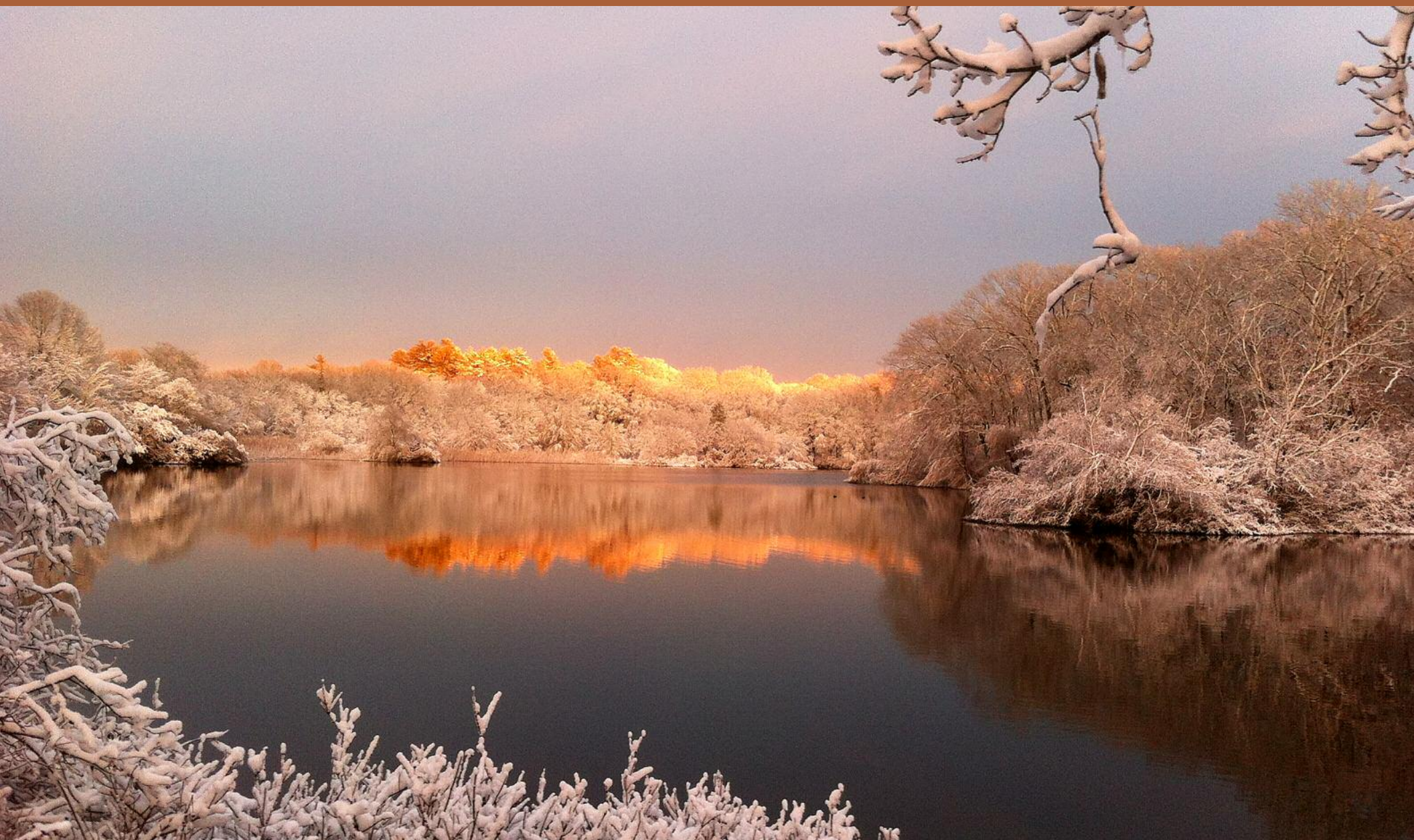
Surf's up, Deep Hole, Matunuck.
Photographer: Kristen Franco

On the cover:
Summer in Watch Hill.
Photographer: Edward Allen Santos

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 New Year's Day	2 Full Moon	3	4	5	6
7	8	9	10	11	12	13
14	15 Martin Luther King, Jr. Day	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31 Full Moon			

“A bird doesn’t sing because it has an answer,
it sings because it has a song.”

– Maya Angelou, poet, 1928 – 2014



FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 Groundhog Day	3
4	5	6	7	8	9	10
11	12	13	14 Valentine's Day Ash Wednesday	15	16	17
18	19 Presidents' Day	20	21	22	23	24
25	26	27	28			

JANUARY 2018

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

MARCH 2018

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



Robins' winter bath, Wakefield.
Photographer: Debbie Proffitt



SOUTH COUNTY HEALTH

401-782-8000

www.southcountyhealth.org

Cardiac Care ► Heart disease and stroke cause more deaths in RI than any other disease. For personalized cardiac care and education, call *South County Cardiology* in Wakefield at 401-789-5770 or in East Greenwich and Westerly at 401-471-6440.

●
“The best and most beautiful things in the world cannot be seen
or even touched – they must be felt with the heart.”

– Helen Keller, American author, 1880 – 1968



MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 Full Moon	3
4	5	6	7	8	9	10
11 Daylight Saving Time Begins	12	13	14	15	16	17 St. Patrick's Day
18	19	20 First Day of Spring	21	22	23	24
25 Palm Sunday	26	27	28	29	30 Good Friday	31 Passover (first day) Full Moon

FEBRUARY 2018

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

APRIL 2018

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					



Sunset at Breakwater Village.
Photographer: Joy Rich



SOUTH COUNTY HEALTH

401-782-8000

www.southcountyhealth.org

Blood Pressure ▶

High blood pressure can be rooted in your kidneys. Our nephrologists treat **kidney disorders**, stones and other conditions that can lead to renal failure. Contact *South County Nephrology & Hypertension* in Wakefield 401-782-0090 or Westerly 401-596-3313.



“The season of failure is the best time
for sowing the seeds of success.”

– Paramahansa Yogananda, yogi, 1893 – 1952



APRIL

MARCH 2018

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

MAY 2018

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Easter Sunday	2	3	4	5	6	7 Passover (final day)
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22 Earth Day	23	24	25	26	27	28
29	30 Full Moon					



Seashells in spring.
Photographer: Karen Glenwright



SOUTH COUNTY HEALTH

401-782-8000

www.southcountyhealth.org

Foot Health



Achy feet, bunions, hammer toes and plantar fasciitis can be caused by poorly fitting shoes or something more serious. To find a **podiatrist** and get back on your feet, visit www.southcountyhealth.org and click 'Find A Doctor.'



“What good is the warmth of summer
without the cold of winter to give it sweetness.”

– John Steinbeck, American author, 1902 – 1968



MAY

APRIL 2018

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

JUNE 2018

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



Best seat in the house,
Charlestown Breachway.
Photographer: Margi Centracchio

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5 Cinco de Mayo
6	7	8	9	10	11	12
13 Mother's Day	14	15	16 Ramadan (first day)	17	18	19
20	21	22	23	24	25	26
27	28 Memorial Day	29 Full Moon	30	31		

“Those who live by the sea can hardly form a single thought
of which the sea would not be part.”

– Hermann Broch, 20th-century Austrian writer, 1886 – 1951



JUNE

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17 Father's Day	18	19	20	21 First Day of Summer	22	23
24	25	26	27	28 Full Moon	29	30

MAY 2018

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

JULY 2018

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



June blooms, Narragansett.
Photographer: Patti Finelli



SOUTH COUNTY HEALTH

401-782-8000

www.southcountyhealth.org

Diagnostics/Lab ▶



South County Health has advanced technologies in **diagnostic imaging**, including MRI, x-ray, 3D mammography, and a comprehensive lab service for a variety of tests to get quick and accurate results. Wakefield, East Greenwich, Westerly – Call 401-788-1486.

“It’s not what you look at that matters, it’s what you see.”

– Henry David Thoreau, American author, 1817 – 1862



JULY

JUNE 2018

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

AUGUST 2018

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 Independence Day	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27 Full Moon	28
29	30	31				



Symbol of freedom, Narragansett.
Photographer: Ruby Roy Dholakia



SOUTH COUNTY HEALTH

401-782-8000

www.southcountyhealth.org

Express Care ▶

For minor illness or injury that needs immediate medical attention, visit *South County Health Express Care*. 3461 South County Trail, East Greenwich or 268 Post Road, Westerly. **Get in. Get out. Get well.**



“Take care of all your memories. For you cannot relive them.”

– Bob Dylan, American singer, songwriter, 1941 –



AUGUST

JULY 2018

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

SEPTEMBER 2018

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						



Rest stop in the zinnia garden, West Kingston.
 Photographer: Ruth Mlyniec

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13 Victory Day	14	15	16	17	18
19	20	21	22	23	24	25
26 Full Moon	27	28	29	30	31	

“If we all did the things we are capable of,
we would astound ourselves.”

– Thomas Edison, American inventor, 1847 – 1931



SEPTEMBER

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

AUGUST 2018

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

OCTOBER 2018

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Labor Day	4	5	6	7	8
9 Grandparents Day	10 Rosh Hashanah (first day)	11 Patriot Day	12	13	14	15
16	17	18	19 Yom Kippur (first day)	20	21	22
23/30 First Day of Autumn /	24	25 Full Moon	26	27	28	29



Hanging around, North Kingstown.
Photographer: Martin Mendelson



SOUTH COUNTY HEALTH

401-782-8000

www.southcountyhealth.org

Flu Vaccines ▶ Each year, influenza causes absence from work and school, and at times puts people's lives at risk. To find a **flu shot clinic** near you, call 401-782-8000 to protect your family.





“Go placidly amid the noise and haste,
and remember what peace there might be in silence.”

– Max Ehrmann, American writer, poet, 1872 – 1945

OCTOBER

SEPTEMBER 2018

S	M	T	W	T	F	S
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

NOVEMBER 2018

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	



Beaver Moon at Point Judith Lighthouse.
Photographer: Peter J. Ryan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8 Columbus Day	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24 Full Moon	25	26	27
28	29	30	31 Halloween			

“There is no way to happiness, happiness is the way.”

– Thich Nhat Hanh, Buddhist monk, 1926 –



NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4 Daylight Saving Time Ends	5	6 Election Day	7	8	9	10
11 Veterans Day	12 Veterans Day (Observed)	13	14	15	16	17
18	19	20	21	22 Thanksgiving Day	23 Full Moon	24
25	26	27	28	29	30	

OCTOBER 2018

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

DECEMBER 2018

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



Perched at sunset,
East Matunuck Beach.
Photographer: Alexandra Escolas

“People do not care how much you know
unless they know how much you care.”

– Theodore Roosevelt, American president, 1858 – 1919



DECEMBER

NOVEMBER 2018

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

JANUARY 2019

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



Snow atop Wyoming Pond.
Photographer: Matthew Buck

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Hanukkah (first day)	4	5	6	7 Pearl Harbor Remembrance Day	8
9	10	11	12	13	14	15
16	17	18	19	20	21 First Day of Winter	22 Full Moon
23/30	24/31 Christmas Eve / New Year's Eve	25 Christmas Day	26 Kwanzaa Begins	27	28	29



SOUTH COUNTY HEALTH is the preeminent resource for health in Washington County, RI, and beyond. Supporting community-based initiatives that improve health, it encompasses four healthcare entities providing a continuum of care and comprehensive range of advanced inpatient, outpatient and home health services. The distinguished board-certified physicians (covering more than 40 specialties), highly-skilled nurses, and healthcare professionals are dedicated to bringing you the highest level of expertise and technology while focused on your comfort, convenience, privacy, and well-being. southcountyhealth.org



South County Hospital ~ South County Home Health ~ South County Medical Group ~ South County Surgical Supply

CANCER CARE

Oncology Nurse Navigator: 401-783-6670
Breast Health Program: 401-788-3850

CARDIAC REHAB/PULMONARY REHAB

401-782-8020 ext. 3484

CARDIOLOGY

Wakefield: 401-789-5770
East Greenwich and Westerly: 401-471-6440

DIABETES CENTER

East Greenwich, Wakefield and Westerly:
401-788-1135

DIAGNOSTIC IMAGING CENTER

100 Kenyon Avenue, Wakefield, RI
3461 South County Trail, East Greenwich, RI
268 Post Road, Westerly, RI
401-788-1486 to schedule at all locations

EXPRESS CARE AND MORE

Express Care is open seven days a week.
For a list of all services offered at the Centers, visit:
www.southcountyhealth.org
East Greenwich: 401-471-6740
Westerly: 401-604-2500

OBSTETRICS & GYNECOLOGY

East Greenwich, Wakefield and Westerly:
401-789-0661

ORTHOPEDICS & SPORTS MEDICINE

For a brochure, call: 401-788-1700
To schedule an appointment at Ortho Rhode
Island South County, call: 401-789-1422

OTHER OUTPATIENT SERVICES

- Anti-Coagulation Management Clinic
- Diabetes Center
- Infectious/Lyme Disease Clinic

- Nutrition Services
 - Sleep Lab
 - Wound Care Center
 - And More
- Call: 401-782-8000 or visit our website

**PRIMARY CARE/
FAMILY & INTERNAL MEDICINE**

East Greenwich: 401-471-6760
Wakefield: 401-789-8543
Westerly: 401-604-2530

For a complete list of primary care physicians on the medical staff, visit www.southcountyhealth.org.

SOUTH COUNTY MEDICAL GROUP

Visit www.southcountyhealth.org

MEDICAL LABORATORIES

No appointment required.
Six convenient locations below:

EXPRESS CARE OR ER?

Your guide to seeking medical attention for various conditions.

Go to Express Care for:

Non-life-threatening conditions from sniffles and flu to fractures and lacerations – shorter wait times

- > Sutures, x-rays, lab work
- > Broken bones, sprains, cuts
- > Minor burns, minor allergic reactions
- > Coughs, colds, flu
- > Earaches, sore throats
- > Migraines
- > Low-grade fevers
- > Minor rashes
- > Back pain
- > Minor eye injuries
- > Check-ups, school/sports physicals

When to call 911:

Person is choking; stops breathing; has head injury resulting in confusion, fainting, or loss of consciousness; suffers spine or neck injury, especially with loss of mobility or feeling; lightning strike or electrical shock; severe burns, chest pressure or pain; seizures lasting three to five minutes.

Go to the ER for:

Dire situations when seconds count, including strokes, severe bleeding, breathing difficulties, and extreme pain

- > Chest pain
- > Fainting, passing out, seizures
- > Pain in jaw or arm indicative of cardiac episode
- > Head trauma, severe burns, deep wounds
- > Sudden severe headaches, confusion, dizziness, weakness, or drooping on one side of body
- > Difficulty speaking, seeing, walking, or moving
- > Ingestion or inhalation of poisons
- > Severe bone breaks
- > Coughing or vomiting blood
- > Severe allergic reactions with hives, swelling, or breathing difficulties
- > Persistent vomiting or diarrhea
- > Overdoses



SOUTH COUNTY HEALTH
EXPRESS CARE

3461 South County Trail (Rt. 2), East Greenwich ~ 401-471-6740
268 Post Road (Rt. 1), Westerly ~ 401-604-2500



SOUTH COUNTY HEALTH
EMERGENCY DEPARTMENT

100 Kenyon Avenue, Wakefield ~ 401-782-8000

Wakefield

- 70 Kenyon Avenue
401-788-3803 for hours
- 24 Salt Pond Road, Suite H4
401-788-3805 for hours

Narragansett

360 Kingstown Road, Suite 103
401-788-3806 for hours

North Kingstown/East Greenwich

3461 South County Trail, East Greenwich
401-471-6755 for hours

Charlestown

4099 Old Post Road
401-788-3807

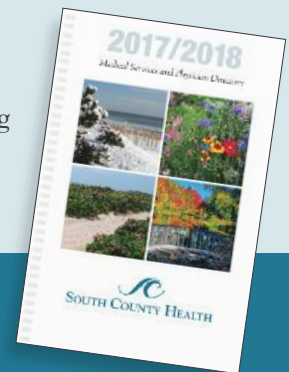
Westerly

268 Post Road
401-604-2500 for hours

At-home lab services available for homebound patients.
401-788-3805

REQUEST OUR DIRECTORY

For a complete list of all of our services, request a copy of our Medical Services & Physician Directory by calling 401-788-1173, or visit www.southcountyhealth.org



Visit www.southcountyhealth.org for our list of ongoing lectures, classes and programs.

South County Hospital Comprehensive Services. All Private-Room Hospital 401-782-8000

South County Home Health Visiting Nurse Services and more 401-782-0500

South County Medical Group Specialists and Primary Care Providers 401-782-8000

South County Surgical Supply Durable Home-Medical Equipment 401-783-1850

Find A Doctor 401-783-5544 www.southcountyhealth.org



SOUTH COUNTY HEALTH



SOUTH COUNTY HEALTH

South County Hospital ~ South County Home Health
South County Medical Group ~ South County Surgical Supply

From L-R: Trustom Pond. Photographer: Lynn Whitcher
Roger Wheeler State Beach, Narragansett. Photographer: Donald Cameron
East Beach surf, Watch Hill. Photographer: Tammy Anderson
Kenyon Mill. Photographer: Judi Wood

“ Each year I am struck by the talent of the amateur photographers who submit photos to our Scenes of South County Wall Calendar Contest. They do an exceptional job of capturing the beauty and charm of the coastline, woodlands, farmland, and other iconic sites of our beloved Washington County. I extend my thanks and admiration to the photographers who help us to enjoy the changing seasons through a different lens.

Washington County, of course, offers captivating scenery, and it is also where South County Hospital has cared for countless community members over the last 99 years. All of us at South County Health see ourselves as stewards of your health. We work to support you in your personal health and wellness goals by engaging in initiatives such as our South County Health Talks series with medical providers, mental health first-aid training, support groups for new mothers, those with diabetes, cancer, and more. Together, we can make a healthier community by supporting an environment in which everyone can thrive.

A new year is a chance for new goals and a fresh start. When it comes to your health, it's always the right season to take steps to improve it.

Cheers to a happy, healthy, and fruitful 2018! ”



Louis R. Giancola, President & CEO
South County Health
www.southcountyhealth.org

Our Vision: To forge extraordinary connections with our community that support health at every stage of life.