



Physician Focus



News for South County Health Medical Staff

November 2017

ONE YEAR AND MANY LIVES LATER



As promised: The South County Health Cancer Center delivers high quality cancer care, close to home

November marks the first year that the South County Health Cancer Center opened in its renovated and upgraded location inside South County Hospital. Last year's completion of a \$6.5 million upgrade was prompted by the trend for cancer patients to receive care and treatments closer to where they live. Traditionally, the time and expense for cancer patients to travel to distant cancer care facilities to receive some, or all, of their cancer-related services is a major obstacle for patients and their caregivers. From the physicians' perspective, that time and travel is also detrimental to a patient's physical and emotional well-being. For patients who live in the Washington County area, the South County Health Cancer Center provides patients with a different model of care. The interdisciplinary team of cancer experts, specialists, surgeons, and clinical and emotional care providers meet with each patient to understand not only the unique aspects of their cancer, but the unique aspects of their life beyond the disease.

How has patient behavior changed the cancer-care specialty?

Patients and their families are looking for high-quality care and treatment options for their cancers, as well as maintaining a high quality of life. Nationally, 86-percent

Cancer Center continued on page 2

SCH EXECUTIVE TO SERVE ON NATIONAL NURSING BOARD

Anne Schmidt, RN, VP of patient care services and CNO at South County Health was elected to serve on the board of directors for the American Organization of Nurse Executives (AONE). The organization provides leadership, professional development,



Anne Schmidt
RN, VP, CNO

advocacy and research to advance nursing practice and patient care, promote nursing leadership excellence and shape public policy for health care. Anne's three-year term will commence on January 1.

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of cancer patients choose to receive their care at community hospital cancer centers. As science and technology has advanced through the years, many of the same detection and treatment options that were once available only at large hospital systems can be available at community cancer centers. South County Hospital recognized the impact that travel-to-treatment has on survival and overall patient well-being and made this investment to offer access to high-quality cancer care in Washington County.

Are there services or options available at a community cancer center that you wouldn't find in a large hospital system, and vice-versa?

Every hospital, healthcare system and cancer center has its own characteristics and ‘personality’. South County Hospital has served the population of Washington County for nearly 100 years. We know many of our patients because they were born here and their primary care physicians are here. When faced with cancer, they find the personalized support feels like an extended family, while the medical and clinical experts, many of whom came from larger hospital systems, focus on the optimal treatment paths for each patient that will achieve the best possible outcomes.

Our community setting is focused on the patient, with the necessary specialists, diagnostics and treatment protocols – from surgery, to infusion therapies, to radiation – all within the hospital campus. In some systems, continuity among the cancer care team, physicians and the patient is missing. This can add unnecessary stress at a time when comfort and support is needed most. Larger systems often have access to clinical trials that are not available in a community hospital. For any of our patients who want to become involved in a trial, we have strong working relationships with hospitals and cancer centers throughout New England and can work with the patient and the trial administrators to ensure all parties are well informed and comfortable with their decisions.

Is the prevalence of cancer in Washington County such that there is a demand for cancer center services nearby?

Cancer is the leading cause of death in Rhode Island. Nearly four of every 10 Rhode Islanders are likely to develop cancer at some point during their life. Whether as a patient or a loved one, nearly everyone at one time in their lives will be affected by cancer. People choose to live in South County for the sense of community here. It only makes sense that they would choose to receive their cancer care here, too,

“ Nationally, 86 percent of cancer patients choose to receive their care at community hospital cancer centers.”

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Cancer Center *continued from page 2*

should they need it. The South County Health Cancer Center gives them that option so that they and those close to them can continue to enjoy family activities, Little League games, and other memorable occasions they'd miss if they were fighting traffic to and from appointments.

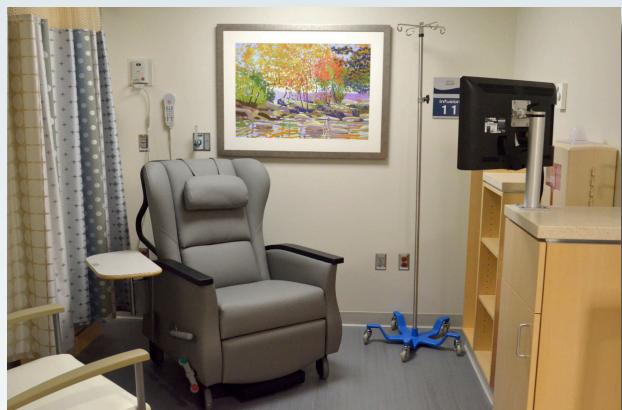
What types of cancers are treated at the South County Health Cancer Center?

While all cancers are different, they also have some commonalities. Our team of experienced oncologists/hematologists, including oncology medical director, Gerald Colvin, DO, James Smythe, MD, and Tina Rizack, MD, are able to diagnose virtually any cancer that may be present. These physicians, as well as some of the top surgeons in New England - Joseph Espan, MD, Abbey White, DO and Marcelo DaSilva, MD, FACS – who are part of the South County Health medical staff, also provide care to patients in our Cancer Center. These talented surgeons discuss and perform surgical treatment options, when needed, with patients who have cancers of

the lung and thoracic region, colon, and other digestive system cases. Our Cancer Care Team also provides care and treatment for women and men who develop cancers of the breast, prostate, uterus and other gyn, bladder, kidney, head and neck, and skin cancers as well as various forms of leukemia, lymphomas, and myeloma. Each week a multidisciplinary team of medical professionals meet for a Cancer Conference, where patient cases are discussed in detail. This exceptional, well respected group of cancer experts offers patients the assurance that the high-quality, expert care that patients and their families demand, is right here in South County.

Do patients have to get all their cancer-related services at the South County Health Cancer Center once they are diagnosed?

We are a comprehensive cancer center, accredited by the Commission on Cancer, meaning we've met the gold standard for the quality of our breadth of services and specialists who provide care for most cancers, from diagnosis through rehabilitation. But that doesn't mean a patient has to commit to using all the services we have. We care for patients who come here for our 3D mammography, surgical consults, chemo and infusion therapies, radiation, rehabilitation, or for a second opinion to a previous diagnosis.



The South County Health Cancer Center was designed with input from cancer patients and their families, cancer center physicians and staff, architects, designers and others who understand patient needs, to ensure that the form and function of the Center provides the exceptional clinical resources patients expect, as well as the comforting amenities that aid in their recovery.
PHOTO: An infusion bay at South County Health Cancer Center.

Visit the South County Health Cancer Center at South County Hospital. First Floor, Read Wing. 401-783-6670.



A MESSAGE FROM OUR MEDICAL STAFF PRESIDENT ...

by Aaron Weisbord, MD



Aaron Weisbord, MD
South County Health
Medical Staff President

Handling the ‘unexpected’ is a responsibility not to be overlooked

One of the medical staff’s most important responsibilities is working with administration to ensure the highest level of patient safety. Several committees including the Performance Improvement Committee, the Risk Management Committee and the Medical Executive Committee are tasked with tracking and mitigating potential safety issues. Committee members including medical staff leaders, administrators and Hospital Trustees must consider quality and patient safety issues relating to South County Hospital’s particular circumstances as well as those that vex health care institutions nationwide.

One issue that falls into both categories is that of the incidental finding. An incidental finding is an abnormality detected in a test ordered for an unrelated indication. Studies suggest that incidental findings are detected on more than 50% of imaging studies. Although the vast majority of incidental findings are innocuous, in rare cases they develop into more serious and even life-threatening conditions. At first glance, these findings seem to be easily managed. Unfortunately, this is not the case. Each year thousands of patients incur harm from overlooked incidental findings and from unnecessary follow up testing. It should come as no surprise then that medical centers across the country are dedicating significant clinical and financial resources to this challenging issue.



In the coming weeks, I will be working closely with members of various departments throughout South County Health to develop processes recommended by the Presidential Commission for Bioethical Issues to ensure “a consistent and systematic categorization, disclosure and management of incidental and secondary findings.” Our goal is to outline a specific plan of care and sequence of communication to guide physicians in anticipating incidental findings and developing appropriate follow-up practices. These steps may include standardizing test reports to highlight incidental findings and encouraging providers to document both

the unexpected result and the subsequent conversation with the patient. This conversation must address the nature of the unexpected finding, the importance of subsequent testing in certain cases, and why follow up testing may be inappropriate or even harmful in other instances. Ideally, all of this should be done in a manner that does not create undue apprehension for the patient.

Finally, we hope to encourage providers to create systems for ensuring that appropriate follow-up testing, if warranted, is scheduled.

This “chain of safety” is tenuous and each step fraught with potential pitfalls. A lack of clear communication at any point could compromise the process and potentially lead to a catastrophic outcome. I recognize that addressing incidental findings may seem tedious and time consuming but I ask for your patience and cooperation while we develop and implement these processes. After all, patient safety is never incidental.



WELCOME TO SOUTH COUNTY HEALTH

The following professionals were recently appointed to the South County Health Medical Staff

ROSS BUDAKI, MD

(admitting - orthopedic surgery)

Ross Budaki, MD, an orthopedic surgeon with Ortho RI – South County, received his medical degree from Georgetown University School of Medicine, Washington DC. Following his doctoral, Dr. Budaki completed a residency in orthopedic surgery from Einstein Medical Center, Philadelphia, PA and a fellowship in sports medicine from the Warren Alpert Medical School of Brown University, Providence, RI. He is licensed to practice medicine in RI and PA, and is involved in numerous organizations for medical professionals.

KATHERINE GWOZDZ, PA-C

(affiliate – orthopedic surgery)

Katherine Gwozdz, certified orthopaedic physician assistant, is experienced in both outpatient and OR settings. She earned her master of physician assistant studies from Pace University-Lenox Hill, with an undergraduate major in nutrition and minors in physiology and neurobiology from University of Connecticut.

MARY JOYAL, NP-C

(affiliate – family medicine)

Mary Joyal, certified nurse practitioner, will practice family medicine at the South County Health Medical & Wellness Center East Greenwich. She earned a master of science in nursing from Regis College, Weston, MA and gained clinical experience as both a registered nurse and a nurse practitioner.



JAIME H. KAPUR, MD

(admitting - general surgery)

Jaime H. Kapur, MD, was approved to the South County Health Medical Staff where she will cover general surgery call. Dr. Kapur received her medical degree from Temple University School of Medicine before completing residency in general surgery at University of Wisconsin Hospital. Dr. Kapur is a staff surgeon in the department of general surgery at Naval Health Clinic New England.

MARTHA TRIMBUR, MD

(consulting – palliative care)

Martha Trimbur, MD, of Hope Hospice & Palliative Care RI, was approved to the South County Health medical staff where she will provide consult in palliative care. After receiving a medical degree from University of Rochester School of Medicine and Dentistry in Rochester, NY, she completed a residency in social medicine and internal medicine, then completed a fellowship in palliative care and hospice medicine at University of California – San Francisco.



by Russ Corcoran, MD



J. Russell Corcoran, MD
Chief Medical Officer

GOING BACK CAN HELP MOVE US FORWARD

Here I am in the usual spot, writing this column at Hor after the deadline. This time I have a reason. I attended my medical school reunion last week – Georgetown University, Class of 1982. You can do the math. I have gone back every five years since graduation for two reasons: I like Washington D.C., and our medical school class was very close. For the last four reunions, the Class of '82 has received the highest attendance award. Going to reunions is very interesting. They make you think about where you are and where you're going.

I am very lucky to be in my position here at South County Health. We have an awesome medical staff and great nursing and ancillary staffs here. I have been blessed every day to work with all of you and all our other staff who are concerned with the care of patients in our system. That doesn't mean that there are not challenges to be met and stresses inherent in the care of patients. We also have some systemic stresses with uncertainty in our medical system overall.

During my visit to Georgetown, a couple of themes emerged in conversations with my classmates that I have also heard in conversations with our medical staff. First, there is a great deal of frustration among physicians with regard to electronic medical records, no matter which system they're using. This is causing a number of physicians to consider leaving practice or taking pay cuts to continue using paper records. We have been very aware of this in both our medical group and our hospital practice. We

have been working with the vendors to maximize the records that we have at the present time. Over the next few years, we will be looking at our options for future medical record-keeping. This is a national problem. Physicians and their representatives need to demand improvements in these systems.

Another common theme that I discussed with a number of classmates is the great difficulty to recruit primary care physicians. In one discussion, a physician remarked that he hopes there will be people in primary care to take care of him as he enters his senior years. We have been trying to recruit primary care physicians for the last 18 months, with little response to our efforts thus far. There are many reasons for this, such as reimbursement, competition from nearby states, and the shortage of primary care physicians. We are going to increase our efforts in our community. If you know of any candidates, please bring them forward. Southern Rhode Island and South County Health are great places to practice and raise a family.



One final comment, all the classmates who I spent time with felt that patient care was a privilege and the best part of their career. Go Hoyas! I couldn't agree more.

Thanks for your care of our patients,

Russ Corcoran, MD
VPMA-CMO

DO GOOD, FEEL GOOD ...

"I have found that among its other benefits, giving liberates the soul of the giver." - Maya Angelou

FROM SURVIVORS TO DONORS

Cancer survivors raise money to help others just beginning the fight

Pictured left to right - South County Health Cardio-Rehab exercise physiologists, Ann Marie Lagor, Kim Carlson, Maggie Mann, Nicole DiLibero, Chuck Picillo and Matt Callahan, present a check for \$1,415 to Kim Carlson, RN, Cancer Center Clinical Leader (second from left).

Inset - Some of the staff and patients who participated in 'Pink Out Day' and helped to raise over \$1,400 for the Cancer Center.



On any given day, the whirring sound of treadmills, stationary bikes, hand pedals and other fitness equipment means that patients are getting stronger. Many of those who use the South County Health Cardiopulmonary Wellness Center are cancer survivors, relying on our team of therapists to help get them back to good health. What can't be heard, but is undeniably present in the gym, is their collective desire to help others who are just beginning their cancer journey.

"With October being breast cancer awareness month, we wanted to do something to bring awareness to breast cancer," said Nicole DiLibero, a cancer exercise trainer, who helps patients through their rehabilitation. Nicole, along with her colleagues, Matt Callahan and Chuck Picillo, all exercise physiologists, came up with the idea to sell pink t-shirts, emblazoned with the cancer ribbon made of hearts on the back. On Wednesday, October 25, the gym held a Pink Out Day, when all would wear the t-shirts.

"One-hundred percent of the proceeds would be given to our Cancer Center," Nicole said of their planned effort.

On Pink Out Day, the cardio-rehab staff presented a check for \$1,415 to Kim Carlson, RN, clinical leader of the Cancer Center. She expressed her gratitude to all involved in the Wellness & Rehab program, on behalf of the Cancer Center.

"It's always refreshing to see the kindness extended to those in need, especially our cancer patients and their families," Kim said, after receiving the donation. "These funds will help to assist patients as they manage their day-to-day lives during and after their treatments."

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Is your department or practice raising money to help the South County Health community? Let us know so you will be recognized. Contact Lauren Goldenberg, director of fund development at 401-788-3893 or funddevelopment@southcountyhealth.org.

KAREN ZARLENGA Diabetes Educator, Nurse of the Year



Karen Zarlenga, BSN, RN, CDE, CDOE, CVDOE, was named Certified Diabetes Outpatient Educator (CDOE) Nurse of the Year by the Rhode Island Chapter of Certified Diabetes Outpatient Educators.

Over her 30-year career in nursing, Karen gained extensive experience in cardiology disease management. It was when she worked with cardiac rehabilitation patients that she became aware of the increasing prevalence of diabetes and the need for quality patient and family education. She became a National Board Certified Diabetes Educator and a Cardiovascular Disease Outpatient Educator, to help improve the lives of those with diabetes, through education and support groups.

Karen was instrumental in creating the Diabetes Champions Team at South County Health, whose goal is to improve the knowledge and education of patients and healthcare providers on diabetes management.

COMING UP ...

November

14th - Photographers' Reception

5:30 - 7:30 pm - Hospital Main Lobby

Meet the photographers whose photos were chosen to appear on the 2018 South County Health *Scenes of South County* calendar.

16th - South County Health TALKS

6:30 - 8 pm - South County Health Medical & Wellness Center, Westerly, 268 Post Road, Second Floor.

Is it forgetfullness? Or something more?

Neurologist, Peter J. Bellafiore, MD, will present information and discussion on memory loss, and some possible causes - natural aging, Alzheimer's disease, dementia and other potential causes.

December

5th - South County Health TALKS - Back pain!

6:30 - 8 pm - Neighborhood Guild, 325 Columbia Street, Wakefield, RI, Room 14

Join orthopedic spine surgeon, Ian Madom, MD, in his discussion of when - and if - spine surgery is an option for pain relief.

CME OPPORTUNITIES

Pain Care for Primary Care

(18.5 CME/CE credits)

November 17 - 19, 2017

Hilton San Francisco Union Square
San Francisco, California

This conference is designed to improve care for your patients who have pain and pain-related symptoms. Among the topics to be presented is Opioid Prescribing: Safe Practices, Changing Lives (Collaboration for REMS Education)

Minimally Invasive Surgery Symposium (MISS)

(Up to 30.75 CME credits)

March 6 - 9, 2018

Encore at Wynn Las Vegas

Educational sessions include lectures, surgical video presentations, discussion and debate by world-renowned experts on advanced laparoscopic techniques for managing metabolic disorders, hernia, foregut and diseases of the colon.

Symposium on Emergency Medicine

(Up to 20.00 AMA PRA Category 1 Credits)

March 26 - 30, 2018

Grand Hyatt Kauai Resort & Spa, Koloa, HI

Subject matter will include a review of current topics and advances in critical care, emergency cardiovascular and neurologic medicine, shock states, emergency pediatrics, ophthalmologic, pain management, trauma, and the application of design thinking in emergency medicine.

HRO TRAINING

The next High Reliability Organization (HRO) training for medical staff will take place in the Potter Conference Room on Wednesday, December 13, beginning at 5:30 p.m. A light dinner will be served.



South County Hospital Receives 2017 Press Ganey Pinnacle of Excellence Award

South County Hospital received the 2017 Press Ganey Pinnacle of Excellence Award for Patient Experience in Inpatient Care. This award recognizes top-performing health care organizations nationwide based on their extraordinary achievement and consistently high levels of excellence for at least three years.

To Lou Giancola, South County Health president and CEO, the award represents an important recognition from an industry's leader in measuring,



Accepting the award for South County Health were, left, Amanda Bellone, RN, Women and Newborn Care Unit, and right, Ann Schmidt, RN, VP, CNO. In center is Patrick Ryan, CEO, Press Ganey



understanding and improving the patient experience.

"Improving the patient experience, from the quality medical care they receive to the welcoming atmosphere they experience, is our top priority," Lou said.

Members of the South County Health staff attended the Press Ganey National Client Conference held in Orlando, FL on November 1 - 3, where they accepted the award.

South County Hospital gets Straight A's from Leapfrog



South County Hospital once again earned Straight "A's" from The Leapfrog Group, the nation's leading nonprofit watchdog on hospital quality and safety which announced the new Leapfrog Hospital Safety Grades today. South County Hospital has achieved straight A's since the inception of the Safety Grade in 2012, and is one of only 63

hospitals nationwide to attain this honor. South County Hospital is the only hospital in Washington County and one of four hospitals statewide to receive an "A" grade.

"South County Hospital's primary focus is its commitment to quality care and patient safety," said Lou Giancola, president and CEO of South County Health. "Our providers and staff work continuously to improve patients and visitors safe by participating in patient care initiatives, evaluating outcomes and processes, and reviewing performance data."

The Leapfrog Hospital Safety Grade uses 30 measures of publicly available hospital safety data to assign A, B, C, D and F grades to more than 2,600 U.S. hospitals twice per year. It is calculated by top patient safety experts, peer-reviewed, fully transparent and free to the public.

Integra members to benefit from ACO's success

The Integra Community Care Network realized \$8.3 million in savings under the Medicare Shared Savings Program, while achieving a 95% quality score. A portion of the savings (\$3.85 million) will be shared with primary care practices and reinvested to ensure Integra continues to build on this accomplishment.

Three years ago, South County Health, Care New England, Rhode Island Primary Care Physician Corporation (RIPCP) and community physicians across the state formed Integra with the goal of improving the quality of care, achieving better health for our beneficiaries, and decreasing health care costs

It is the largest Accountable Care Organization (ACO) in Rhode Island, covering approximately 120,000 lives, with a provider network of more than 225 primary care providers and more than 430 specialists.

Learn more about the Integra Community Network and its members by clicking the logo.



The world is a book, and those who do not travel read only a page. - St. Augustine

NASHVILLE, TN

Music City, USA

If country music comes to mind whenever you hear the words ‘Nashville, Tennessee’, you’re not alone.

With Nashville being home to the Grand Ol’ Opry, the Country Music Hall of Fame and Museum, and the host city to the Country Music Awards Music Festival, it’s become a metonym for country music. But there’s more to Music City USA than music clubs and honky-tonk bars.

In the age of digital music, the art of recording is sometimes forgotten.

In 1957, RCA Studio B became a driving force of the “Nashville Sound”, blending background vocals and strings, giving country music a unique style. It was here that the characteristic sounds of Elvis

Presley, Dolly Parton, Chet Atkins, Eddy Arnold and the Everly Brothers to name a few, were first recorded. Since then, artists such as Carrie Underwood and Wynonna Judd have defined their sounds there. Visitors can tour the legendary music room, and stand where musical memories continue to resonate.

Within Centennial Park, Nashville’s premier urban park, a replica of the Parthenon in Athens, Greece serves as Nashville’s Art Museum. In it, a 42-foot re-creation of the statue of Athena is on display. The structures were built for Tennessee’s 1897 Centennial Exposition.

For a touch of nature, Radnor Lake State Park offers 1,332 acres, protected as a Class II Natural Area. It offers an abundance of wildlife viewing, environmental education programs, and hiking opportunities all located in an urban area.

Nashville’s geographical location keeps temperatures moderate throughout the year, averaging a winter low temperature of 28 degrees F and a summer high of 89 degrees.



Getting there

Nashville is just over 1,000 miles southwest of Rhode Island, making it a two-day road trip or a four-hour, one-stop flight. The city welcomes tourists and offers a variety of hotels, bed & breakfasts, rental properties and campgrounds, suitable for every budget and taste.

Some travel experts recommend visiting in the spring or fall when the days are warm and the nights are cool. One other advantage is that you’ll miss the summer peak season when attractions are crowded and hotel rates are more affordable.

Even if you aren’t a country music fan, Nashville offers a variety of things to do, including award-winning restaurants, historical sites, and one-of-a-kind shops.

If you plan to visit on December 9, 2017, remember to pack your Santa Claus suit and join in the Nashville SANTA Rampage, an annual event when hundreds of locals dress up in Santa suits and make their merry way from one drinking establishment to the next.



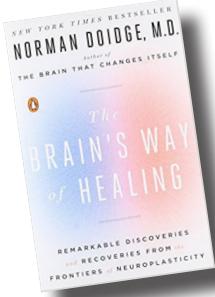
OF INTEREST ...

IN PRINT

[Widowed Early, A Cancer Doctor Writes About The Harm Of Medical Debt](#)

Based on what one couple experienced, Alison Kodjak explores the need to discuss the benefits and costs of treatment for cancer patients. When out-of-pocket health care costs become unaffordable, some cancer treatments may cause physical toxicity or financial toxicity.

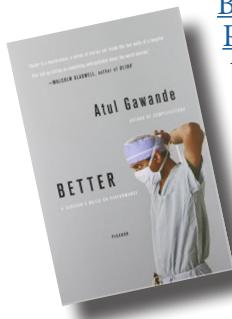
BOOKSHELF



[The Brain's Way of Healing: Remarkable Discoveries and Recoveries from the Frontiers of Neuroplasticity - Updated Edition](#)

by Norman Doidge

Norman Doidge introduced readers to neuroplasticity—the brain's ability to change its own structure and function in response to activity and mental experience. *The Brain's Way of Healing* describes natural, noninvasive avenues into the brain provided by the energy around us—in light, sound, vibration, and movement—that can awaken the brain's own healing capacities without producing unpleasant side effects.



[Better: A Surgeon's Notes on Performance - 1st Edition](#)

by Atul Gawande

The struggle to perform well is universal: each of us faces fatigue, limited resources, and imperfect abilities in whatever we do. But nowhere is this drive to do better more important than in medicine, where lives may be on the line with any decision. Atul

Gawande, the New York Times bestselling author of *Complications*, examines, in riveting accounts of medical failure and triumph, how success is achieved in this complex and risk-filled profession.

“GIVING TUESDAY”

Tuesday, November 28, 2017



‘Giving Tuesday’ is a day of giving in response to the post-Thanksgiving Day spending frenzy of ‘Black Friday’ and ‘Cyber-Monday’.



South County Health provides an opportunity for you to participate in Giving Tuesday and feel the sense of satisfaction in knowing you've helped someone.

Each year, South County Health partners with the United Way of Rhode Island to give staff an opportunity to help any organization they choose while demonstrating their philanthropic spirit.

The South County Health Annual Fund is among the charitable organizations partnered with the United Way. By designating the Annual Fund through the employee United Way Campaign, these unrestricted gifts provide funds to South County Health that are used to address our organization's most pressing needs to better serve the community. Annual Fund gifts have been used to upgrade operating rooms, renovate the Women and Newborn Care Unit, purchase our 1.5 MRI machine and fund numerous programs and services that we offer.

To participate in the United Way campaign on Giving Tuesday, or any day through December 1, [click this link](#) and follow the instructions to register. Your gift can be made in full or spread out over 26 pay-periods through payroll deduction.

Your participation at any amount is greatly appreciated.

Physician Focus is a monthly, e-publication distributed to members of the South County Health medical staff. Questions, suggestions, ideas, comments and content submissions should be directed to: [Eric Dickervitz](#) 401-788-1137.

APPETIZER

OLIVE TAPENADE

Yield: 30 Servings / Diabetic Recipe / Heart Healthy

© Baldwin Publishing, Inc.



This rich olive tapenade is a great appetizer for holiday parties that can be prepared up to one week ahead.

Olives and olive oil are loaded with healthy fats. Try this tapenade with whole grain crackers or toasted baguette slices.

INGREDIENTS

3/4 lb pitted black olives, such as Kalamata, Nicoise or Gaeta
 2 oz capers rinsed and drained
 2 garlic cloves minced
 1 tsp Dijon mustard (gluten free if needed)
 1 bay leaf finely chopped
 3 Tbsp chopped fresh parsley
 1/4 tsp crushed red pepper flakes
 3 Tbsp lemon juice
 1 tsp red wine vinegar
 1 Tbsp brandy
 1/4 cup extra virgin olive oil
 Chopped tomatoes and parsley for garnish (optional)

Recipe courtesy of: webhealthyrecipes.com

Visit [Healthy eRecipes](#) for this and other great food ideas!

PREPARATION

Combine all ingredients except olive oil, tomatoes and parsley for garnish in the bowl of a food processor and pulse to combine well. Continue to process, slowly adding the oil, until mixture is coarsely puréed.

Refrigerate, covered, for up to 1 week. When ready to serve, top with chopped tomatoes and parsley, if desired.

NUTRITION FACTS PER SERVING

Serving size: 1 Tbsp
 Calories: 50
 Fat: 5g
 Saturated Fat: 0g
 Cholesterol: 0mg
 Sodium: 257mg
 Carbohydrates: 2g
 Fiber: 1g
 Protein: 0g



NOVEMBER 2017

MEDICAL STAFF CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6 OB/GYN Dept. 6 - 7:30 pm Potter	7 Cancer Conference 7 - 8 am / Potter P&T Committee 7:30 - 8:30 am DI Conf Room	8	9 Leadership Cncl. 7 - 8:30 am Med Staff Lib Util. Rev. Comm. noon - 1:30 pm Potter	10	11 
12	13	14 Cancer Conference 7 - 8 am / Potter Credentials Committee 7 - 9 am/Potter A Joint Conference 6 - 8 pm / Potter	15 Medicine Dept. 7:15 - 8:15 am Potter	16 Dept. Emerg. Medicine 7:15 - 9:15 am DI Conf. Room	17	18
19	20	21 Cancer Conference 7 - 8 am / Potter Medical Exec. Committee 7 - 9 am Lab Mtng Room (basement)	22	23  Happy Thanksgiving	24	25
26	27 Board Meeting 5 - 6 pm / Potter	28 Cancer Conference 7 - 8 am / Potter Hospitalists' Mtg Hospitalists' Off. noon - 1 pm	29	30 OR Dept. Staff Education OR schedule begins at 8:30 am		

For the most up-to-date medical staff calendar info, visit the [Med Staff Calendar](#).

The calendar is updated on the intranet, departments, medical staff, whenever the Medical Staff Office is informed of any changes.