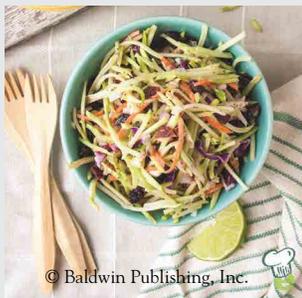


your Health Matters

A publication produced four times a year as a community service of South County Health

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SOUTH COUNTY HEALTH

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NEW MEDICAL & WELLNESS CENTER NOW OPEN IN WESTERLY!

Leaders from South County Health and the town of Westerly took part in a ribbon-cutting ceremony at the center at 268 Post Road, Westerly, on May 18.



Above, Lou Giancola, president and CEO of South County Health (in center, where ribbon is cut), Eve Keenan, head of the South County Health board of trustees (right of Mr. Giancola), Dr. Robert Gianfrocco, medical director of the Center's Urgent/Walk-In Care (left of Mr. Giancola), Derrick Kennedy, Westerly's Town Manager (behind Dr. Gianfrocco), along with other community leaders and physicians. More than 200 people attended the reception that followed the ribbon cutting; guests included the director of the Westerly Economic Development Committee, the president of the Ocean Community Chamber of Commerce, RI General Assembly Representatives Algiere, Filippi, and Kennedy, as well as dozens of local business owners and civic and community leaders.



Dr. Elaine Lombardi Wilk, medical director of Urgent/Walk-In Care at the center, chats with Jim Covington of the Materials Management department at South County Health.



Lisa Konicki, executive director of the Ocean Community Chamber of Commerce chats with Lou Giancola, president & CEO of South County Health. The Ocean Community Chamber of Commerce represents more than 800 area businesses.



Cal Lord, director-at-large of the Westerly Rotary Club (left) chats with Bruce Morrow, 1st vice president and in-coming president of the Ocean Community Chamber of Commerce. More than 24 area business owners attended the reception.

The Medical & Wellness Center is home to diverse medical services including primary care, orthopedics, cardiology, dermatology, ob/gyn, diabetes management, physical therapy, lab, X-ray, 3D mammography, ultrasound, and much more. In addition, the center's Urgent/Walk-In Care clinic is open seven days a week. Learn more at www.southcountyhealth.org.

TO YOUR HEALTH

HOSPITAL'S REMODELED WOMEN & NEWBORN CARE UNIT WILL RE-OPEN THIS SUMMER

Renovations create an enhanced environment for families and for staff, and allow for the addition of two new rooms.



Louis R. Giancola
President & CEO
South County Health

In October 2015, in order to make extensive renovations to our Women & Newborn Care Unit (which normally resides on the second floor of the Read wing), we moved those services to the second floor of the Frost Family Pavilion. (The services that are normally provided on Frost 2 to medical and surgical patients were temporarily relocated to Borda 1.)

While new moms and their families found Frost 2 a perfectly fine home

for welcoming a baby into the world, we are pleased to announce that the renovations to Read 2 will be completed as of late July, allowing the Women & Newborn Care Unit to return to its dedicated space.

The renovations included moving the nurses' station to align with the double doors that open to the skywalk connecting the Read wing to the Frost wing, which is how patients and visitors enter the unit. The new location improves the staff's ability to monitor and welcome patients and visitors while also improving workflow. The operating room and all existing LDRP (labor, delivery, recovery, postpartum) patient rooms on the unit underwent complete upgrades including HVAC, furnishings, and finishes. As part of the reconfiguration of the space, two more LDRP rooms were added to the unit bringing the number to eleven.

The physicians, midwives, neonatal nurse practitioners, and nurses are delighted with the new space, commenting on the serene, airy feel, the soothing colors, and the fresh modern décor. We think new moms and dads will like it, too, and are eager to welcome them to a place that was designed with them in mind.

Connecting with families at the most important event in their lives—the birth of a child—is an honor and a long-standing tradition at South County Hospital. For some families, having a baby at South County Hospital is a tradition, and one that goes back for generations. It's not uncommon for our

Center for Women's Health providers—physicians, midwives, and nurses—to see women they had helped deliver who are now preparing to start their own families.

Last year, 625 babies were born here; the year before that the number was nearly 700 (693, to be precise). The birth rate, of course, fluctuates but overall we have seen the number of deliveries here increase steadily over the years. And since Westerly Hospital ended its obstetrics program some time ago, we are the only hospital in southern Rhode Island where a woman can deliver. This year we are anticipating approximately 650 births.



Women tell us that having a baby here is a wonderful experience:

"I had hoped for a quiet, personal birthing experience—and that's exactly what I got. The intimate setting at South County Hospital was comforting, and all the nurses knew me and my medical history. This was particularly reassuring because of my high-risk status. From beginning to end the experience was seamless, a 10-out-of-10. And it was incredibly touching when the nurses celebrated the birth of my baby boy alongside my family."

"My labor and delivery at South County Hospital came as close as possible to my perfect birth story. During a time when it's easy to feel like everything is out of your hands, I felt very much in control of my own birth experience, truly a gift like no other."

"South County has the best labor and delivery nurses and the best doctors. It really was the best possible experience and it felt so family-oriented! And all three times, I can honestly say, I had the most fabulous experience. I would not have imagined it could be so warm and so welcoming. It could not have been better."

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HOME CARE NEWS

FOR SOUTH COUNTY HOME HEALTH CLINICIAN, HEALTHCARE HAS NO BORDERS

Susan Jameson's recent trip to Ecuador to care for orphaned children reminded her that compassion is at the center of care.

For the patients living in *For His Children* orphanages in Ecuador, doctors and clinicians are more than just healthcare providers – they are the closest thing to family. Susan Jameson, physical therapist and director of business development at South County Home Health, experienced the power of medicine and the emotional support it offers when she spent a week in Ecuador caring for children with severe developmental disabilities.

Spending a week at two orphanages in Quito and Latacunga (one of which was the former home of her own adopted son), Susan helped administer medical care to children ages one to 22, most of whom had been orphaned or abandoned at a young age and had spent their entire lives under the care of full-time “tias” (aunts). Susan and her colleagues from the doctoral program in physical therapy at Northeastern University helped the tias administer daily care, which included feedings, speech and physical therapy, and recreational activities such as soccer games and bonfires.

The day-to-day challenges of caring for children with a unique range of disabilities also demonstrate the strength and compassion of everyone working in the program. The moniker “tias” emphasizes the role that these caregivers play in the lives of the children—they’re family. Susan explains, “One young girl, Thalia, suffered from constant seizures. Just about anything could cause an episode – even being fed. The tias were incredibly patient and did not hesitate to spend extra time to ensure that Thalia and others were safe.”

Susan admired the commitment of the Ecuadorean

community in putting the patients’ needs above the demands of regulations and schedules. “We tried to plan out the day, but if one child needed extra attention, there was no hesitation to shuffle things around so that we could make sure he or she was physically stable and happy. They refused to allow time constraints to hinder their ability to care for the children.”

In any country, in any language, putting the patients first never fails. Susan recalls, “One night, after everyone had shared his or her “highs” and “lows” for the day, a little girl came up to me and kissed me on the forehead. Even though I couldn’t speak her language, in that moment, I knew exactly what she was saying.”



Susan Jameson with one of the children of For His Children.



Susan was joined by her colleagues from the doctoral program in physical therapy at Northeastern University.

HOSPITAL'S REMODELED WOMEN & NEWBORN CARE UNIT WILL RE-OPEN THIS SUMMER

continued from page 2

We could fill this newsletter with excerpts like these from our patients’ letters. Whether it’s a first-time mother or a woman delivering her third child, what women tell us is that they felt safe, comfortable, and empowered by our expert, attentive staff. These words of praise and gratitude are deeply meaningful to us, and express the experience we strive to provide.

But don’t let our family-friendly atmosphere fool you. Having a baby at South County Hospital is more than a great experience; it’s all about top quality medical care for the mother and newborn. We were the first hospital in the state to be designated “baby-friendly” by the World Health Organization, a meaningful distinction that ensures a birthing program is following best practices for the health of the newborn, particularly nutrition. And, for nine years, we were the only hospital in the state to hold that designation. More recently, in 2015 and 2016 our obstetrics program earned the Women’s Choice

Award for “America’s Best Hospitals—Obstetrics.” Our ob/gyn physicians are board certified, and the staff of nurses, midwives, and neonatal nurse practitioners are all highly credentialed. Our certified lactation consultants are so renowned they regularly see women who delivered elsewhere but who have chosen to come here for that expertise. Together, this talented and dedicated staff ensures that this is the place where families get off to a great start.

If you’d like to take a virtual tour of the Women & Newborn Care Unit, go to www.southcountyhealth.org and click on Women’s Health; you’ll find a link to a video tour there.

I hope you are enjoying a restful, healthful summer in beautiful South County.

Jou Giancola

lgiancola@southcountyhealth.org

CALENDAR OF EVENTS

Check out our many new offerings!

BREASTFEEDING SUPPORT GROUP/NEW MOM'S CLUB. FREE. Meets in Wakefield every Tuesday and in Westerly every Friday. A postpartum support group, led by a certified lactation consultant. Free baby weight check available at each meeting. A great opportunity for new moms to share information and insights about newborns in a casual and relaxed group setting. All moms are welcome! Call 788-1226.

PREPARING FOR BIRTH. A three-week Monday-evening series of classes conducted by a Certified Childbirth Educator. Recommended for women in the sixth or seventh month of pregnancy. Spouses or companions welcome. Registration required. The Hospital also offers an online class. To sign up, go to www.southcountyhealth.org. \$75.

BREASTFEEDING SUCCESS. A pre-natal class, offered once a month throughout the year; Wednesday 5:30 - 7:30 p.m. \$40 per couple. Call 792-2229 to register, or 788-1226 for information.

PARENTING CLASS. Offered every other month throughout the year; Wednesdays 5:30 - 7:30 p.m. \$40. **SIBLING TOUR.** Ages 3 and up welcome. Call 792-2229 to arrange a tour.

INFANT & CHILD ACCIDENT PREVENTION & CPR. Offered one Monday a month, most months. 6:00 - 8:30 p.m. For dates, visit www.southcountyhealth.org. Call 792-2229 to register.

CARDIAC AND PULMONARY REHAB. Twelve-week, medically supervised cardiac and nine-week pulmonary rehab programs in a state-of-the-art facility. Featuring exercise physiologists, respiratory therapists, and registered dietitians. There is also an ongoing "Wellness" and "Cardiac & Pulmonary Maintenance" follow-up program. Call 782-8020 ext. 3484.

CPR CLASSES. Offered throughout the year. Courses available for Friends & Family CPR; Healthcare Provider CPR; Heartsaver CPR; and Infant/Child CPR. Call 788-1999.

EXERCISE PROGRAMS. Our Wellness & Fitness Center – a full-service gym with treadmills, rowing machines, steppers, elliptical trainers, strength training equipment and more – is staffed by trained exercise physiologists who work with you to design an effective exercise program just for you. Call 782-8020, ext. 3484.

INDIVIDUALIZED EXERCISE TRAINING. A fitness program for adults of all ages and exercise levels, with a focus on chronic disease management and prevention. Learn proper exercise techniques, establish a well-rounded exercise routine, and improve your health. Five training sessions. One-on-one with exercise physiologist. \$150. Includes a one-month membership for unlimited use of the SC Hospital gym. Call 782-8020 ext. 3484.

YOUTH FITNESS PROGRAM. Small group exercise for adolescents aged 11-15 who are overweight or at-risk of becoming overweight. Strength and cardio training, obstacle courses, and more. Tuesdays and Thursdays, 3:30 - 4:30 p.m. in the Hospital's Wellness & Fitness Center. \$5 per session. Physician referral required. Call 782-8020 ext. 3484 for information.

SMOKING CESSATION. One-on-one counseling. Ongoing, offered year round. An eight-week program that combines lectures and exercise, with the theme, "Fit to Quit." Includes unlimited use of the Wellness & Fitness Center's gym facilities. Registration is required and there is a fee. A follow-up maintenance program is also available. Call 782-8020 ext. 3484.

"LIVING FIT" - SENIOR FITNESS FOCUS. Seniors with most BlueCHiP plans have unlimited use of the Hospital's Cardiopulmonary Wellness & Fitness Center for \$5 per month; call 782-8020 ext. 3484.

DIABETES EDUCATION. Both individual sessions and six-week group classes. Instruction is provided by Certified Diabetes Educator nurses, dietitians & pharmacists. We offer appointments and group classes at South County Hospital. Call 788-1135.

DIABETES SUPPORT GROUPS. Meets on the third Tuesday of March, June, Sept., Nov. from 7:00 - 8:30 p.m. and is facilitated by Certified Diabetes Educators. FREE. No registration required. Call 788-1696 for location.

PEDIATRIC DIABETES SUPPORT GROUP. FREE. Meets the last Wednesday of Feb., May, Aug. and the third Wednesday of Nov. at the Cardiopulmonary Suite in our Medical Office Building, 70 Kenyon Ave., Wakefield, from 6:30 - 8:00 p.m. Facilitated by a certified diabetes educator. Call 782-8020 ext. 3484.

BREAST CANCER MOBILE RESOURCE & WELLNESS CENTER. "Circle of Friends" meets the third Monday of the month, 10:00 a.m. - 2:00 p.m. Join the SCH Breast Health Program and the Gloria Gemma Breast Cancer Resource Foundation aboard the Gloria Gemma Mobile Resource & Wellness Center (pink RV located outside SCH's West entrance). Opportunity for breast cancer patients, survivors and caregivers to come together, share experiences, participate in a variety of activities, and learn how to live powerfully. For details, call 788-3850.

PREGNANCY LOSS SUPPORT GROUP. Meets evenings once a month at the Hospital, join anytime. A support group for those who have experienced miscarriage, fetal demise, or stillbirth, no matter when the loss occurred. Partners, family members, and friends are welcome. Call Joanne LaBelle for times and dates at 789-0661.

NUTRITION COUNSELING. Services with a registered dietitian are available for a variety of diet and nutrition issues, including Diabetes and Gestational Diabetes, Overweight and Obesity, Celiac Disease, Crohn's Disease, and others. For information, call 782-8020, ext. 3366. For an appointment, in Wakefield or Westerly, call 788-1135.

MEDICATION MANAGEMENT. FREE. Provided by pharmacists certified in medication management. For individuals taking multiple prescriptions, discharged from the hospital, experiencing side effects from medications, or for those who want to learn more about their prescriptions. Call 788-3811 to schedule your appointment.

CAREGIVERS BRUNCH. FREE. Learn how to cope when a loved one has been diagnosed with cancer. Third Friday of every month at South County Hospital's Potter Conference Center. 10:30 a.m. - noon. Offerings vary month to month. Breakfast is served. Reiki, relaxation, massage therapy sessions, and behavioral health services available. For details, call 788-3890.

STAR PROGRAM. Important physical and psychological rehabilitation for cancer survivors or those in treatment. Covered by insurance. Increases strength and well-being by working with physical therapists, registered dietitians, occupational therapists, exercise physiologists, pharmacists, mental health professionals, massage therapists, and more. Call 788-3890 for more information.

10TH ANNUAL WOMEN'S WELLNESS DAY. SAVE THE DATE: Saturday, October 22, Quidnessett Country Club. A day of enlightenment, inspiration, and fun! Best-selling author and Good Morning America contributor Tory Johnson, keynote speaker. For sponsorship opportunities, please call 788-1606.

THE INVITATIONAL GOLF TOURNAMENT. Wednesday, October 12, The Misquamicut Club. For sponsorship opportunities, please call 788-1610.

FREE LECTURE SERIES. For more information on lectures, visit www.southcountyhealth.org

FREE MONTHLY E-NEWSLETTER. Sign up for our free monthly e-newsletter and be the first to know about community outreach events, free evening lectures, what's new at the Hospital, who's new on the staff, and much more! Just send an email to mmurphy@southcountyhealth.org with "e-newsletter" in the subject line.

Enlightenment • Inspiration • Fun

10th Annual Women's Wellness Day

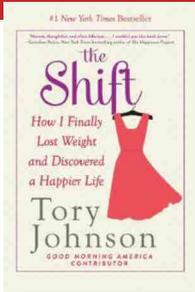


Keynote Speaker
Tory Johnson
Weekly contributor on ABC's *Good Morning America*, #1 *New York Times* bestselling author of *THE SHIFT*, contributing editor to *Success* magazine!

Connect with Tory at www.toryjohnson.com and on Twitter @ToryJohnson.

Women's Wellness Day offers you and your friends a way to reconnect, learn about health and personal well-being, and refresh your mind and spirit.

- Hear from a panel of medical experts on topics specific to women's health*
- Shop at local artisan booths
- Enjoy a delicious and healthy breakfast and buffet lunch
- Enter to win more than a dozen raffle prizes



THE SHIFT will be available for sale. Purchase your copy and have it signed by Tory!

Saturday, October 22
8:30 am - 3:30 pm
\$55

Quidnessett Country Club
950 N. Quidnessett Road, North Kingstown, RI 02852
Register by October 7 at www.southcountyhealth.org or call 401 788-1173.
*Visit www.southcountyhealth.org to view the full program of events

WE VALUE YOUR OPINION

Overall, how would you rate *Your Health Matters* compared to other hospital wellness newsletters you receive?

EXCELLENT VERY GOOD GOOD FAIR POOR

What health topics would you like to read about in future issues?

- Yes! Send me my FREE Medical Services & Physician Directory.
- Yes! Add me to your mailing list for health and wellness lectures.



Please print your name and address below:

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A FORCE FOR GOOD IN THE COMMUNITY, A LEGACY OF GENEROSITY AT SOUTH COUNTY HOSPITAL

Doris M. Manganaro ~ 1928-2016

A native of New Jersey, Doris attended Barnard College and earned a Bachelor's of Arts in Sociology and Psychology, and a Master's degree from the NY School of Social Work. At the age of 21, she was hired by the Girl Scouts, and worked in a leadership capacity for the next 25 years.

Shortly after retiring, and moving to Rhode Island in 1974, Doris married Dr. A.L. Manganaro, a physician who practiced at South County Hospital. Married for fourteen years, she became a widow in 1988. That year, Doris became the Volunteer Coordinator at the hospital. In that role, Doris was responsible for over 250 volunteers serving in all aspects of hospital work.

From 1992-1998 Doris became the Auxiliary President and served on the Hospital Board of Trustees.



During her tenure, she was a member of the following committees: Development, Nominating, Ethics, Performance Improvement, and the Capital Campaign Steering Committee.

Kenneth Kermes, who was then the Vice President for the Planning and Service Department, appreciated her efforts and stated, "Doris is a tremendous resource for South County Hospital."

In her role on the Development Committee Doris advanced the Flagship Society, and encouraged her friends to include the Hospital in their estate plans. We are grateful for all her generous efforts on behalf of our hospital. Her legacy gift will endure for the next generations of this community.

For information on how you can become a Flagship Member, please call Claudia Swain at 401 788-1608.

YOUR LEGACY MATTERS!



Imagine— the ability to create a personal legacy of giving that will improve the quality of healthcare in your community for decades to come. Flagship Society members have accomplished this through the power of a planned gift or through their will.

Planned giving enables you to make a gift to South County Health that best reflects your interests while also meeting your financial needs.

If you have already included South County Health in your estate planning, please let us know—not just so that we can thank you, which we want to do, but because your gift will inspire others to do the same—now, imagine that!

To discuss how your legacy can have a significant impact, please call Claudia Swain at 401 788-1608, or email her at cswain@southcountyhealth.org or use the enclosed postage-paid envelope.

INVITATIONAL GOLF TOURNAMENT, OCTOBER 12, 2016, THE MISQUAMICUT CLUB



**Your
Name Here**

THE INVITATIONAL

**Support South County Health
as a \$250 Tee Sign Sponsor!**

To become a Tee Sign Sponsor, contact Nicole Manfredo, Special Events Coordinator, at 401 788-1610 or nmanfredo@southcountyhealth.org

CAMPAIGN FOR CANCER CARE

MARCO L. MARINELLI AND THE ART OF PHILANTHROPY

A few years ago, Marco Marinelli was walking by the site of a 16th century house being remodeled in Amsterdam. A few loose bricks from the renovation, mostly broken, lay by the sidewalk. As an artist, Marco felt compelled to bend down and pick one up; eventually, back home in his Narragansett studio, he sculpted the brick into a work of art.

Marco is now helping build South County Health's Cancer Center. Through a significant gift to our *Campaign for Cancer Care*, for years to come his generosity will touch the lives of countless people facing cancer.

Marco spent his professional life in the heart of Providence's Jewelry District working at his family's company, Marbro Mfg. Inc. In retirement, he is an award-winning sculptor and painter, as well as a patron of the arts. Fortunately for our community, he also practices the fine art of philanthropy.

A lifelong summer resident of South County, Marco made Narragansett his year-round home in 1984. His first encounter with South County Health came in 2007, during a bout with Lyme disease. Four years later, between Christmas and New Year's, he found himself in the Emergency Depart-

ment—on the receiving end of an unexpected diagnosis: *stage 4 cancer*. He was initially in the care of James Smythe, MD until Dr. Smythe went to New Zealand on a six-month sabbatical. Since then, Marco has continued his care with

Dr. Smythe's colleague Dr. Gerald Colvin, and with Dr. Joseph Heineman.

"Cancer changes your life – sometimes for the better, actually," says Marco. "For me, it has reinforced my commitment to paying it forward and highlighted the importance of giving *now* – of seeing the benefit of my gift while I am still alive."

When our Cancer Center opens this fall, an infusion bay will bear Marco's name.

"Marco appreciates the impact that our new facility will have on patient care, and we deeply appreciate his

thoughtfulness," says Dr. Colvin, who matched Marco's gift with one of his own. "Marco's generosity will resonate in the life of every patient who receives care here."

For Marco, that personal connection means everything. "I recently told Dr. Colvin that I appreciate all that he does for me, but it's not only medicine that keeps me alive," he says. "It's also my interactions with other people and cultivating friendships."



VIRGINIA MCKINNON

On April 15, South County Health (SCH) lost one of its most devoted champions, Virginia McKinnon. Mrs. McKinnon was a volunteer at SCH until the age of 99, where she volunteered for 13 years and logged an impressive 2,760 hours of service. Virginia's spirit lives on through her daughter, Patricia Williams Dernavich, and her son-in-law, Rodney, who are both active volunteers at SCH. This year, Pat will lead the Auxiliary's Fashion Show as she has in years past. Pat remembers her mom as "a one-of-a-kind woman with a generous heart and a zest for life." SCH will never forget the indelible mark Virginia left on this community.

Your Health Matters is a free publication produced four times a year as a community service of South County Health. To be added to our mailing list, please call us at 401 788-1492.

This publication is for general information only and is not intended to replace the advice of your doctor or other healthcare provider. Articles published in *Your Health Matters* reflect the views of those quoted and do not necessarily represent the opinions of all healthcare providers associated with South County Health.

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South County Health
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Wakefield, RI 02879

FOR CANCER SURVIVORS, CELEBRATION IS PART OF THE JOURNEY

Nearly 60 people filled the lobby at South County Hospital on Thursday, June 2, 2016 to support the 25 honorees celebrating their victories over cancer. This was the third annual cancer survivors' celebration reception hosted by South County Health.

With more than 700 South County residents diagnosed with cancer each year, South County Health is taking steps to ensure that those battling it can enjoy an improved quality of life on their survival journey with the upcoming opening of the South County Health Cancer Center this fall. Learn more at southcountyhealth.org.

Gerald Colvin, D.O., medical director of South County Health's oncology/hematology department, enjoys a conversation with one of the attendees.



South County Health's compassionate care extends even after the battle is won as the staff-patient bond continues.

An attendee writes her initials on a small purple ribbon, a symbol of survival.



Three-time cancer survivor, Meredith Bartlett, gave a touching account of what it's like to face cancer.