

Newport *Hospital*

2024





COVER: Eighteen-year-old Ignacio, pictured with Julian Edelman, shared his personal story at the 2023 Salute to Health stressing the need for an Adolescent Behavioral Health Unit on Aquidneck Island.

INSIDE COVER: Jennifer Chelo, MSN, Certified RN, Lisa Tovino, RN, and Julia Lawrence, RN

A MESSAGE FROM LEADERSHIP

After many months of hard work and thoughtful consideration, this past June we made the exciting announcement that Lifespan and Brown University are expanding our long-standing affiliation. For all of us, this is tremendous news that will strengthen top-quality patient care, medical education, and biomedical research in Rhode Island, and support a healthier, more vibrant state.

You have likely heard that as part of this deepened collaboration we will change our name from Lifespan to Brown University Health later this year. While we want to stress that this is not a merger—we remain two distinct and independent organizations—this rebranding supports our vision of greater reach and recognition as an academic medical center. It also reflects a deeper alignment between our clinical care and research and Brown’s academic and research focus.

For Lifespan, this change in our journey to becoming a thriving health care system and national provider is rooted in three things: people, jobs, and the economy. This move will help us retain and recruit more doctors, nurses, scientists, and other staff. As the state’s largest employer, we know the importance of keeping jobs local and generating new employment opportunities for years to come. And we embrace the fact that a successful health system and biomedical research community is critical to our economy.

You’ll be hearing more about this in the months to come, as this work comes to fruition. Our community has long been by our side and there is no question that philanthropy will remain a powerful driver of what sets us apart from others. For your continued generosity, we will forever be grateful.

We are confident that with this collaborative approach, the future is bright for our healthcare system and for our state.

With appreciation,



Lawrence A. Aubin, Sr.



John Fernandez



Lawrence A. Aubin, Sr.
Chairman, Lifespan Board of Directors
Chairman, Newport Hospital
Board of Trustees

John Fernandez
President and Chief Executive Officer
Lifespan



Crista F. Durand
President, Newport Hospital



Carol Bazarsky
Chair, Newport Hospital Foundation
Board of Trustees

What an extraordinary year we've had at Newport Hospital, thanks to your unwavering support. Your generosity has been the driving force behind transformative changes to elevate patient care and outcomes in ways we never imagined. As we reflect on the impact you have made, we are overwhelmed with pride and gratitude.

Thanks to generous donors like you, we are on the verge of reaching our fundraising goal to break ground for the Adolescent Behavioral Health Unit. The mental health challenges faced by our community, particularly our youth, highlight the urgency of this initiative. In this issue, you'll discover the remarkable progress made and the inspiring stories behind donor support for the unit. You'll also read about how donors have impacted Newport Hospital programs and cutting-edge technology to enhance patient care and improve our community's health and wellbeing.

Exciting changes are coming for Lifespan as we rebrand to Brown University Health later this year. This strengthened partnership with Brown University promises to bring significant benefits to our patients, our staff, and healthcare in Rhode Island.

Please accept our heartfelt gratitude and appreciation for your support of Newport Hospital.

Sincerely,

Crista F. Durand

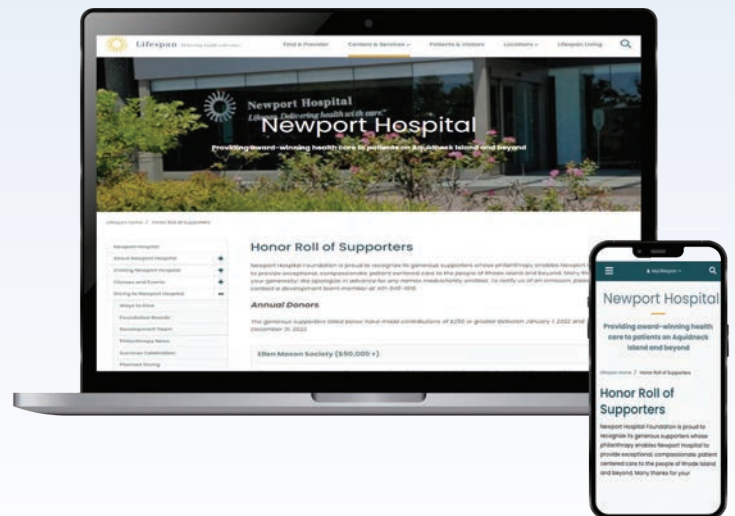
Carol Bazarsky

THE 2023 HONOR ROLL IS ONLINE

The Newport Hospital Foundation is proud to recognize its generous supporters—online! The Honor Roll of Supporters for the calendar year prior is available at lifespan.org/newport-hospital/honor-roll-supporters or scan the QR code below.



Thank you for your generosity!



ADOLESCENT BEHAVIORAL HEALTH EFFORT SCORES MVP SUPPORT

Hospital's \$5 million fundraising campaign nearing the end zone

What do former New England Patriots star and three-time Super Bowl champion Julian Edelman, Newport Hospital employees, and the Aquidneck Island community have in common? They all came out strong to support the creation of an Adolescent Behavioral Health Unit at Newport Hospital.

One in five Rhode Island children ages 6 to 17 has a diagnosable mental health disorder, but there is a statewide shortage of inpatient behavioral health services. Families seeking immediate care must often rely on their local emergency departments for short-term stabilization while waiting for inpatient treatment. In April 2022, Rhode Island declared a state of emergency for child and adolescent mental health.

To help alleviate this crisis, Newport Hospital launched a \$5 million fundraising effort to create an Adolescent Behavioral Health Unit to serve patients 12 to 18 who suffer from acute mental health disorders. In partnership with world-renowned Bradley Hospital, it will provide stabilization, assessment, and treatment for suicidal, aggressive, and other behavioral conditions. Beyond the added beds, the unit will include bright and modern group therapy rooms, activity space, and an outdoor enclosed therapeutic area.

The fundraising effort kicked off at Newport Hospital's annual *A Salute to Health Summer Celebration* in July 2023 with a surprise visit from Super Bowl MVP Julian Edelman, who teamed up with Anthony Napoli, MD, then Medical Director of Emergency Medicine, to present the project and garner the community's support.



Julian Edelman and Crista Durand



Ignacio

Eighteen-year-old Ignacio shared his personal story, stressing the need for an Adolescent Behavioral Health Unit on Aquidneck Island. Multiple donors immediately committed six-figure gifts.

Since then, the Aquidneck Island community and beyond have rallied behind the project, demonstrating their understanding of the urgent and overwhelming need for the unit. This support has been instrumental in raising nearly 80 percent of the \$5 million required to break ground and bring this unit to life.

In October, the annual Employee Giving Campaign, "ABHU starts with YOU," saw employees from 24 hospital departments support the cause. Together they raised more than \$27,000, a testament to their belief in the project.

We are thrilled to share that Ignacio is thriving and pursuing his passion for architecture in college. "I was lucky to get the bed when I did," Ignacio shared, reflecting on his treatment.

If you missed Ignacio's story, scan the QR code to view it.



GEWIRZ GIFT HELPS YOUTH IN CRISIS



Rita and Jonathan Gewirz

Rita and Jonathan Gewirz have been generous and active supporters of Newport Hospital for more than 15 years. During that time, the caring couple have not only made a substantial philanthropic commitment, but they've also championed causes intended to improve the health and well-being of the community.

Their latest demonstration of advocacy and generosity—a \$150,000 pledge toward the construction of the hospital's Adolescent Behavioral Health Unit—continues the Gewirz's legacy of charitable giving.

Like most families with school-aged kids, Rita and Jonathan found themselves in uncharted parenting waters during the height of COVID. Their then 16-year-old son, Levi, began showing the ill effects of growing up in a world of unprecedented stressors and social isolation.

"He had a full year of remote learning in 2021 and experienced being away from his friends and peers," Rita recalls. "We saw a lot of change in his mood."

While countless other parents share the Gewirz's story, the increased demand for acute adolescent behavioral and mental healthcare actually began before the pandemic and has only intensified since. Unfortunately, hospital capacity simply can't keep up with the need. Often, adolescents board in Newport Hospital's emergency department for days while waiting for an inpatient bed to open on a dedicated psychiatric unit at another hospital.

Thankfully, once Newport Hospital's eight-bed unit is complete, youth ages 12 to 18 years old who are struggling with such things as suicidal ideation and self-injury will get the short-term stabilization, assessment, and treatment they so desperately need closer to their homes and families—and in a timely fashion. On the latter point, the Gewirz's interest in supporting the campaign was based upon the realization that the lack of services locally and long waits/backlogs elsewhere were causing families significant hardship and unnecessary risks.

Rita, a retired occupational therapist, has served on the Newport Hospital Foundation Board and is a former governor. Currently, she serves as a corporator and chairs the hospital's Quality Oversight Committee in her capacity as an engaged community member. In those roles, and as a parent herself, she learned firsthand just how dire the crisis is among this vulnerable population. "I was hearing about it everywhere and we couldn't turn away. We had to do something."

And they certainly did, stepping up in a big way.

"It feels good to do good," Jonathan concludes, "and if we can have a positive impact on kids' lives, especially many here in Newport County, we're more than happy to do it."

FORWARD-THINKING DONOR LOOKS BACK FOR INSPIRATION

Newport entrepreneur and inventor, Mark Aramli, has known remarkable success and significant struggle in his life, and says he's learned much from both. In fact, he credits his ups and downs with helping to inspire and shape his community-first philanthropic philosophy.

Since 2015, Mark has helmed Bedjet, the innovative sleep technology company he founded in Newport. Overtime, Bedjet has enjoyed explosive growth and profitability—despite being snubbed by the “sharks” on *Shark Tank* when Mark pitched them on the popular TV show years ago.

But as a child, Mark's reality was in stark contrast to his current standard of living.

After his father died of cancer when he was 12, Mark says his comfortable middle-class family fell on hard times. “We struggled for a few years,” he remembers. “I was the kid on the free lunch program at school, wearing secondhand clothes from the thrift store, government cheese in the fridge, and not enough heat on in the winter. When you experience scarcity like that, you never forget the taste of it. It educates you.”

Those humble memories coupled with his well-earned business success were the catalyst for Mark

and his wife Ida to establish the Aramli Foundation. Funded by BedJet, the charitable foundation uses its \$2 million endowment to support nonprofit organizations throughout Newport County that help local, underprivileged families meet basic human needs including food, shelter, and education, as well as mental and medical healthcare.



Mark and Ida Aramli with their children

On the latter, the Aramli Foundation recently made a \$50,000 gift to Newport Hospital in support of care for financially challenged families. “All families need health services and many don't have the means to pay the bills, especially these days” Mark points out. “Newport hospital often winds up eating these costs, which can impact their ability to deliver care in other areas. So, if our gift can help families and the hospital at the same time, that's a win-win.”

All of the Aramlis three children—Grayson, 6, and twins, Kendal and Sophie, 4—were born at Newport Hospital, and Mark says the experiences were top notch. “We were in the maternity ward for a few extra days after one delivery”

Marks recounts, “and saw firsthand how fantastic the hospital, staff and facilities were. We really are lucky to have a regional community hospital of such high quality right here on the island . . . and we feel blessed to be able to support the great work they do.”

FOUR QUESTIONS WITH MOUHANAD EL OTHMANI, MD



Mouhanad El Othmani, MD

Late last year, Newport Hospital acquired a state-of-the-art advancement in joint replacement surgery: the Zimmer Biomet ROSA Knee System. This groundbreaking technology enhances the capabilities of our expert surgeons while ensuring the highest level of care for our patients. Below, Mouhanad El Othmani, MD, an orthopedic surgeon with the Lifespan Orthopedics Institute at Newport Hospital, discusses robotics, the ROSA, and a new approach to surgery.

What are some of the benefits of robotics?

The beauty of robotics, in general, is that you are able to get real-time information during the surgery. These intra-operative metrics help to inform a surgeon's decision-making and provide data-driven insights. So, we can focus on achieving the optimal implant positioning for each patient based on that patient's unique anatomy, bone positioning, ligament tension, and laxity, as well as other factors. The surgeon is, in essence, teaching the robot through the patient's own range of motion. It really is an elevated and personalized approach to knee replacement. With conventional or manual surgery—i.e., non-robotic—you simply could not get that level of information and precision.

Will robots replace doctors?

[Laughs] No, but I have been asked that before. The surgeon makes all the decisions. What the robot does is guide the surgeon during the surgery and help them better execute the specific plan that they designed for their patient.

Why was ROSA the right choice?

We picked the ROSA robot because it offered us a smooth workflow and it doesn't require any advanced imaging to use; other robotic options require a CT scan first, which cost a lot and is a lot of radiation. ROSA also allows us to make less ligamentous releases, which reduces scarring and minimizes bleeding, and offers more precise implant placement and increased longevity. Overall, recovery is a little faster and less painful with ROSA, too.

How will ROSA complement your team's offerings?

The Total Joint Replacement Program at Newport Hospital is expert at creating a personalized patient experience, from initial consultation through recovery. Adding ROSA to our toolbox fits into what we are doing and will help us meet the increased volume, improve the quality of care we offer, and advance the academic work that's being done at our hospital. Our goal is to secure advanced certification as a Center of Excellence in Joint Replacement, and ROSA will help us in that pursuit.

NOREEN STONOR BIRTHING CENTER CELEBRATES EACH BUNDLE OF JOY WITH A TOKEN OF GRATITUDE

Each year, more than 400 babies are born at Newport Hospital's award-winning Noreen Drexel Birthing Center.

After the birth of a child, it's not uncommon for parents and even grandparents to express their gratitude for the compassion of a caregiver or the kindness of an employee. Newport Hospital is equally grateful to be the hospital families choose for this special journey.

To help promote a safe sleep environment for newborns after they leave the hospital, Newport Hospital gives a sleep sack to every baby born.

"As a Newport native born at Newport Hospital in 1984, it was so special to give birth to my sixth baby, a boy named Thomas, at The Noreen Drexel Birthing Center. My experience was memorable and the care I received was compassionate and thoughtful. The nurses made my journey so special, and the extra touch of a sleep sack given to us will be a constant reminder of how lucky we are to have had Newport Hospital help welcome our new bundle of joy," says Caitlin Mahoney.

Aligned to the World Health Organization (WHO) standards—and as supported by the American College of Gynecology and Obstetrics (ACOG)—the Drexel Birthing Center embraces a model that prioritizes personalized, holistic, and low-intervention approaches to ensure that every birth is rooted in respect, autonomy, and dignity.



ABOUT THE NOREEN STONOR DREXEL BIRTHING CENTER AT NEWPORT HOSPITAL



One of only 575 hospitals in the US with the **BABY-FRIENDLY DESIGNATION** from the WHO and UNICEF for meeting rigorous standards that promote, protect, and support breastfeeding.

The **91.4 NET PROMOTER SCORE (NPS)** is a key metric of patient loyalty, putting the Drexel Birthing Center in the top 1% nationwide.* * National comparison group of 259,229 respondents across all NRC Health patient survey clients.

91.4
NPS



All on-call obstetricians and midwives must be within 30 minutes of the hospital, if not physically present, to align to ACOG standards.

All birthing suites are private, have ocean views, and designed to promote **FAMILY-CENTERED CARE** and to **SUPPORT FAMILY CLOSENESS**.



Thanks to inspired donors, the Drexel Birthing Center has received almost \$1.2 million to date. Some funds support continued birthing center modernization, while others have been designated for specific gifts, such as baby warmers or rocking chairs.

VANDERBILT ‘BUILT ME BACK’

A grateful patient reflects on her experience at the award-winning rehab center

Eleanor Langham underwent a craniotomy at Rhode Island Hospital to remove a lemon-sized tumor from her brain. Just 30 years old at the time, she credits the surgery with saving her life.

However, Eleanor credits the Vanderbilt Rehabilitation Center at Newport Hospital for teaching her how to live again after.

“When I first got to rehab, it was me, but it was a shell of me,” she explains. “I remember my mom saying, ‘I was three-year-old Ellie’ all over again.”

One of Eleanor’s first exams at Vanderbilt was the clock-drawing test (CDT). By asking her to put numbers in their correct positions and set the hands at “ten minutes after eleven,” staff was gauging Eleanor’s cognitive capabilities, including memory, organization, spatial orientation, concentration, and critical thinking.

“I started panicking when they showed me what I had drawn,” she remembers. “I had lost the use of my left side and no matter how I thought I was filling in the clock appropriately; everything was on the right side.”

From that starting point, an individualized plan was created to help Eleanor regain her lost functionality. Completing daily living activities, like bathing and dressing; improving balance and mobility; increasing strength and muscle control; and optimizing communication skills would all need to be addressed.

An interdisciplinary team put Eleanor at the center of their universe. She received physical, occupational, and speech therapy, as well as direct rehabilitative nursing care and intensive physician-directed treatments and medication management.

It wasn’t an easy journey, Eleanor admits, and sometimes she had to be reminded that there was light at the end of the tunnel.

“Five days in, I was in speech therapy doing word problems and number processing exercises,” she recalls. “I was always good at math, so I became frustrated because I wasn’t getting everything.” At that point, Eleanor’s therapist left the room briefly and returned with her CDT. “She held it up and said, ‘Less than a week ago, you couldn’t draw

a clock or walk on your own. Now you’re doing both—and spreadsheets too.’ I didn’t realize just how far I’d actually come until that moment.”

There would be many moments for Eleanor along the way, and Newport Hospital would be by her side for all of them, inpatient and outpatient.

Now, four years later, Eleanor has regained full functionality. In fact, her left side is stronger than her dominant right side. She’s back to her active lifestyle and remains grateful for the care she received. “I had an army of supporters within Newport Hospital who were lifting me up, pushing me forward, and cheering me on,” Eleanor says. “Vanderbilt literally built me back to who I am.”



Eleanor Langham

NEW REHAB ‘TOOLS’ ALLOW PATIENTS TO PRACTICE EVERYDAY LIVING

The Vanderbilt Rehabilitation Center at Newport Hospital has always been committed to introducing new and innovative ways of enhancing patient experience. Three recent additions—a mock car, simulated apartment, and therapeutic training space—are continuing that tradition in meaningful ways.

“Our goal is for patients to be prepared and feel comfortable when they are heading home,” explains Missy Fournier, PT, MS, Director, Adult Inpatient Rehabilitation for Newport, Rhode Island, and The Miriam hospitals. “These tools advance that effort because they allow patients to practice daily living activities in a safe, supportive environment.”

“Car” lets patients take a test drive

The mock car accurately simulates the vehicle experience. It has driver and passenger doors that open and latch closed, seatbelts to be clicked in place, gas and brake pedals, and a steering wheel. It even has a hydraulic lift so staff can adjust to any height, from a Mini Cooper to a pickup truck. “Best of all, it’s inside the rehab unit,” Missy adds, “away from the elements outside.” Previously, families would have to drive their actual car in, and the patient would have to go out to the parking lot to do training, which was not ideal.



Mock car at Vanderbilt Rehabilitation Center

“Apartment” therapy works

The inpatient apartment suite features typical home amenities—bed, couch, lamp, cabinet, dining table—and offers the opportunity to practice real-life scenarios. “For example, if an elderly patient has had a stroke and will need assistance getting up to go to the bathroom at night, we can move them into the transitional apartment and let their spouse or family caregiver sleep over and practice getting them up to the toilet at night with our staff nearby for support,” Missy says.

Outdoor space grows independent living

The therapeutic training space, which is slated to open this summer, will provide an opportunity for patients to navigate many of the obstacles they will encounter when they are back out in their yard and

the community—walking on gravel, grass, mulch, curbs, ramps, and stairs; opening a gate or a mailbox; and participating in other therapeutic activities. They’ll be doing it all outside, too, while enjoying the salty Newport air after what is often a long, complicated hospitalization. “We’ll do what they like to do,” Missy points out, “and show them that they can still do it!”

For decades, Vanderbilt has been known throughout the region for its unique programs, excellent outcomes, and ability to make each patient’s transition back to everyday life easier—whether they’re employing high-tech or low-tech tools to reach that goal.

“We really just want patients and families to be prepared for a smooth discharge home,” Missy concludes. “With no surprises.”

WITH Gratitude

A DAUGHTER'S LOVE, A MOTHER'S LEGACY

Just before Christmas in 2021, Martha Hunnewell contracted COVID. She quickly developed serious complications and, sadly, passed away a few short weeks later. She was 77.

For her daughter, Alicia Van Arsdall, the loss was devastating. "My mother's passing was horribly painful and unexpected," she explains, "but the care she received at Newport Hospital, particularly from the hardworking nursing staff in the ICU, was incredible and heartwarming."

Alicia describes her mom as a loving, creative person with a passion for living, a flair for entertaining, and a giving spirit. Witnessing staff who didn't know Martha provide such exceptional, compassionate care, Alicia says, provided light during an otherwise very dark time. It also inspired Alicia to make a memorial gift to Newport Hospital in her mother's honor and as a show of gratitude to her caregivers.

"I knew I wanted to give something back to this place that gave my mom so much," she says. "The staff not only treated and cared for my mother at the end of her life, but throughout her life here in Newport. They always gave her wonderful care with kindness and respect."

Alicia's desire to give back led her to establish *The Martha S. Hunnewell Scholarship Fund*. The new scholarship fund enables staff to attend wellness and resilience-related trainings aimed at helping improve their own lives and work. A handful of Newport Hospital caregivers will be



Martha Hunnewell

the first to take advantage of the scholarship by attending the largest conference for nursing professionals, The ANCC National Magnet Conference, in New Orleans later this fall.

Generous donations from Alicia and several of her mother's friends in the Newport community will help fund the scholarship in perpetuity. The sale of jewelry made by Martha, who was an accomplished decorator and jewelry designer, also contributed significantly.

"I knew I wanted to give something back to this place that gave my mom so much."

—Alicia van Arsdall

"This memorial project is hopeful, positive, and speaks to my mother's legacy," Alicia concludes. "Most importantly, it was based in gratitude and helped turn something devastating into something good. My mother would be very happy . . . and that gives my heart joy."

As a reflection of her commitment to the wellbeing of Newport Hospital staff, the existing employee meditation center was also renamed to *The Martha S. Hunnewell Meditation Center*. The peaceful, staff-only space on the hospital's campus is for colleagues to recharge, wind down, and take advantage of various wellness resources.

A WAY TO GIVE AND RECEIVE

When you create a charitable gift annuity at the Newport Hospital Foundation, you will not only receive lifetime payments and potential tax benefits, you will also be supporting our caregivers and the community they serve.

Example:

A supporter aged 67 establishes a \$10,000 charitable gift annuity to benefit Newport Hospital. Based on their age, they will receive \$590 a year (a fixed 5.9% rate of return) for the rest of their life. Tax benefits may include a tax-deduction for a portion of the initial gift and annual payments that are partially tax free for a period of time. When the annuity ends, Newport Hospital will receive the remaining principal. Through this gift, the donor will receive a consistent source of retirement income while also creating a legacy of support for the Hospital. Rates are current as of July 2024 and calculations will vary depending on your personal circumstances. To receive your own personalized proposal, please contact **Chris Josephson, Senior Philanthropy Officer, at 401-444-6412 or legacygiving@lifespan.org**.



IN MEMORIAM

Newport Hospital's Living Heritage Society honors generous donors who have made a planned gift or included the hospital as a beneficiary of their estate plan, retirement account, or life insurance.

We'd like to remember the following Living Heritage Society members who passed away in 2023 and pay tribute to their generosity and forethought in making their support for Newport Hospital part of their legacy.

NED AND RUTH CORCORAN

BERNARD NEMTZOW

ZALMAN D. NEWMAN

MRS. DOROTHY G. RIESMEYER

NURSING IS IN HER DNA



“Newport Hospital is a wonderful place to work—when you love what you do, it’s not a job.”

—Linda Rioux

Growing up in Taunton, Massachusetts, it was never a question what Linda Rioux wanted to do with her life. From the first time she saw her aunt, Evelyn, in her white uniform and nursing cap, Linda’s mind was made up.

“She looked so beautiful and professional,” recalls Linda. “I knew immediately that I wanted to follow in her footsteps, just like she followed in my great aunt’s.”

When Linda was in high school, Evelyn helped her become a candy striper at the local hospital where she worked to introduce the 15-year-old to the medical environment. Candy stripers were hospital volunteers who worked under the supervision of nurses, and the experience only further fueled Linda’s dream.

Being that becoming a teacher or secretary were the most encouraged options for young women at the time, Linda had been taking business classes in school. For her junior and senior years, however, she loaded up on science courses to position herself for nursing school after graduation.

And when the time came, she didn’t apply to just any nursing school, she applied to the top program in the country: the Newport Hospital School of Nursing.

Linda was familiar with Newport from family trips, but more importantly, “If you want to be the best, you have to learn from the best. Being a prestigious school only made me want to go there more.” The school first opened in 1886 with six female pupils.

It was 1975 when Linda began her nursing studies at age 17. The coursework was hard and the head instructors—an Army nurse and a Navy nurse—were demanding, but it all met Linda’s expectations. Her class, which comprised 35 students, was the first nursing cohort in the country to be affiliated with a college thanks to taking their science courses at nearby Salve Regina College, as it was known at the time.

Where nursing schools of the day were aligned with a diploma program, Newport Hospital’s partnership with Salve allowed for 35 credits toward a bachelor’s degree upon completing nursing school.



Left to right: Crista Durand, Ella Murphy, Pauline Loftus Walsh, Patricia Andrade, and Linda Rioux. Ella, Pauline, and Patricia are all Class of 1953

From the first year in the program, Linda and her fellow nursing students worked on the hospital floors gaining valuable, hands-on experience. She recalls fondly her spotless uniform and the high standard to which they all were held. "We looked professional and capable, and we commanded respect," she says.

After graduating among the top 10 in her class, Linda took her State Board exam, a grueling two-day, 16-hour exam using pen and paper to demonstrate one's knowledge of every facet of nursing. Six weeks later, she received her congratulatory letter in the mail and, soon after, was offered a position on the very floor where she had trained.

"My job was on Tower 4 with 50 medical-surgical orthopedic patients," says Linda. "I made \$5.75 an hour, which was high pay back then."

After two years in that role, Linda moved to the intensive care unit. In 1999, she went to work in Newport Hospital's Emergency Department, where she continues to this day. In the ED, Linda points to needing to be prepared for every medical crisis imaginable and having the opportunity to guide the next generation of nurses as what drives her. She also teaches the hospital's Trauma Nursing Core Course, a premier, two-day certification class.

Considering the rich nursing history on Powel Avenue, it's no surprise Newport Hospital nurses are among

the best in the country and hold the prestigious Magnet designation from the American Nurses Credentialing Center. Nationwide, just four percent of hospitals are Magnets, demonstrating their nursing services go beyond the level of excellence.

"There are lifechanging events that happen here each day," Linda says. "As kind and compassionate nurses, we give a little piece of our heart to our patients."

Last summer, Linda had the honor of participating in Newport Hospital's 150th birthday celebration, where she reconnected with past nurses and met new ones, like the three who graduated from the 1953 class. She called the celebration "amazing," and currently is working with a committee on a fall event at the Newport Hospital School of Nursing Museum, which houses an impressive amount of memorabilia dating back to the 1800s.

And to prove an apple never falls far from the tree, Linda's sister, Donna, is a nurse, while her oldest daughter, Mellissa, is a nurse practitioner, and her youngest, Verity, is a nursing resource scheduler.

"Newport Hospital is a wonderful place to work—when you love what you do, it's not a job," she finishes. "Now if you want to know about all the advancements I've seen, we could do an entirely separate story on those!"



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NO PAIN, ALL GAIN

Donor-supported technology helps restore spine patient's quality of life

For nearly two decades, Henrietta Hanson experienced debilitating back pain; the wear and tear of working as a roofer for 25 years had taken its toll. "I was always in pain," she says, "Especially shooting down my left leg. I couldn't walk or sit or stand up in comfort."

Over time, Henrietta underwent surgery, injection therapy, and took pain management medications. Still, her pain persisted.

Fortunately, she found her way to Joaquin Q. Camara, MD, a neurosurgeon at the Norman Prince Spine Institute at Newport Hospital, and her luck changed. After consultation, Dr. Camara determined that Henrietta needed an L4-L5 interbody fusion, involving the lower lumbar spine.

In October of 2023, with the support of his highly skilled team, Dr. Camara was able to perform the delicate, complicated surgery that would restore Henrietta's badly damaged spine to its proper alignment and greatly improve her quality of life.

"I started feeling a difference a week later," she reports, "And ever since, I'm walking better, sleeping better, getting up

and down stairs better, and dressing myself easier. But the most important thing . . . I'm in much less pain."

Dr. Camara used a state-of-the-art 3D imaging and navigation system called the Ziehm Vision RFD 3D mobile C-arm during Henrietta's operation. "Ziehm is described as the 'GPS of the spine' and is rapidly becoming the standard of care in spinal surgery," he explains. "This new technology allows for greater accuracy with real-time imaging during the surgery and results in less pain, reduced bleeding, and safer procedures for patients as well as shorter hospital stays."

It's important to note that the Ziehm equipment was acquired thanks to direct donor support. At the 2022 Newport Hospital summer celebration, *A Salute to Health*, more than \$588,000 was raised during the evening's fund-a-need specifically to help purchase the technology and expand access to minimally invasive spine surgery for patients in the Aquidneck Island area.

These days, Henrietta is enjoying her newfound mobility and grateful for the care she received at Newport Hospital. "Dr. Camara is a godsend and his team and everyone in that office are beautiful people," she says.

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