

Newport Hospital Healthbeat

A PUBLICATION FOR THE NEWPORT COUNTY COMMUNITY • WINTER 2017



Newport Hospital
Lifespan. Delivering health with care.®

Message from the President of Newport Hospital



Welcome to Newport Hospital's winter newsletter, the first of 2017. For many of us, the New Year serves as an occasion to make resolutions about our health—to eat a wholesome diet, to exercise more, to control stress. As your community hospital, we consider ourselves a partner in your health,

and we're here to help you keep those resolutions throughout the year. We've filled this newsletter with helpful tips on healthy eating, on easy ways to work exercise into your day, on stress busting strategies to help you keep calm and carry on.

You'll also find practical information on our affiliated primary care practices, several of which have expanded, moved locations, and taken on new names to mark their affiliation with Lifespan Physician Group. Check inside for pictures of our new medical office building in Tiverton—this beautiful space is now home to Lifespan Physician Group, Primary Care, Tiverton, along with a Lifespan Laboratory, and rotating medical specialists. We're so pleased to be able to offer these enhanced services

in Tiverton, and to continue to expand access to important primary care services throughout Newport County.

We're particularly excited to bring you some news about a new orthopedics practice we have opened here at the hospital. Orthopedic surgeon Rolf Langeland began seeing patients this month as part of Newport Orthopedics, a Lifespan Physician Group practice. He brings two decades of experience in sports medicine and joint reconstruction and replacement, and he will be a wonderful resource for the sailors and skiers, golfers and tennis players we have in abundance here in Newport County. Given the award-winning services of our Vanderbilt Rehabilitation Center, which offers outstanding physical therapy and other services to get orthopedics patients moving again, a robust orthopedics program is a perfect fit for our hospital. We know this will be a valuable service for all our active adults who deserve to move and exercise and enjoy their favorite activities pain-free.

Warm wishes for a happy and healthy 2017,
Crista F. Durand
President, Newport Hospital

Inside this issue:

New Faces at Newport Hospital
Physician Spotlight

Focus on Primary Care:
Lifespan Physician Group,
Tiverton

In the News

Frank's Story

Easy Tips for Healthy Eating

Easy Tips to Control Stress

Food for Thought

Newport Hospital Community
Baby Album

Newport Hospital Community
Calendar

Save the Date:
Community Baby Shower

Newport Hospital Community
Lecture Series



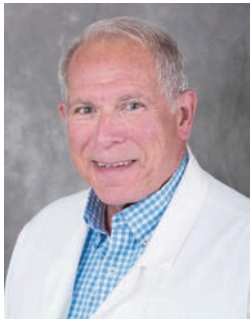
New Faces at Newport Hospital

Here's a look at the some of the newest physicians and nurse practitioners to join the Newport Hospital medical staff and affiliated Lifespan Physician Group practices.



Randall Ingham, MD

Randall Ingham, MD, is a hematologist/oncologist with the Comprehensive Cancer Center. Dr. Ingham received his medical degree from New York Medical College in Valhalla, New York, and completed his residency and a fellowship in hematology/medical oncology at The Warren Alpert Medical School of Brown University and Rhode Island and The Miriam hospitals.



Ralph Earp, MD



David Gorelick, MD

Ralph Earp, MD and **David Gorelick, MD** are primary care physicians with Lifespan Physician Group, Primary Care, Newport. Dr. Earp received his medical degree from the University of Missouri School of Medicine, and completed his residency at the State University of New

York, Upstate Medical Center in Syracuse. Dr. Gorelick received his medical degree from Georgetown University Medical School, and completed his residency at the Naval Medical Center in San Diego. Both physicians practiced most recently with Aquidneck Medical Associates in Newport.



Kristin Fielding, MD

Kristin Fielding, MD, is a family medicine physician with Lifespan Physician Group, Primary Care, Portsmouth. Dr. Fielding received her medical degree from the University of New Mexico Health Sciences Center, and completed her residency with NH Dartmouth Family Medicine Residency at Concord Hospital in Concord, New Hampshire. She practiced most recently with Aquidneck Medical Associates in Portsmouth.



Rolf Langeland, MD

Rolf Langeland, MD, is an orthopedic surgeon with Newport Orthopedics, a Lifespan Physician Group practice. Dr. Langeland received his medical degree and orthopedic surgical training from the University of Connecticut School of Medicine; he continued his subspecialty training in sports medicine and joint replacement fellowship training at Duke University Medical Center in Durham, North Carolina. Prior to joining Newport Orthopedics, he practiced for 20 years with Orthopaedic Specialty Group in southern Connecticut, where he specialized in sports medicine and reconstructive joint and trauma surgery.



David Davis, APRN-CNP

David Davis, APRN-CNP, is a nurse practitioner with Portsmouth Family Medicine and Lifespan Physician Group, Primary Care, Newport. He completed his bachelors and masters of science in nursing at the University of Rhode Island, and holds national board certification with the American Academy of Nurse Practitioners as a family nurse practitioner.



Joseph Farina, MD

Joseph Farina, MD, is a cardiologist at the Cardiovascular Institute, with expertise in noninvasive and invasive cardiology. Dr. Farina received his medical degree from the University of Vermont College of Medicine in Burlington, Vermont, and completed his residency in internal medicine and a fellowship in cardiovascular diseases at Rhode Island Hospital.

New provider directory

Here is how to reach these new providers:

Nurse Practitioner David **Davis**: Portsmouth Family Medicine, 401-683-3300 and Lifespan Physician Group, Primary Care, Newport, 401-606-4510

Dr. Ralph **Earp**: Lifespan Physician Group, Primary Care, Newport, 401-606-4510

Dr. Joseph **Farina**: Cardiovascular Institute, 401-845-1201

Dr. Kristin **Fielding**: Lifespan Physician Group, Primary Care, Portsmouth, 401-606-4550

Dr. David **Gorelick**: Lifespan Physician Group, Primary Care, Newport, 401-606-4510

Dr. Randall **Ingham**: Comprehensive Cancer Center, 401-845-1646

Dr. Rolf **Langeland**, Newport Orthopedics, 401-845-1474

All providers are board certified, and all except Drs. Gorelick and Earp are currently taking new patients.



Physician Spotlight



Rolf Langeland, MD, is a board certified orthopedic surgeon with Newport Orthopedics, a Lifespan Physician Group practice. He brings more than 20 years of experience in sports medicine and joint reconstruction and replacement to the Newport community. He began seeing patients in Newport this month.

Q. What drew you to orthopedic surgery? I was drawn to orthopedic surgery because of my love of sports and an active lifestyle; I have committed my career to maintaining and restoring an active life for myself and my patients. Also, for those interested, LEGOs are a great start to this career!

Q. What are your particular interests/expertise within the field? My interests in orthopedics are many. I am a fellowship trained arthroscopic sports medicine surgeon, specializing in treating the highest levels of sports injury, including knee, shoulder, and elbow ligament reconstruction. In addition, I have a specialty in trauma reconstruction and joint replacement.

Q. What do you enjoy about practicing medicine in a community like Newport? My connection to Newport goes back to before the Pell Bridge was built. I have been a part of the Newport community off and on since 1968, and I am proud to be locating here full time as your local orthopedic surgeon.

Q. What do you enjoy doing in your free time? Some of my favorite free time enjoyments include yearly heli ski trips to Canada; sailing in Newport; construction; biking and running.

Dr. Langeland's offices are located in the Borden Carey building, 19 Friendship Street, Newport. He can be reached at 401 845 1474.

Focus on Primary Care: Lifespan Physician Group, Primary Care, Tiverton

The three providers in this sunny new primary care location in Tiverton echo a common theme when discussing their work: the satisfaction they find in caring for all ages, from infants to seniors.

“I really enjoy meeting different members of the family, caring for everyone, building those relationships,” says Dr. Tanya Rodriguez, who joined the practice last January. Coming from a community health center in West Warwick, she had years of experience treating adults, children, and entire families, and was happy to join the same kind of care environment in Tiverton.

Nurse practitioner Anne Neuville feels the same way: “I was drawn into family practice because I believed personally in the care of the whole family, being intimately intertwined in the health of the person.” She stresses that since family medicine NPs care for all ages—her own patients currently range in age from infancy to 96—she has watched adolescents grow



up to become parents and now cares for their children, and supported adult patients as they care for aging parents. “Tiverton has been the perfect place to practice true family medicine,” she says.

Nancy Jones, also a nurse practitioner, adds: “Health and wellness doesn't happen in a bubble—our interactions and relationships with our loved ones



A new home for primary care in Tiverton!

Our new medical office building, at 711 Main Road in Tiverton, opened for business at the end of November, 2016. This sparkling new space hosts our affiliated Tiverton primary care practice, renamed Lifespan Physician Group, Primary Care, Tiverton (formerly Family Physicians of Tiverton and Little Compton). There's an onsite Lifespan Laboratory, offices for rotating medical specialists, such as surgeons, physiatrists and more, and plenty of convenient, free parking.

and families can have a major influence on our health and well-being. It's helpful to get to know the family as a unit to be better able to heal the individual.”

Lifespan Physician Group, Primary Care, Tiverton is located in new offices at 711 Main Road in Tiverton, and is accepting new patients. **For more information, or to make an appointment, please call 401-624-1400.**

What is a nurse practitioner?

Nurse practitioners are registered nurses with advanced graduate education who have passed national board exams. NPs can perform physical exams, order and interpret appropriate testing, diagnose and treat illnesses and, in Rhode Island, provide prescriptions.

Other Primary Care Practices Affiliated with Newport Hospital

All practices are accepting new patients. If you are an established patient at any of our practices, you can take advantage of convenient walk-in hours on weekday mornings from 8 to 9 a.m. We also offer walk-in hours for all established patients on Saturdays from 8 a.m. to noon at our 50 Memorial Boulevard, Newport location.

Lifespan Physician Group, Primary Care, Newport 401-606-4510

50 Memorial Boulevard, Newport, RI

Ralph Earp, MD; David Gorelick, MD; Steve Louvet, DO;
Stephanie Maryeski, MD, Jana Magarian, APRN-CNP;
Lauren Martin, APRN-CNP; Dave Davis, APRN-CNP

Lifespan Physician Group, Primary Care, Portsmouth 401-847-2290

77 Turnpike Avenue, Portsmouth, RI

Kristin Fielding, MD

Jamestown Family Practice 401-423-2616

20 Southwest Avenue, Jamestown, RI 02835

Joseph England, MD, Lauren Goddard, MD, Carla Vaccaro, MD

Portsmouth Family Medicine 401-683-3300

161 Chase Road, Portsmouth, RI 02871

Liza Famador, MD; Camille Montes, MD; Dave Davis, APRN-CNP

The news is spreading about the dramatic improvements to our Emergency Department!

Newport *this week*

Revamped Triage Cuts ER Wait Time

(read the complete story at www.newportthisweek.com)

Providence Business News

*Newport Hospital's emergency department treats more patients
more efficiently and effectively, says official*

(read the complete story at www.pbn.com)



In the News

Jana Magarian is a family nurse practitioner with Lifespan Physician Group, Primary Care, Newport. A version of this column first appeared in *The Newport Daily News*.

The start of a new year can be the cue to reset your priorities regarding your health—and a renewed focus on what you eat is a good place to start.

The average American consumes 2,600 calories per day – about 500 more calories a day than people consumed 40 years ago. More of our calories come from refined grains and oils, ingredients typically found in processed and fast foods. Fruits, vegetables and whole grains take a back seat, leading to a lack of dietary fiber.

Creating a healthy, balanced diet is the key to losing or maintaining weight. Setting realistic goals is also important. Sustained weight loss is best achieved by a gradual loss of about one to two pounds per week. Making small, gradual changes feels less overwhelming and gives you a better chance of success.

Exercise is extremely important because it promotes weight loss and helps with maintenance once an ideal weight is reached. Put simply, exercise helps you live longer and feel better. Benefits include:

- An increase in the neurotransmitter that helps your brain respond to stress;
- An increase in your body's core temperature, which boosts your metabolism and allows for better rest and an increase in energy throughout the day;
- Strengthening of your bones and muscles and improvement in your ability to carry out daily activities and prevent falls as you age.

Exercise doesn't have to be grueling. A 15- to 30-minute walk around the neighborhood or local park is a great start. Inexpensive community exercise and yoga classes are also available.

Making resolutions is a time-honored New Year's tradition. If you stick with it, small successes will lead to even greater ones as you work to become your best, healthiest self.

Frank's Story

Frank Primiano is a retired engineering supervisor and native Rhode Islander who lives in Portsmouth with his wife. He worked at Newport Hospital for nine years in engineering, and previously with a local manufacturer on Aquidneck Island.

Frank had been a patient of retired surgeon Orest Zaklynsky, MD. When he needed surgery for a hernia this year, he turned to one of Newport Hospital's three new general surgeons: Brad Gray, MD. "Our care is very personalized—we really take care of patients one-on-one," says Dr. Gray. That was certainly Frank's experience.



"I knew I had a hernia, it was getting worse and worse, and I knew I had to do something about it. Dr. Zaklynsky had been my surgeon for a hernia I'd had before, but he's retired now, and I thought, 'Let me stay with the practice and see how it works out.'

"I was amazed—it was such an easy process, just in and out, and everything worked out great. Dr. Gray made the initial assessment, and helped me schedule the surgery. Dr. Gray was so nice, his staff was so nice, everyone was so professional. The LifeChart system also makes it easy, all your information is in there, your history, what's going on currently—it's really a great tool.

"I've been back a number of times for follow-up and everything was good. I saw Dr. Gray again a few months after the procedure, when I had a little concern. I got right in, he was there to reassure me, said it was perfectly normal. He sees me every time I go in, you never just see an assistant or anything. I wouldn't hesitate to go back and I would most definitely recommend him to anyone."

Easy Tips for Healthy Eating

- Eat a variety of colored fruits and vegetables, from orange carrots and yams to deep green kale, broccoli and spinach. The more colorful your selection, the better, because these foods are low in calories; high in vitamins and antioxidants; and high in fiber, which helps maintain healthy weight, control blood glucose levels, decrease cholesterol absorption, and stimulate gastrointestinal regularity.
- Drink more water—it helps displace calories from calorie-containing beverages. Drinking water between meals also helps fill you up and may lead to consumption of fewer calories.
- Incorporate more healthy carbohydrates into your diet, including whole grains.
- Healthy fats, such as those found in foods ranging from olive oil and nuts to fatty fish, decrease hunger and can help reduce your risk for cardiovascular disease.

Easy Tips to Control Stress

- Recognize your own warning signs for stress—heartburn, back pain, anxiety—and respond early.
- Exercise regularly. Even a 10-minute walk helps calm you down.
- Get enough sleep. It helps to stick to roughly the same sleep schedule each night.
- Dump the stimulants: minimize coffee, soda, cigarettes.
- Hold tight to your support system. Talk to friends who 'get it' when you're feeling overwhelmed or depressed.
- Self-nurture. Between obligations, do something for yourself, like read, take a walk or watch a movie.

Tips adapted from a lecture by Jon Brett, PhD, clinical psychologist and director of Newport Hospital's Adult Partial Hospitalization Program.



Food for Thought

*Healthy Recipes from
Newport Hospital*

Pumpkin Bread

This is a healthy breakfast food that could be made in advance, cut into slices and frozen. You can defrost individual slices for a quick breakfast.

Preheat oven to 350F.

The following can be mixed together thoroughly with a fork or sifted. If using a fork, make sure you get rid of all the lumps of brown sugar and baking soda and blend all the ingredients. If sifting, some of the whole-wheat flour may not go through the sifter. You can pour it into the dry ingredients. The sifting helps to thoroughly mix the dry ingredients.

1 ½ cup whole wheat flour
½ teaspoon salt
1 cup brown sugar (remove lumps with fork)
1 teaspoon baking soda



Mix together thoroughly in a separate bowl:

1 cup canned pumpkin
½ cup extra virgin olive oil
2 large eggs, beaten
¼ cup water
1 teaspoon cinnamon
½ cup walnuts pieces
(optional)
½ cup raisins

Gently stir the sifted dry ingredients into the combined liquid. Mix until just combined. A plastic spatula is best. If you mix it too much, the bread will not rise.

Pour into a loaf pan. If it is not Teflon or a stoneware pan, use olive oil to grease the sides of the pan. Bake 50-60 minutes or until a tester comes out clean. Check it at 50 minutes to make sure that it is not cooking too fast. Cool slightly in the pan and then remove from the pan and cool thoroughly on a wire rack.

Total calories: 2,945 with nuts, or about 370 per 1/8th of the loaf; 2,560 without nuts, or about 320 per 1/8th of the loaf.

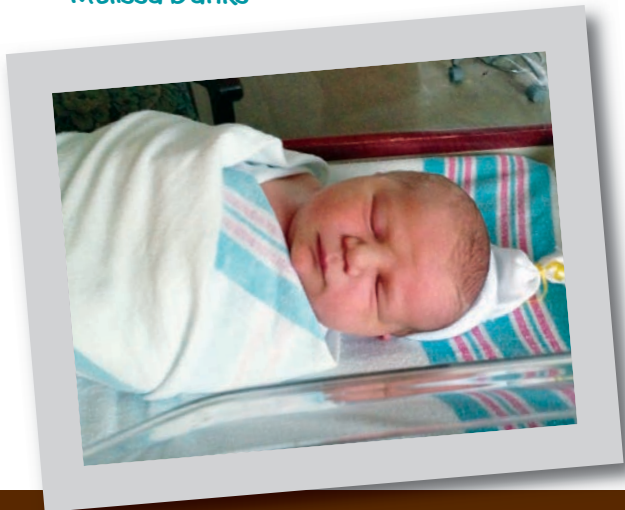


This recipe is based on the work of **Mary Flynn, PhD, RD, LDN**, a well-known research dietitian with the Lifespan health care system whose work focuses on diet and health.

Flynn has developed a series of *Mary Meals*, recipes made with ingredients that studies have shown will reduce risk factors for chronic diseases. The meals are calorie-controlled and contain extra virgin olive oil, at least two servings of healthy vegetables, and two to three servings of whole grains and/or legumes (beans). All the *Mary Meals* are easy to prepare and inexpensive. To see more free *Mary Meals* recipes, go to Newporthospital.org.

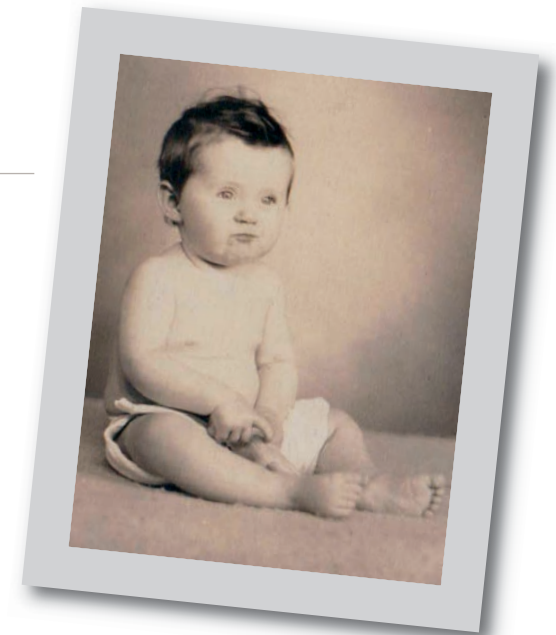
Luca Alexander Danks was born to Melissa and Michael Danks on August 12, 2013. He is a blessing that we never thought we would have. I recommend the birthing center to anyone thinking about having a baby. No need to go to Providence when we have an excellent center right here in Newport.

✓ - Melissa Danks



Newport Hospital Community Baby Album

Last June, we put out a call for baby pictures of children or parents born at Newport Hospital. The response was immediate: adorable baby photos poured in, spanning the range from newborns to grandmothers. Here are two examples—visit our Newport Hospital Facebook page to view many more and submit your own.



On a cold, snowy day (Feb. 13, 1935), my mother, Sarah Matteson McSally, went into Newport Hospital to deliver a baby girl, Jacqueline, at 4:17am (2/14/35). My father was out to sea with the Coast Guard so my mother walked from our house to the hospital. She said she had to walk through her neighbors' bushes because she was "in a hurry." Her physician was at a party and came into the room in his tux. The nurse said she had never seen such a beautiful baby (you think?).

- Jacqueline McSally Marder

Newport Hospital Community Calendar

COURSES AND PROGRAMS

Family and Friends CPR or Heartsaver CPR and First Aid.

Registration and fee required. Call 401-845-1547.

Noreen Stonor Drexel Birthing Center education

programs on childbirth preparation, infant care, breast feeding and more. Registration and fee required. Call 401-845-1547.

Risk Factor Reduction Program. Monitored exercise and disease prevention education at Vanderbilt Rehabilitation Center. Registration and fee required. Call 401-845-1179.

Newport Hospital community exercise programs.

Call 401-845-1845.

- *Community Walking Program.* Indoor walking program in a safe hospital environment with trained leaders. No cost.
- *Fitness for Function.* Exercise in a safe environment with experienced leaders. Must be able to transfer to a chair independently. Registration and fee required.
- *Tai Chi for Health.* Safe and gentle exercise using sun-style Tai Chi with trained instructors. Three levels available. Registration and fee required.

FREE SUPPORT GROUPS

Brain Injury Association of RI:

Contact 401-461-6599 or 800-824-8911.

Breastfeeding Support Group:

Contact 845-1110. Meets weekly.

Fibromyalgia Support Group:

Contact 401-739-3773, ext. 18.

NAMI (National Alliance on Mental Illness)

Recovery Support Group: Call NAMI Rhode Island at 401-331-3060.

Parkinson's Disease Support Group:

Contact Mary Ellen Thibodeau at 401-736-1046.

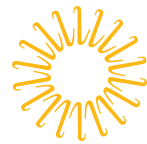
Stroke Support Group:

Contact Kathy Bergeron at 401-845-1244.

Tobacco Smoking Cessation Program:

Contact Donna Levesque at 401-519-1970.

For further information on any program, please call the Newport Hospital education office at 401-845-1590.



Newport Hospital

Lifespan. Delivering health with care.®

Newport Hospital
11 Friendship Street
Newport, RI 02840



**Did you give birth in 2016
at the Noreen Stonor
Drexel Birthing Center?**

Come join us to celebrate!

**Save the Date:
Saturday, March 11,
2017**

**Community
Baby Shower**

Parents, siblings and babies welcome.
Refreshments, give-aways, family photos.

Newport Hospital Community Lecture Series

Our community lecture series is intended to share health tips and medical expertise with the community, and introduce you to clinicians at the hospital. All lectures are free and open to the public, and include complimentary light refreshments.

Upcoming topics for the spring include healthy-heart exercise routines; joint health and flexibility; and dietary and nutritional tips for maintaining a healthy weight. Check back for dates and times at www.newporthospital.org.

Most lectures take place in Newport Hospital's Gudoian Conference Room, just off the hospital's main lobby. Parking is free. No registration is required, but seating is limited. To reserve a seat, call 401-845-1492 or sign up online at www.newporthospital.org.

Follow Us



NEWPORT HOSPITAL @NEWPORTHOSPITAL