



Brookdale Overview

Independent Living *An ideal retirement living experience*

- Spacious apartments with minimal maintenance
- Restaurant-style dining
- Plenty of planned activities every day

Assisted Living *The right choice for people who need extra help with daily activities*

- Qualified staff assists with taking medication, dressing, bathing, etc.
- Floor plans, from studio to two-bedroom apartments
- Activities and events for various levels of acuity

Alzheimer's & Dementia Care *Person-centered care for people at various stages*

- Programs that leverage the latest dementia care research
- A care philosophy defined by more than the symptoms of Alzheimer's & dementia
- An experienced staff who help residents thrive

Rehabilitation & Skilled Nursing *For short-term surgical recovery or long-term rehabilitation*

- Around-the-clock, licensed nursing care
- Providing clinical resources in a comfortable setting that feels like home
- A mission and focus to helping residents get well and then get home as quickly as possible

Personalized Living *For people who just need a little help with things*

- One-on-one non-medical services for home care needs
- Additional personal needs for those in assisted living or home such as escorts to doctor appointments and more

Home Health *For qualified people in need of therapy or rehabilitation — all in the comfort of home*

- Get Medicare-certified assistance from experienced professionals
- Many healthcare services such as wound care and stroke therapy

Therapy *Specialized programming personalized to encourage recovery*

- An emphasis on education, fitness and rehabilitation that helps seniors retain or enhance their independence
- Most insurances accepted

Hospice *Promoting comfort by addressing the full range of needs of patients and families*

- Primary focus of quality of life
- Specially trained staff help families and patients cope with overwhelming feelings accompanying end-of-life care

Not all services are available at all communities. Contact community for details

The Rhode Island Network

Brookdale Center of New England
 Brookdale Cumberland
 Brookdale Smithfield
 Brookdale Greenwich Bay
 Brookdale Pocasset Bay

Brookdale Sakonnet Bay
 Brookdale East Bay
 Brookdale West Bay
 Brookdale South Bay

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Brown launches mindfulness center to improve, disseminate evidence

PROVIDENCE — As mindfulness-based health interventions increase in popularity, Brown University is set to launch a new center for research and public service focused on increasing the quality of the evidence base and promoting adoption of well-proven mindfulness practices.

The Mindfulness Center at Brown University aims to help scientists, health care providers and consumers alike better understand whether particular mindfulness interventions work, for which health concerns, and for whom, said **ERIC LOUCKS, PhD**, director of the center and associate professor of epidemiology in the Brown University School of Public Health.

“There are early research findings that mindfulness may positively impact mental health and physical health outcomes,” Loucks said. “As a result, there is an increased market for interventions based in these practices. All around Rhode Island, the country and the world, there are people looking to learn more. We are bridging across Brown’s fields of study, with an emphasis in epidemiology, to focus on methodological rigor in the field.”

Brown Provost Richard Locke and School of Public Health Dean Terrie Fox Wetle joined Loucks at a September 13 event to launch the center. The kickoff also included faculty members from fields as diverse as biostatistics, religious studies and psychiatry at Brown and at partner universities along with providers of evidence-based mindfulness interventions, including from the Miriam Hospital and Rhode Island Hospital, who have affiliated with the center.

The wide range of disciplines coming together through the center will be a key to its ability to make an impact, Locke said. In addition to Loucks, other Brown faculty members who will be integral to the Mindfulness Center’s work include Willoughby Britton, assistant professor of psychiatry and human behavior, Jared Lindahl, visiting assistant professor of religious studies, Elena Salmoirago-Blotcher, assistant professor of medicine, and Brandon Gaudiano, associate professor of psychiatry and human behavior.

The center will not only study mindfulness benefits but also its potential to produce challenging experiences for practitioners as well, Loucks said.

“We are going in with open eyes, investigating impacts of mindfulness on health effects and reporting what we find, whatever it is,” he said. In the coming weeks, the center will launch a website listing local mindfulness providers who offer evidence-based interventions. Information will include the intended health effect of the intervention, the target population and a description of how the provider evaluates and maintains treatment quality.

Rigorous research

Loucks has studied the relationship between mindfulness and cardiovascular health for years. In 2015, for example he, Lindahl and Britton received a \$4.7 million grant from the National Institutes of Health to study whether and how different mindfulness-based interventions change people’s ability to “self-regulate” their attention and behavior and whether that can help people better follow medically recommended lifestyle alterations, such as changes in diet.

Since then he’s been working with colleagues at Brown,

Harvard University and the University of Massachusetts. In all, the teams are running five randomized, controlled trials of mindfulness interventions looking at outcomes including medication adherence, mood, blood pressure and other key health indicators. The coordination among those teams, Loucks said, provides a perfect example of how a center can enhance mindfulness research across the board.

Launched with a \$50,000 award from Brown’s Office of the Vice President for Research, the Mindfulness Center has the resources to launch pilot studies as it pursues further grants and other funds.

Another key capability of the new center, Loucks said, will be to share best practices and advice on evidence and study design with others planning research studies. Collaborations could include partnering on multisite trials of mindfulness interventions.

Already the center is convening like-minded researchers, Loucks said. In January, for example, faculty will convene the first-ever worldwide meeting of scholars studying mindfulness and cardiovascular health.



The center will also work with community providers who aren’t conducting their own research services, including offering the ability to perform systematic program evaluations, Loucks said.

“I hope that we will provide a clear, simple pipeline for consumers to know who is offering evidence-based mindfulness interventions that can help them,” he said. “We want to build the quantity and the quality of such interventions.” ❖

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Dr. Eric Loucks is the director of the new Mindfulness Center and an associate professor of epidemiology in the Brown University School of Public Health.

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CNE President & CEO Dennis Keefe announces retirement

James E. Fanale, MD, will become interim president, CEO

PROVIDENCE – **DENNIS D. KEEFE**, president and CEO, Care New England Health System (CNE), will be retiring effective December 31, 2017 after serving in the leadership role since August 2011. Effective January 1, 2018, James E. Fanale, MD, who currently serves as executive vice president, chief clinical officer, and chief operating officer of CNE, will become the interim president and CEO of CNE. Following his retirement, Mr. Keefe will serve as a



Dennis D. Keefe

consultant to CNE for up to one year to assist in a smooth transition of leadership and to provide continued assistance on major pending transactions including partnership opportunities with Partners HealthCare and the acquisition of Memorial Hospital by Prime Healthcare Foundation.

“Since my arrival at Care New England, I have been impressed with the dedication and commitment displayed by everyone at this institution focusing on our mission of caring and healing. I am extremely proud and honored to be a member of this organization for that reason,” said Mr. Keefe. “Despite our challenges and recent difficulties, I remain confident in a future of sustained financial stability for Care New England. That is a testament to the work we have done together, and that you will continue to do going forward. It represents the best and necessary path to ensure a strong Care New England regardless of the outcome of our important and current business opportunities.”

JAMES FANALE, MD, currently serves as executive vice president, chief operating officer, and chief clinical officer for Care New England. Prior to arriving at Care New England, Dr. Fanale served as senior vice president for system development and chief operating officer at Jordan Hospital, where he was responsible for the development of one of the nation’s first Medicare Shared Savings Programs – Accountable Care Organizations (ACO). In this capacity, he created and implemented programs involving population health management, was responsible for the overall operations of the system, and assisted in the merger of Jordan Hospital into Beth Israel Medical Center. He also advanced key relationships with health plans and the physician networks to pioneer both the clinical and management aspects of health care in the accountable care environment. He has been instrumental in the continuing development of Care New England’s ACO, Integra, including the establishment of Integra as a Medicaid Accountable Entity. In addition, he



James Fanale, MD

serves as the prime investigator of the recently awarded, \$3.9 million CMS Accountable Communities Grant.

Dr. Fanale earned his medical degree from Chicago Medical School and completed his residency at UMass Memorial Medical Center. He is an associate professor of medicine at the University of Massachusetts Medical School. Dr. Fanale is a fellow in the American College of Physicians and the American Geriatrics

Society, and is a past president and chair of the board of the American Geriatrics Society. He is a member of numerous professional organizations, and has served as an advisor or consultant to numerous public and private organizations. ❖



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Lifespan announces \$10-million federal grant to support stem cell research



Lifespan announced a recent \$10-million, 5-year Phase II COBRE grant from the National Institute of General Medical Sciences to support ongoing research in the area of stem cell biology.

In 2009, Rhode Island Hospital was awarded Phase I funding to develop the COBRE (Center of Biomedical Research Excellence) Center for Stem Cell Biology. Since then, the Center has developed comprehensive research methods in stem cell biology and aging, and assembled a team of investigators under the leadership of principal investigator **PETER J. QUESENBERRY, MD.**

“This continued funding allows us to deepen our interdisciplinary research team and to move forward the promising work we’ve already accomplished,” said Dr. Quesenberry.

The goals of the Phase II grant are:

- To expand the core COBRE group with researchers working on this same theme, through various activities which will reach out to the community, including pilot project opportunities, local symposiums, and mentoring partnership options for graduate and undergraduate students to local research institutions.
- To enhance the ability of investigators to compete for peer-reviewed research support.
- To recruit and retain a well-established faculty with experience in stem cell biology and aging, maintaining an outstanding research community and helping to advance the study of stem cell biology.

Two of the funded projects involve neural stem cells, while two focus on hematopoietic stem cells found in bone marrow. ❖

Rhode Island a national leader in immunizations for adolescents

Immunization rates for teenagers in Rhode Island are among the highest in the country, according to new data released by the Centers for Disease Control and Prevention (CDC).

The data were gathered through a version of the National Immunization Survey that focuses on children from 13- to 17-years-old (NIS-Teen). Surveyors made randomized telephone calls to parents and guardians. The information they provided was confirmed with the child’s health-care provider. The study revealed that:

- 90% of Rhode Island girls and 88% of Rhode Island boys received at least one dose of Human papillomavirus (HPV) vaccine, the highest rates in the country, and much higher than the national averages for the first dose of HPV vaccine: 65% for girls and 56% for boys.
- 95.4% of Rhode Island teens received the combined vaccine called Tdap, which protects against tetanus, diphtheria, and acellular pertussis. This was the second highest rate in the nation.
- 96.4% of Rhode Island teens received at least one dose of Meningococcal Conjugate vaccine, the highest rate in the country. ❖



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