



Our Community Our Hospital

Spotlight: Dr. Atul Gawande Visits Newton-Wellesley Hospital

Palliative Care at NWH: Well-being at all Stages of Life

"I'm delighted to be here with Dr. Julia Ragland and Newton-Wellesley Hospital's Pain and Palliative Care Service. It's such an important program for our community." That statement opened Dr. Atul Gawande's March 10th lecture to a standing-room only audience at Newton-Wellesley Hospital. Dr. Gawande, author of the *New York Times* best seller, *Being Mortal: Medicine and What Matters in the End*, spoke to the audience about the need for more emphasis on palliative care in our society.



*Dr. Atul Gawande and Dr. Julia Ragland, Director of
Newton-Wellesley Hospital's Pain and Palliative Care Service*

In 2010, Newton-Wellesley launched a comprehensive program in palliative care, a medical specialty that focuses on providing relief from the pain and stress of serious illness and improving the quality of life for patients and their families.

The team also helps other caregivers, doctors, and nurses to communicate more effectively with patients and families by offering training sessions and education on how to discuss goals of care and prognosis. The eight-member Palliative Care team consists of three physicians, two nurses, a social worker, a chaplain, and an administrative assistant. Each member has extensive training in Pain and Palliative Care Service. Working closely with inpatients and their families, the team delivers a coordinated, comprehensive, and multidisciplinary approach to patient care. Patients who are at many different stages of their life's journey can all benefit from palliative care.

Dr. Gawande spoke with complete candor. "I learned about a lot of things in medical school, but mortality was not one of them."

"There is a disconnect between what the medical system *thinks*

seriously ill patients want and what they *actually* want," he said.

"Advances in science and medicine have given doctors extraordinary ways to treat different conditions. But that can cause doctors to lose sight of their real purpose in medicine: **treating the person.**"

Dr. Gawande shared his own family's experience with serious illness. His father had terminal cancer. Recalling conversations with his dad, Gawande made a powerful case for open and honest dialogue. "The key thing to understand is that people have priorities besides just living longer.

We have things we want to live for. Understanding what those priorities are is the path to a satisfying end-of-life journey."

Dr. Gawande stressed the critical role palliative care can play in a patient's journey. "Our ultimate goal is a good life all the way to the very end, no matter what happens along the way. Palliative care is about the idea that we can make sure medicine improves your quality of life as well as your quantity of life."

Dr. Gawande praised Dr. Julia Ragland, the Director of the Pain and Palliative Care Service, and Newton-Wellesley Hospital for putting palliative care on the map at the Hospital. "Through education and practice, they've incorporated it into a culture of well-being at Newton-Wellesley."

As a community hospital, Newton-Wellesley Hospital is committed to caring for the health of our patients and their families throughout all ages and stages of life's journey.

"This is my hometown hospital," admitted Gawande. "I live three blocks away. I know this has to be a place I can count on myself." 🍷

Big Night, Big Gala: \$915,000 Raised!

More than 625 guests attended the Newton-Wellesley Hospital Charitable Foundation's 17th annual Gala, which raised more than \$910,000 to benefit Palliative Care. Held at the Westin Copley Place Hotel on Saturday, May 7th, the Gala also raised awareness of Newton-Wellesley's role as a community hospital delivering palliative care. Guests enjoyed an evening of dining, music by the Beantown Swing Orchestra, and a moving video that showed patients and families who have benefited from the Palliative Care Program.

Gala Chairs Carolyn Beckedorff and Tony DiGangi (Weston), Ann and David Ingram (Natick), and Rebecca and Steve Sullivan (Wellesley) and the 2016 Committee helped to make the Gala a resounding success. The enthusiastic Committee included Joan Barrett (Wellesley), Sue D'Alton (Newton), Jen Helzberg (Wellesley), Rosie Reyes (Natick), and Minou Palandjian (Wellesley). Following dinner, items donated by individuals and businesses were auctioned to spirited bidding.

"We are so grateful for the incredible support from our community and beyond," said Newton-Wellesley Hospital Charitable Foundation Chair Dr. Mark Belsky. "NWH now is well on its way to reaching our goal of a \$2,000,000 endowment for this critically important, yet under-reimbursed, service." 🇺🇸



Members of the Pain and Palliative Care Service team at NWH: Dr. Margaret Seaver (Wellesley), Lisa Catalano, LICSW (Newton), Dr. Julia Ragland, Director, Pain and Palliative Care Service (Needham), Cheryl Marks, NP (Newton), and Dr. Kosha Thakore (Carlisle)



Julie Marriott (Wellesley), Director, Newton-Wellesley Hospital Charitable Foundation, Duke Collier (Boston), Chair of the Board of Trustees, and Gala Chair & Newton-Wellesley Hospital Trustee Carolyn Beckedorff (Weston)



Ellen and James Kaplan (Weston), NWH Trustee



First Lady Lauren Baker, Governor Charlie Baker, Dr. James Vernon (Weston), and Anne Morgan (Weston)



Gala Chair & NWH Trustee Carolyn Beckedorff, Gala Chairs & Board Members Steve Sullivan and Ann Ingram, and Gala Chair David Ingram

Three Families Committed to Launching Palliative Care Endowment at NWH


They all agreed they wanted to do something meaningful for Newton-Wellesley Hospital. Ann and David Ingram (Natick), Rebecca and Steve Sullivan (Wellesley) and the family of Mary and Tak Lee (Wellesley) – all had been touched by caring for loved ones – spouses, parents and friends – some of whom were struggling with chronic pain – others struggling with life limiting illness at the end of life.

Within a two-year period, the three families made leadership gifts. Their generosity helped to establish the endowment fund for the Pain and Palliative Care Service and brought the fund's total to \$500,000. Other families followed their lead.

With the addition of the proceeds from the 2016 Gala, the endowment now totals nearly \$1.4 million. "We are on the road to ensuring that this critically important service at Newton-Wellesley

Hospital will be available to patients and their families for decades to come," reports Joan Archer.

The Pain and Palliative Care Service at Newton-Wellesley costs approximately \$1 million annually. Insurance reimbursements cover only 20% of the Pain & Palliative Care Service's budget; the Hospital subsidizes 75% and the Charitable Foundation covers 5%. Given the current challenges facing healthcare, we hope to increase the amount that philanthropy supports.

The Newton-Wellesley Hospital Charitable Foundation seeks additional support to help reach a \$2 million endowment goal. A fully-funded endowment will ensure that this program is here for all who need it. If you are interested in learning more about the Palliative Care Endowment, please contact Joan Archer in the Charitable Foundation at (617) 243-6243. 



Rebecca and Steve Sullivan

"End of life issues were very familiar to us," recalled Steve Sullivan. "Rebecca and I have lost 3 out of our 4 parents recently, two of them to cancer. Funding a program that relieved pain and provided comfort at the end of life made sense to us."



Raymond and Priscilla Lee



Ann and David Ingram

Ann and David Ingram were committed to making a leadership gift that placed palliative care at the forefront of care at Newton-Wellesley. They were particularly interested in the educational and training activities of the program. "We wanted to help doctors feel comfortable about having these conversations," recalled Ann. "My mother's physician talked openly with her about her wishes for living, and ultimately, for her dying. It was a gift to us all. It was then that I understood how important it was having a doctor who can talk the language."



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If you do not wish to receive certain or all fundraising communications from the NWH Charitable Foundation, please call (617) 243-6243 or visit our website at www.nwh.org/fundraising-optout.

Upcoming Events

September 8, 2016

Elfers Cardiovascular Center
Grand Opening

September 12, 2016

Annual Golf & Tennis Tournament,
Belmont Country Club

October 2, 2016

7th Annual HopeWalks

October 19, 2016

Board of Overseers Meeting with guest
speaker Dr. David Torchiana, President
and CEO, Partners HealthCare

November 2, 2016

Leadership Donor Reception

May 6, 2017

18th Annual Gala

*All dates are subject to change.
For more information, please contact
(617) 243-6243 or NWHCF@partners.org.*

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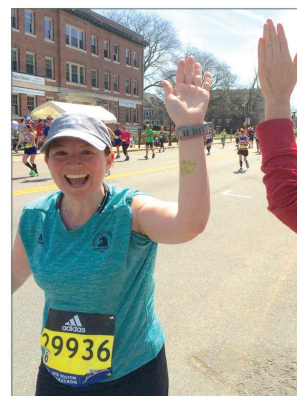
Congratulations to the 2016 Newton-Wellesley Boston Marathon Team!

Twenty runners laced up their sneakers to run the Boston Marathon as part of the Newton-Wellesley Hospital 2016 team. The team's collective efforts raised more than \$50,000 for cancer patients with financial need. The Vernon Cancer Center's Patient Assistance Fund helps patients with rent and mortgage payments, utilities, transportation, and other needs.

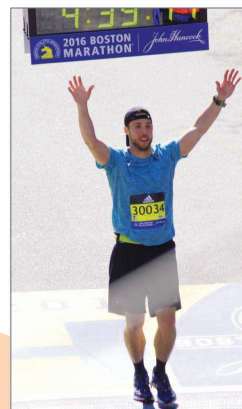
"Every one of us either has been touched by cancer or knows someone who has," said Mary Kate LeCam, who ran for Newton-Wellesley in honor of her friend, Melody Tortosa. "I can't think of a better cause to support than an organization like Newton-Wellesley Hospital – it provides such wonderful care to those fighting cancer in our community."

Katie Calvo
Bryan Canterbury
Isabel Cravens
Michelle Cummings
Jeremy Fiset
Aaron Gardiner
Erin Graham
Sang Yung Joo
Mary Kate LeCam
Saray Lizarazo

Drew MackNair
Matt Mahoney
Max Mitrokostas
Deborah Page
Grant Schum
Andrea Schmid
Rob Shugert
James Vamboi
Sarah Veator
Jennifer Wilkinson



Katie Calvo high-fives as she races to the finish line.



Grant Schum - A good run!



Team member Max Mitrokostas crosses the finish line.