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PHOTO: WARRENRETT.COM

## Hospital Project Marks Progress

**T**HE WINTER was bitterly cold at the construction site of the new Martha's Vineyard Hospital. But despite the weather, work inside the building was able to continue, and the Hospital is on schedule to open early in 2010.

"The reason we're on schedule," says Cornelius (Connie) Bulman, clerk of the works for the building project, "is that we were able to button up the exterior of the building last fall. We pumped in heat all winter so the crews could start framing and install a lot of the mechanical and electrical systems inside."

To the public, the most visible progress has been on the outside of the Hospital, with its façade of brick and stone. Progress is apparent almost hourly at the Hospital's website, mvhospital.com, which keeps a



Connie Bulman reviews floor plans with members of the MVH staff.

webcam trained on the building.

With most of the heavy construction done, the interior spaces are now the leading edge of the project. Says Mr. Bulman, "The second floor is framed out, and most of the drywall is up. The mechanical and electrical systems are all in place. On

the first floor, we're all framed out, and the systems are going into the walls."

"The staff has been deeply involved in decisions about where clinical equipment goes. We're asking the end-users to get involved," says Mr. Bulman,

"because nurses, doctors and staff bring a lot of expertise to a project like this. We are also planning a focused evaluation by our surgeons and OR staff to make sure we get the operating room exactly right."

Partners Healthcare and their IT team are involved in the installation of all the cable that will handle



Tim Walsh, president and CEO, and Dr. Pieter Pil, surgeon and chief of medical staff, tour the work site.

communication both inside the Hospital and with its affiliate, Massachusetts General Hospital in Boston. Says Mr. Bulman, "We want to make sure that every wire inside the new building is capable of accessing all the technology up at Mass General, as well as their physi-

cians. Information is our lifeline. We're part of one of the best health care systems in the country, and we want to take advantage of that."

This summer, the work of finishing and equipping the Hospital interior will press forward, from dry-walling and painting to flooring and installation of cabinetry and clinical apparatus. Mr. Bulman hopes that the first plantings, part of an extensive landscaping plan, can begin this fall.

The builders are working closely with the U.S. Green Building Council to seek LEED certification for meeting the highest standards in environmentally sound building practices. "We hope to achieve the

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# Transitional Care: When You're not Ready to Go Home

**W**HEN the jump from hospital care to home is just too big, patients often need to ease that transition. Since 2002, Martha's Vineyard Hospital has been offering just such a service with its Transitional Care Program.

Transitional Care, formerly known as the "Swing Bed" program, is for Medicare patients who no longer need acute care, but do need skilled nursing help to prepare them for a return to life at home.

Gayle Poggi, director of case management at the Hospital, oversees the transitional care program, which serves about 150 patients each year. About half these patients are returning to the Island after hospitalization in Boston; the others are Hospital patients for whom the transition to rehab care is so seamless, all they may notice is that a new team begins working with them. "We see a lot of people coming back from hospital-

ization in Boston who just aren't ready to go home," Ms. Poggi says. "With this program, they can come to Martha's Vineyard Hospital for rehab and some discharge planning."



For more information about the Transitional Care Program, please call Martha's Vineyard Hospital at 508 693-0410 extension 290 or 400.

The Hospital's skilled nurses can help with everything from physical and occupational therapy after hip and knee surgeries to the sort of patient education that is so important after strokes, heart attacks, colostomies, and the diagnosis of diabetes.

The Windemere staff pitches in to help, Ms. Poggi says, when their skills are needed. "It's wonderful to have all the resources of Windemere just next door."

Ms. Poggi concludes: "This whole program is geared toward getting Vineyarders back on the Island and serving as a stepping-stone before they go home. We've had many patients tell us this program is wonderful, because it brought them back to the Island where they could have the support of their friends and families."

## Safety is a Matter of Balance



Hospital physical therapist, Claudia Macedo, doing a balance test with Les Baynes at the MVH Annual Health Fair this past March.

**P**HYSICAL therapists Marcela Pouliot and Claudia Macedo are reaching out to the Island community with an urgent message: You can reduce your risk of injury from falls, and Martha's Vineyard Hospital can help.

For the past three years, Marcela and Claudia have offered free balance assessments at the Hospital's spring Health Fair, and earlier this year they presented a talk and testing at the Oak Bluffs Council on Aging.

Strength, flexibility, vision, sensory awareness – there are many contributors to balance, and a weakening of even one can increase the risk of falls. The good news is that strength and flexibility can be improved. "For other issues", says Ms. Pouliot, "we teach compensatory strategies."

The Hospital tailors its program to each individual. "Usually we'll work with someone twice a week for four weeks," says Ms. Macedo, "and then we'll test again and see how they've improved. This kind of program can really prevent a lot of falls."

At the end of treatment, the Hospital connects their patients with programs at senior centers and elsewhere in the community. Says Ms. Pouliot, "It's important for people not to go back to their old routine, so they can remain active and strong."

## Stroke Education

**A** RECENT survey found that one in three Americans could not name a single symptom of a stroke. Mary-Patrice Ruocco, stroke team coordinator at Martha's Vineyard Hospital, is determined to make sure Vineyarders know the symptoms, and the importance of acting fast.

"Getting treatment quickly is the key to saving lives and preserving quality-of-life," says Ms. Ruocco. The Hospital's stroke team has made presentations at the Tisbury Senior Center and at the Edgartown School, and is ready to speak to any group, however small, that invites them.

To invite a member of the stroke team to speak to your group, please call the Hospital at 508-693-0410 extension 205.

### Recognize the Signs of Stroke

## F.A.S.T

### F = Face

Ask the person to smile.

Does one side of the face droop?

### A = Arms

Ask the person to raise both arms.

Does one drift downward?

### S = Speech

Ask the person to repeat a sentence.

Are the words slurred?

### T = Time

If you suspect a stroke, call 911 immediately. Time is critical.

## Windemere Buddies

**T**HE recreation director at Windemere Nursing and Rehabilitation Center, Betsy Burmeister, has launched many creative programs to enrich the lives of Windemere's residents. Perhaps the most successful of them brings a busload of children to Windemere each month from the Chilmark School.

The intergenerational program began in the fall of 2005 with a grant from the Permanent Endowment Fund for Martha's Vineyard. "I know our residents love children," Ms. Burmeister recalls. "I thought if we could find some kids to buddy up with the residents, we could do a photography project."

Working together, she and Chilmark School second and third grade teacher Jack Regan developed plans for *Growing Up-Island*, a program in which kids would take photos of their lives to share with the residents of Windemere. From the beginning, they knew they'd hit on a winning formula. Since the second and third-graders have buddied up with Windemere residents, real friendships have developed.



Windemere resident Jessica Weaver with her buddies, Levi Moreis and Coltrane LePort.

Mr. Regan says this program is teaching his kids about much more than photography. As he goes through the rooms of Windemere during their visits, he says, "I find even my shyest students sitting with their friends, talking a blue streak about the photos, about their lives. Most of the residents are spellbound."

The *Growing Up-Island* program has been so successful that it was expanded last year to bring kindergartners and first-graders along on the monthly outings to Windemere. "These kids are just five and six years old," says Ms. Burmeister. "It's wonderful the way they go right around the room, introducing themselves."

The intergenerational program plays to one of Windemere's greatest strengths – its deep connections to the Vineyard community. "It's all about the community," Ms. Burmeister says. "From the children to our nurses and nurses' aides, everybody seems to know each other; it's part of what makes this such a special place."

Mr. Regan believes this program enriches his students as much as it does the residents of Windemere. "This gives us opportunities to talk about the cycle of life," he says. "It does bring it home – that we're born, we live and we die. Here are people near the end of their time. Helping them and bringing smiles to their faces is important and the kids get that, they really do."

## MRI Service Expands



**A**FTER years of traveling back and forth by ferry, the MRI is now a year-round resident at Martha's Vineyard Hospital. Replacing a mobile MRI unit, a permanent machine has been installed adjacent to the building. "Now we do scans on Sunday, Monday and Thursday," says Peggy Ekholm, director of diagnostic imaging. "The response to expanded service has been great. If this trend continues, we'll add to our schedule." The Hospital's MRI

unit is state-of-the-art, on a par with the best equipment used by Boston hospitals. And thanks to the MVH partnership with Massachusetts General Hospital, scans done here are read by some of the nation's leading specialists. Looking ahead, says Ms. Ekholm: "Our new building provides space inside for an MRI unit. This is an interim step to meet a community need."

## Welcome Willie Cater, M.D.

**T**HIRTY years ago, after receiving his MD degree from Tufts University, Dr. Willie J. Cater spent a summer on the Vineyard working in the emergency room of Martha's Vineyard Hospital and never forgot it. Now, after a distinguished career as attending staff surgeon in orthopedics at Carney Hospital in Dorchester, he's come back.

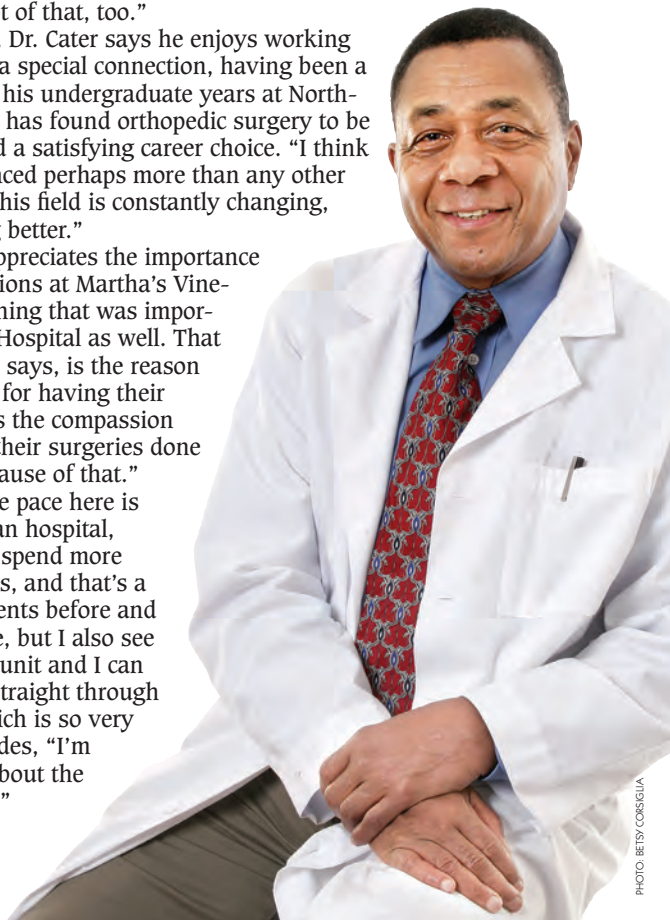
Board certified and a member of the American Academy of Orthopedic Surgeons, Dr. Cater joined the MV Hospital medical staff on January 1st. Since then, he and his assistant, Ralph Buck, have been very busy. "We're averaging anywhere from 15 to 21 patients in a day, ranging in age from two to 96," says Mr. Buck. "It's clear that there's a real need here."

As an orthopedic surgeon, Dr. Cater has extensive experience in diagnosing and treating acute and chronic disorders including sports injuries and arthritis. He treats fractures and performs reconstructive surgery, joint replacement and tendon and ligament repairs. But Dr. Cater is quick to emphasize that surgery itself is just a part of what he does. "We do a lot of diagnostics," he says. "We utilize a lot of physical therapy, injection therapy, casting of breaks and prescribing medication. Then there's instruction and education – we do a lot of that, too."

A native of Boston, Dr. Cater says he enjoys working with athletes and has a special connection, having been a famed sprinter during his undergraduate years at Northeastern University. He has found orthopedic surgery to be both a challenging and a satisfying career choice. "I think orthopedics has advanced perhaps more than any other specialty," he says. "This field is constantly changing, and constantly getting better."

Dr. Cater says he appreciates the importance of community connections at Martha's Vineyard Hospital – something that was important to him at Carney Hospital as well. That human connection, he says, is the reason people cite most often for having their surgeries at MVH. "It's the compassion part of it – they want their surgeries done here on the Island because of that."

Dr. Cater adds, "The pace here is slower than at an urban hospital, which means you can spend more time with your patients, and that's a positive. I see my patients before and after surgery of course, but I also see them on the inpatient unit and I can follow their progress straight through the rehab process, which is so very important." He concludes, "I'm feeling very positive about the decision to come here."



# Gifts from the Winnetu

## Resort Quietly Raises \$165,000 for the Hospital

**M**ARK SNIDER, the co-owner with his wife, Gwenn, of the Winnetu Oceanside Resort in Edgartown, is an avid Island history buff. He can tell you how the Winnetu, near South Beach, stands on the former site of the Katama Shores Hotel, and that the site served as a naval base in World War II and was once the terminus of a railroad line running from the steamship wharf in Oak Bluffs.

Mr. Snider doesn't brag about it, but he's been making history at Winnetu himself, with a creative donation program that, in less than a decade, has quietly raised some \$165,000 in support for Martha's Vineyard Hospital.

Winnetu Resort has been named one of America's 10 most family-friendly resorts by Parents.com, the online home of Parents and Family Circle magazines. And ever since he first established the Winnetu in 2000, Mr. Snider has been giving the resort's visiting families a unique opportunity to support the Hospital – with a voluntary donation that's built right into their hotel bill.

"I love the Island," says Mr. Snider, "and when this hotel was built, I realized it was important to think more broadly about the Island and its needs. We started this program the year we opened the hotel." In fact, Winnetu was such a young business in that first year that the first check to the hospital from this program, in 2000, arrived on Katama Shores stationery.

"Basically," Mr. Snider explains, "this program



asks each of our guests at Winnetu to give the Hospital a voluntary \$25 contribution when they stay with us. What we do is to present the rate, including the donation, and if our guests wish, they can deduct the donation. It's really very simple. It all depends how you ask, of course. But you really can make a meaningful difference. And over the years, all these \$25 gifts have added up to an awful lot."

Visitors to the Vineyard, to Mr. Snider's way of thinking, represent a largely untapped resource when it comes to supporting the nonprof-

it enterprises that are so essential to the quality of Island life. "I thought, why not reach out to a group of people who love and care about the Vineyard, and see if we could get them to do something for the Island. I saw this as an opportunity."

Mr. Snider says: "The Hospital is such an important institution, and I'm so glad we can help generate this support for it." Speaking more personally, he adds that it's impossible to live here for any span of years without appreciating the Hospital's essential role. "There's no question that Gwenn and I, during our children's younger years, had a number of occasions to use the Hospital's services."

"There's one more benefit to this unique donation program," says Mr. Snider. "This program also makes our employees feel really good. Most people aren't even aware we do this – we don't make a lot of noise about it – but it makes you feel good when you know you're doing something that benefits our entire community."

PHOTO: BETSY CORSIGLIA

## save the dates please join us!

**23rd Annual Golf Tournament**  
Farm Neck Golf Club  
July 19th & 20th

**Tea & Advocacy**  
Enjoy afternoon tea and more  
for the National Breast Cancer  
Coalition Fund.

www.stopbreastcancer.org  
Tower Hill, Edgartown  
August 5th

A portion of the net proceeds  
will benefit MV Hospital.

**21st Annual Sullivan 5K  
Run/Walk**  
East Chop, Oak Bluffs  
August 22nd

For information please call  
the Development Office:  
508 693-4645, or visit:  
www.mvhospital.com

## Construction *Continued from front page*

LEED Silver certification," he says, "but we won't know the level of certification until the project is completed and has undergone a review."

Mr. Bulman says he's delighted with both the pace of progress and the quality of work being done on the new Hospital. "I can't speak too highly of our architects, Thomas, Miller & Partners LLC – they've done an outstanding job with the design of this building. Our contractor, Columbia Construction, has also been doing a great job along with all of the subcontractors. Everyone is working together well. There's a lot of enthusiasm out there."

Watch the new hospital go up on our webcam at [www.mvhospital.com](http://www.mvhospital.com)

## A Thank You Gift That Continues to Give...

**A**N INNOVATIVE way to support Martha's Vineyard Hospital, the Host Recognition Program, was the brainchild of Buff and J. Bonanno, members of the Katama Association. Begun in 1999 to help raise funds for a cardiac monitor, the program has raised over \$15,000 and expanded Island-wide to give guests a creative way to both thank their hosts and support the Hospital. For a contribution of \$100, you'll receive five attractive cards and envelopes to let your hosts know that a gift has been made in their honor to support the Hospital. To participate, please call the Development Office at 508 693-4645.



**MARTHA'S  
VINEYARD  
HOSPITAL**

*An Affiliate of  
Massachusetts General Hospital and  
a Member of Partners HealthCare*

◆ ◆ ◆  
One Hospital Road  
P.O. Box 1477  
Oak Bluffs • MA 02557  
508 693-0410  
[www.mvhospital.com](http://www.mvhospital.com)

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