



SOUTH COUNTY HOSPITAL

your Health Matters

3-D Ultrasound Comes to SCH!



3-D ultrasound produces crisp, highly detailed images, as this baby's face shows.

South County Hospital is pleased to offer the newest advance in ultrasound imaging technology – the Logiq 9 from GE – producing crisp, highly detailed, three-dimensional images not possible before the advent of this new, sophisticated equipment.

Ultrasound uses sound waves to look at organs and blood vessels, and has been in medical use for at least 40 years. It is an excellent diagnostic tool for patients of all ages, from young children to the elderly, and is totally safe. Unlike some imaging exams, ultrasound uses no dyes so there are no biological effects. The technology has continually advanced over the years, but this latest equipment represents a giant leap forward, and is very exciting for sonographers and radiologists.

Bethany McNamara, RDMS (registered diagnostic medical sonographer), has been at South County Hospital for five years and says of the new ultrasound, "It's amazing! We get images that are just like looking at a picture. Parents who are having a fetal

ultrasound are so excited. They get to watch the baby moving while we're looking at it in 3-D. We give them a printed copy, too."

In addition to her credentials as an RDMS, which included an intensive 12-month clinical program at RI Hospital and Women & Infant's Hospital, McNamara has undergone special training for the use of the Logiq 9. She and four other sonographers will soon travel to GE headquarters in Milwaukee to attend an additional concentrated applications program.

The 3-D ultrasound is an advantage to patients as well as clinicians: Because the Logiq 9 features a tool that allows physicians to apply live scanning techniques to stored images, patients are less likely to be called back for a second scan. This technology also allows physicians to apply enhanced image manipulation and greater computational power.

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For more information, call 788-1442.

To Your Health

The Importance of Advance Healthcare Directives

By Louis R. Giancola

President & CEO
South County Hospital Healthcare System

Here in New England, spring is the time of year when we get the urge to clean out closets, organize the garage and make a fresh start. Frequently, this includes checking off items on the “important-things-to-do-this-year” list. One of those items should be establishing advance healthcare directives.

Advance healthcare directives describe how you would want to be cared for if you lost your ability to communicate with your caregivers. The Rhode Island General Assembly recently developed two provisions for advance directives that are now part of the state law.

There are two elements to advance healthcare directives: Durable Power of Attorney for Health Care (also referred to as Medical Power of Attorney) and the Living Will. Either one of these will help ensure that your wishes for treatment are followed, but having both is considered the best option.

The Durable Power of Attorney allows you to designate someone to make healthcare decisions for you, based on your wishes, if and when you become unable to communicate. A Living Will allows you to provide directions to your family and physician as to how you want to be cared for if you develop a terminal condition and are not able to make your wishes known. This document states whether you’d want life-sustaining procedures if you were in need of them and unable to communicate. The Living Will can also address your preference for comfort measures, including nourishment, hydration and pain control.

The advantage of having both a Durable Power of Attorney and a Living Will is that you will have designated a trusted person to honor your wishes, easing some of the stress surrounding critical or end-of-life care.

Though thinking about these scenarios may be unpleasant, these documents are designed to help you maintain control of decisions regarding your healthcare. These documents can be changed by you at any time, even after you become ill or hospitalized. An advance directive goes into effect only when you can no longer effectively communicate.

The Commission on Aging with Dignity has a guide to help you and your loved ones get the conversation started comfortably, around your kitchen table, before a crisis looms. Called the Five Wishes, it walks you through the process. Visit www.agingwithdignity.org or call (847) 692-8884 to learn more.

Serious illness or injury brings with it stress and confusion; the directions and guidelines in your advance healthcare directive can ease some of that strain and bring a measure of comfort to you and your loved ones when you need it most.

In the second issue of our newsletter, we are taking the space we would normally use to share health information to publicly thank the community members who help support SCHHS; their names follow. We are deeply grateful for your generous gifts, which allow us to continually improve and expand our services and facilities, and to provide our skilled and dedicated staff with the latest technology and training – all toward the goal of providing you with the best care possible.

South County Hospital Healthcare System
For all your healthcare needs

South County Hospital (401) 782-8000

VNS Home Health Services (401) 782-0500

South County Surgical Supply (401) 783-1850

South County Quality Care (401) 789-8443



Lou

Louis R. Giancola
President & CEO,
South County Hospital
Healthcare System

Donor Profile Bill Metz



William D. Metz, Ph.D., and his daughter Margaret C. Munroe.

William D. Metz, Ph.D., is enjoying his retirement years. He benefits from financial peace of mind in part because of his charitable gift annuities.

“The gift annuities have been an excellent arrangement for me. At this stage in my life, my two major sources of income are my pension and Social Security. The annuity money keeps coming in,” he explains. “The regular income is nice, and the contribution to these organizations will be meaningful. It also means my children will have one less thing to think about as they handle my estate.

“The annuity gives me an opportunity to support the organizations that have meant so much to me.” With the establishment of a gift annuity at the Hospital, Dr. Metz was invited to become a member of the Flagship Society, which was established in 1994

to recognize and honor special friends who invest in the Hospital’s future through their planned gifts.

“Through the years, all our Hospital needs have been cared for here at South County. I’ve always found the staff to be very friendly, supportive, efficient and knowledgeable,” Dr. Metz says.

Annuities offer many advantages. As Dr. Metz notes, these arrangements will ease the burden on the executors of his estate and will benefit the organizations that have been meaningful to him, all while providing him a financial benefit – both in income and in a reduction of income tax.

But the theme Dr. Metz returns to is one of gratitude. “South County Hospital has been meaningful to my family over the years. To be able to provide support to the Hospital is terrific.”

Are Your Certificates of Deposit Coming Due?

Before you automatically roll over your CDs, you may wish to consider a **Charitable Gift Annuity** for South County Hospital. You (and/or another person) will receive a higher payment rate, a fixed income for life and ensure South County Hospital’s continued presence as a principal healthcare provider in southern Rhode Island for generations to come. Gift annuities offer other advantages besides those mentioned above. The following table shows typical age-related rates for a \$25,000 single life annuity.

Fixed Lifetime Income – Single Life

Age	Rate	Annual Income	Charitable Tax Deduction*
70	6.5%	\$1,625	\$10,296
75	7.1%	\$1,775	\$11,409
80	8.0%	\$2,000	\$12,513
85	9.5%	\$2,375	\$13,328
90	11.3%	\$2,825	\$14,453

* Based on current rates.



Doris M. Manganaro, Honorary Trustee and long-time volunteer, is a strong supporter of the Hospital and is a member of the Flagship Society.

What is a Charitable Gift Annuity?

A **Charitable Gift Annuity** is a simple contract between you and South County Hospital. In exchange for your gift of cash, securities or other assets, South County Hospital agrees to pay one or two annuitants you name a fixed sum each year for life. In most cases, part of each payment is tax-free, increasing each payment’s after-tax value.

To learn more about a **Charitable Gift Annuity** or to receive a free confidential illustration to show the benefits of having a Charitable Gift Annuity with South County Hospital, please call Anne O’Neill at **788-1608** or e-mail to aoneill@schospital.com. You may also use the enclosed envelope.

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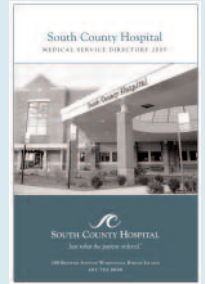
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Calendar of Events

Second Annual Family Health & Safety Fair

Saturday, April 29, 10 a.m. – 2 p.m., North Kingstown High School

Free. Ident-A-Kinds, rock-climbing wall, health screenings, cooking demo, giveaways and much more.

South County Hospital Healthcare System Annual Meeting

Tuesday, May 2, 5:30 p.m., The Towers, Narragansett

Call **782-8020, ext. 1610** for more information.

Annual 5K Road Race

Saturday, May 6, 9 a.m., Wakefield

Call **782-8020, ext. 1610** for more information or to register. Runners and walkers of all ages and abilities welcome. Proceeds benefit the Hospital's cardiopulmonary services.

Annual Golf Tournament

Monday, June 12, Shelter Harbor

Call **782-8020, ext. 1610** for more information or to register. Proceeds benefit VNS Home Health Services.

May is national Better Sleep Month!

If you or a loved one snore, experience daytime sleepiness, or feel more tired than you should, you may have sleep apnea, a common and treatable sleep disorder. Call **788-1697** to learn more.

South County Hospital Healthcare System Annual Meeting

Governance – Protecting the Integrity of Your Hospital

Tuesday, May 2, 2006, 5:30 p.m.

Keynote Speaker –

Stanley Aronson, M.D.

The Towers, Narragansett

For more information, please call **788-1610**.

This publication is for general information only and is not intended to replace the advice of your doctor or other healthcare provider. Articles published in *Your Health Matters* reflect the views of those quoted and do not necessarily represent the opinions of all health care providers associated with South County Hospital Healthcare System.

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