



RIDDLE Matters

FALL 2020



Building for Our Future

Introducing Shelly Buck, DNP, MBA
President, Riddle Hospital

message

FROM LEADERSHIP

WHAT A DIFFERENCE A YEAR MAKES


Since our last issue, Riddle Hospital has welcomed new leaders, announced a visionary Master Facility Plan and faced unprecedented challenges with the COVID-19 crisis.

Riddle Hospital, along with all of Main Line Health, took crucial steps early in the pandemic to mitigate spread while continuing to meet the health care needs of our community. Although these steps, including temporarily suspending elective surgeries, purchasing additional PPE, and increasing staffing resources have significantly impacted our finances—caring for our patients remains our utmost priority.

Since late spring, we've been welcoming patients back and encouraging them to prioritize their health by scheduling their annual screenings, wellness appointments and elective surgeries. We've instituted rigorous safety measures at all facilities, including mandatory face coverings for all staff and visitors, screening everyone who enters our buildings, updating processes and waiting areas to support social distancing, and maintaining separate treatment areas for patients with COVID-19.

It is safe to surmise that this 'new normal' will be with us for some time. We continue to respond in a dynamic way, building on the knowledge we have gained, and improving processes in order to care for our patients—and each other—as safely as possible. Virtual health visits for our patients and virtual programming for our community are just some ways that we have adapted our approach.

There was also much to celebrate in the last year. We have witnessed daily demonstrations of excellence—in care, compassion, teamwork and communication—within our walls and throughout our community:


-  **U.S. News & World Report Best Hospital rankings 2020-2021**—For the third year in a row, Riddle Hospital was ranked number 13 out of nearly 100 hospitals in the Philadelphia region and one of the top 25 in Pennsylvania.
- Generous community support**—Countless individuals and businesses stood by Riddle's frontline workers by donating supplies, PPE, funds and meals—like 13-year-old Gabe Palmarini, who raised \$1,200 and brought a food truck to Riddle to treat our employees to lunch (page 10).
- Our steadfast commitment to the future**—Riddle's campus modernization project will advance health care in our community for generations to come. We are excited to share our plans with you (page 3).

During these times that test our agility and fortitude, we are strengthened by the benevolence of supporters like you. We are grateful for the leadership of our Foundation Board, the dedication of our Associated Auxiliaries, and sustaining gifts from you, our generous donors.

We thank you for your years of time, energy and support, and for continuing to stand by Riddle Hospital through thick and thin.



Shelly Buck, DNP, MBA
President, Riddle Hospital



Don Saleski, Chairman
The Riddle HealthCare Foundation



Shelly Buck, DNP, MBA
President, Riddle Hospital



Don Saleski
Board Chair, Riddle
HealthCare Foundation

THE RIDDLE HEALTHCARE FOUNDATION

provides a philanthropic venue for members of the community to support the mission and vision of Riddle Hospital.

OUR MISSION

We exist to provide quality healthcare and superior service in order to promote and improve the quality of life in our communities.

OUR VISION

To be the best place to give and receive care.

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Building for Our Future



Riddle Hospital has embarked upon the most significant improvement in our hospital's nearly 60-year history: a comprehensive \$327 million campus-wide modernization project. More than ten years in the making and among the largest capital investments in Main Line Health history, this transformation ensures that Riddle can continue to provide our community with excellent care for generations to come.

HEALTH CARE IS CHANGING—SO MUST RIDDLE

The delivery of health care is evolving quickly, now more than ever. Our facilities must be modern and adaptable for all levels of care, for patient and staff safety, and to meet the needs of our community.

Since joining the Main Line Health System more than a decade ago, Riddle Hospital has made great progress including the Emergency Department expansion and renovation, opening of the Wound Care Center and MRI and Interventional Suites, plus Health Center 4 and comprehensive renovation of The Birthplace.

“Our neighborhood hospital was built upon philanthropy, a tradition that has brought us to where we are today. This project is not an enhancement—it’s something that the Riddle community must do, now more than ever in these unprecedented times. I hope you will join Mary Ann and me in supporting this important campaign.”

DON SALESKI

Board Chair, Riddle HealthCare Foundation

Continued on next page

As we look towards the future we are thrilled to be embarking upon the most significant facility improvement in Riddle's nearly 60-year legacy. This Master Facility Project will transform our campus with a new state-of-the-art, five-story Patient Pavilion, all single patient rooms, contemporary facilities and advanced technology to support the evolving needs of the community.

This critical \$327 million investment in Riddle Hospital and Delaware County reflects Main Line Health's unwavering commitment to "be the health care provider of choice in leading and optimizing the health of all in our communities."

The Riddle HealthCare Foundation Board of Trustees has launched *Building for Our Future: The Campaign for Riddle Hospital*, which seeks to raise \$11 million, the largest fundraising goal in our history, to meet this critical need.

THE PATIENT PAVILION

The cornerstone of our modernization project is the construction of a new, 230,000-square-foot Pavilion at the heart of the Riddle campus. The five-story building is designed for flexibility to support future growth and the evolving needs of the community.



Pavilion Features include:

- A state-of-the-art Surgical Suite with 10 new operating rooms and 3 procedural suites
- 76 innovative acuity-adaptable private patient rooms which can be converted for critical care should the need arise—eliminating the need to move patients from room to room
- A Comprehensive Maternity Unit with 16 postpartum rooms, 5 labor and delivery suites, 2 C-section suites, and an 8-bed Neonatal Intensive Care Unit (NICU)
- Negative pressure isolation rooms on every patient floor to prevent the spread of airborne infections including COVID-19



"As a teenager I was brought to Riddle after a car accident and when I experienced the wonderful care provided by the staff, I made my decision to become a nurse. I was raised here and have been a long time employee at Riddle. My four daughters were born here as well. This is a huge investment in this community and I am proud to support this campaign."

DEBORAH MANTEGNA, RN, MSN
Manager, Community Health and Equity and Volunteer Services, Riddle Hospital

MODERNIZING RIDDLE HOSPITAL

Renovations to 62,000 square feet within the existing hospital will help promote the healing process and transform the delivery of care. When our campus modernization project is completed in 2024, Riddle Hospital will be equipped with 174 private patient rooms, contemporary facilities and advanced technology to carry our legacy of excellence well into the future. ■

"Riddle Hospital has given me the opportunity to provide patients in the Philadelphia region with an exceptional hip and knee replacement experience. Historically, the Riddle Hospital staff has been exemplary. Nonetheless, the magnificent infrastructure has slowly deteriorated over decades of serving patients' needs."

"As residents of Delaware County, we have a responsibility to follow in Mr. Riddle's benevolent footsteps. By contributing one dollar or one million dollars, we can build a new hospital that reflects the incredible quality and dedication of the health care providers who tirelessly serve our community."

PETER F. SHARKEY, MD
Chairman, Department of Orthopaedic Surgery,
Riddle Hospital and Riddle Foundation board member

Our Story

Riddle Hospital opened in 1963 as the direct result of a bequest from Samuel D. Riddle, a native of Delaware County, local businessman and breeder of famous racehorses—Man O'War and War Admiral, to name two. Mr. Riddle's will stipulated that his estate of \$2.2 million and 72 acres of land be utilized to "... establish, construct, equip, maintain and operate a hospital, staff and personnel, for the relief of suffering humanity and for the care of the sick, injured and afflicted ... to be established in the Borough of Media or the vicinity thereof."

The staff and physicians of Riddle Hospital proudly carry on Mr. Riddle's legacy in our commitment to providing superior patient care for the communities we serve.

FOR MORE INFORMATION

Riddle Hospital is privileged to be a vital part of the Delaware County community and exceptional philanthropic support has helped bring us to where we are today. We hope you will choose to continue this tradition by contributing to our *Building for Our Future* capital campaign. Your investment as donors will help us continue to offer superior care close to home. Please contact Dan Green, executive director of development at 484.227.3651 or greenda@mlhs.org. Contributions may be made online at mainlinehealth.org/give-riddle.

MEET THE president

When Shelly Buck, DNP, MBA, took the helm as president of Riddle Hospital in September 2019, she had no way of anticipating the challenges that would arise just six months into her new role. Decades of clinical and operational experience enabled Buck to lead Riddle's COVID-19 response with confidence and agility, while keeping her overall vision for the hospital in focus.

What are your top goals and priorities for Riddle Hospital?

First and foremost is our Campus Master Plan, which represents the most significant facility improvement project in Riddle history, as well as one of the largest capital investments in Main Line Health history. From the new patient pavilion to the complete modernization of our existing spaces, we are creating a campus that will support the growing needs of our community and, I hope, exceed expectations.

Health care delivery has been evolving over the years, and I believe Riddle has an opportunity to lead some of these changes as part of the larger Main Line Health System. Our priorities include

being in the top decile of safety and quality, finding ways to continuously improve the patient experience, and looking at how we can help people stay healthier and age gracefully in place.

Riddle remains committed to serving patients in the hospital who are critically ill, but we also need to promote health and wellness outside of these walls and to partner with people in our community in new and effective ways. For example, prior to COVID-19, Riddle hosted monthly Senior Suppers, which provided a place and time for seniors to come together, socialize and learn about health care topics. These events give people an avenue to address any health care concerns while offering respite from isolation—which we recognize, in this time of social distancing, can be mentally challenging.



Has the COVID-19 pandemic caused you to rethink any of your plans for Riddle?

Overall, my goals for Riddle have not really changed. Patient safety has always been a key priority and I am proud of our physicians, nurses and staff for responding to the ever-changing needs of our community with professionalism and tireless dedication.

In health care, as in other areas of business and society, we are making adjustments, limiting the number of people who can gather in a space, temporarily suspending some activities, and exploring new ways of connecting with people where they live. We see how Zoom and other virtual meeting platforms have taken off. We have an opportunity now to take a closer look at what has worked and to ask ourselves how we can continue to provide the support and education that our community is going to need—not just for seniors but other groups as well.

Telemedicine is an example of an approach that has expanded quickly and been embraced by both providers and patients. We are hearing that patients appreciate the convenience of being able to connect to their physician by phone, laptop or tablet right from home. We have been fortunate to be able to offer this service with the support of our insurance payers and hope that this will continue into the future.

You are not only Riddle's first female president, you are the first president with a clinical background in nursing. What can you tell us about the experience and skillset you bring to this role?

I have more than 30 years of health care experience and started as a registered nurse specializing in critical care and neuro trauma. I've worked for several large health care systems, including HCA Hospitals in Richmond, Virginia and Bon Secours Health System in Virginia and Maryland. Most recently I served as chief operating officer and chief nursing officer at Wellspan York Hospital in York, Pennsylvania.

My clinical background informs my awareness about the patient experience and the needs and challenges that go hand-in-hand with being on a medical staff. I have firsthand knowledge about medical procedures, equipment and technology, which makes it easier to have conversations about these topics with my team.

"We are thrilled for this historic campus modernization project at Riddle. In my time at Riddle thus far, I have already witnessed the talent, professionalism, passion and dedication of the Riddle Hospital staff. The revitalization of the Riddle campus will truly elevate the facility to match the superior care already provided with in the walls of the hospital."

SHELLY BUCK, DNP, MBA
President, Riddle Hospital

I also have many years of executive-level experience in hospital administration and understand the way things should work in a health care organization, as well as process improvement methodologies such as Lean Principles and Six Sigma.

What do you like best about your role?

The creation of new. Creating anything new that's going to yield a high outcome, such as a process that gives you a better level of care or increases patient satisfaction. Creating a new service that answers a community need. Building new facilities, patient care units and departments—this is the fourth or fifth build I've been a part of in my career. Establishing new teams and partnerships and seeing what we can accomplish together.

I love collaborating in teams. I enjoy brainstorming, sharing thoughts and ideas, and challenging one another to get to a higher place and create a better product. I really get excited when I see that happen and I love building people up so they can be their best.

You've worked for several health systems. What makes Riddle unique?

I was just discussing this with a physician. I believe it is the community atmosphere that we have within our buildings. We are a community hospital and it feels that way in the sense that we have each other's backs. The camaraderie is genuine. We work very well together and support one another like a true family. ■

Q & A

We asked three Riddle Hospital physicians to address how medicine and care delivery have changed in response to the COVID-19 pandemic.

MARIA C. BUCCO, DO, FACP
Internal Medicine

MARWAN BADRI, MD
Interventional Cardiology

BHARTI ASNANI, MD
Infectious Diseases
President, Riddle Hospital Medical Staff

Question: How have medicine and care delivery changed in response to the COVID-19 pandemic?



Answer:

MARIA C. BUCCO, DO, FACP
Internal Medicine

“The doctor will see you now” has taken on new meaning since COVID-19, thanks to virtual health, also known as telemedicine. Our goal at Main Line Health is to provide consistent, excellent health care, to be accessible, and to be mindful of public health. Because the patient population that needs the most care is also the most vulnerable to this disease, virtual health enables us to be available to them and see them safely through this pandemic. Using computers or smartphones with apps that are easily downloaded, we can see patients in real-time, speak with them directly, and make observations to help us diagnose, treat or triage them as needed. If someone does not have a smartphone, the visit can be modified for landline. Telemedicine is also a meaningful way to conduct follow-up visits, review results, and discuss treatment options with patients. It shouldn’t take the place of an emergency room visit when a physical exam is needed, but for most other visits, telemedicine shows my patients that I care, and gives them an opportunity to BE SEEN.



Answer:

MARWAN BADRI, MD
Interventional Cardiology

Cardiovascular diseases remain the most common cause of mortality and morbidity in our society. Screening and early treatment of cardiac diseases is therefore a cornerstone of modern health care. The current pandemic highlights the importance of proactively addressing heart disease risk factors and optimal treatment of cardiac disorders. Patients impacted by COVID-19 had worse outcomes if they had poorly controlled cardiovascular co-morbidities. This is a similar pattern to what is seen with seasonal flu, where patients with cardiac diseases have higher rates of death when impacted by flu. Simple interventions, including maintaining normal body weight, eating a healthy diet, and routine exercise can be very impactful in improving an individual’s cardiovascular risk. Equally, timely evaluation of chest pain, shortness of breath and other symptoms that can suggest cardiovascular disease may lead to early diagnosis of potentially serious, yet treatable, cardiac disorders.

Answer:

BHARTI ASNANI, MD
Infectious Diseases
President, Riddle Hospital Medical Staff

COVID-19 has prompted an awakening throughout the country’s health care infrastructure and forced organizations to take quick action to protect patients and staff from potential exposure, with an emphasis on infection control. The importance of PPE has never been more paramount, and obtaining and managing the PPE supply chain will remain a priority in years to come. Environmental cleaning has intensified significantly, and our increased awareness about hand hygiene, social distancing and more may bode well for the upcoming flu season. COVID-19 has advanced the telemedicine revolution by several years, along with the field of health information technology. As we await vaccine trials for SARS-CoV-2, we should encourage influenza vaccination, especially in our elderly population who are more susceptible to both flu and COVID-19. Health care may never go back to the way it was. Our experiences during this pandemic will change how we practice in the future, long after this crisis is over. I am hopeful we will emerge stronger and better prepared than ever. ■



- 1 First responders saluted hospital employees on Riddle's front lawn
- 2 Local teens thank Riddle staff
- 3 Free ice cream
- 4 Gritty thanks front line workers
- 5 Hundreds of donated meals fueled our staff

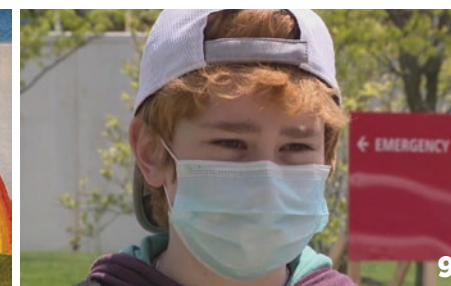
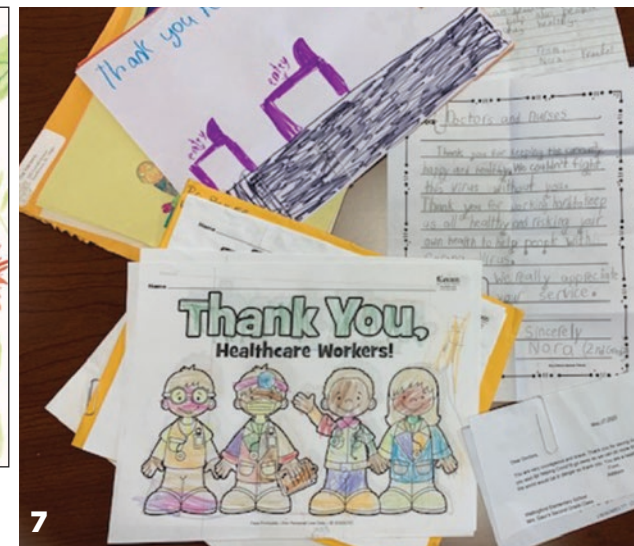


Thank You to Our Community Heroes!

When COVID-19 began its spread, Riddle's leadership and medical teams took swift and decisive action to protect our patients and staff, prepare for an influx of cases, and safely treat those needing care in our Emergency Room, inpatient units and other facilities. Our physicians, nurses, clinicians, environmental services staff and employees worked long hours under difficult circumstances, demonstrating a tireless commitment to patient care and safety. This was especially challenging in the early days, when information about the virus was just emerging.

These health care heroes received an outpouring of encouragement and support from the Delaware County community, ranging from thank you letters to donations of personal protective equipment (PPE), meals, and contributions to the COVID-19 Employee Emergency Fund, which raised over \$650K and provided grants to 786 employees.

We salute the heroes behind the heroes—the individuals, families, board members and businesses in our community who found creative ways to help carry our employees through this crisis. We are proud to be part of a community that so readily and generously supports one another, and we offer our heartfelt thanks. ■



6 The community shares its love for our staff 7 Cards, letters and drawings boosted morale
8 Our staff thanks emergency responders 9 13-year old Gabe Palmarini from Aston raised \$1,200 and brought a food truck to treat workers to lunch 10 Digitas Health donated 3D printed face shields to protect our staff 11 Hannum's Harley Davidson's RIDE TO RIDDLE 12 Hundreds of masks were sewn by our community 13 Staff with donated PPE



A Legacy of Nursing Excellence Spanning Two Generations



1 Dr. Marian Laufer with daughter Louise Hummel in Cape May **2** Marian's retirement party in 2003
3 Marian **4** Louise, Beth Molette and Nancy Melanson in Riddle's emergency department

When it comes to Riddle Hospital, Louise Hummel, MSN, RN-BC, CEN, NE-BC, is regarded by her colleagues as the resident historian. It makes sense when you consider that Hummel began her nursing career as a volunteer candy striper when she was only 13-years-old.

Hummel's foray into nursing continued through her high school years. She joined the Riddle staff as a nursing aide while attending the nursing program at Neumann College, working her way up to a management position in the Emergency Department.

"When I started here, I did some basic Med Surg and Critical Care nursing before joining the Emergency Department, where I was a nurse manager for 19 years," she said.

Hummel later transitioned into nursing education and became the lead for Riddle's Magnet® program—the gold standard for nursing excellence in the U.S., which Riddle has achieved twice. Hummel is still involved with Magnet® today, in addition to serving as manager for Riddle's Geriatric Nursing Service.

LIKE MOTHER, LIKE DAUGHTER

While Hummel recently celebrated 42 years on the hospital's nursing staff—an accomplishment that's earned her renown as a Riddle legacy—her connection to Riddle was actually forged long before her candy stripping days.

Hummel's mother, Dr. Marian Laufer, RN, EdD, MA, MS, CNA, rose through the nursing ranks at Riddle from the first year the hospital opened its doors in 1963, to her retirement 40 years later.

"My mother started part-time, working in the Emergency Department and as a relief nursing supervisor," Hummel said. "She was promoted to director of nursing in the mid-1970s and her title was later changed to vice president of nursing services."

Dr. Laufer continued her education, earning a bachelor's degree in education, a master's in health administration and education, and a doctorate in education. She achieved this while working and raising two children at a time when it was rare for a nurse to have a doctorate, let alone a woman. An accomplished pianist, Dr. Laufer also taught children piano and played piano for her church.

Over the years, Hummel's parents supported a variety of fundraising endeavors for Riddle and attended annual events—a tradition she is proud to continue.

"My mother lived and breathed Riddle Hospital. We lived less than three miles from the hospital and anything she did in the community, people recognized her as part of Riddle," she said.

Upon her retirement, Dr. Laufer established the Dr. Marian P. Laufer Nursing Scholarship Fund at Riddle, ensuring her legacy will continue for generations to come. ■

Breaking Records

The 37th Annual Riddle Hospital Pro-Am Golf Classic Tournament, led by presenting sponsor The Safeguard Group, Inc., took place on September 12, 2019 at DuPont Country Club. The event was chaired by Foundation board members Bill O'Shea and Chris Smith. A record 56 generous sponsors and 190 golfers came together to raise more than \$106,000 in net proceeds benefiting Riddle's Emergency Medical Services (EMS). Thank you for your support!



Congrats to Team Wawa, DuPont Course First Place Winners! From left: Paul Hess, Dan Green, Pro John Burke, Shelly Buck, Mark Agnew, Mike Eichinger, Anthony Augustine



Congrats to Team UNITEX, Nemours Course First Place Winners! From left: Ken Adkins, Dave DiNino, Shelly Buck, Pro Mike Paukovits, Joe Hughes and Eric Rubin.



Many thanks to The Safeguard Group, Inc. for sponsoring this year's tournament! From left: Safeguard Group Chairman Bob Donato, Shelly Buck, Jack Lynch

Thank You Celebration

More than 100 Samuel D. Riddle Society supporting members enjoyed a celebratory event on October 22, 2019 at Rolling Green Golf Club in Springfield. Riddle Hospital President Shelly Buck, Main Line Health President and CEO Jack Lynch and Riddle HealthCare Foundation Board Chair Don Saleski thanked attendees: "This evening is a tribute to our leadership donors whose generous support helps Riddle in its mission to provide quality care to the Delaware County community."



1 Nick & Natalie Gaudiosi, Abby & Bob Sacunas **2** Mary Ann, Don, Courtney & Adam Saleski **3** Jack Lynch, Gary Perecko, Shelly Buck, Dan Kennedy **4** Dr. Ashima Lall & Dr. Pavan Malik, Dr. John Munshower **5** Pete, Lauren & Marilyn Derby **6** Gary & Mary Jo Grove **7** Sue & Jim Walsh **8** Virgie & Dr. Hassan Vakil, Karrie Borgelt, Trudy & Al Berman, JoAnne & Dr. David Thomas **9** Dana & Dr. Jim Gengaro, Drs. Charmaine & Sean Wright, the late Andy Norton **10** Debbie & George Herker **11** Gus Ciardullo & Dr. Barbara Madden

NEW FACES IN THE RIDDLE HEALTHCARE FOUNDATION

The Riddle HealthCare Foundation welcomes new Board Members Michael Harrington, Holly Kinser and John Munshower, DO, FACS. In their roles, they assist with the foundation's fundraising efforts for Riddle Hospital and help fulfill the foundation's mission to improve the quality of life in the communities we serve.



John Munshower, DO, FACS, is a family medicine specialist who has been practicing for more than 26 years in the Media/Delaware County area. He graduated from Philadelphia College of Osteopathic Medicine and specializes in family medicine and geriatric medicine. Dr. Munshower is currently a Co-Clinical Operations leader at Main Line Health and is the Chair of the Department of Family Medicine at Riddle Hospital. His passion for treating patients of all ages and keeping them healthy, and teaching medical students and nurse practitioners. Dr. Munshower and his wife Shauna have four children and reside in Wayne.

Holly Kinser spent twenty-five years in the government relations field overseeing lobbying engagements at both the state and municipal levels and securing tens of millions of dollars in operational funding for clients including Drexel University College of Medicine, Philadelphia Museum of Art, Comcast, Microsoft, Disney and more. She earned a reputation as one of the best lobbyists in Pennsylvania (serving as the lead lobbyist for the City of Philadelphia under Mayors Edward G. Rendell and Michael A. Nutter) before opening the doors of her own firm in 2012—The Kinser Group, with offices in Philadelphia and Harrisburg. Holly serves as Vice President of the Arden Theatre Company Board of Directors. She is a native Californian who graduated from Scripps College in Claremont, CA and resides in Center City Philadelphia with her daughter Lena.



Michael Harrington joined Bryn Mawr Trust in 2015 as Executive Vice President and Chief Financial Officer after three years with Susquehanna Bancshares in the role of Chief Financial Officer and Treasurer. Prior, Mike spent over 10 years with First Niagara Financial Group in several positions including Treasurer, Chief Investment Officer and Chief Financial Officer. He is a graduate of Bloomsburg University with a degree in Finance and earned an MBA from St. Joseph's University. Michael and his wife Ellen have three children and reside in Haverford.



BEST WISHES, PEGGY!

Peggy (Margaret) McIntyre began at Riddle Hospital in 1993 as Executive Assistant for President Donald Laughlin until his retirement in 2000. Peggy was recruited by Steve Derby (then Vice President for The Riddle HealthCare Foundation) to conduct the day-to-day operations of The Associated Auxiliaries of Riddle Hospital, a group of dedicated volunteers who serve and support Riddle through fundraising events and businesses. Having a deep understanding of the Auxiliaries' importance to Riddle, Peggy managed the annual Tree of Lights event, vendor sales, auxiliary meetings and much more. Her professional expertise and warm disposition helped build the community. We will miss her cheerful presence and wish Peggy the best in her retirement!



Back row, from left: Nancy Porto, Selma Rende, Alycia Mallon-Buhle, Joyce Cori, Nancy McKean and Carolyn Decker
Front row: Allen Pitt, Peggy McIntyre and Shirley Cook

Generous Donation



Riddle nurse July Jacob, RN, demonstrates the MOTomed device which patients can use sitting in a wheelchair, from a chair or from the bed.

Riddle Emeritus Board member Al Berman and his wife Trudy, grateful for expert compassionate care a loved one received in Riddle's Intensive Care Unit, funded the purchase of a motorized movement therapy device to help patients with limited mobility in regaining strength. The MOTomed at Riddle is the first in the Main Line Health system.

Family Golf Outing Benefits Riddle



From left: Steve Hackett, Greg Lindsay Jr., Bonnie Leddy and John Hackett presented a \$10,000 donation check for Riddle's stroke program to Debbie Mantegna, RN, MSN, Riddle Hospital Community Health & Volunteer Services (second from left). Daphnée Theodore, MSN, BSN, RN, Riddle and Lankenau Stroke Program Coordinator, says, "This generous donation will help Riddle provide vital stroke education and screenings, and raise community awareness that stroke must be treated promptly."

Riddle Hospital, a leading stroke-certified hospital, is grateful to be chosen as the beneficiary of the "24th Annual Reunion Cup Charity Golf Outing" that took place on September 1st, 2019 at Ballamor Golf Club in Egg Harbor Township, NJ. For the past 23 years, friends and family of Charles Hackett and Geri Duffy Hackett gather and golf to raise money for various charities each near and dear to them, with almost \$200K raised to date.

Thank You Wawa!

Riddle Hospital participated in a big way in the grand opening of a new Wawa across the street on December 12, 2019.



The Wawa Foundation recently pledged \$2.2 million to establish The Wawa Patient Care Unit and Family Lounge within the Pavilion. Wawa, Inc. and The Wawa Foundation have invested a transformative \$3.76 million in support of Riddle Hospital since 1973. Wawa's commitment is not only indicative of the depth of Wawa's understanding concerning the community's health care needs, but also Wawa's profound dedication to Riddle and all that this hospital has strived to achieve.



Riddle's team of nurses won first prize in the "Hoagies for Heroes" contest by making the most hoagies in 3 minutes! From left: Deb Malfara, Debbie Mantegna, Shelly Buck, Tana Kirkpatrick and Danielle Grant.



From left: Wawa Chief Strategy Officer and Main Line Health Board of Governors member Alexandre Costabile, Riddle Hospital President Shelly Buck, Wawa Director of Government Relations & Sustainability and Riddle Board Vice-Chair Rich Wood, Wawa Foundation and Community Care senior supervisor Liz Simeone, Riddle Board Chair Don Saleski.

A Premier Destination for Behavioral Health Services

Mental and emotional well-being are integral to living a healthy and fulfilled life.

When individuals suffer with mental illness or substance use disorders, it impacts every aspect of their lives, as well as the lives of those around them. In the increasingly complex world in which we live, it's more important than ever to be able to rely on accessible, affordable, behavioral health services.

"Mental health affects each of us to varying degrees," says Michelle Mullany, system vice president of behavioral health at Main Line Health.

"It could be caused by unresolved grief, depression, life struggles, divorce, or pressure at work or at home. Many of us feel anxious, stressed and overwhelmed by social pressures and feelings of competitiveness. Social media has exacerbated these feelings, especially among children and adolescents. It's critical that everyone has access to treatment to address whatever level of distress they're going through."

Main Line Health has long been committed to serving the behavioral health needs of our community with state-of-the-art, evidence-based treatment, complemented by the compassionate care we are known for. Our offerings are robust, with a full range of programs and services to help those who are struggling with psychiatric conditions, addiction and other behavioral health issues. And we are in the process of enhancing and extending our current offerings to deliver even greater benefit and reach.

"I'm proud that Main Line Health is rising to meet the challenge of caring for every patient in our community, including those with behavioral health needs," says Jack Lynch, president of Main Line Health. "We've made a promise to our families, friends and neighbors that they will be seen when they walk through our doors. The investment we're making in behavioral health underscores our belief that health care is human care."

Patients are able to easily access behavioral health services across the Main Line Health system, be it through their primary care physician or specialist, using our secure online appointment request form, or calling 1.888.CARE.898 (1.888.227.3898).

"We're focused on creating an ecosystem comprising the highest quality psychiatrists, psychologists, social workers, counselors, addiction specialists and more, with the intent of offering treatment for every segment of the population across all levels of care," says Mullany. "Every member of our community should be able to answer the question, where do I go if I have mental health concerns?"

In March of 2020, Main Line Health opened a second Women's Emotional Wellness Center (WEWC) in King of Prussia, joining our already established WEWC in Newtown Square. These centers offer psychiatric evaluation and medication management, individual and group therapy, and intensive outpatient and partial hospitalization programs, to help patients cope with grief and loss, depression and anxiety, post-traumatic stress disorder, work and family stress, parenting challenges, marital difficulties, unexpected medical diagnoses and outcomes, and more.

For adults and adolescents over the age of 18 struggling with alcohol or drug addiction, Mirmont Treatment Center in Media provides inpatient detoxification, rehabilitation and dual-disorder treatment. We blend traditional approaches with integrative therapies to empower patients to achieve lifelong recovery, and we offer numerous specialty programs such as pain management, relapse prevention, trauma treatment, the Valor with Integrity Program for Emergency Responders (VIPER), LGBTQ inclusive care, treatment for pregnant women, family support services and an alumni association.

Our Mirmont Outpatient Centers in Broomall, Exton and Media serve patients, 14 years of age and older, who have mental health concerns and substance use disorders. Options include partial hospitalization programs, intensive outpatient programs, individual and group counseling at varying levels, and psychiatric evaluation and medication management, with specialty services for adolescents and adults.

Main Line Health's intensive inpatient psychiatric program, housed at Bryn Mawr Hospital, provides acute

stabilization, crisis intervention and dual-diagnosis treatment for individuals with mental health and substance use disorders. Additional offerings include psychiatric consultation services, and noninvasive treatments for depression such as electroconvulsive therapy and transcranial magnetic stimulation.

In February of 2020, we received approval from our Board of Governors to relocate and expand Main Line Health's Behavioral Health Unit at Bryn Mawr Hospital. The new state-of-the-art unit will increase the number of beds from 20 to 40, with private rooms and ample space for therapeutic programming and consultations with health care professionals.

"We're quadrupling the size of our Behavioral Health Unit," says Mullany. "This will allow plenty of room for complementary wellness programs such as exercise, yoga, meditation and mindfulness, and other integrative therapies that are paramount to lasting transformation. We're also creating a healing physical environment that can shift with the use of light, sound and aesthetics. There is no other psychiatric unit like this in the region."

Construction on the new unit is expected to begin in 2020, with an anticipated opening date in early 2022. In March of 2020, we launched the public phase of our \$10 million Behavioral Health capital campaign to support this \$34.7 million project. Unlike past fundraising endeavors, the capital campaign is a systemwide effort – the first of its kind for Main Line Health.

"It's essential to address the shortage of behavioral health beds across the Philadelphia region, and the need to expand programming and clinical capabilities for a broader array of patients," says Mullany. "A lot of mental illness stems from isolation and a lack of connection to others, which has intensified in the midst of the coronavirus pandemic. We're excited to create programs that will help establish feelings of connection, purpose and meaning in our lives, not just through medication, but emotionally, spiritually, psychiatrically and socially. The inpatient unit project is an important step in our longer-term plan to expand behavioral health services across a range of unmet needs.

"The Main Line Health team is deeply passionate about supporting patients in every possible way, with team members completing extensive education and



training to serve the entirety of behavioral health needs. From inpatient to outpatient services, and women-focused programs to those specifically designed for adolescents, we offer every aspect and level of behavioral health care. And as a comprehensive health system with shared treatment philosophies and common access to medical records, we are able to offer a continuum of care that others cannot.

"We have so much to offer," says Mullany, "and we're just getting started. We want to deliver a multitude of new programs that will allow us to effectively treat the entire population, from helping the most acute patients to supporting people before a problem turns into a mental health crisis. We plan to build partnerships with local schools to deliver adolescent services that treat a variety of diagnoses and collaborate with other community organizations, such as colleges and assisted living facilities serving older adults. We'll be introducing the most advanced technologies, from genetic testing to virtual reality. No one else in this region offers such comprehensive services. We envision Main Line Health as a premier destination for all levels of emotional, psychiatric and behavioral well-being for every member of the community we serve." ■

We are profoundly grateful for your continued generosity, and hope you will consider supporting our behavioral health initiatives in a way that is meaningful to you. To learn more about how you can help, please contact Karrie Borgelt, senior vice president of development, at borgeltk@mlhs.org or 484.580.4144.

A Tribute to Cathy Granger

May 30, 2019, marked the end of an era in Riddle history with the passing of Catherine Granger at the age of 84.

For more than 25 years, Cathy volunteered her time and talents to Riddle Hospital, serving first on its Board of Directors before accepting the position of founding Chair of The Riddle HealthCare Foundation Board in 2002.

Among her many achievements as Board Chair, Cathy successfully navigated the Foundation through Riddle's merger with Main Line Health. She also served on many committees, helping Riddle with fundraising, a presidential search, earning national accreditation, and more.

"My mother dedicated her life to making sure other people were supported," said her son, Joseph F. "J.F." Granger, III. "She was always focused on bettering her community. People sought her advice and she gave it without asking for anything in return. It's what she enjoyed—seeing people grow and improving their quality of life."

Cathy began her career in education, as a public school math and science teacher. She took time to raise two children—son, J.F. and daughter, Anne—and later worked at Neumann College, where she rose to vice president for institutional advancement and director of capital campaigns.

It was in community service where Cathy found her true calling. She was passionate about improving the institutions of government, education and health care, and poured much of her energy and skills into helping her local township and Riddle Hospital.

"Cathy was a great role model of philanthropic leadership through her commitment to Riddle Hospital, unselfishly sharing her time, talent and treasure for many years," said Don Saleski, Chairman, The Riddle HealthCare Foundation Board of Directors. "She is missed by the Riddle Family."

Cathy was married for 60 years to Joseph F. Granger, Jr., who passed away just two months before his wife. The couple lived in Upper Providence for most of their marriage and enjoyed spending time at their vacation home in Bethany Beach, Delaware. They lived most recently in North Carolina, near J.F. and his family.

On behalf of The Riddle HealthCare Foundation and our Board of Directors, we offer our heartfelt condolences to Cathy and Joe Granger's children and five grandchildren. ■



Cathy and Joe Granger

"Cathy Granger was a true trailblazer."

THOMAS A. BRUDER, JR.
Emeritus Board Chair,
Riddle HealthCare Foundation



J.F. and Barbara Granger with Cathy and Joe Granger at the 55th Annual Man O'War Gala in 2014, where Cathy was honored for her service to Riddle Hospital.

The Riddle community lost four physicians.

Peter Dahl, MD (July 19, 1973–December 7, 2019)
Dr. Dahl is remembered by Main Line Health as "...a highly respected endocrinologist at Riddle Hospital who was best known for his authentic presence, his intense commitment to his patients, and his incredible talent, which positioned him as a favorite physician on the medical staff and an up-and-coming physician leader." Dr. Dahl was a beloved husband and father to wife Katie and their two children, aged 8 and 6.

Edward A. Jaeger, MD (July 4, 1931–June 11, 2020)
After completing medical school and an internship, Dr. Jaeger enlisted in the Navy, serving on active duty and the Reserves before retiring as a Captain. He went on to become a highly respected ophthalmologist at Riddle Eye Associates and at Wills Eye Hospital and Jefferson Medical College Hospital, where he taught for more than 30 years. A devoted family man, Dr. Jaeger is missed by wife Sandra, three children and seven grandchildren.



There are a variety of ways to support Riddle Hospital.

Your gift can provide you with the satisfaction of supporting our mission and securing certain tax advantages.

- 1 DIRECT GIFTS** are the simplest way to make your tax-deductible gift. Send a check payable to The Riddle HealthCare Foundation in the enclosed envelope. Or make your secure credit card gift online at: mainlinehealth.org/give-riddle. Just click on Make a Gift Online!
- 2 GIFTS OF SECURITIES AND OTHER PROPERTIES** include gifts of appreciated stock, mutual fund shares or other securities and can be a cost-effective way of supporting Riddle. Gifts of real estate, insurance policies or personal property are also welcome.
- 3 PLANNED GIFTS** offer the flexibility of providing for Riddle's future while addressing your personal and financial needs. From a simple bequest in your will to a charitable gift annuity that provides valuable life-income, planned gifts also provide current and future tax benefits.
- 4 MATCHING GIFTS** can increase the value of your gift by taking advantage of your employer's matching gift program, if one is offered. Check with your human resources department, and enclose the matching gift form with your contribution.
- 5 MEMORIALS AND TRIBUTES** remember a loved one or honor a friend, family member, physician or caregiver and are a wonderful way to express your personal appreciation and support Riddle Hospital at the same time.

Thank you.

Each is remembered fondly, both professionally and personally, for enhancing many lives over many years.

Peter V. Palena, MD (April 15, 1938–April 22, 2020)
Like his colleague, Dr. Jaeger, Dr. Palena served in the Navy following medical school and an internship. He completed an ophthalmology residency at Jefferson Medical College and a retinal fellowship at Wills Eye Institute. Dr. Palena helped establish Jaeger-Palena Eye Associates, later named Riddle Eye Associates. At Riddle, he served as Chief of Ophthalmology and founded the Riddle Eye Center. Dr. Palena was dedicated to his wife Rosemary, four children, eight grandchildren, and extended family.

William M. Purner, Jr., DO (June 27, 1946–March 14, 2020)
A graduate of the Philadelphia College of Osteopathic Medicine, Dr. Purner practiced internal medicine at Riddle Hospital for nearly 30 years before retiring in 2005. After retirement, he worked at two golf courses and enjoyed golfing, reading, traveling and cheering on his beloved Villanova Wildcats. Mostly, Dr. Purner took pleasure in friends and family, including his late wife, Kathleen, six children, 16 grandchildren and three great-grandchildren.



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MEET SELMA S. RENDE

When Selma Rende was a schoolteacher in Wallingford, a colleague invited her to an Auxiliary meeting for the newly opened Riddle Hospital. Thus began a relationship with Riddle that’s lasted more than five decades and feels like family.

“I have volunteered in so many areas of the hospital—everything but medical. I got quite involved with the Auxiliary. I worked at the Thrift Shop and met many interesting people from the community. I even helped at the snack bar and loved making milkshakes,” she said.

Selma’s favorite volunteer activity is visiting patients in the hospital. “I ask if there is anything I can do to make their stay a little bit better. I really find that satisfying,” she said. She looks forward to volunteering again once restrictions are lifted.

Selma and her late husband Richard donated to Riddle regularly, but it was the care he received at the hospital in his final years that inspired Selma to include The Riddle HealthCare Foundation in her estate planning.

“I’m happy to be able to help Riddle continue the good work that I’ve seen them do over the years,” says Selma.

To learn how you can include Riddle in your estate planning, please contact Dan Green, executive director of development, at 484.227.3651 or greenda@mlhs.org.

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