



## MESSAGE FROM THE PRESIDENT

Dear Sturdy Health Friends,

At the heart of Sturdy Health's strategic vision are the words "Trusted Partner." I reflect on the significance of this vision frequently, especially as we look back on 2024 and ahead to the future.

In 2024, the communities surrounding us faced great uncertainty and upheaval as hospitals and physician groups filed for bankruptcy, closed, or changed ownership. We heard firsthand about the impact and challenges as individuals and families turned to Sturdy when their former providers could not meet their needs.

Being a Trusted Partner means being steady and reliable while continuing to move forward. Amid the market chaos, Sturdy Health grew and improved. We added new primary care physicians, began performing robotic surgery, upgraded our medical practices, and provided \$17.5 million in uncompensated care. We also remained dedicated to providing career opportunities and support for our team members. And if you look at our campus, you can literally see the transformation happening as our beautiful Cancer and Specialty Care Medical Office Building nears completion.

I am also excited to announce in this report that Sturdy Health's board has approved a new Emergency Department. Our vision, developed over many years of planning, is a modern facility that is double the size, has private rooms, trauma bays, and a dedicated behavioral health unit. This is a crucial priority for our community, and with your support, we will meet the need.





Dear Fellow Community Members and Sturdy Health Supporters,

As a proud member of the Sturdy Board and Foundation for more than 15 years, it is my honor to serve as Board Chair. Sturdy Health is a crucial and essential organization dedicated to supporting the needs of our community.

If you're reading this, you likely know individuals who have experienced the exceptional care Sturdy provides. Many can say, "Because of the care I received at Sturdy, I am now in less pain," or "I have started my wonderful family," or "My parents were treated with dignity and respect during a difficult time."

My family can say those things as well. When I reflect on our experiences, it's not just one appointment or doctor that stands out, it's the overall feeling of care and compassion that we receive every time we walk into an appointment. Since moving to North Attleborough in 2005, my family began receiving medical care at Sturdy. One of the departments that treated my mom was the MS Center. Consistently, I was deeply moved by how every caregiver treated her. They spoke to her at eye level, took the time to explain a procedure, answered any questions or concerns we had and, all the while, exuded kindness and respect—whether they were physicians, medical assistants, or another part of her multidisciplinary team. This has consistently been true across every department and service my family has received care from. Whether in the Emergency Department, Orthopedics, Wound Care, or Primary Care to name a few, Sturdy's steadfast commitment to patient care is evident and unwavering. In addition to their kindness, their expertise was clear and our care outstanding. Their dedication to putting patients first was clear time and again.



### WHY CHOOSE STURDY HEALTH ...

Sturdy Health is continually expanding the number of and quality of advanced services locally, ensuring patients don't need to travel far for their healthcare needs. Here are a few new reasons to stay local for care at Study Health.



### **ROBOTIC SURGERY**

For greater precision, less pain, and better results, Sturdy Health added state-of-the-art, robotic arm-assisted joint replacement surgery. Orthopedic surgeon Dr. Andrew Porter, also pictured on the cover, sees the difference, saying, "Patients typically have a faster recovery, are more active in their physical therapy, and ultimately have greater range of motion." The robotic arm is used for knees now, with plans to expand to hips.



#### **CANCER** CARE

We've expanded our high-risk breast cancer clinic and prevention initiatives, including nutritional programs and genetic evaluation. Sturdy also continues to enhance sophisticated diagnostic and treatment capabilities with endoscopic bronchial ultrasound and immune and precision medicine therapies. The Cancer Care program was fully accredited by the Commission on Cancer.



### **OB/GYN** CARE

For expanding families, Sturdy Health is also expanding. In 2024, we recruited and welcomed a group of well-respected Rhode Island OB/GYN physicians to the Sturdy family. At Sturdy, the maternity experience is personalized for patients with perks including aromatherapy and hydrotherapy tubs as well as a dedicated nurse for your stay, lactation consultants, and partnerships with doulas.



"Dr. Porter and the Sturdy team have given me a new lease on life," Arthur said. "The care at Sturdy is personal, exceptionally skilled, and compassionate." Joyce added, "We're back to dreaming about where in the world we will travel together!"

Arthur and Joyce McLaughlin are thrilled to set off on their trip to the white sand beaches of Curaçao.

Arthur is back to traveling the world with Joyce after recovering from a full knee replacement in July. Thanks to Sturdy Health orthopedic surgeon, Dr. Andrew Porter, his team, and the assistance of a Mako robotic arm, Arthur and Joyce quickly returned to what they love to do.

### WHY CHOOSE **STURDY HEALTH** ...

The Attleboro community has long benefitted from the dedicated service and commitment of spouses, Drs. Steve Bensson and Jean Siddall-Bensson. Therefore, it's only natural that their legacy of support will continue to make a meaningful impact in the future.

Steve and Jean's journey began at Sturdy Health in 1959, where they were born just two months apart. Raised in Attleboro and proud graduates of Attleboro High School, together, Steve and Jean established a thriving Sturdy Health medical practice and continued to build their strong ties within the community. "It has truly been a privilege to care for our community," Jean shared warmly. "Many of our patients are people we've known our whole life and the staff we have worked with have become like family to us."

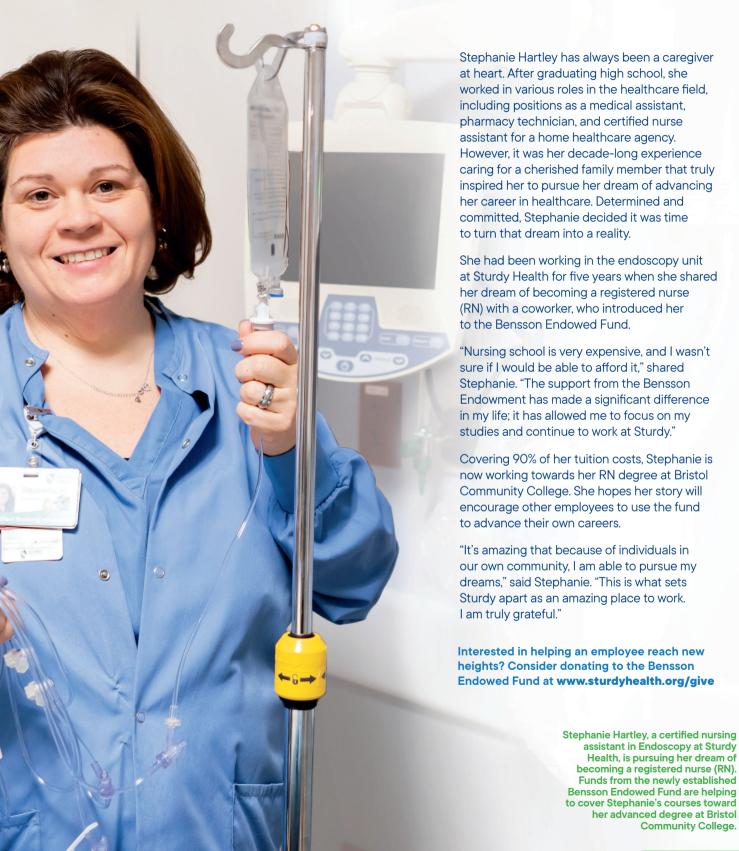
Among their grateful patients is Kurt Schweinshaut and his family, whose appreciation for the meaningful care they have received at Sturdy led them to make a generous donation. In recognition of the exceptional care they received, the Schweinshaut family chose to name a fund after the Benssons who both recently retired from Sturdy. They invited the physicians to direct the funds toward an initiative close to their hearts, and without hesitation, Steve and Jean identified where they wanted to make an impact.

Thus, the Dr. Steven Bensson and Dr. Jean Siddall-Bensson Endowed Fund was created to support the ongoing education of Sturdy Health employees. This initiative has already benefited two employees, helping them advance their studies and furthering the spirit of care and dedication that both the Schweinshaut family and the Benssons hold dear. "Jean and I believe that continuing education is essential for reaching one's highest potential, and we are so grateful to Kurt and his family for their generosity and commitment to this community," said Steve. "Our front-line medical staff are the unsung heroes who support both the patients and physicians. This fund gives them the opportunity to advance their careers in healthcare."





# ... SO, YOU CAN WITNESS TEAM MEMBERS FOLLOWING THEIR DREAMS.



### WHY CHOOSE **STURDY HEALTH ...**

Research shows that well-designed healthcare settings reduce stress, enhance comfort, and even accelerate healing. At Sturdy Health, we're about to finish one new healing space and break ground on another. Our frontline teams provide creative input to make each space exceptional. As always, we are committed to doing everything possible to deliver the highest quality care locally.

If 2024 at Sturdy Health had to be represented in just one image, it would be the near-complete construction of the beautiful Cancer and Specialty Care Medical Office Building, connected by a glass walkway to the hospital. While much disruption was happening in healthcare in surrounding markets, Sturdy Health kept building, remaining true to our commitment to expand local, high-quality care designed around patient needs.

### This new building, set to open in summer 2025, delivers on that promise. It will:

- PROVIDE unified, integrated care for patients.
- CO-LOCATE the many services needed by cancer patients, including surgical consults, medical treatments, and support services such as social work and nurse navigation.
- **INCREASE** collaboration among team members as they share the same spaces and interact with patients.
- CUT DOWN on the need for travel either travel between buildings on the Sturdy campus where services are spread out now or travel to a bigger city.



"When it comes to my cancer patients, I don't believe in wasting time. I am so pleased that Sturdy Health is constantly expanding the number and quality of advanced services locally, ensuring our patients don't need to hit the highways or traffic for care."

**Dr. Asma Latif** *Director, Breast Oncology* 





## ... SO, YOU CAN HAVE WORLD-CLASS EXPERIENCES CLOSE TO HOME.

Imagine a space that is full of energy but also calming. A place where expert clinicians have the time and room to really listen to your needs. These professionals connect you with the resources to heal—including medical treatment and social support.

This does not describe most emergency departments today, but it is the bold vision for the ED planned for Sturdy Memorial Hospital and recently approved by the Board.

The new ED—planned to open in 2027—will increase patient capacity by almost 70%. Rooms will be private. A dedicated 12-bed Behavioral Health unit will be embedded. There will be high-tech imaging equipment dedicated to ED patients, decreasing wait times for x-rays and CT scans.

"In the ED we see the breadth of our community," said Dr. Patel. "We have geriatric patients, children, visually impaired people, and those experiencing a mental health crisis. We see patients with many resources and those with very little. As we reimagine what our ED can be, we are considering the experiences of all our patients to transform the space."

This vision is possible because of the passion and advocacy of the ED leadership. Sturdy has already secured \$2.8 million in federal funding from Senators Elizabeth Warren and Ed Markey for this project and will continue to raise funds from generous donors.



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### STURDY HEALTH

### **COMMUNITY ENGAGEMENT 2024**

At Sturdy Health, our commitment to the community runs deep. When local community needs arise, you'll find Sturdy front and center. Our dedicated teams tirelessly provide education, and our logo stands proudly on banners and t-shirts across various events. We cherish every opportunity to make a difference. Together, we nurture health and wellness, building stronger, more resilient communities. And in doing so, we create a better future for everyone.

### SPONSORSHIPS/EVENTS

Joe Andruzzi Foundation
Attleboro Downtown Trick-or-Treat
Attleboro High School Athletics
Attleboro Motion Picture in the Park
Attleboro Recreation Department
Attleboro Spring Fling
Attleboro Winter Night Festival
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Just for the HEALTH of it! Health and
Wellness Fair at Capron Park Zoo
Look Good, Feel Better
Manet Community Health

Mansfield Arts in the Park
Mansfield Halloween Parade
National Wear Red Day
North Attleborough Block Party
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the Poor Walk
Tri County Chamber of Commerce
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Wheaton College Nursing Scholarship
Youth Baseball, Softball and Cheer Sponsorships

### SUPPORT GROUPS, CLASSES, RESOURCES

#### **Support Groups**

Lymphedema Support Group Multiple Sclerosis Support Group Ostomy Support Group Pregnancy and Infant Loss Support Group Prostate Cancer Support Group Strength Training After Breast Cancer (Strength ABC) Stroke Support Group

### Exercise/Movement

Delay the Disease Exercise/Wellness Program Healthy Steps Dance Class

### Pregnancy/Childbirth Classes

Best Beginnings: Feeding Your Baby Breastfeeding Support Childbirth Education Infant CPR O.K.A.Y. (Perinatal Mood Disorders)

### **WALKS/FITNESS FOR A CAUSE**

2nd Annual Attleboro Wheelchair Stroll American Cancer Society's Making Strides Against Breast Cancer (Providence, RI) American Heart Association, Heart Walk (Worcester, MA) Falmouth Road Race MS Challenge Walk (Cape Cod) Step Challenge YMCA Spinathon & Pickleballathon

### **EDUCATION SESSIONS LED BY STURDY HEALTH PHYSICIANS**

Coping with Cancer during the Holidays Regaining Bladder & Bowel Control Stress Busters for the Holidays The Personal Side of Breast Cancer The Power of Prevention: Breast Cancer

### **EMPLOYEE VOLUNTEERING**

Build Day, Habitat for Humanity Community Servings

### OUR DEEPEST GRATITUDE TO OUR GENEROUS SUPPORTERS

### **LEADERSHIP CIRCLE**

\$50.000 +

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The 2024 Impact Report includes qualifying gifts made between October 1, 2023 and September 30, 2024. We have carefully reviewed all gifts made to the Sturdy Health Foundation to ensure that each gift and donor are properly recognized. Occasionally, despite our best efforts, errors occur. If we have made a mistake, we sincerely apologize. Please be sure to inform us of any errors by contacting the Foundation Team at **508-236-8008** or

foundation@sturdyhealth.org. In addition, while we have made every effort to follow donor preference, if you prefer to have your name listed differently, please let us know.

### **AWARDS AND RECOGNITIONS 2024**

From recognition for outstanding maternity and stroke care to cancer center accreditation and CMS 4-Star Designation, Sturdy Health's expert teams are catching the attention of national organizations. Here are a few of the recent recognitions. Each serves as another example of why choosing Sturdy Health can ensure exceptional care, exceptionally close to home.

#### **CMS 4-STAR DESIGNATION**

Sturdy Health earned a CMS 4-Star Designation, placing it among the top 25% of hospitals nationwide. This prestigious recognition is based on key performance measures, including timely and effective care, patient safety, mortality rates, and exceptional patient experiences. The rating underscores Sturdy Health's commitment to delivering high-quality care.



### **GOLD PLUS AWARD FOR STROKE CARE**

Sturdy Health has been honored by the American Heart Association, the preeminent organization and leading authority for stroke and heart care standards, for its exceptional care of stroke patients. Receiving the prestigious Gold Plus Award reflects Sturdy Health's achievement of 24 consecutive months of top-tier performance in stroke care.



#### **CENTER FOR COMPREHENSIVE MS CARE**

Sturdy Health's Multiple Sclerosis Center earned recognition as a Center for Comprehensive MS Care from the National Multiple Sclerosis Society through its Partners in MS Care program. The recognition reflects the Center's commitment to innovative treatment, support services, and patient education that enhance the quality of life for those with MS.



#### **CANCER PROGRAM ACCREDITATION**

Sturdy Health's Cancer Program has earned accreditation from the American College of Surgeons (ACS) Commission on Cancer (CoC) following an on-site review of its standards of care. The impact is real: Recent research shows that highly vulnerable patients treated at CoC-accredited hospitals are more likely to receive care aligned with clinical guidelines and face a 9% lower risk of mortality compared to patients treated at non-CoC-accredited hospitals.



### **GERIATRIC EMERGENCY DEPARTMENT ACCREDITATION**

Sturdy Health has been honored with the Silver/Level 2 Geriatric Emergency Department Accreditation by the American College of Emergency Physicians. This prestigious recognition highlights Sturdy Health's commitment to the care of geriatric patients, supported by staff with focused education in geriatric emergency management.



### **CMS BIRTHING-FRIENDLY ORGANIZATION**

Sturdy Health received the "Birthing-Friendly" designation by the Centers for Medicare and Medicaid Services (CMS). This acknowledgement, the first of its kind from CMS, recognizes Sturdy Health's high-quality maternity care and highlights its leadership in supporting mothers and newborns throughout their care journey.



### BY THE **NUMBERS 2024**

8,490

People Admitted to Sturdy Memorial Hospital 52,160

Treated in Our
Emergency Department

322,312

Served By Our Primary Care & Specialty Care Practices

2,100+

Dedicated Physicians, Clinicians & Team Members \$220 M

Invested In Salaries & Benefits

\$17.5 M

Dedicated to Uncompensated Care

**765,635**Laboratory Tests

**42,660**Volunteer Hours

**5,686**Surgeries Performed

All of the accomplishments and accolades in 2024 were garnered while our teams continued to deliver compassionate, patient-centered care throughout the year.

And here are a few more incredible highlights:

- ✓ Our hospital provided 38,465 patient days
- ✓ Our Imaging Services team provided 13,427 mammograms and 25,149 CT scans
- ☑ Our Respiratory Services team completed 50,503 procedures
- ✓ Our Food Services Team served 520,603 patient and colleague meals, as well as food for events!



www.SturdyHealth.org