



HOSPITAL | MEDICAL PRACTICES | FOUNDATION



**Exceptional Care. Exceptionally Close.**

**2025 IMPACT REPORT**



## MESSAGE FROM THE **PRESIDENT**

Dear Sturdy Health Friends,

This past year has been one of thoughtful progress at Sturdy Health. Guided by a simple commitment—keeping our patients at the center of every decision—we are strengthening the care experience today while building the foundation for tomorrow. Our priority remains clear: ensure that people in our community have dependable access to expert and compassionate care close to home. This year, we moved that mission forward in significant and tangible ways.

In August, we broke ground on a new Emergency Department—an investment driven by the growing and evolving needs of our region. While the current department has served our community well for decades, the demand for emergency services has increased significantly. The new space will provide patients with greater capacity, more privacy, better patient flow, and shorter wait times. A dedicated behavioral health unit will create a safer, more dignified environment for patients in crisis so that every individual receives the specialized attention they deserve.

Just one month later, in September, we proudly opened the Cancer and Specialty Care Building. This state-of-the-art facility brings together services that were once spread across multiple locations so that patients can receive specialty care under one roof. We heard clearly from patients and families that time matters—and that traveling between multiple sites adds unnecessary strain. By bringing hematology, oncology, cardiology, gastroenterology, pulmonology, and surgical services together, we are removing barriers to care and creating the optimal environment for coordinated, team-based care.

These investments come at a time when healthcare systems across the state and country are facing real challenges—rising costs, workforce shortages, reimbursement cuts, and complex patient needs. Even so, we chose to move forward with these investments because our community deserves care that is consistent, local, and responsive. Upgrading our facilities now means that our patients will receive care that meets their needs—not just today but well into the future.

Sturdy Health has cared for this community for more than a century. We honor that legacy by remaining focused on the fundamental services you will read about in this report and by continually striving to provide exceptional care to every patient, every day.

On behalf of our team, thank you for placing your trust in us.

In health,

**Aimee Brewer, MPH**

*President & Chief Executive Officer*



## MESSAGE FROM THE **BOARD CHAIR**

Dear Fellow Community Members and Sturdy Health Supporters,

Serving on the Sturdy Health Board and Foundation for many years, I have seen firsthand how deeply this organization is connected to the people it serves. I see it in the way our clinicians and team members communicate compassionately with patients. They listen closely, explain medical information clearly, and extend patience and respect during moments that can be overwhelming.

Sturdy Health's work encapsulates a wide range of experiences. For some, a visit means a routine checkup that keeps them on a healthy path. For others, it means arriving in a moment of crisis and being met with calm, skilled hands ready to steady the course. Across every encounter, one thing remains constant: a commitment to care that is personal, thoughtful, and grounded in an understanding of the whole person—not just a diagnosis. Our patients deserve nothing less.

As a health system that so many local residents depend on, we must always balance meeting urgent needs today with preparing for the needs of the future. The projects and services you will read about in this report reflect careful planning and great deliberation—steps taken to see that Sturdy Health remains strong, responsive, and ready to serve well into the future.

As a nonprofit institution, our only stakeholders are the patients we serve. The generosity of donors and partners enables our organization to strengthen its services and ensures that high-quality care remains accessible for all who need it. I am profoundly grateful to be part of this work, and for your continued belief in, and ongoing support for, Sturdy Health.

On behalf of the Board of Directors, thank you for your trust and your commitment to a strong and connected community.

With gratitude,

A handwritten signature in black ink that reads "Donna".

**Donna N. Kimmel**  
*Chair of the Board*



# COORDINATED SPECIALTY CARE HELPS PATIENTS GET ANSWERS FASTER

Timing and teamwork matter in a clinical environment. It is the reason Sturdy Health built the state-of-the-art Cancer & Specialty Care Building and centralized its outpatient services—to create a powerful model of coordinated care. Physicians now work in a clinical space right on the hospital campus, but the real service transformation comes from something far simpler: proximity. Specialists who once worked across town from one another are now collaborating in real time, leading to quicker diagnoses, smoother care transitions, and better outcomes for patients.

Pulmonologist Dr. Samuel Evans and cardiologist Dr. Ross Pollack have already seen the difference firsthand.

“Cases that we see in cardiology can often overlap with pulmonary care,” said Dr. Pollack. “When a patient comes in with symptoms like shortness of breath or fatigue, it is not always immediately obvious whether the issue stems from the heart, the lungs, or both. Being in the same building makes it easier to treat the patient together when it matters most.”

Dr. Evans recalled a recent patient visit that underscored the impact of this new facility. While examining a patient for a lung concern, he realized that something was not right with the patient’s heart rhythm. “In the old setup, a patient presenting with those symptoms might have been sent to the Emergency Department to get an EKG, if it took less time than coordinating with cardiology,” said Dr. Evans. “Instead, I walked downstairs, talked with Dr. Pollack, and we were able to get him evaluated right away. The building makes that kind of coordination so much easier.”

Within 24 hours, the patient had completed all necessary testing, met with Dr. Pollack, and was prescribed medications. “What previously might have taken far longer happened over a day or two,” Dr. Pollack said.

This kind of day-to-day collaboration between the teams has already become routine. Dr. Pollack has used equipment from pulmonology when standard pulse oximetry readings have not been sufficient. Cardiology also is performing procedures that can safely be administered—like transesophageal echocardiograms (TEE)—through greater coordination with anesthesiology. Care teams from both specialties now regularly review imaging together and consult on shared patients, ensuring seamless care.

The expanded space in the new facility has also allowed Sturdy Health to broaden its outpatient services, highlighted by the hiring of four new cardiologists, including from top academic medical centers. This growth enables patients to be seen more quickly and brings additional expertise and clinical perspectives to the patients who need them.

“Sturdy Health has invested in the people and the space to make this possible,” Dr. Evans said. “It has changed the rhythm of how we work and patients will continue to benefit from that.”

**Dr. Sam Evans, left, of Sturdy Health Pulmonary Medicine discusses a patient with Dr. Ross Pollack of Sturdy Health Cardiology. Team members from the two specialty practices, along with several other specialties, are working side by side in the new state-of-the-art Cancer & Specialty Care Building, connected to the hospital by a climate-controlled skybridge. After the October 2025 opening, Sturdy Health teams immediately noticed the efficiencies of working together on the hospital campus.**





# OB/GYN & WOMEN'S HEALTH TEAM PUTS PATIENTS FIRST

The moment Kate Picinisco saw the positive pregnancy test for her second child, her mind raced but one thing felt certain—she would turn to Sturdy Health's OB/GYN & Women's Health team for care. She had given birth to her son just 15 months prior, and she felt connected to Dr. Jeannine Connolly, her OB/GYN.

"Dr. Connolly always took the time to really listen," said Kate. "She explained things in a way that made sense, and she made sure that I had the information I needed to make the best decisions for myself and my family. I never felt rushed—our visits always felt personal."

Kate's prenatal care felt balanced and supportive. Hers was considered a "geriatric pregnancy," because she was over 35, and her appointments were tailored to her needs.

"Every pregnancy is different, and our role is to meet each patient where they are," said Dr. Connolly. "Kate came into this pregnancy with experience, and she knew what worked for her. Our job was to build on that and make sure she felt prepared the whole way."

When Kate arrived at Sturdy Memorial Hospital's Weber Maternity Unit for her scheduled induction, she immediately felt the attentiveness of the team. Nurses checked in often and guided her through each step. Once she was induced, labor progressed quickly. Dr. Connolly delivered Kate's daughter, and within 10 minutes of pushing, Kate was holding her newborn.

Soon after, signs of postpartum hemorrhaging began. "The team responded right away," Kate said. "All of a sudden, it seemed like there were over a dozen clinicians in the room. Even though things were happening fast, everyone was calm. They explained what was happening and that helped my husband and me stay calm, too."

The coordinated response stabilized Kate through the crisis.

In the hours after delivery, the nurses provided not only medical support to Kate, but emotional care to her and her husband, Bryan. Multiple nurses stepped in throughout the night to help Kate feed and care for the baby so that Kate and Bryan could get much needed rest.

When it was time to plan for discharge, Kate felt torn—eager to return home to their toddler son yet needing to confirm she was well enough to leave safely. The nurses listened closely, helping her balance her health needs with her family's needs. "It was not about how busy things were," Kate said. "It was about what would work best for me."

Today, Kate, Bryan, and their two children are settling into life as a family of four—grateful for the compassionate, coordinated care they received. Sturdy Health's team not only delivered their daughter—they delivered reassurance, safety, and dignity every step of the way.

**Kate and Brian Picinisco with their toddler, Banks, and new baby, Bristol, are settling in as a family of four after working with Sturdy Health OB/GYN & Women's Health during their pregnancy and then delivering at Sturdy Memorial Hospital. Kate felt prepared and supported throughout her prenatal visits, her scheduled induction, and the birth of her beautiful daughter. Kate is most grateful for the calm and coordinated medical response paired with clear communication and emotional support that came when she experienced a complication just following the birth.**



# LOCAL RESIDENT VALUES EXCEPTIONAL CARE CLOSE TO HOME

Judith Forget and her late husband, Don, built their lives—and their business—in Attleboro. Through the decades, Sturdy Health has been an anchor for them, a place they turned to in moments of both reassurance and uncertainty. When Don was diagnosed with cancer, he was at Sturdy often for treatments, with Judith right beside him. She watched the Sturdy clinicians care for him with patience and gentleness. So when Judith faced her own cancer diagnosis not long after Don's passing, she returned to the same caregivers who had supported them through some of their hardest days. At the time, Judith was grateful for their crucial support throughout her cancer care and into remission.

Recently, Sturdy Health's care became essential again. After experiencing lightheadedness and heart palpitations, Judith went to the Emergency Department, where she was quickly evaluated and admitted to an inpatient unit for monitoring and testing.

"The process was smooth and reassuring, and the nurses were constantly checking on me," she said. "They made sure I was safe and understood everything that was happening. They explained things so clearly."

Judith's time and comfort were top of mind for the nurses. She was scheduled for two separate tests, but when she was taken for the first one, a member of the team asked if she would stay a little longer so both tests could be completed during the same trip. Within an hour, everything was done—no waiting, no repeat transport, no added stress.

Small acts of kindness shaped the rest of her experience. The nurses talked with her throughout her stay and the days went quickly. "They were so knowledgeable, but also funny and showed so much kindness," she said. "They were really enjoyable to talk to. I didn't mind being there!"

Even meals were personalized. A dietitian sat with Judith and helped create a meal plan that was manageable. Judith does not typically eat three full meals a day, but, with the tailored approach, she found herself eating—and enjoying—everything that was delivered.

For Judith, the experience reaffirmed what she has long known to be true.

"You don't have to travel far to get excellent care," she said. "To have a place like this right here is a tremendous asset."

Recently, Judith Forget returned to the Montplaisir Unit at Sturdy Memorial Hospital to thank the nurses as well as the nutritionist who helped her select delicious meals during her hospital stay. Judith is a long-term resident of Attleboro and has relied on care for her and her family over the years. Like many families, Judith returned to Sturdy over the years whenever healthcare needs arose – including with her late husband's cancer and then her own. Recently, Judith was experiencing light-headedness and heart palpitations, so she headed to the Emergency Department and was quickly evaluated and admitted to an inpatient unit for monitoring and testing. Judith's recent stay reaffirmed for her that "you don't have to travel far to get excellent care."

# STURDY HEALTH AWARDS AND RECOGNITIONS 2025

In 2025, Sturdy Health gained national recognition as a Leapfrog Top Hospital and twice received a Leapfrog Grade A for Hospital Safety as well as being named to Becker's Lists for Top Places to Work in Healthcare and Great Community Hospitals. Outstanding care was acknowledged for senior care, maternity, and stroke care, along with many other areas. These recent recognitions serve as examples of why choosing Sturdy Health can ensure exceptional care, exceptionally close to home.



# STURDY HEALTH IN THE NEWS

*The Sun Chronicle* | March 2025

## Sturdy Health and Dana-Farber collaborate to expand cancer care services

*The Sun Chronicle* reported on Sturdy Health's collaboration with Dana-Farber Cancer Institute to bring a cancer care center to Attleboro. Starting in 2026, Dana-Farber clinicians will provide care within the new specialty care building that opened in October 2025.



*Providence Business News* | May 2025

## 'A Night for Sturdy Health' dinner raises \$1M for new emergency department building

*Providence Business News* covered Sturdy Health's fundraising dinner, where more than \$1 million was raised to support construction of the new emergency department building. The project will nearly double the size of the emergency department, add a dedicated behavioral health unit, and improve patient flow and privacy.



*Boston Business Journal* | August 2025

## Sturdy Health to double size of Emergency Department in expansion

The *Boston Business Journal* and many other publications highlighted Sturdy Health's emergency department expansion that will enhance patient care. Construction is currently underway.



*LinkedIn* | October 2025

## Sturdy Health begins offering smart knee implant technology

Sturdy Health observed a milestone when Dr. Saul Magitsky and the orthopedic surgical team performed Sturdy Health's first procedures using Zimmer Biomet's Persona IQ® The Smart Knee® implant. The technology securely captures mobility data to support more personalized recovery and rehabilitation planning.



**Don't miss any Sturdy News! Follow us!**



# STURDY HEALTH LEADERSHIP 2025

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**STURDY MEMORIAL HOSPITAL MEDICAL STAFF EXECUTIVE COMMITTEE**

**STURDY HEALTH FOUNDATION MEMBERS**

# STURDY HEALTH COMMUNITY ENGAGEMENT 2025

**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 Night at Capron Park  
Attleboro Recreation Department  
Attleboro Spring Fling  
Attleboro Winter Night Festival  
Attleboro/Norton YMCA  
Attleboro/Norton YMCA Chronic Disease Program  
Blood Drives  
Bristol County Savings Bank  
Empty Bowls Attleboro  
Friends of Jack Foundation  
Gloria Gemma: Passport to Survivorship Expo  
Habitat for Humanity  
Health Care for All: For the People  
Healthy Kids Day at Seekonk YMCA  
Hebron Food Pantry  
Hockomock YMCA  
HopeHealth  
Look Good, Feel Better  
Manet Community Health Center  
Mansfield 250th Anniversary  
Mansfield Arts in the Park  
Mansfield Halloween Parade  
National Cancer Survivor's Day Brunch  
National Wear Red Day  
North Attleborough Block Party  
Norton High School Athletics  
Rhode Island Blood Center  
Schwartz Center for Compassionate Healthcare  
Seekonk Summer Concert Series - Seekonk Library  
Sharon Day  
Snug Tail Pet Therapy  
Southeastern Mass Paws of Comfort Lions Club  
Society of St. Vincent de Paul, Friends of the Poor Walk  
The Literacy Center  
Tri County Chamber of Commerce  
United Regional Chamber of Commerce  
Vaccine Clinics  
Wear Blue for Colorectal Cancer Awareness Month  
Wheaton College Nursing Scholarship  
Women's Image Center visits Sturdy Hematology & Oncology

## EMPLOYEE VOLUNTEERING

- Community Servings
- My Brothers' Keeper
- Patient Card Making Workshop

## SUPPORT GROUPS, CLASSES, RESOURCES

### Exercise/Movement:

- Delay the Disease
- Exercise/Wellness Program
- Healthy Steps Dance Class
- WellFITT Program
- HeartFITT Program

### Support Groups:

- Coping with Cancer Support Group
- 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

### Workshops/Classes:

- Attleboro Free Monthly Health Checks
- Caring for Yourself Through the Journey: Self-Care for Those Affected by Cancer
- Honoring Choices: Health Care Proxy Planning
- NEDS Organ Donation Seminar
- New England Society for Healthcare Strategy Webinar
- North Attleborough Senior Center – Fall Prevention Techniques

### Pregnancy/Childbirth Classes:

- Best Beginnings: Feeding Your Baby
- Breastfeeding Support
- Childbirth Education
- Infant CPR
- Infant Massage
- O.K.A.Y. (Perinatal Mood Disorders)
- Spinning Babies - Workshop to Reduce C-Section Rates

## WALKS/FITNESS FOR A CAUSE

- American Cancer Society's Making Strides Against Breast Cancer
- American Heart Association, Heart Walk
- Boston Marathon
- Falmouth Road Race
- MS Challenge Walk - Cape Cod
- Step Challenge
- Third Annual Attleboro Wheelchair Stroll

## EDUCATION SESSIONS LED BY STURDY HEALTH PHYSICIANS

- Behavioral Health Community Talk
- Breast Cancer Webinar: When Breast Cancer Runs in the Family— Understanding Genes, Prevention, and Treatment
- Recovering Safely from a Fall
- Solving Knee and Hip Pain - Orthopedic Seminar

# OUR DEEPEST GRATITUDE TO OUR GENEROUS SUPPORTERS

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## \$250,000 to \$499,999

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Dr. Janice Thomas  
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Gloria Vignone  
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Xfinity Center

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Charlotte and Gary Ahrendts  
William Alker  
TaCheigna Allen  
Nerlande Almonor  
Maria and Leonardo Alves  
Eric Anderson  
Christine Anderson

Kaysonne Anderson  
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Theresa Anderson  
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Boro Bagels  
Emma Boss  
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Charline Boucher  
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Beverly Bowie  
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Julie and Jeffrey Bradley  
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Glenn Breese  
Briggs Nursery  
Joanne Brousseau  
Kim Brown  
Matthew Brumbaugh  
Marie Brunell  
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**The Sturdy Health Foundation is honored to recognize the generous contributions made in Fiscal Year 2025 by our donors and supporters. The list below recognizes gifts received between October 1, 2024 and September 30, 2025. Every donation, regardless of the size, benefited our patients and community. Thank you!**

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 Jacqueline Donovan  
 Susan Dowling  
 Amy and James Downs  
 Lynn Drummy  
 Joan Duggan  
 Carol and Lawrence Duguay  
 Kerri Duquette  
 Rachel Eaton  
 Paul Eddy  
 Jason Engle  
 Estate of Daniel F. Devine  
 Evviva Trattoria  
 Corinne Fahey  
 Scott Farrell  
 Irene Ficichy  
 Jo-Ellen Fisher  
 Donna Fitzpatrick  
 Kelly Fitzpatrick  
 Ann Fletcher  
 Haylee Foley  
 Michele Fournier  
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 Heather Frink  
 Anthony Frontino  
 Molly Fubel  
 Victor Furtado  
 Lynn Gale  
 Jennifer Galindo  
 Katherine Gately  
 George Family Orthodontics  
 Beverly Germain and  
 Dr. Bradford Germain  
 Tammy Gilpatrick  
 Marsha and Elliott Goldstein  
 Crystal Gomes  
 Ellen and William Goodchild  
 Rebecca Gousie  
 Dorothy Gravelime  
 Brian Graveline  
 Carrie and Raymond Green  
 Kathleen Greene  
 Susan Greene  
 Judy and Steven Hagopian  
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 Colonel Julie Hall and Dave Jeffrey  
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 Connie Harrop  
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 Donna Hogan  
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 Jill Horan  
 Mary Hourigan and Dr. Philip  
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 Beatrice and Ronald Hurd  
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 Kendra Jankowski  
 Donna and Alan Johnson  
 Julie Kahn  
 Lavanya Kancharla  
 Dr. Nithin Karanth  
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 Dr. Hesameddin Karimeddy

David Keamy  
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 Arlene Macaione  
 Jennifer Madden  
 Linda Malers  
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 Christie Martin and David Martin,  
 Esq.  
 Holly Martin  
 Kerri Mathieu  
 Kerry Mattingly  
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 Lea Moitoso  
 Ronald Monroe  
 Madeline and Charles Mooney  
 Lizzette Morales  
 Lauren Moriarty  
 Joyce Morin and Russell Morin, Jr.  
 Claire Morrisette  
 Ralph Movilla  
 Dr. Narmada Movva  
 Shireen Muehlberger  
 Muffin House Café  
 Kathleen Murphy Beksha  
 Stephen Murphy  
 Michelle and Patrick Murray, Jr.  
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 Linda and Russell Negus  
 Russell Neitlich  
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 Felicia Nelson  
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 John Neto  
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 Kristy Nimblett  
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Helyn Oatis  
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 Sarah Ohlson  
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 Cheryl Patrice  
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 Pepsi Beverages Company  
 Laura and Jared Perkoski  
 Elaine and Allen Perry  
 Carla Perry  
 Janna Peterson  
 Dr. Bruce Phillips  
 Patricia Piazza-Dirzulaitis  
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 Denise Pizura  
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 Frances Reynolds  
 Amy Ringuette  
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 Kendra and Norman Rogers  
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 Robert Roy  
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 Jennifer Smith  
 Gail Solomon  
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 Soklim Souza  
 SpeedDee Oil Change & Auto  
 Service  
 Jeannine Speight  
 Monique Speight  
 Splitsville/Howl at the Moon  
 Kristen St. Jean  
 Kristi Staines  
 Barbara Stapleton  
 Starbucks  
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 Team  
 Sturdy Health Telecommunications  
 Sturdy Memorial Hospital -  
 Endoscopy  
 Sturdy Health IT Department  
 Sturdy Memorial Hospital Medical  
 Staff  
 Sturdy Memorial Hospital Pathology  
 Staff  
 Kara Sutherland  
 Swansea Country Club  
 Shawn Mahoney-Sweet and  
 Christopher Sweet  
 Geralyn Szczesuil  
 Marilyn and Rocco Taddeo  
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Tavern in the Square Wrentham  
 Diane Tefft  
 Lynne and Michael Teixeira  
 The Arc of Bristol County  
 The Colonel Blackinton Inn  
 The Horse Restaurant  
 The Liberty Hotel  
 The Moose Lodge - Attleboro  
 Colin Then  
 Kimberly Thomas  
 Top Golf Boston - Canton  
 Christopher Torsiello  
 Tree House Brewing Company  
 Chad Triveri  
 Lystra Turner  
 Meta and Diethard Unterweger  
 Kelly Valequett  
 Lajiri Van Ness-Otunnu and  
 Dr. Ronald Van Ness-Otunnu  
 Gail and Kevin Vandenberghe  
 Valerie Varrasso  
 Kimberly Vieira  
 Nancy Vieira  
 Laura Viens  
 Janice Vignolo  
 Lawrence Violette  
 Rudy Viscomi  
 Gail Walsh  
 Jane Walsh  
 Nathan Ward  
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 White's Bakery  
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**A NOTE TO  
 OUR SUPPORTERS:**

The *2025 Impact Report* includes qualifying gifts made between October 1, 2024 and September 30, 2025. 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.

# STURDY HEALTH BY THE NUMBERS

**8k+**

Admitted to  
Sturdy Memorial Hospital

**500k+**

Meals Served

**\$220 M**

Invested in  
Salaries & Benefits

**797k+**

Laboratory Tests

**26k+**

CT Scans

**50k+**

Treated in  
Emergency Department

**12k+**

Mammograms

**2k+**

**\$19 M**

Dedicated to  
Uncompensated Care

Dedicated Physicians,  
Clinicians & Team Members

**5k+**

Surgeries Performed

**48k+**

Volunteer Hours

**320k+**

Served by Primary Care  
& Specialty Care  
Practices



**Sturdy Health**

[SturdyHealth.org](http://SturdyHealth.org)