

RIDDLEMATTERS

A Publication of The Riddle HealthCare Foundation Spring, 2010



Riddle Celebrates the
Opening of Health Center 4

The Greskoffs:
A Grateful Family Mobilizes to
Support Riddle's NICU

The McManus Family:
Lifetime Friends of Riddle Hospital

Cathy Granger:
Celebrating Two Decades of
Service to Riddle

Main Line Health
Riddle Hospital

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Riddle Matters

Spring 2010

Issue 3.1

On the Cover:

Tommy, a patient in the ROPeS Program at Riddle Hospital

Riddle Matters is published by The Riddle HealthCare Foundation, which provides a philanthropic venue for members of the community to support Riddle Hospital in fulfilling its mission and vision.

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Welcome to the Spring 2010 edition of *Riddle Matters*! In this issue, we celebrate continued growth at Riddle with the opening of Health Center 4 and feature the stories of people who have benefited from the services now provided in our new building. From Tommy in the ROPeS program at the Speech and Hearing Center...to Al Berman in the fitness center in the Riddle Rehabilitation Institute...to Alex who is once again playing football and baseball upon recovering from a wrist injury thanks to the skilled work of one of our esteemed surgeons...I am delighted to share these stories with you.

But there's more to the opening of Health Center 4. As I celebrate my first anniversary as president of Riddle Hospital, I am pleased to tell you that this is just the beginning. We are now working on a master facility plan that, together with our recently completed strategic plan, will chart our course for the future and promote Riddle as a center of excellence in health care.

This magazine is a publication that celebrates the people of the Riddle Hospital community and its philanthropic spirit. Philanthropy, in its truest form, is about love. Love for humankind. And about giving and receiving. At Riddle, our goal is to provide superior care to our patients every day. And many times, they give back with gratitude and generosity.

The stories in this issue reflect the generosity of spirit among many of our patients, staff members, board members and community supporters. We celebrate this spirit and we look forward to strengthening our relationship with you and everyone who is part of the Riddle team as we continue to provide quality healthcare and superior service in order to promote and improve the quality of life in our communities.

Gary L. Perecko

Riddle Celebrates the Opening of Health Center 4



New building combines thoughtful designs for outpatient and wellness services with the latest “green” practices for minimizing environmental impact.

After five years of planning, design, and construction, Riddle Hospital proudly unveiled its newest addition, Health Center 4, in February. Combining patient-centered design and environmentally friendly features, this \$40 million, 80,000 square-foot medical office building embodies today’s best practices for creating new healthcare facilities. It also makes convenient, high-quality specialty care more accessible to residents of southern Delaware County.

Riddle’s clinical staff worked closely with architects and designers to configure spaces in ways that make the most sense for clinicians and patients—creating a first-rate experience for everyone. Among these services are:

Riddle Speech and Hearing and ROPeS (Riddle Outpatient Pediatric Therapy Services)

For 25 years, Riddle has been diagnosing and treating children and adults with speech and

hearing problems; in fact, this is the only such program within Main Line Health. Over the last several years, the hospital added physical and occupational therapy for children with health and developmental challenges. The move to Health Center 4 offered the chance to design diagnostic and therapy rooms with patients’ needs in mind.

“It was an amazing three-year process of staff brainstorming, putting together a wish list, and giving input to the architects,” notes Director Barbara Madden, Au.D.

Among the many new and improved features are: separate waiting and therapy areas for adults and children; a designated “quiet wing” and soundproof room for hearing tests; and bright, colorful, light-filled pediatric therapy rooms outfitted with the latest equipment for developing children’s physical and motor skills.

HC4’s Green Features

Health Center 4 was intentionally designed to meet the criteria for Leadership in Energy and Environmental Design (“LEED”) Gold Certification—the nationally recognized benchmark for the design, construction, and operation of high-performance green buildings. A sampling of features:

- Interior finishes and materials contain low or no volatile organic compounds (“VOCs”).
- Over 20% of building materials have high levels of recycled content.
- Over 88% of construction waste materials were diverted from landfills.
- Over 20% of building materials were manufactured regionally to reduce the fuel emissions associated with transport.
- Lavatory faucets, toilets, and urinals have special features designed to reduce water usage.
- The white roofing system promotes natural cooling.

The Rothman Institute Orthopaedic Center of Excellence

Rothman's highly-regarded, fellowship-trained orthopaedic specialists offer surgical and non-surgical treatments, such as nutritional counseling and exercise therapy, for problems affecting the bones, joints, and ligaments. As the newest of Rothman's 12 locations, Health Center 4 provided the opportunity to create what Rothman Director of Marketing Joe Fruhman calls a "model office"—from the choice of colors and artwork to the arrangement of exam rooms around centralized computer "pods" where staff can access patients' records and test results.

"What excites me is that it is both state-of-the-art and comfortable and convenient for patients," says Peter Sharkey, MD, Director, Rothman at Riddle and member of the Board of Directors of The Riddle HealthCare Foundation. "Patients with orthopaedic problems also have easy access through the building's attached parking garage or covered drive-thru drop-off."

Adding to the convenience is on-site diagnostic imaging, an adjacent physical therapy suite, and the Riddle Rehabilitation Institute.

Riddle Rehabilitation Institute

Riddle Rehab offers a full range of physical and occupational therapy services for adults recovering from injuries and other conditions that affect motor skills, balance, and joints and limbs. The Fitness Center features a medically supervised exercise program for community members, along with wellness programs ranging from nutritional counseling and fitness assessments to personal training.

Scott Voshell, PT, Director of Rehabilitation, notes that Riddle's quality in these areas is driven by the commitment of the 60 "awesome" staff members who work there. Health Center 4 gives them a better space for showcasing that quality.



Ribbon Cutting Ceremony at Grand Opening of Health Center 4 L-R: Riddle Hospital President, Gary Perecko; CEO of Main Line Health, Jack Lynch; Rothman Institute President, Dr. Todd Albert; Rothman Institute Surgeon, Dr. Peter Sharkey; Rothman Institute Founder, Dr. Richard Rothman; and Chairman of Main Line Health and Riddle Hospital Boards of Directors, George Gephart.

"Our people have always made the difference by giving each patient dedicated one-to-one attention," Voshell says. "We were on the ground floor of Health Center 3 before, but now we are front and center in a beautiful, larger space filled with natural light."

Cardiac Rehabilitation

More space for patients and equipment also has been a boon to the new Cardiac Rehabilitation suite, according to Nurse Manager Marianne Schwalbe, RN, BSN, MS.

"Another benefit is that we can transition patients right over to the Fitness Center and wellness programs across the hall when they finish with us," Schwalbe adds.

With the move to Health Center 4, nurses began using a new computerized patient monitoring system that allows them to track heart rate, rhythms, blood pressure, and other vital signs remotely, and program exercise machines to retrieve better information about goals and outcomes.

Other Services

Health Center 4 also houses the Diabetes Education Center. Virginia McCadden, RN,

MSN, CDE serves as the Diabetes Coordinator implementing inpatient and outpatient programs designed for management of diabetes and reducing risk of complications. Riddle's Diabetes Education Center is recognized by the American Diabetes Association.

Future plans for Health Center 4 include an outpatient surgery center and physician offices. The project also includes a 540-space covered parking garage and a new entrance from Route 1.

Jim Paradis, Vice President, Administration, points out that all work was done with environmental stewardship as a top priority. "Our intent is to be a good neighbor: Riddle has a major presence in the community and is a very large employer," he says. "We succeeded in minimizing not only the direct environmental impact of the construction, but also the long-term impact of the building."

On the following pages, you'll meet four patients who have experienced the quality of services now available in Health Center 4.



Physical therapist Tonia Virnelson gives Tommy a gentle push during his therapy session.

Tommy: Skill-Building Was Never So Much Fun

For six-year-old Tommy, a kindergartener in the Wallingford/Swarthmore School District, coming to ROPeS (Riddle Outpatient Pediatric Therapy Services) twice a week feels more like fun than hard work. Whether he is climbing the rock wall, balancing on a swing, playing a word game, or engaging in some other activity, he is building essential skills for school and for life—without even realizing it.

Tommy experiences hypotonia (low muscle tone), which can affect speech, fine motor skills, and physical activity and

coordination. His mother, Megan, says she knew little about Riddle Hospital until she discovered the ROPeS program. It not only offered the speech, occupational, and physical therapy services Tommy needed, but also was convenient to their home and businesses they patronized. Tommy started ROPeS at age three-and-a-half and has made great progress since then—progress Megan attributes to his close relationships with therapists Karen Reinoehl (speech), Barbara Hetherington (occupational), and Tonia Virnelson (physical).

“Tommy loves his ‘lessons’ at Riddle,” Megan says. “He loves the one-to-one attention from the therapists, who keep things new, exciting, and pertinent to his interests and what’s going on in his life. It can often be hard to get Tommy to leave at the end of his sessions!”

Megan has noticed many improvements since Tommy began therapy. He is more confident expressing himself and has a wider vocabulary. While he could not hold a pencil properly or draw a straight line when he started at ROPeS, he now can write letters and sentences, and he has strengthened other fine motor skills such as cutting, drawing, and buttoning. Tommy can jump, throw, kick, and climb just like his friends, whereas a few years ago he had difficulty with jumping and other physical activities.

The family is thoroughly enjoying the new ROPeS space in Health Center 4. Tommy’s little sister loves the room filled with toys, books, art supplies, a TV/VCR, and a Wii Game System, all for the use of siblings like her. Megan loves the big, open, sunny therapy rooms and what she describes as the “warm and welcoming” feel. But she quickly adds that the people, rather than the setting, make the real difference for Tommy.

“What Tommy loves most about it is the people. His ‘lessons’ could take place in a dark, dreary basement and Tommy would still enjoy them because it is the staff of ROPeS that make the program so gratifying and extraordinary.”

See story on page 10 to learn more about the ROPeS Program.

“Tommy loves the one-to-one attention from the therapists, who keep things new, exciting, and pertinent to his interests and what’s going on in his life.”
Megan, Tommy’s mom

Dr. Beredjiklian and Alex Ward reunite following successful surgery.

Alex's mom, Donna, is thrilled with his recovery and how his wrist looks on X-rays. He was able to play football in the fall, even with the plate and pins still in, and now is trying out for baseball.

Donna recalls that Dr. Beredjiklian also listened carefully and gave the family some options. If the cast was left on, the wrist could heal, but Alex was unlikely to have full range of motion and likely would need to have the wrist rebroken and fixed later in life. Or, Dr. Beredjiklian could take care of it now by performing surgery to reposition the bone correctly using pins and a metal plate—the option that Donna and Alex chose.

“Dr. Beredjiklian came in on his day off—Good Friday of last year—to do the surgery,” Donna says. “It has been a long process, as Alex just had the pins taken out in December, but well worth it.”

Dr. Beredjiklian says that patients like Alex are the reason why he loves what he does.

“When the bones are still growing, that creates a whole different set of challenges, on top of which the fracture had started to heal incorrectly,” Dr. Beredjiklian says. “So it was very satisfying to be able to restore the anatomy. Now Alex can expect to have normal function with minimal chance of arthritis or instability later.”

Donna is thrilled with Alex's recovery and how his wrist looks on X-rays. He was able to play football in the fall, even with the plate and pins still in, and now is trying out for baseball. She adds with a laugh that last year's injury may have steered Alex away from lacrosse and back to baseball, his usual spring sport.

Alex Ward: *Finding a Permanent Fix for a Serious Break*

Last spring, fifteen-year-old Alex Ward of Ridley Park fell on his wrist during lacrosse practice at Cardinal O'Hara High School. Suspecting a break, the assistant coach—who also happens to be Alex's brother—drove him to a local emergency room. Within a few days, Alex was back in the hospital to be sedated while the bones were repositioned and a cast put on. One week later, an X-ray revealed some troubling information.

“I could see the bone was not healing right,” says Alex's mother, Donna Ward. “In fact, it looked worse than it did in the X-ray taken just after the break!”

When Alex's doctor suggested following up a week later with another X-ray, Donna called the Rothman Institute at Riddle. “The woman who answered the phone listened to the whole story and quickly got us in to see Dr. Beredjiklian,” she recalls. Pedro K. Beredjiklian, MD, is Chief of Hand and Wrist Surgery at the Rothman Institute and an O'Hara graduate himself.

Al Berman: Making Fitness a Way of Life



Al Berman, left, pauses briefly during his workout with trainer Bob Bair.

When Al Berman of Chester Heights began seeing Riddle cardiologist Robert Bulgarelli, DO, a few years ago, he recalls making one simple request: “Doctor, I’ll do whatever you tell me to as long as you keep me out of the hospital.” In his mid-60s at the time, Al had never spent a night in the hospital and wanted to keep it that way. Although he had a family history of heart disease, his numbers and test results had always been good. But he had never exercised regularly.

Dr. Bulgarelli sent Al downstairs to the Riddle Fitness Center, then located in Health Center 3, where he met Bob Bair, MS, CPT, CSCS, Director of Fitness Services for the Riddle Rehabilitation Institute. Bob put together an exercise program for Al, who began leaving work at his family business to come to the Fitness Center three afternoons a week—a routine he continues to this day.

“It really has become like a religion for me,” Al says. “When you work out at home or in a traditional health club, it’s easy to lose focus or, worse yet, hurt yourself. It is great having Bob there to advise me and show me how to do the exercises right.”

Unfortunately, Al did experience a lengthy hospital stay last November, when he developed bacterial meningitis and found himself at Riddle for 12 nights. “I always wanted to stay out of the hospital, but the doctors and nurses at Riddle did a super job. I can’t say enough good things about the care I received.

“Also, without the fitness program, I would not have recovered as well as I did,” he says. “Today I am equal to, if not better than, I was before.”

When Al resumed his workouts in January, he was able to take advantage of Riddle’s new Fitness Center in Health Center 4.

“The large exercise floor is dynamite, as is the natural light. The rehabilitation areas are well-defined and being set apart from the hospital is nice,” he adds, which makes it easier for him and other members to focus on their own health and wellness instead of thinking about sickness. The Center feels like a regular health club, but Al says there is no substitute for having professional supervision.

“I cannot speak highly enough of having Bob Bair there and working with someone who really knows what he is doing. It’s just a great program and it changed my life.”

“Without the fitness program, I would not have recovered as well as I did. Today I am equal to, if not better than, I was before.”

Al Berman



Mary Lou Wilkinson, RN, closely monitors Joanne Bundrick when she exercises in the Cardiac Rehabilitation Center.

Joanne Bundrick: Moving Forward with Confidence after a Heart Attack

For Joanne Bundrick of Media, nothing could be sweeter than being here to plan her twin daughters' sweet 16 birthday party. Back on January 3rd, she woke up feeling what she describes as "both heavy-chested and light-headed," and soon asked her husband to take her to Riddle's emergency room. She suspected a heart attack and feared for her life.

"I had this incredible chest pain—words can't even describe it. My father was dead from heart disease at 52, and since I was about to turn 52 it was on my mind. I also was extremely overweight, and even though I am a nurse, the advice about diet and exercise always applied to 'other people,'" says Joanne, who is the Director of

Program Development at Broomall Nursing and Rehabilitation.

After arriving at Riddle, she was taken to the cardiac catheterization laboratory, where she learned that some of her coronary arteries were clogged. Joanne was then transferred within Main Line Health to

"I was afraid if I exercised, or even moved or walked, it would happen again. I arrived at Riddle Cardiac Rehab and was greeted by Mary Lou, who reassured me that we would take it slow, but I had to move forward."

Joanne Bundrick

Lankenau Hospital to be considered for hybrid (robotic) coronary artery bypass surgery and/or a complex stent procedure. A few days after the stent procedure, she returned home to find a welcome package from Mary Lou Wilkinson, RN, and Joy Merriken, RN, of Riddle Cardiac Rehab. Little did she know how dramatically those two women would help change her life.

"I was just so frightened and emotional," Joanne recalls. "I was afraid if I exercised, or even moved or walked, it would happen again. And what if I had another heart attack while driving? What then?"

"I arrived at Riddle Cardiac Rehab on a Tuesday and was greeted by Mary Lou, who could not have been more supportive and understanding. She reassured me that we would take it slow, but I had to move forward."

Move forward is exactly what Joanne did over the next two months, working with Mary Lou and Joy two times a week. "Those two amazing women are the rehab program," she says. "It's not just about jumping on an exercise machine. Mary Lou and Joy supervised me closely, taught me how to warm up and cool down, told me when my pulse rate indicated I should speed up or slow down. They looked at every single detail to make sure my recovery was what it should be." She also worked with a dietitian to keep a food diary and monitor her eating habits at Riddle's Weight and Nutrition Center.

Joanne lost 63 pounds during cardiac rehab and left with a plan for continuing her exercise at home twice a day.

"I look totally different and I feel like a new person," she marvels. "It brings back your faith in people when something life-altering happens, and I can't thank Mary Lou and Joy enough. My experience at Riddle changed me completely. I feel like I have a second chance at life!"

A Grateful Family Mobilizes to Support Riddle's NICU

It's not every day that a patient and her loved ones decide to volunteer countless hours to give back to the hospital that cared for them in their time of need. But that's exactly what Jean Marie Greskoff and her sister Colleen Sinkinson have done, in a truly extraordinary effort to raise funds to support The Riddle Birthplace and NICU (Neonatal Intensive Care Unit).

The journey began early in 2009, as Jean Marie and her husband, John, eagerly awaited the arrival of their son, Johnny, due in March. A routine doctor visit revealed that Jean Marie's blood pressure was dangerously high and on January 7th, obstetrician Doris Tirado, MD, performed an emergency C-section. Johnny Greskoff was not only 10 weeks premature, but at one pound seven ounces he also was half the average weight of a baby born at 30 weeks.

"I could never, ever have imagined the extraordinary level of care, kindness, and personal attention we received." *Jean Marie Greskoff*

Johnny spent the next 57 days in Riddle's Neonatal Intensive Care Unit (NICU). His parents and their large extended family, including Jean Marie's four older siblings, visited and tended to him for hours every day, alongside the NICU nurses and staff.

"I could never, ever have imagined the extraordinary level of care, kindness, and personal attention we received," Jean Marie marvels. "Every time we walked through the door, the NICU nurses treated us as if we were their friends and family. It became so much easier to go home at night knowing that Johnny would be rocked and held and talked to by those wonderful nurses. Everyone there always knew what was going on with him."

Johnny grew stronger week by week and was discharged from the NICU by Jeffrey Parker, MD, in March, continuing to thrive under the care of Riddle pediatrician Russel Applegate, MD. But the family could not stop thinking about the bond they still felt with the NICU staff. Jean Marie's oldest sister, Colleen, and her husband, Ed, hatched an idea: For years they had been hosting a party for a group of friends in late February.



Gathered for a special moment during the event— Johnny, Jean Marie, and John

Johnny's Night a Resounding Success

Johnny's Night 2010 raised nearly \$18,000 to support The Riddle Birthplace and NICU. A portion will be used to establish a scholarship fund in Johnny Greskoff's name that enables nurses to further their training in caring for premature infants. The funds also will support new equipment and technology and other needs—anything that ensures the best possible experience for premature infants and their families.

What if they turned that event into a fundraiser to benefit The Riddle Birthplace and NICU?

"We felt that anything we could do to get these wonderful people anything they need to help families like ours would be well worth the effort," says Colleen.

From that idea *Johnny's Night* was born. Family and friends pitched in to organize and publicize the event, sell tickets, solicit sponsors, and even hold bake sales and raffles at a local grocery store and Riddle Hospital. On February 27th, 165 guests gathered at the Penn Oaks Golf Club in West Chester for an evening of dinner, dancing, games, and a raffle and live auction. Johnny was a special guest of honor for this amazing celebration attended by family and loved ones, friends and colleagues, Riddle President Gary Perecko and staff from The Birthplace and NICU.

"I am so grateful every day to have Johnny," Jean Marie says. "Anything we can do to make the experience a little easier for preemies and their families is just a fraction of what the NICU staff did for us."



Reunion in the NICU of doctors and Johnny- (L-R): Russel Applegate, MD, Pediatrician; Doris Tirado, MD, Obstetrician; Jeffrey Parker, MD, Neonatologist

The McManus Family Honored as Lifetime Friends of Riddle Hospital

The McManus “clan” settled in Pennsylvania decades ago with the immigration of Patricius who, in the late 1800’s at the age of 19, worked on the railroads. His son Leo was introduced to the trade, went to college and helped to build the family business, expanding to include construction of institutional buildings and churches. John McManus, Sr. took over and incorporated the company that exists today. Passing the torch to three of his sons—John, Jr., Mark and Mike—he now watches as they continue to expand the reach of an outstanding work ethic and successful business model.

Raising an Irish Catholic family of 14 children, 7 boys & 7 girls, in Chester Heights, the McManus parents set up their business near home, where it still remains. The young boys worked every summer with their dad in the construction company as laborers but never thought of running the company.

John, Jr., Mark and Mike all attended St. Joe’s University and studied business management, preparing them for what

was ahead. In 1981, they landed their first contract in health care at Riddle with the construction of Health Center 2—Dad would join Mark on the job site, then work with John on the estimating process. In 2001 the 4th and 5th floors were added to HC2 with Mike now added to the crew. Then they all worked on a very tough job, adding a 4th floor to the West Wing. Situated over the Administration Offices, the ICU and the Emergency Department, it was critical that the project didn’t interrupt these important work areas. In 2010, Riddle proudly opened Health Center 4, a huge project for the McManus Company, which served as the general contractor, and also for the hospital and community.

This year the connections will grow even deeper and stronger with the establishment of The McManus Family Scholarship Fund.

There are lifetime connections with Riddle Hospital and the McManus Family, both as patients and business associates. Children were born at Riddle, the family is cared for by physicians at Riddle and they receive physical therapy at Riddle. In addition, John, Jr.’s wife, Fay was a Riddle RN, Nurse Practitioner, and continues to serve as a member of the Associated Auxiliaries. They have two sons, Sean and Mike. Mark’s wife, Jeanie was an X-ray Technician at Riddle and is now a Personal Trainer, busy raising four children, Kristen, Matthew, Lizzie & Jimmy. Mike’s wife, Tami, was a Labor & Delivery Nurse and, now a CPA, she keeps going with their three children, Brendan, Meghan & Matthew.

This year the connections will grow even deeper and stronger with the establishment of The McManus Family Scholarship Fund, created for Riddle employees who desire to further their education in the healthcare field.





The John S. McManus, Inc. Family gathers for a memorable photo at The Man O'War Gala.

The 51st Annual

Man O'War Gala

Honoring family members and employees was important as all have a role in the successes the company enjoys and the strong bonds of friendship over the decades. With lovely touches of "the green" to celebrate their Irish heritage, the Gala Committee created a venue of wonderful decorations, flowers and a surprise Bag Piper to serenade everyone with Irish music. The establishment of The McManus Family Scholarship Fund was a very much appreciated gift to Riddle Hospital, set up for employees wishing to further their education.

Thank you, McManus "Family", one and all! This year's Gala raised more than \$90,000 to benefit The Associated Auxiliaries pledge of \$1 million for the planned Emergency Department renovations.



The Honorees for the evening take a moment together (L-R): Mike McManus, Mark McManus, Sean McManus (John, Jr's son), John McManus, Jr. and John McManus, Sr.



John McManus, Jr. twirls his wife, Fay, to the music of The Philly Horn Band



Gathering during the cocktail hour are (L-R): Gary Perecko, President, Riddle Hospital; Hassan Vakil, MD; Jack Lynch, CEO, Main Line Health; and Anthony List, Esq.



Peter Sharkey, MD is surrounded by Maureen Lewis, RN (L) and his wife, Sally

A Focus on Philanthropy Building Riddle's Future...Together

"March Madness" at McDonald's for Young Riddle Hospital Patients



"March Madness Team" at McDonald's included (L-R): Marcus Scott (mgr), Ryan Earle (Owner), Jasmine Townsend, Annita Minnifield, and Kelvin Stewart, surrounded by staff of Speech & Hearing Department (L-R): Amy Washko, Janice Crozier, Laurie Maddesi, Barbara Madden, Karen Reinoehl, Dave Rice and Barb Hetherington

Ryan Earle, owner/operator of the McDonald's Restaurant across from Riddle's Health Center 4 wanted to do something special for the ROPeS Program in the Speech and Hearing Department. He

decided on a "March Madness" event and invited the children served in the program to the restaurant where he had a big surprise waiting for them. For two hours, as waves of tiny tots and their families arrived that evening, they discovered their ROPeS therapists wearing McDonald's hats and aprons, standing behind the counter, ready to take their orders.

"We are pleased to turn over 20% of all our proceeds from tonight's sales to this wonderful program," says Earle. "We look forward to becoming a good corporate friend to Riddle Hospital."

See story on page 3 to learn more about the ROPeS Program.



We Get Mail

"This is to express our extreme satisfaction with your hospital. My husband had a total knee replacement and although having been in many hospitals in Texas and Delaware, as well as Pennsylvania, none can surpass his care at Riddle Hospital. The staff of Case Management were also very helpful when we needed answers about his post-operative care. Thank you so much for having such a remarkable hospital."

K.Z., Hockessin, DE

"I just want to say when I was in Riddle Hospital, my nurses were kind, caring, friendly and most of all professional. They treated me like family, always there when I needed them, checking on me often and responsive to my calls. You could not ask for better caregivers. Thank you."

R.D., Media, PA

Four Physicians Host Event at Drexelbrook: "Meet Gary Perecko"

Riddle physicians hosted an evening at Drexelbrook for their colleagues, friends, and associates to meet Gary Perecko, Riddle's new president. The event combined music, delicious food, exceptional ambiance and over 200 guests to meet with and hear from Gary, his strategic plan and excitement for the future of the hospital as he takes leadership.

The Riddle HealthCare Foundation appreciates the efforts of our physicians to bring together their peers to share in the future plans for Riddle Hospital.



From Left: Rev. Msgr. Ralph J. Chieffo; David A. Thomas, D.O., Ph.D., Vice Chairman, Division of Medicine; Joseph D. Hope, D.O., Chairman, Division of Medicine; Hassan C. Vakil, M.D., Chairman, Division of Surgery; Gary Perecko; and Michael F. Shank, D.O., Chairman, Division of Family Practice

A Meaningful Tribute to a Life Well-Lived



John and Jane Macartney

As an active member of the Board, Martha (Marty) Macartney, Esq., is constantly reminded of the impact Riddle Hospital has on the lives of many Delaware County residents. Each time, she remembers the role her dad played in making it all possible.

In the early 1960s, John T. Macartney, Esq., a respected Media attorney, became Riddle's court-appointed receiver when the hospital fell into financial trouble not long after opening. Despite an already full plate, John worked hard to bring the hospital out of bankruptcy. Jane, his wife, was his strategic partner and sounding board throughout his career, including all matters pertaining to Riddle.

"Dad's stewardship was critical," Marty says. "Without him, Riddle would have struggled and possibly never regained its footing. Dad was bright, creative, and fiercely loyal, and over the years he stepped in to help the hospital when needed. He was a visionary.

"Dad was instrumental in the conception and realization of Riddle Village, a process that spanned almost 10 years," says Marty. "This resulted in a Continuing Care Retirement Community that has provided a valuable addition to the health care continuum that Riddle offers to the community."

Like her dad, Marty not only chose the law as her profession, but also commits her time and talents to Riddle and to quality health care by serving on the Boards of Riddle Hospital, the Riddle HealthCare

Foundation, and Main Line Health. Her family experienced the importance of good health care firsthand when John was diagnosed with diabetes. Upon John's passing in 2008, Marty and her sister, Sally, decided to honor their mom and dad by making a significant gift to establish the John T. and Jane H. Macartney Diabetes Education Fund at Riddle.

"My sister and I saw what a serious condition diabetes is and how challenging it is to manage. People are quick to say, 'OK, my blood sugar's off, give me a pill,' but diabetes requires much more than that. It's about major lifestyle changes."

Diabetes management is a topic Marty and Sally have become passionate about not only because of their dad's experience, but also in light of the fact that more and more Americans are developing the condition, often without even realizing it. It is a disease with serious long-term effects on a person's health and quality of life. With proper education, diabetes may be able to be avoided, or at least treated properly.

"Certainly the need is great: As my dad used to say about any big challenge, 'I feel like I am standing under Niagara Falls holding a thimble!'" Marty says. "But we hope to make a meaningful impact and honor his strong long-term connection to Riddle."

If you would like to make a contribution to the John T. and Jane H. Macartney Diabetes Education Fund at Riddle, please call The Riddle HealthCare Foundation office at 610-891-3504.

2010 Riddle Downs Employee Giving Campaign



Our fun-filled campaign will once again provide an extraordinary opportunity for Riddle Hospital employees to support, with their hard-earned dollars, the important clinical services that enhance the patient experience. Led by an 8-member Steering Committee and a corps of 50 Jockeys, the Riddle Downs Employee Giving Campaign brings together elements of Sam Riddle's legacy of world famous racehorses and the philanthropy of our employees to support the hospital's mission and future.

The 2009 campaign boasted 631 employees making donations totaling \$60,000 to support patient care in departments throughout the hospital. Riddle Hospital was first among all Main Line Health hospitals in the number of employee donors—truly a sign of highly engaged people!

2009 Riddle Downs donations have helped The Riddle HealthCare Foundation to provide funds for:

- Fetal Heart Monitors for Birthplace/ NICU
- Emergency Department course fees for ENA Triage
- Projects to promote nursing excellence
- New Body Composition Scale for Nutrition & Weight Center
- Visitor Chairs in Patient Rooms

The goals for 2010 will be to increase the number of donors and dollars pledged in order to further improve our clinical services, enhance the patient experience, and engage our employees as we all move forward.....

"Building Riddle's Future.....Together!"

Celebrating Two Decades of Service to Riddle

"I have always believed that a strong community must have responsible government, excellent schools, and quality health care. If you remove any of the three, the community will suffer." This philosophy has defined much of Cathy Granger's life as a resident of Upper Providence, where she and her husband, Joe, still live in the house they built in 1964. Through years of professional and volunteer work, Cathy has made a difference in all these areas—particularly health care, through her 20 years of service as a member of Riddle Hospital's Board of Directors.

"The future is bright for Riddle, and we hope that as the hospital grows so too will the support from our community. Our goal is to be the best hospital in our area, and I am very proud to be part of that."

Cathy Granger

Cathy remembers the day she received a call from Don Laughlin, then Riddle's president, asking her to serve on the Board: "I was surprised and intrigued," she says. At the time she was working as vice president for institutional advancement at Neumann College. Little did she know she was about to embark on a journey of service to the hospital that continues to this day.

In addition to serving on the Board of Riddle Hospital, Cathy became the founding Chair of The Riddle HealthCare Foundation Board in 2002, a role she held for seven years, staying at the helm as she successfully guided the Foundation through the merger with Main Line Health. She now serves as Vice Chair of the Board and as Chair of the Nominating Committee. She also has given her time and talents to numerous other committees, helping Riddle with such critical tasks as a presidential search, national accreditation, and fundraising. Currently she is a Board representative to the hospital's Quality and Patient Safety Committee.



Cathy and Joe Granger, proud supporters of Riddle for 20 years.

"Cathy is always quick to help in any way possible—she's never been one to sit back and idly serve," says Steve Derby, Vice President for Development, The Riddle HealthCare Foundation. "Her counsel has been critical to Riddle's accomplishments over the years."

Although Riddle is grateful for her service, Cathy says *she* is grateful to have had a front-row seat to the "incredible evolution" of health care over the past 20 years.

"It has been amazing to see the hospital grow and change through renovations like the new lobby and The Birthplace, the merger with Main Line Health, the upgrade to electronic medical records, and, more recently, the opening of Health Center 4," Cathy says. "When you look at Riddle, you get an overview of how health care has changed and where it is going."

What drives Cathy's ongoing commitment is the belief, shared by her husband, Joe, that high-quality health care is a key ingredient in any community's quality of life. In fact, she always has been committed to the good of

the community. "Joe and I raised two wonderful children in this area and we have five grandchildren who keep us on our toes," she says. "We understand the importance of a healthy community."

Cathy began her career as a public school teacher and gradually found herself getting involved in local government, where she gained a working knowledge of local hospitals, schools, nonprofits, and other institutions. So it makes sense that she would then turn her attention to health care—but she quickly points out that she was not working from any kind of a master plan. Opportunities presented themselves, often in the form of a phone call such as the one she received from Don Laughlin so many years ago.

"I've spent my whole life in nonprofit work, but in a way I feel as if it chose me," Cathy says. "The future is bright for Riddle, and we hope that as the hospital grows so too will the support from our community. Our goal is to be the best hospital in our area, and I am very proud to be part of that."

Ways to Give

There are a variety of ways to support Riddle Hospital that provide you with the satisfaction of supporting its mission and securing certain tax advantages. The simplest form is to make your tax-deductible gift by check payable to “The Riddle HealthCare Foundation” and send it in the enclosed envelope.

Or you could choose the convenience of making your secured credit card gift online at www.mainlinehealth.org/riddle. Just click on (1) “About Riddle,” (2) “The Riddle HealthCare Foundation,” and (3) “Make a Gift.”

Depending on other assets you own or your personal circumstances, you may want to consider other available options such as:

Gifts of Securities and Other Property:

Gifts of appreciated stock, mutual fund shares or other securities can be a cost-effective way of supporting Riddle. Gifts of real estate, paid-up insurance policies or personal property are also welcome.

Planned Gifts:

From a simple bequest in your will to a charitable remainder trust or charitable gift annuity that provides valuable life-income, planned gifts offer the flexibility of providing for Riddle’s future while addressing your personal and financial needs. They also provide current and future tax benefits.

Matching Gifts:

You can increase the value of your gift by taking advantage of your employer’s matching gifts program, if it is offered. Check with your human resources department and if the program is offered, fill out the matching gift form and enclose it with your gift.

Memorials and Tributes:

Remembering a loved one or honoring a friend, family member, physician or other caregiver is a wonderful way to express your personal appreciation and support Riddle Hospital at the same time.

For more information on any of these giving options, please call Steve Derby, Vice President for Development at The Riddle HealthCare Foundation, 610-891-3651.

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We Get Mail

“I took part in your Cardiac Rehab program under the supervision of Mary Lou Wilkinson and Joy Merriken and must give my special commendation to these two women. Three days a week, for many weeks, they kept track of my vital signs, checked up on my medications, and informed me what exercises to do and for how long. They were encouraging and helpful when I had a problem, and their personalities made these appointments outstanding. Mary Lou and Joy create a friendly environment for patients while they exercise and learn and I would definitely recommend Riddle for cardiac rehab.”

C.C., Media, PA

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 receive care. To be the best place to give care.

The Riddle HealthCare Foundation

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

Main Line Health

The Riddle HealthCare
Foundation

www.riddlehealthcarefoundation.org

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