

## Medical Miracles on Harrison Ave

In the fall of 2016, Teresa rushed out of her house into her daughter's car and set out toward Interstate 95. Moments earlier she had received a call that a kidney was available for her at Boston Medical Center. For Teresa and her family, a new kidney would be the miracle she needed to get her life back after a decade on hemodialysis. The only thing that stood between her and her new life was 578 miles of highway. Teresa lives in Virginia.

"After the call, I said to my daughter, 'let's go!' We took a handful of clothes and jumped in the car. We had a short timeline. We had to be there in nine hours," remembers 64-year-old Teresa.

Thirteen years ago Teresa's life changed forever. It all started innocently enough with a case of swollen feet. Teresa didn't think much of it at first. She had just returned to the United States after a visit to the Philippines, a grueling 21-hour plane ride across the Pacific. But when the swelling persisted, she sought medical advice. Teresa was diagnosed with AL amyloidosis, a rare and life-threatening condition where abnormal proteins damage organs, tissues and nerves in the body. She needed specialized medical care immediately.

Although she has been a long-time resident of Virginia Beach, Virginia, Teresa chose Boston Medical Center for her treatment. BMC's Amyloidosis Center is the leading authority on amyloidosis in the world. Physicians at the medical center pioneered a life-saving stem cell transplantation procedure that has become the standard first-line therapy for the condition.



Patient Teresa Doty (center) with her daughters and medical team from Boston Medical Center's Amyloidosis Center—an international referral center for the diagnosis and treatment of amyloidosis.



### James "Sweet Feet" White Steps in for Mayo Family

This past September, for the seventh consecutive year, Boston Medical Center benefitted from the eighth annual Mayo Bowl—a star-studded evening founded by Blue Sky Sports & Entertainment and former New England Patriot and current BMC Trustee Jerod Mayo with his wife Chantel. This year marked a special occasion for the Mayo family as they passed their signature event to New England Patriot and Super Bowl hero, James White. The annual evening raised more than \$400,000 with the help of co-chairs Ryan Carroll of Charlesbank and Angus Leary of Suffolk Construction Company, as well as top sponsors Citizens Bank and Bob's Discount Furniture.

Photo: Atlantic Photo Services, Inc.

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## From the President

Dear Friends,

It's always a pleasure to keep you up to speed on all things Boston Medical Center, and usually I take this opportunity to cover a range of key areas affecting the hospital and our patients—addiction care, pioneering programs or our brilliant social services which address complex problems. With this update I wanted focus in on just one initiative, a new way of delivering care for our patients, known as **Accountable Care**.

In March 2018, the Commonwealth of Massachusetts will launch a reform of the state's Medicaid program, MassHealth, to help slow rising health care costs and improve care for MassHealth patients. With 46 percent of BMC's patients relying on MassHealth—mainly women and children—the Commonwealth is counting on us to be a significant partner in this reform effort.

We have answered the state's call for partnership and are embracing it as an opportunity for growth. As part of this reform, BMC and health systems across the state will begin to care for MassHealth patients under an Accountable Care Organization (ACO) model. ACOs encourage all members of the care team—doctors, nurses, social workers, other clinical professionals plus the insurer—to work together and with the patient to ensure s/he receives the medical care s/he needs, as well as have access to community resources, support groups and classes. Under the ACO, BMC will secure a fixed budget for the care of each MassHealth patient and will work to identify ways to bend the cost curve while continuing to improve care.

The state's shift to an ACO model is an acknowledgement that good medical care extends well beyond hospital and physician walls—a mindset BMC has long championed. As you know, BMC has a recognized history of innovative programs addressing social determinants of health—from our Food Pantry and Demonstration Kitchen to our Violence Intervention Advocacy Program.

We have worked tirelessly to stop illness and injury at its root cause, rather than solely providing episodic care. It is gratifying to see the health care industry advancing in a direction that aligns with our longstanding mission to care for the patient as a whole.

We are confident that by drawing on the expertise across our hospital and the entire BMC health system we will be successful in advancing patient-centered, integrated care for our MassHealth patients and ensuring this critical program is sustained well into the future. We look forward to keeping you updated and thank you for your continued support of our vision to make Boston the healthiest urban population in the world by 2030.

Sincerely,

A handwritten signature in black ink that reads "Kate Walsh".

Kate Walsh  
*President and CEO*

# Breathing New Life into Armani's Future

**W**hen Armani Lewis reflects on his childhood and early adolescence, he remembers countless days feeling short of breath and weak. He and his family were no strangers to ambulances, emergency room visits and hospital stays. Asthma, an incurable chronic lung disease marked by recurrent episodes where airways become narrow and tight, was consuming the Lewis' lives.

"When I met Armani, he was being hospitalized five to 10 times a year for asthma attacks. And several of those were in the intensive care unit," explains Robyn Cohen, M.D., M.P.H., pediatric pulmonologist at Boston Medical Center. "He also had multiple emergency room visits and sick visits to the primary care clinic."

In the United States, asthma affects more than six million children in varying degrees, from mild to severe. For kids like Armani, their airways are already inflamed by the disease but are narrowed even more by certain triggers, such as cold air or exercise. The result is a potentially life-threatening asthma attack, marked by coughing, wheezing, chest tightness and shortness of breath. When the medication meant to expand Armani's airways during an attack was not effective, he was rushed to the hospital. "His family had to live close to the hospital because they were here so much," says Cohen. "Asthma affects more than a child's health. It affects the entire functioning of a family."

"Asthma was holding me back from school," remembers Armani, 18. "I missed a lot of days because I would be in the hospital for weeks at a time. It was depressing." In turn, he was struggling academically and his grades were slipping.

Armani's doctors at BMC were determined to find the best course of treatment for his asthma. Due to the complicated nature of his disease, it required carefully coordinated care and teamwork between his primary care group led by Pediatrician Sean Palfrey, M.D., his pulmonary group headed by Cohen and his family. Together, they closely monitored and tracked his asthma episodes and triggers and explored different treatment regimens. "Armani had chronic symptoms all the time, made worse by many allergies and triggers," explains Cohen. "It took us a while to figure out what was going to unleash him from this and really help him."

Through it all, Armani's parents never gave up. "Despite busy work schedules, they came to all of his appointments, were always at his bedside and constantly advocating for him," notes Cohen. "They were always so appreciative to us. But in reality it was a two-way street—it's easy for us to say what he needs but they're the ones who have to live it every day and stick to this complex medication regimen."

Following a severe asthma attack landing Armani in the intensive care unit again, Cohen approached Armani and his family about starting antibody injections with the potential to significantly reduce his asthma symptoms. However, the injections—three at a



**Armani joined by some of his BMC "family," including Nancy Brandao, Betty Pierson, R.N., and Marie Delva.**

time—needed to be administered every two weeks at the hospital and during an hour-long visit. "It took some difficult decision-making for them but they dove in and never looked back," remarks Cohen.

Shortly after starting his new treatment, Armani's health underwent a complete transformation. "It changed my life," he says. "I didn't know something like this would ever exist for me. My asthma is under control. I don't get as sick as I used to and I haven't been going to the hospital." He began attending school regularly, and started a part-time job. "The effect was profound," says Cohen. "His family no longer needed to live near the hospital. His grades improved. We talked about things outside of asthma, like college. It meant he had more on his mind than when his next asthma attack was going to happen."

Then, the biggest sign of improvement: Armani wanted to get fit and try out for the football team. "To have him feel healthy enough and empowered enough to live this whole, enriched life—that's it. That's the goal," says Cohen. Armani's Pediatric Pulmonary Nurse Betty Pierson, R.N., arranged to acquire a gym membership for him thanks to the philanthropically-supported Kids Fund, which cares for needs beyond standard health care. "I see my role as an asthma doctor to do everything possible to make asthma a non-issue, so children and families can reach their potential," adds Cohen. "Nothing makes me happier than to see Armani and his family doing just that."

With sights set on the future, Armani is eager to go to college and own a business one day—dreams that have become goals, thanks in part to his team of caregivers at BMC. "My nurses and doctors are like my second family, and they're always encouraging me," he concludes. "Today, I can do more and I have a lot of energy. Things are going uphill." ■

## Food for Thought: Nurturing Innovation

The 24th annual Food for Thought dinner welcomed more than 200 guests—including Massachusetts' First Lady Lauren Baker—to celebrate the Grow Clinic for Children, Food Pantry and pediatric partner programs.



Photo: Atlantic Photo Services, Inc.

**Food for Thought committee members Mariann Youniss and Randi Cutler with Director of BMC's Grow Clinic Deborah Frank, M.D., Massachusetts' First Lady Lauren Baker, Treasurer of Massachusetts Deborah Goldberg, Chairman of the Department of Pediatrics Bob Vinci, M.D., and BMC President and CEO Kate Walsh.**

From the moment Food for Thought committee members Randi Cutler, chair of BMC's Philanthropic Trust and BMC trustee, and Mariann Youniss, Philanthropic Trust member, kicked off the program, it was evident BMC Pediatrics is in the business of building brighter futures. President and CEO Kate Walsh, Chair of BMC's Hospital Board of Trustees and President and CEO of Analysis Group Martha Samuelson and BMC clinicians reflected on the successes of BMC's response to the increasing challenges its patients face. Guests also learned of the Grow Clinic's newest innovation: housing as health care.

The evening, led by Mistress of Ceremonies Heather Unruh, raised \$740,000 for programs and services centered on helping families thrive.

## Medical Miracles on Harrison Ave

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Teresa traveled with her grown daughters to Boston for the one-month treatment.

Despite the risks and hardship, Teresa maintained a good attitude with the help of her supportive family. "Life is not easy but you have to enjoy your life and embrace the good with the bad. I believe that God knows what's in store for us. You have to think positive," she says.

Thankfully, Teresa's treatment was a success. Her body no longer produced damaging amyloid proteins; however, her kidneys were left badly damaged from the disease and continued to fail. Without functioning kidneys she would need to rely on a hemodialysis machine to remove excess fluid and waste from her blood.

"Let me explain dialysis. It means getting to the clinic two hours before your appointment and waiting for a chair. The treatment itself is three hours long, and then you feel terrible for hours afterward. Imagine that for three days a week, every month, every year, for 10 years," explains Jean Francis, M.D., director of the Kidney Transplant Program at BMC.

Work, hobbies and travel take a back seat to the treatments required to maintain health. The best option for end stage renal disease is a kidney transplant. Unfortunately, medical centers often refuse to consider amyloidosis patients for transplants. They worry about the risk of recurrence of the disease and the extent to which the disease has damaged other organs, especially the heart.

"Because BMC is the leading treatment center for amyloidosis, we are specially positioned to offer these patients hope. Working in coordination with our amyloid specialists, we have done many transplants for these patients and in my experience they do very, very well," explains Francis.

The BMC transplant team thought Teresa was a good candidate for a new kidney because she had been in remission for more than 10 years and her other organs were healthy. They put her name on the regional organ waiting list. Depending on blood type the usual wait for a kidney can be anywhere between four and seven years, but Francis warned Teresa it could only be a matter of weeks until she received the call. For kidneys, recipients' wait times begin when they start hemodialysis. So essentially, Teresa had already been on the waiting list for 10 years.

It was, in fact, just weeks when Teresa found herself racing up the interstate to BMC with her daughter.

"She is a miracle, honestly," remarks Francis. "Everything came together. Her new kidney started making urine while we were in surgery. Within five days she was released from the hospital."

Teresa and her daughters stayed in Boston for one month after the transplant to make sure no medical complications cropped up. A year later Teresa is flourishing. She has replaced hemodialysis with early morning walks in her neighborhood courtyard and is looking for part-time work.

"I am so grateful to all the doctors and nurses that took care of me at BMC. Today I feel great," she beams. ■



# The Art of Healing

**F**or someone with cancer, the days can be challenging—contending with a diagnosis, demanding treatments and a myriad of emotions only scratches the surface of what someone may go through. For the last 14 years, the Zuker family—led by Susan and her sons Jonathan and Matthew—has made it their mission to provide respite for cancer patients through their organization, the Conquer Cancer Coalition. “Cancer patients have long, routine days,” explains Executive Director Jonathan Zuker. “If you can give them something along the way that is a distraction and colors their day in a more positive light, then that ends up sticking with them above anything else.”

Through what they describe as “small gestures of goodwill,” the Zukers are driven to create positive moments in the lives of cancer patients—whether it is a hand-delivered gift card or an afternoon touring the seaside town of Rockport, Massachusetts. “It gives everyone an afternoon off from what they have to deal with in life,” says Jonathan.

They draw their inspiration from the family’s late patriarch, Michael, who passed away from cancer in 2004. In the wake of his terminal diagnosis, he remained positive and cheerful, which inspired the creation of the coalition and set the tone for its mission. In addition to their one-on-one gifts to patients, they also built a community of support for those affected by cancer with the creation of the Conquer Cancer license plates and by constructing the Garden of Hope at Boston’s City Hall.

*“These are people who might classify themselves as cancer patients during the day but in class we all get to be artists and come together for a different reason. It is a catalyst for good memories.”* EXECUTIVE DIRECTOR JONATHAN ZUKER

Along their journey, the Zuker family learned about Boston Medical Center’s Cancer Care Center and immediately felt a connection and an eagerness to help. “We sensed BMC’s mission the second we walked through the doors,” says Susan. “There is just an extraordinary team of people carrying out exceptional care without exception.” In collaboration with Bob David, manager of BMC’s Cancer Support Services, the group brainstormed ways to brighten the days of BMC’s patients. Jonathan, an artist, came up with the idea of a pop-up art studio and painting classes. “It’s a great way to bring people together,” he says. “These are people who might classify themselves as cancer patients during the day but in class we all get to be artists and come together for a different reason. It is a catalyst for good memories.”

To reach as many people as possible, Jonathan sets up his studio outside of BMC’s chemotherapy clinic. As soon as patients and visitors step off the elevator, they are met with an expansive display of canvas paintings, including scenes of sailboats and flowers. Within moments they are captivated by the art, which



**Jonathan Zuker paints in his pop-up studio, located outside the chemotherapy clinic in BMC’s Cancer Care Center.**

stirs conversations—and smiles. “It’s a real diversion for patients,” notes Bob. “Usually when people come to the clinic it’s not for a happy reason. Interacting with Jonathan and his art pulls people out of their expectations for the day.”

The awe quickly turns into engaging conversations, and Jonathan has even developed a fan base of sorts. “One of our patients will stay here for hours because he enjoys the interaction so much,” says Bob. He adds, “A little girl once watched him through the waiting room window for the longest time. He continued to paint, knowing she was watching. When her family member’s appointment was over, she went right up to him, gave him a drawing of her own with a note saying he was her favorite artist.”

The Conquer Cancer Coalition has become more than a valuable addition to the offerings of BMC’s Cancer Support Services—it has become a symbol of hope for patients. “It’s incredible when you touch a life and it touches you back,” explains Susan, a cancer survivor herself. “We just want to play a role in the fight against cancer—all cancers—and we feel lucky to be a part of the BMC family.”

“When you go through cancer you’re never alone,” concludes Jonathan. “That’s at the heart of what we do.” ■

# Building the New BMC: Entering the Final Stage

In 2014, Boston Medical Center embarked on an ambitious four-year redesign project focused on sustainability and enhancing patient experience. Plans for the \$360 million transformation, included consolidating services to the Menino side of the campus, expanding the Emergency Department (ED), modernizing surgical suites and offering patients and staff the most efficient clinical care spaces possible.

To support this major project, the Development Office launched a \$375 million comprehensive campaign titled *Building the New BMC*, in which \$125 million in capital would help fund these specific construction efforts. To date, BMC has raised \$263 million and is more than 80 percent towards reaching its capital goal—which will wrap up in September 2019. Once completed, the *Building the New BMC* campaign will prove to be the most successful multi-year fundraising campaign by any safety-net hospital in the country. These important funds have supported critical projects for BMC, including the new transport bridge, the new Food Pantry and Demonstration Kitchen, the Rooftop Farm, the new Women and Infants Center and the future Emergency Department and Trauma Center.



## TIME FLIES WHEN YOU'RE HAVING FUN

It is amazing to think it has been nearly four years since BMC first announced its campus renovation plans. As the historic effort enters its final phase, BMC will soon open its newly renovated operating rooms (OR). The average size of each new OR in the Menino Building will increase by 50 percent. In addition, a new hybrid OR will be built in the Menino Building to allow interdisciplinary teams the flexibility and space to share technology and knowledge for cutting-edge clinical work and research. This will greatly improve efficiency, patient safety and outcomes.

Also part of the final stages of construction is the highly anticipated new and expanded emergency department, which is set to open next year. BMC's ED is the busiest in the region, but the current facility was built to handle only 60 percent of the volume of patients it currently treats, making overcrowding a major issue. The completed, modernized space will be 30 percent larger—mission critical to continuing to provide exceptional care to patients when they need it the most. Plans include new treatment rooms and a dedicated observation area where patients who need to be monitored, but who are not in need of an inpatient admission, can rest comfortably and receive the appropriate treatment.

The build out of the new ED marks so much more than a new chapter for BMC. For the 11,000 patients who walk through the ED doors every month, it means they will be met with the highest standard of care and equipment to make a significant impact on the trajectory of their lives. ■





## From the Culinary Summer Camp for Kids to your Kitchen

For two weeks this past summer, children and teens donned their very own chef hats for Boston Medical Center’s Culinary Summer Camp for Kids. Led by Chef Tracey Burg, R.D., campers learned firsthand how to prepare a nutritious—and delicious—three-course meal, including East African mango and cucumber salad and rainbow kabobs with vanilla-maple dip. Many of the ingredients were picked fresh from BMC’s Rooftop Farm by the campers, giving them a true farm-to-table experience. Check out this fan-favorite recipe from the camp, perfect for any time of year.



Demonstration Kitchen Chef and Registered Dietician Tracey Burg, R.D., with campers on BMC’s Rooftop Farm.

## Oven “Fried” Chicken Fingers

Makes 6 servings

### For Chicken Fingers:

- Vegetable oil cooking spray
- 1 ½ pounds boneless, skinless chicken breast, cut into 1 inch wide strips
- ½ cup low-fat or fat-free Ranch salad dressing
- 1 cup whole wheat Panko bread crumbs

### Directions:

1. Preheat the oven to 400°. Spray a baking pan with cooking spray.
2. Put the chicken in a large bowl. Pour the Ranch salad dressing over the chicken and rub it into all pieces. Set aside.
3. In a plastic freezer bag add the bread crumbs. Add half of the cut chicken, seal bag and shake until coated. Place on baking sheet and repeat with the remaining chicken pieces. Lightly spray chicken with vegetable oil spray.
4. Bake for 20-25 minutes.

### Sweet and Sour Dipping Sauce

- 1 cup pineapple juice
- ½ cup water
- 2 tablespoons cornstarch
- 2 tablespoons vinegar
- 2 tablespoons packed brown sugar
- 2 tablespoons ketchup
- 1 tablespoon low-sodium soy sauce

### Directions:

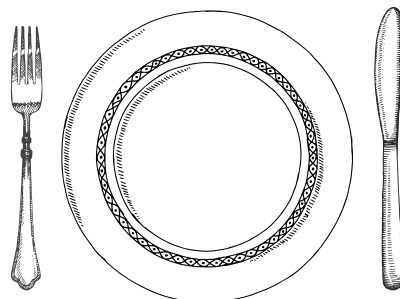
1. In a small sauce pan whisk together pineapple juice, water and cornstarch until well combined—this is called a “slurry.”
2. Stir in remaining ingredients. Bring to a boil and cook until mixture thickens, about 3 minutes. Serve with chicken fingers.

### Recipe Note:

If using bone-in chicken pieces, bake for 45 minutes.

### Nutritional Information per serving for chicken and ¼ cup sauce

Calories: 404	Saturated Fat: 3 g
Carbohydrates: 25 g	Dietary Fiber: 1g
Total Fat: 9 g	Sodium: 410 mg
Cholesterol: 129 mg	Protein: 31g



# Healthy New Beginnings for Refugee Women

**F**or women who are immigrants, refugees or asylum seekers, leaving their countries is only half the battle. These women continue to face significant challenges upon arrival to the United States, including the stress of navigating daily life in a foreign country and addressing the traumas they have endured in their home country and from their displacement.

Massachusetts welcomes roughly 2,400 refugees into the state's resettlement program each year. The majority of new women refugees have fled atrocities and chaos in their homeland leaving them with physical and emotional distress. BMC's Refugee Women's Health Clinic provides culturally sensitive, trauma-informed obstetrical and gynecological services (OB/GYN) that address the medical treatment as well as the emotional and social needs of these women.

"OB/GYN exams can feel invasive, especially for women who have experienced physical trauma or rape. In our clinic we spend time to establish trust with our patients and discuss what we see as medically important tests or procedures before we conduct them. Our job is to make these women feel comfortable and empowered," explains Sheela Maru, M.D., M.P.H., a board certified OB/GYN and co-director of the clinic.

Beyond offering a full spectrum of OB/GYN care, the staff also provides unique resources such as medical affidavit writing for women seeking asylum and specialized care for those who underwent female genital cutting. The clinic works in close partnership with the Boston Center for Refugee Health and Human Rights, which provides mental health care, career development and social services, as well as the Immigrant and Refugee



*"Our job is to make these women feel comfortable and empowered."*

SHEELA MARU, M.D., M.P.H.

Health Program, where patients can receive primary care as well as citizenship navigation and support.

Both Maru and Courtney Massaro, C.N.M., M.P.H., have worked abroad and bring this global health experience to their work. "I think that having lived and worked internationally has helped motivate us to care for women in need, and has shaped the lens through which we take care of our patients," says Massaro, co-director of the clinic.

"These women are so strong and have been through so much in their lives. It is such a pleasure to care for them," says Massaro. "I think back to a particular patient who was pregnant as a result of rape. I helped to care for her during her pregnancy and

postpartum. Now she has applied for asylum and has a work permit. It is such an honor for me to have helped her on one small part of her journey."

"At a time when it seems like America is closing its doors on the world, it is comforting to be part of a strong network that embraces these women, lets them know they are safe and helps accompany them through their challenges," adds Maru.

In addition to obstetrics and gynecologic health care, the clinic provides social and case management services, including assisting patients with their housing, legal support, food access and transportation needs. It offers a holistic approach to health care in order to help women begin to heal from the trauma of their past. ■



# 21st Century Medicine: A New Health Approach

**A**s New England's largest safety-net hospital, Boston Medical Center already is a leading expert in looking at the social determinants of health when caring for patients. Now, the hospital is taking a new, bolder approach: a multi-faceted housing investment strategy. To improve the stability of its patients and the community, BMC is initiating new programs on campus and leveraging its obligation to the state run Determination of Need (DoN) program, which promotes population health and increased public health value.

Homelessness and housing insecurity (a history of homelessness, moving at least twice in a year or falling behind on rent) are growing concerns among BMC patients. Both are linked to poor child health outcomes and missed educational opportunities, which can adversely impact employment opportunities and financial stability over a lifetime. Despite the desperate need for affordable housing, only one in four eligible families have access to it. To add, this often comes with lengthy waiting periods—in Boston alone, the waitlist for affordable housing units is eight to 10 years.

BMC Pediatrician and Associate Director of The Grow Clinic for Children Megan Sandel, M.D., M.P.H., witnesses such repercussions in the Department of Pediatrics regularly, and knew she needed to do something about it. She teamed up with Thea James, M.D., Boston Medical Center's vice president of mission and associate chief medical officer, and Boston-based community housing partners to address affordable housing in the community. Together, they are working to identify housing needs and creatively leverage BMC's \$6.5 million DoN commitment.

"An investment in housing is an investment in good preventive health for our patients," explains James. "BMC is the first Boston hospital to make this type of investment in affordable housing. Our hope is that it will serve as a model for other hospitals and create further collaborations to increase resources in our neighborhoods."

Among BMC's first investments was the Healthy Neighborhood Equity Fund, a social impact fund supporting four local affordable housing projects such as Neustra Comunidad Development Corporation's Bartlett Station. The 323-unit mixed-use housing development with ground floor commercial retail space is located in Roxbury's Dudley Square. BMC is also providing a no-interest loan to a new grocery store called Good Food Markets located within the designated retail space. Good Food Markets is dedicated to community outreach and integration, employment and developing solutions to address urban food deserts and its lease will subsidize Bartlett Station rent.

## ONE STEP FURTHER

In addition to BMC's efforts within the city, a new hospital-based initiative called Housing Prescriptions for Health Care, led by Sandel, will focus on how to assist BMC patient families with housing. The innovative service will link housing-insecure families who frequent



Photo: Downstream Media

**Pediatrician Megan Sandel, M.D., M.P.H., and Emergency Physician Thea James, M.D., are tackling housing insecurity in Boston.**

the emergency department to community-based partners for help with placement in affordable, safe apartments. BMC physicians will study how this intervention improves health outcomes, including adherence to well visits and reduction of future visits to the emergency department. Housing Prescriptions will partner with other resources to facilitate a patient's autonomy and well-being, such as grocery stores to make certain healthy food is accessible and available.

"It is easy to treat the symptom of the disease, but until you get to the root cause, you're really not going to make the patient healthy. Providing food or a prescription is not enough. You need a home. You need a place to prepare the food. You need a place to rest at night, sleep and grow—grow as a family. So we're always thinking about that—what are the root causes and how do we develop solutions?" Sandel explains.

With housing costs on the rise and health care shifting, Boston Medical Center holds a unique opportunity to be a leader in this arena, advancing the health and well-being of the community and ensuring patients are able to remain healthy outside hospital walls.

"Some people may question, 'Why are we at Boston Medical Center taking on housing for our patients?' It may not make intuitive sense, but we know if you don't have a stable place to call home, no amount of medicine is going to be effective and help you become healthy and successful. So for us, we know we're not going to solve this alone. This is more about us creating partnerships and thinking innovatively as a community to address this problem," says Sandel.

"The United States spends more on health care than any other nation in the world, yet in terms of population health outcomes such as life expectancy and infant mortality, we are near the bottom of the list," concludes James. "Our traditional medical model to treat disease in isolation is not working." ■

# Team BMC Raises More Than \$200,000 for Addiction Medicine—and Counting

**T**eam BMC is making significant strides in the fight against addiction. In the last year, the team has grown from having one race to five in support of addiction medicine programs at Boston Medical Center. Since the 2016 Boston Triathlon—the team’s inaugural race to combat the addiction epidemic—the Boston Athletic Association’s 10K race and half marathon as well as Rodman Ride for Kids and Spartan Race at Fenway Park have been added to the roster of races. In turn, teammates raised more than \$200,000 with one goal in mind: make a difference in the lives of those struggling with substance use disorders (SUDs).

A standout among these races was September’s Rodman Ride for Kids, a Team BMC favorite for many years in raising key funds for BMC Pediatrics. On race day, 100 Team BMC members—more than ever before—rode between 25 and 100 miles, raising \$300,000 along the way. This year, riders had the opportunity to pedal in support of adolescent and young adult addiction medicine programs. Of the total raised, \$86,000 was in support of adolescent addiction medicine programs at BMC. Team Thrive was an integral player in this astounding total, led by veteran Team BMC members Susanne Duato and Philanthropic Trust member Jim Geraghty. The team was formed as part of their non-profit Thrive Health & Wellness, which has partnered with BMC to help patients achieve maximum well-being and to meet BMC’s vision of making Boston the healthiest urban population by 2030. As such, the Team Thrive crossed the fundraising finish line having raised an incredible \$50,000 for adolescent and young adult addiction medicine programs.

Whether it is biking 100 miles or taking on a six-mile obstacle course in Fenway Park, Team BMC knows no bounds when it comes to advancing BMC’s expertise in the much-needed care for those with substance use disorders and creating healthier communities in the process. And the team has only just begun. ■



Team BMC Spartan Race competitor, Megan Gazda.



Riders from Team BUSM (Boston University School of Medicine), gearing up for the annual Rodman Ride.





1.



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3.



- 1: Team BMC 25-mile Rodman Riders.
- 2: Team BMC half marathoner, Emilie Cromer.
- 3: Team BMC triathlete, Nalini Balakrishnan.
- 4: Team BMC Rodman riders Bob Vinci, M.D., chairman of Department of Pediatrics with Jim Geraghty, Exceptional Care Without Exception Trust member and Susanne Duato, both of Team Thrive.
- 5: Team BMC triathlete, Iris Mansour.



4.



5.



# Thank you, friends.

Thanks to commitments from our dedicated friends and supporters, Boston Medical Center received more than \$80 million in donations in fiscal year 2017.

Our staff, nurses and physicians all fiercely believe in the hospital's mission of exceptional care, without exception and work tirelessly every day to make it a reality for our patients. With the help of donors like you, our passion is translated into phenomenal care and groundbreaking research. Support from individuals, families, corporations and foundations helps ensure that we can continue our clinical programs and research, and that we can uphold our promise of providing exceptional care to the community we serve. We would like to extend our deepest thanks to each and every one of you for joining us in our mission.

## Donor Report: Fiscal Year 2017

*This list reflects donations from October 1, 2016, to September 30, 2017. We deeply regret any errors or omissions.*

## INDIVIDUAL DONORS

### \$1,000,000 +

Anonymous (2)  
Eilene and John Grayken

### \$500,000–\$999,999

Shelagh Mahoney and Joe McNamee  
Claire and Marc S. Perlman/Ocean State Job Lot  
Martha and Paul Samuelson

### \$250,000–\$499,999

Randi and Joel Cutler  
Susan H. and Douglas Donahue, Jr.  
Joanne and Paul Egerman  
Maureen and Ted English  
Karen Kames and Christopher Gaffney  
Peggy J. Koenig  
Chantel and Jerod Mayo  
Rosemary and James S. Phalen  
Barbara and Edward L. Shapiro

### \$100,000–\$249,999

Christine Shortsleeve Ament and David Ament  
Anonymous  
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**Boston Medical Center’s fourth annual Fall Fête: A Celebration of Courage raised \$145,000 in support of the Boston Center for Refugee Health and Human Rights (BCRHHR), and celebrated guest of honor, Boston Mayor Martin J. Walsh, for his steadfast commitment to immigrants, refugees and their families. Other notable guests were emcee Reverend Liz Walker and guest speaker and BCRHHR client Namir Kallab. Top sponsors included Pam and Bob Adams, Stephanie Brown, Ilana Hurwitz and Richard Starfield, and Liberty Mutual Insurance.**

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This year, Boston Medical Center was named the newest charity partner for Devin McCourty's Tackle Sickle Cell Casino Night. McCourty—a safety for the New England Patriots—hosts this annual event to raise funds for sickle cell treatment and research in Massachusetts. The event, co-chaired by Larry Goodman of Ernst & Young and Lew Klessel of New Mountain Capital, raised more than \$300,000 and attracted fellow Patriots such as, Dont'a Hightower, James White and Malcolm Butler.

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The hospital's annual Catwalk for BMC Cancer Care moved to September this year, raising \$350,000 for cancer support services. The evening, emceed by distinguished journalist Janet Wu and co-chaired by Melanie Foley of Liberty Mutual Insurance and Tricia Patrick of Advent International Corporation, celebrated cancer survivorship with a fashionable, lively runway show. Patient models were dressed by local, renowned designers and stylists including Lord & Taylor and The Brand Finale founded by Chantel Mayo. Top sponsors included Liberty Mutual Insurance and Rosemary and Jim Phalen.

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Photo: Replay Sports Management

**The 2017 Kids Fund Invitational, presented by Liberty Mutual Insurance, raised the most money in the history of the tournament—more than \$325,000. Funds raised support the Department of Pediatrics. Red Sox legend Bill Lee (pictured) joined players on the course to take photos. Top sponsors included Veolia, Ted and Maureen English/Bob's Discount Furniture and Newmark Grubb Knight Frank.**

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# FOUNDATION AND GRANT HIGHLIGHTS

## Transformative Grant to Improve Epilepsy Care

Boston Medical Center's Comprehensive Epilepsy Center and Section of Pediatric Neurology was awarded a three-year \$1.2 million grant from the Health Resources and Services Administration to expand access to care for underserved children and youth with epilepsy and related disorders. The Telehealth Epilepsy Care Collaborative partnered with Boston-based software company ACT.md to create an advanced telemedicine application to improve care for 1,000 children and youth with epilepsy.

BMC's team, led by Laurie Douglass, M.D., is collaborating with physicians at eleven clinical sites to better identify signs of seizures in children. Children with positive signs of seizure receive expedited multidisciplinary assessments. By providing a highly sensitive screening tool, and enhancing physicians' abilities to recognize signs of seizures, BMC is improving access to care and alleviating patients' burdens. "It is critical that we diagnose epilepsy early, as it's often accompanied by comorbidities that affect the developing brain and can result in life-long disability," says Douglass.

## PCORI Funds Establishing a Mechanism for Patient-Powered Cancer Research

The Department of Medicine, Section of Hematology-Medical Oncology and Boston University, School of Social Work were the recent recipient of a \$248,984 grant from the Patient-Centered Outcomes Research Institute (PCORI), for the implementation of a mechanism to increase community engagement at Boston Medical Center's Cancer Care Center. This training and development award is specifically designed to build institutional capacity for patient-powered research. Through community engagement, the program will seek to catalyze research innovation and increase both survivor and provider knowledge establishing a Cancer Center Patient Research Advisory Council (PAC). The PAC will provide ongoing training and engagement activities in an effort to increase community engagement in cancer research and will work with

cancer researchers to build a patient-powered research agenda whereby cancer survivors and their family members will collectively identify research priority areas, contributing to the overall vision of the Cancer Care Center.

## Longstanding Support for Avon Breast Health Initiative

Over the past 15 years, Boston Medical Center has received generous support for the Avon Breast Health Initiative—this initiative has transformed the way BMC provides services to its patients. Thanks to Avon, Tracy Battaglia, M.D., M.P.H., and her expert team have developed a national reputation for their work to reduce health disparities and improve quality of care for breast cancer patients. Funding from Avon has allowed BMC to develop a nationally-recognized and replicated Patient Navigation Program designed to address the many barriers patients face when accessing treatment. The longstanding relationship with Avon also sustains the program's efforts to continuously evaluate itself to ensure it meets patients' needs and provides the best care possible while staying true to its goals.

## Cogan Family Foundation Continues Commitment to Parkinson's Research

The Boston Medical Center Parkinson's Disease and Movement Disorders Center has again received generous funding from the Cogan Family Foundation to support the work of Richard H. Myers, Ph.D., professor of neurology at Boston University School of Medicine. The \$100,000 gift will sustain Myers' novel research which aims to provide insights into the etiology and treatment of Parkinson's disease. Continuous support from the Cogan Family Foundation since 2002 has allowed Myers and his colleagues in the Department of Neurology to conduct a number of studies related to Parkinson's disease and its genetic markers. The department has great hope this research may allow for genetic risk profiling and for potential screening, diagnostic or therapeutic interventions targeting subtypes of Parkinson's disease.

2018  
*gala*

### Save the Date: 2018 BMC Gala

Please join us on Saturday, May 12, 2018, at Boston Medical Center's annual Gala. We are pleased to announce Chair of the BMC Hospital Board of Trustees and President and CEO of Analysis Group Martha Samuelson and her husband Paul have agreed to be part of the event's co-chair team. The evening is sure to be an enjoyable one with an always inspiring program and enticing auction items, so please mark your calendars for this very important celebration.

celebration

# New Clinic Supports Young People Struggling with Gender Identity

**E**lijah Oyenuga's childhood was fraught with internal struggles. "For me it had a lot to do with my body. I didn't know what it was. There was no name for it when I was growing up," remembers the Dorchester native. He constantly fought his feelings of shame, anger and despair over the incongruence between his assigned sex and his male identity.

"All I ever wanted to be was normal. I thought the more I could portray a hyper-feminine exterior, the more the negative feelings would go away, and I would eventually feel like a girl, but I never did." When Elijah felt he had nowhere to turn, he resorted to self-harming behaviors that led to a hospitalization. It was then he met BMC Adolescent Medicine Specialist Mandy Coles, M.D., M.P.H.

In the spring of 2017, BMC opened its doors for treatment and support of children, adolescents and young adults struggling with gender identity and gender non-conformity. The Child and Adolescent Trans/Gender Center for Health, known as CATCH, serves as a medical home for patients and their families, offering compassionate, specialized support and care.

"Through gender-affirming care, our patients finally feel validated. We can tell our patients are relieved that their caregivers are finally asking the right questions. It's so important in childhood and early adolescence to create this environment of support. Research shows that kids who are supported in their gender do great," explains center Co-director Erin Peterson, L.I.C.S.W.



*"Through gender-affirming care, our patients finally feel validated. We can tell our patients are relieved that their caregivers are finally asking the right questions. It's so important in childhood and early adolescence to create this environment of support."*

CO-DIRECTOR ERIN PETERSON, L.I.C.S.W.

Elijah mapped a treatment plan with Coles and his care team that would allow him to feel more at home in his body. His care team advocated for him, initiating conversations with his mother about the importance to start gender affirming hormone therapy. After a few months, his mother consented to his treatment. "Dr. Coles helped save me because I honestly don't think I would be here had I not been allowed to transition at that point," he recalls.

The clinic treats a wide-range of patients from elementary age children to adults in their early twenties. "Our clinic offers support across the entire spectrum," says Coles, the center's co-director. "Some patients and families are looking for education around gender identity and development or come in for therapeutic support. In other cases we take treatment a step further and offer gender-affirming medication therapy, like hormones or hormone blockers."

CATCH is dually part of the BMC Department of Pediatrics and the Center for Transgender Medicine and Surgery, which allows a seamless transition for transgender patients to continue care into adulthood. The center is a beacon of hope for children and teens growing up like Elijah, who now works as a community educator on LGBTQ issues and still counts Coles as an important advocate in his life.

"I'm not always 100 percent. I still have bad days or even bad months. But I have hope, I am happy to see tomorrow and I know I will achieve my dreams," he says. ■





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HE'S MORE THAN A LEADER;  
***HE'S A SURVIVOR.***

Michael Botticelli's personal struggles with addiction led him to Washington D.C. where he served as Director of the White House Office of National Drug Control Policy. While at in nation's capital, he looked to Boston Medical Center for its groundbreaking advancements in addiction medicine. These unprecedented treatment programs and initiatives brought him to BMC to serve as Executive Director of the Grayken Center, where he is helping make long-term recovery a reality.

See Michael's story and learn more at [BMCAddiction.org](http://BMCAddiction.org)

