



SOUTH COUNTY HEALTH



2 0 2 1 C A L E N D A R



“I wonder if the snow loves the trees and fields,
that it kisses them so gently?”

– Lewis Carroll, English writer, mathematician, photographer, and inventor, 1832 - 1898



JANUARY

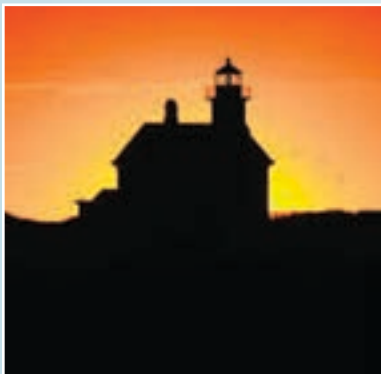
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 New Year's Day	2
3	4	5	6 Epiphany	7	8	9
10	11	12	13 New Moon	14	15	16
17	18 Martin Luther King, Jr. Day	19	20 Inauguration Day	21	22	23
24 / 31	25	26	27	28 Full Moon	29	30

DECEMBER 2020

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

FEBRUARY 2021

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						



North Light, Block Island.
Photographer: Lisa Sprague

On the cover:
Charlestown.
Photographer: Diane Zerba

Cancer Prevention ►

If you or a loved one is diagnosed with cancer, our team of **oncologists, hematologists, surgeons, chemo and radiation therapists**, as well as an extensive team of support staff and resources will ensure that your journey is the right journey. Start here by calling 401-783-6670.



●
“Spread love everywhere you go;
let no one ever come to you without leaving happier.”

– Mother Teresa, Albanian-Indian Roman Catholic nun and missionary, 1910 - 1997



FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 First Day of Black History Month	2 Groundhog Day	3	4	5 National Wear Red Day	6
7	8	9	10	11 New Moon	12 Chinese New Year	13
14 Valentine's Day	15 Presidents' Day	16	17 Ash Wednesday	18	19	20
21	22	23	24	25	26	27 Full Moon
28						

JANUARY 2021

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

MARCH 2021

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



West Kingston.
Photographer: Franca Bartkiewicz

●
“The two most important days in your life are
the day you are born and the day you find out why.”

– Mark Twain, American writer, humorist, entrepreneur, publisher, and lecturer, 1835 - 1910



MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 Read Across America Day	3	4	5	6
7	8	9	10	11	12	13 New Moon
14 Daylight Saving Time begins	15	16	17 St. Patrick's Day	18	19	20 First Day of Spring
21	22	23	24	25	26	27 Passover begins at sundown
28 Palm Sunday Full Moon	29	30	31			

FEBRUARY 2021

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

APRIL 2021

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	



Watch Hill, Westerly.
Photographer: Rae Rando

“If you truly love nature, you will find beauty everywhere.”

– Vincent van Gogh, Dutch artist, 1853-1890



APRIL

MARCH 2021

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

MAY 2021

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



Exeter.
Photographer: Cesare Mitrano

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 April Fool's Day	2 Good Friday	3
4 Easter Sunday Passover ends	5	6	7	8	9	10
11	12 New Moon Ramadan begins at sundown	13	14	15 Tax Day	16	17
18	19 Patriot's Day	20	21	22 Earth Day	23	24
25	26	27 Full Moon	28	29	30 Arbor Day	

Women's Health ▶

The Center for Women's Health is a center of excellence for women's care. Our board-certified physicians, registered nurse practitioners, and certified nurse midwives are dedicated to providing personalized care at every stage of a woman's life. Call 401-789-0661.





“Nature gives to every time and season some beauties of its own.”

– Charles Dickens, English writer and social critic, 1812-1870



MAY

APRIL 2021

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

JUNE 2021

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			



Veterans Memorial Cemetery, Exeter. Photographer: Tinamarie Bailey

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 Orthodox Easter	3	4 Rhode Island Independence Day	5 Cinco de Mayo	6 National Nurses Day	7	8
9 Mother's Day	10	11 New Moon	12 Eid al-Fitr begins at sundown	13	14	15
16	17	18	19	20	21	22
23 /30	24 /31 Memorial Day	25	26 Full Moon	27	28	29

“We can never have enough of nature.”

– Henry David Thoreau, American naturalist, essayist, poet, and philosopher, 1817 – 1862



JUNE

MAY 2021

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

JULY 2021

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



South Kingstown.
Photographer: Linda Lupo-Adams

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10 New Moon	11	12
13	14 Flag Day	15	16	17	18	19 Juneteenth
20 First Day of Summer Father's Day	21	22	23	24 Full Moon	25	26
27	28	29	30			

●

“If you don't know where you're going
any road'll take you there.”

– George Harrison, English musician, singer, and songwriter, 1943 - 2001



JULY

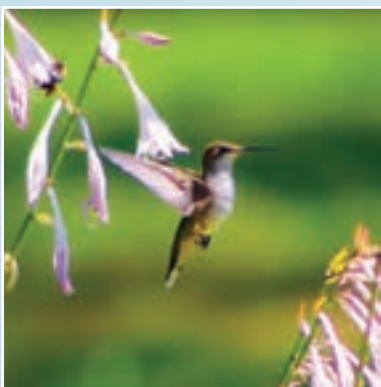
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4 Independence Day	5	6	7	8	9	10 New Moon
11	12	13	14	15	16	17
18	19	20	21	22	23	24 Full Moon
25	26	27	28	29	30	31

JUNE 2021

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

AUGUST 2021

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Westerly.
Photographer: Tinamarie Bailey

●
“If we would just slow down, happiness would catch up to us.”

– Richard Carlson, American author, psychotherapist, and motivational speaker, 1961 - 2006



AUGUST

JULY 2021

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

SEPTEMBER 2021

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



Charlestown.
Photographer: Tammy Anderson

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8 New Moon	9 Victory Day	10	11	12	13	14
15	16	17	18	19	20	21
22 Full Moon	23	24	25	26	27	28
29	30	31				

Orthopedics

The South County Health Orthopedics Center with the surgeons of Ortho Rhode Island is the patients' choice for hip, knee and spine procedures. With our robotic-assisted technology, patients recover faster, experience less pain and are able to enjoy a higher quality of life. Call 401-777-7000 for a consultation.

●
“The voice of the sea speaks to the soul.”

– Kate Chopin, American author, 1850-1904



SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6 Labor Day Rosh Hashanah begins at sundown	7 New Moon	8	9	10	11 Patriot Day
12 Grandparents Day	13	14	15 Yom Kippur begins at sundown	16	17	18
19	20 Full Moon	21	22 First Day of Autumn	23	24	25
26	27	28	29	30		

AUGUST 2021

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

OCTOBER 2021

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



Barber Pond, Exeter.
Photographer: Patricia Carlson



“Gie me ae spark o’ Nature’s fire, That’s a’the learning I desire.”

– Robert Burns, Scottish poet and lyricist, National Poet of Scotland, 1759-1796

OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6 New Moon	7	8	9
10	11 Columbus Day/ Indigenous People Day	12	13	14	15	16
17	18	19	20 Full Moon	21	22	23
24 /31 Halloween	25	26	27	28	29	30

SEPTEMBER 2021

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

NOVEMBER 2021

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



South Kingstown.
Photographer: Linda Lupo-Adams

Breast Health ▶

With early detection and treatment of breast cancer, women have a 96 percent survival rate. Our **Women's Imaging Center** can accommodate 12,000 women annually with 3D mammography in Wakefield, East Greenwich, and Westerly. Call 401-788-1486 to schedule your mammogram.

●
“There are two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.”

– Albert Einstein, German theoretical physicist, 1879 – 1955



NOVEMBER

OCTOBER 2021

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

DECEMBER 2021

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



Charlestown.
Photographer: Jessica Babbitt

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 All Saints' Day	2	3	4 New Moon	5	6
7 Daylight Saving Time ends	8	9	10	11 Veterans Day	12	13
14	15	16	17	18	19 Full Moon	20
21	22	23	24	25 Thanksgiving Day	26	27
28 Hanukkah begins at sundown	29	30				

●
“In the depth of winter, I finally learned that within me
there lay an invincible summer.”

– Albert Camus, French philosopher, author, and journalist, 1913-1960



DECEMBER

NOVEMBER 2021

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

JANUARY 2022

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



North Kingstown.
Photographer: Gerry Grabowski

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4 New Moon
5	6 Hanukkah ends	7 Pearl Harbor Remembrance Day	8	9	10	11
12	13	14	15	16	17	18 Full Moon
19	20	21 First Day of Winter	22	23	24 Christmas Eve	25 Christmas Day
26 Kwanzaa begins	27	28	29	30	31 New Year's Eve	

Primary Care ▶

Early diagnosis is key to successful treatment of gynecologic and prostate cancers, as well as other progressive conditions. Your primary care physician can recommend when you should get screened. If you need a primary care physician, visit "Find a Physician" at www.southcountyhealth.org, or call 401-783-5544.



CANCER CARE

Oncology/Hematology/Diagnosis/Treatment
Cancer Center: 401-783-6670
Breast Health Program: 401-788-3850

CARDIOLOGY

Wakefield: 401-789-5770
East Greenwich and Westerly: 401-471-6440

DIAGNOSTIC IMAGING

Wakefield, East Greenwich and Westerly
401-788-1486 to schedule at all locations

EXPRESS CARE

Express Care is open seven days a week.
East Greenwich: 401-471-6740
Westerly: 401-604-2500

OBSTETRICS & GYNECOLOGY

East Greenwich, Wakefield and Westerly
401-789-0661

ORTHOPEDICS CENTER

For information call 401-788-1700
To schedule a consult call 401-777-7000

OTHER OUTPATIENT SERVICES

- Anti-Coagulation Management Clinic
- Diabetes Center
- Infectious/Lyme Disease Clinic
- Nutrition Services
- Sleep Lab
- Wound Care Center
- And More

Call: 401-782-8000 or visit our website

SOUTH COUNTY PRIMARY CARE

Cranston: 401-464-6617
East Greenwich: 401-471-6760
Wakefield: 401-789-8543
Westerly: 401-604-2530

UROLOGY

East Greenwich, East Providence, Newport
and Wakefield
401-788-8780 All Locations

MEDICAL LABORATORIES

No appointment required.

Wakefield

70 Kenyon Avenue, 401-788-3803
24 Salt Pond Road, Suite H4, 401-788-3805

Narragansett

360 Kingstown Road, Suite 103
401-788-3806 for hours

North Kingstown/East Greenwich

3461 South County Trail, East Greenwich
401-471-6755 for hours

Charlestown

4099 Old Post Road, 401-788-3807

Westerly

268 Post Road, 401-604-2500 for hours

At-home lab services available for homebound
patients. Contact your physician.



Global Leader in Robotic Joint Replacement

10 Years

10,000 Hip & Knee surgeries... and Counting

South County Health Blends Our Legendary Patient Care with State-of-the-Art Mako Surgery

- 3D imaging for pinpoint accuracy
- Protects and retains healthy bone and tissue
- Promotes natural-like movement
- Shorter hospital stay
- Less pain and scarring
- Faster recovery
- Quicker return to normal activities

To learn more, call 401-777-7000




SOUTH COUNTY HEALTH

in partnership with



Ortho Rhode Island

South County Hospital *Comprehensive Services. All Private-Room Hospital* 401-782-8000

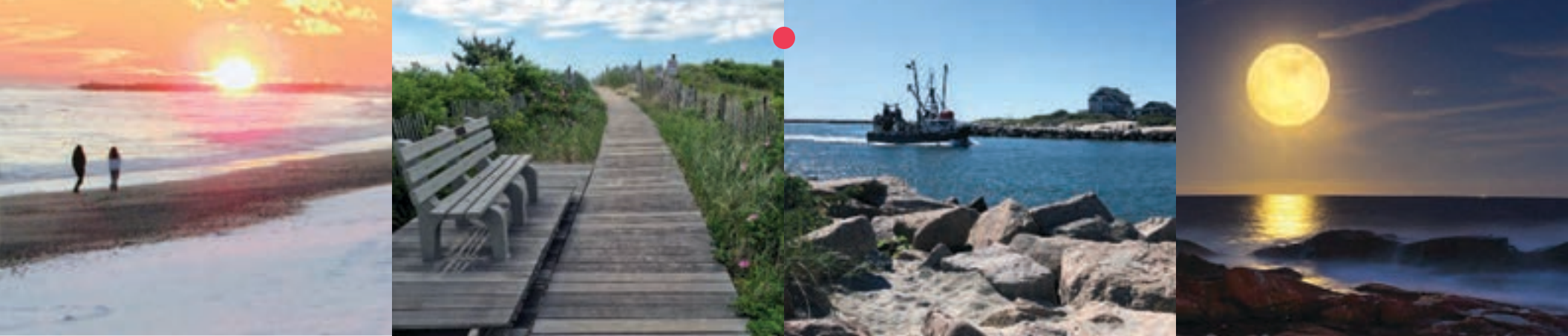
South County Home Health *Visiting Nurse Services and more* 401-782-0500

South County Medical Group *Specialists and Primary Care Providers* 401-782-8000

South County Surgical Supply *Durable Home-Medical Equipment* 401-783-1850

Find A Physician 401-783-5544 www.southcountyhealth.org


SOUTH COUNTY HEALTH



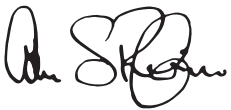
SOUTH COUNTY HEALTH

From L-R: Charlestown. Photographer: Bradford Sherman
East Beach, Quonochontaug. Photographer: Bob Petrone
Galilee. Photographer: Sylvia Coons
Newton Rocks, Narragansett. Photographer: Dean Birch

“On behalf of everyone at South County Health, I hope you enjoy the 2021 Scenes of South County calendar. As we all continue to cope with the COVID-19 pandemic that has changed the way we look at the world, the images throughout this calendar are a healthy reminder that even in the most challenging times, beauty is all around us.

South County Health will continue to be your most trusted healthcare partner, meeting the medical and wellness needs within Washington County and in communities across Rhode Island. Building on our reputation for hospital quality and exceptional patient experience, we will continue to improve the scope of services we provide to address the range of needs you and your family face.

In 2021, I encourage you to make your health a priority and stay well.”



Aaron Robinson, President & CEO
South County Health
www.southcountyhealth.org