

AWARE!



special tenth anniversary edition

Living Our Mission, Delivering Hope

TEN YEARS AGO THE HAROLD LEEVER REGIONAL CANCER CENTER OPENED ITS DOORS WITH THE PROMISE OF A NEW DAY – AND A NEW WAY – FOR PATIENTS AND FAMILIES FACING CANCER. OUR MISSION WAS CLEAR – AND CLEARLY STATED:

“...The Harold Leever Regional Cancer Center [will] create and foster a healing environment for the care of people with cancer, recognizing that the patient and family are the center of every interaction. The Center shall provide access to the most advanced therapies for the person with cancer, including access to clinical research trials. The Board and the staff shall actively seek innovations in prevention, diagnosis, treatment, education and support in planning future services for the Center. The Center shall also be a source of cancer-related information and services for the residents of Greater Waterbury and surrounding communities.”

We are proud of what we have accomplished in our first 10 years – of how we have consistently lived our mission and promise. It is in that context that we look back now and that we celebrate 10 years of hope.

A look inside

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A View from the Top: An Extraordinary Partnership



WATERBURY HOSPITAL
Darlene Stromstad
President and
Chief Executive Officer
Waterbury Hospital



Saint Mary's HOSPITAL
Chad W. Wable,
MS, MBA, FACHE
President and
Chief Executive Officer
Saint Mary's Health System

The Leever Cancer Center was borne of extraordinary vision and unparalleled commitment to our community. The partnership between Saint Mary's Hospital and Waterbury Hospital that conceptualized and built the Leever Cancer Center reflects our ongoing dedication to transforming healthcare in Greater Waterbury. We strive to bring the very best care to all of our patients, and the technologies, protocols and providers at Leever are nothing short of extraordinary.

Our 10-year milestone is not only an occasion to look back with pride, but an opportunity to look forward; we do so now with great excitement and anticipation. In the coming years, the partnership that fostered the growth of the Leever Cancer Center and revolutionized community cancer care will welcome a new partner and, with it, new opportunities to advance and transform healthcare – and cancer care – in Greater Waterbury. Saint Mary's Hospital, Waterbury Hospital and the LHP Hospital Group are proposing to merge and build a new, 400-bed, \$400 million hospital that will fully integrate inpatient and outpatient cancer care. This would be a state-of-the-art, comprehensive care facility that will not only immediately expand and improve the range of services available to patients in Greater Waterbury, but position this unique, community-based partnership to deliver extraordinary medical care for decades to come.

The mission of both hospitals has always been to provide excellent healthcare; we continually seek out new ways to do just that. Ten years ago, the Leever Cancer Center became a shining example of a new, unique and collaborative way to realize that mission. Moving forward, our expanded partnership will take that collaborative success to new heights. This is not only a partnership for excellence; it is a true business model for successful and meaningful teamwork that can only benefit our community. The future looks bright, and the possibilities are unlimited.

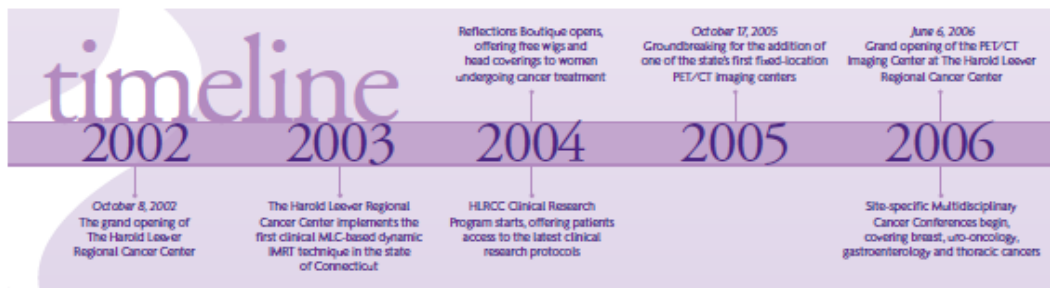
From the Executive Director

HLRCC Executive Director Kevin Knierly

The past 10 years have been remarkable, not just for the Leever Cancer Center, but for cancer patients and their families throughout Greater Waterbury. Our commitment to growth, innovation and medical excellence has brought both world-class cancer care and advanced patient services to our region. We have realized our mission of making the very best cancer care available close to home, in our own community.

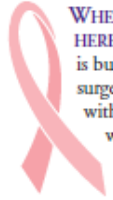
But our mission doesn't end here. Cancer care is dynamic — there are new discoveries, exciting changes and encouraging advancements made every day. We will continue to add new programs, new treatment protocols, and new and targeted therapies. Our staff will continue to work hard to maintain the consistently high — over 94% — overall patient satisfaction ratings we have proudly achieved throughout our 10 years. And finally, we will remain a leader in cancer care and will remain committed to offering the most advanced cancer treatments and services available anywhere.

Join us now as we celebrate our first 10 years and as we look ahead to many more.



For Breast Cancer Patients, the Right Team Has Been Right Here.

For 10 Years.



WHEN IT COMES TO COMPREHENSIVE BREAST CARE, IT IS ALL RIGHT HERE AT THE LEEVER CANCER CENTER. Our collaborative care model is built around a team of oncology experts that includes dedicated breast surgeons, medical oncologists, radiation oncologists, oncology nurses with specialized training and interest in breast health issues, social workers and nutritional and pastoral support.

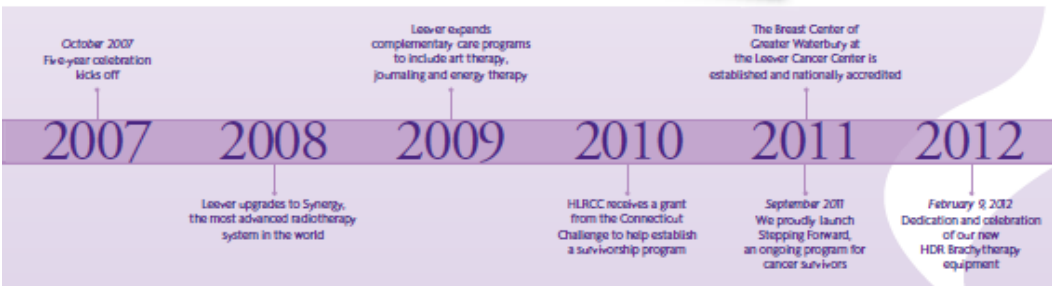
Our team works together to ensure that every patient benefits from the most current information available in every area of breast cancer care. Our bimonthly, multidisciplinary breast cancer conferences are one of the ways we make that happen. During each session, our expert team reviews breast cancers cases; in 2009 alone, almost every breast cancer case treated in Greater Waterbury was reviewed by our panel. Each member of the professional medical team brings his or her own frame of reference and unique set of knowledge, training and skills into consultation to develop comprehensive, integrated care and treatment plans for each individual patient.

Recently, the Breast Center of Greater Waterbury at the Leever Cancer Center was awarded full, three-year accreditation by exceeding National Accreditation Program for Breast Centers (NAPBC) requirements in all 27 program standards and 17 program components of care. Collectively, those measures define comprehensive, efficient and advanced breast care at its best. Each of the services offered through the Breast Center is also individually reviewed and accredited.

Our team approach to breast cancer care is reflected not just in medical care, but in our broad range of support personnel and services. Through our on-site American Cancer Society

Patient Resource Center, breast cancer patients have access to a comprehensive library, free wigs and head coverings, transportation services, and nationally affiliated support groups including Brave at Heart, Woman to Woman and the Look Good, Feel Better programs, and Reach to Recovery, a one-to-one peer support program touching women at every stage of their journey, from potential diagnosis to diagnosis, treatment, and ongoing care. Breast cancer patients and their families also benefit from our art therapy, energy therapy and journaling programs.

"We recognize breast cancer treatment is dynamic, with changes coming at an increasingly rapid pace," explained Dr. Jeffrey A. Bitterman, Medical Director of Radiation Oncology at The Harold Leever Regional Cancer Center. "We also recognize that it is multifaceted. It is our goal not only to keep pace with changes, but to keep our team at the forefront, leading the way through research, technology, and education initiatives."



The Right Team. Right Here. Ten Years.

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In Action:

Our founding mission

“...access to the most advanced therapies... innovations in treatment.”

THE AMERICAN CANCER SOCIETY RECENTLY RELEASED THEIR ANNUAL REPORT ON CANCER STATISTICS, AND THE NEWS IS ENCOURAGING: Cancer death rates are falling, dropping by 1.8 percent per year in men and 1.6 percent per year in women between 2004 and 2008. According to the report, advances in cancer screening and treatment have saved more than a million lives since the early 1990s. Many of those advances were pioneered at the Leever Cancer Center.

► In 2006, we opened a 4,000-square-foot PET/CT Diagnostic Center built around a fixed PET/CT scanner. This powerful technology combines the most sophisticated Computed Tomography (CT) technology with the most advanced Positron Emission Tomography (PET) technology. The result is a comprehensive, digital 2-D or 3-D image that allows Leever physicians to view metabolic activity and pinpoint where abnormal lesions are located. Of note: Ours was the first dedicated PET/CT in a radiation oncology department in Connecticut.

We were also the first in the state to offer dynamic Intensity Modulated

Radiation Therapy (dIMRT) and one of the first facilities in New England to provide IMRT.

► In 2008, Leever added two new digital linear accelerators to our treatment arsenal. The machines, known as Synergy, are the most advanced radiotherapy system available, and the first to feature integrated three-dimensional imaging. Three-dimensional imaging allows doctors to deliver precisely targeted radiation beams that conform to the exact shape and size of each tumor. Our acquisition of the state-of-the-art system represented an investment of more than three million dollars, and secured our position as an industry leader.



Radiation Oncologist Dr. Joseph Ravalese uses Synergy's three-dimensional imaging feature to deliver advanced cancer care.



The Synergy system brought advanced radiotherapy to Leever in 2008, representing a significant investment in our future.

► This year, we began offering patients with specific breast cancers a new treatment called HDR Brachytherapy. Brachytherapy is a highly precise, targeted form of radiation therapy that tackles tumors from the inside out, usually through a radiation “seed” implanted in or near a tumor. During each treatment session, radioactive material is remotely activated and released from the seed. High dose rate (HDR) Brachytherapy releases that material at higher levels, allowing quicker, more effective treatments that spare healthy tissue, thereby reducing side effects. A course of HDR Brachytherapy can be completed in five consecutive days with twice-daily treatments. Traditional radiation therapy methods often span six weeks.

Our capital investments represent only one part of our commitment to delivering innovative, advanced cancer care. We have initiated programs in complementary and integrated medicine, partnered with some of the most prestigious research facilities in the country, and participated in National Cancer Institute (NCI) clinical research trials. Our commitment to state-of-the-art cancer care has been a hallmark of our first 10 years. It is our mission in action.

Celebrating 10 years
2002 **H** 2012
THE HAROLD LEEVER
REGIONAL CANCER CENTER

SPECIAL PULLOUT SECTION

Celebrating 10 Years.

Right here. For you.







A World of Thanks to a Caring Community

It would be difficult to measure the impact we have had on the community during our first 10 years. It would be even more difficult to measure the impact the community has had on us.

The Harold Leever Regional Cancer Center was borne of a commitment to Greater Waterbury envisioned by Saint Mary's Hospital and Waterbury Hospital and advanced by its largest single benefactor, for whom our facility is named. Over the years, thousands of individuals, businesses, and organizations have followed in Harold Leever's footsteps, donating time, talent and financial support. The generosity of our community has allowed us to grow, ensuring that we will fulfill our promise of advanced, innovative and compassionate cancer care—under one roof and close to home.

To each donor, thank you. Your gifts change lives each day. To every volunteer, patient, family and caregiver to come through our doors, thank you: You make us who we are and compel us to keep reaching higher. To our board, our medical teams and our professional staff: You are our heart and soul, our anchor and our beacon. Thank you all for an extraordinary 10 years.



Above: Celebrating 10 years: Behind the scenes at our 10-year purple ribbon photo shoot.

Left: Middlebury Brownie Troop 6476 is among the many charitable, civic and community groups who have thrown their support and energy behind the Leever Cancer Center.

Celebrating 10 years
2002 **HL** 2012
THE HAROLD LEEVER
REGIONAL CANCER CENTER

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Reaching Out, Making a Difference

“...a source of cancer-related information and services...”

FOR 10 YEARS WE HAVE REACHED OUT TO THE COMMUNITY THROUGH EDUCATIONAL PROGRAMS AND SERVICES, SUPPORT GROUPS AND A BROAD MENU OF IN-HOUSE RESOURCES.

Programs

In our first 10 years, we hosted and sponsored more than 100 educational programs; that's 10 a year—almost one a month—since we opened our doors in 2002. We have hosted informational sessions on specific cancers, including prostate cancer, colorectal cancer and breast cancer. We have taught patients how to talk to their doctor about pain and created a program designed to help caregivers understand the challenges and rewards of their role. We have offered hospice education, hosted the Myeloma Mobile and brought survivors together, year after year, for our annual Survivors' Day celebration. We have also sponsored lectures for area physicians and held regular multidisciplinary medical conferences. For 10 years, we truly

have been the best source of cancer education and information in our region.

Support Groups

The Leever Cancer Center is a hub of activity, hosting a wide variety of support groups — some our own, some sponsored by the American Cancer Society and others originating in the community but proud to call our building home. Over the years, breast cancer patients have benefited from support groups like Woman to Woman, Brave at Heart and Reach to Recovery. We have hosted support groups for patients and caregivers with specific types of cancer, including prostate cancer, thyroid cancer and multiple myeloma. There are support groups for amputees and patients with lymphedema. The HOPE mutual aid group and Better Breathing Club are among the groups that call Leever home. Patients gather at the Leever Cancer Center for art therapy classes, energy healing and bereavement support.



ACS Community Relationship Manager Jessica Tynan-Lynch provides resources and support through the ACS presence at the Leever Cancer Center, supported by the Margaret M. Hallden Fund.

In-house Resources

Treating cancer takes exceptional doctors and advanced technologies, both of which are hallmarks of care at the Leever Cancer Center. It also takes nutritional counseling; social, emotional and financial support services; pastoral counseling and sometimes even help getting to and from appointments. All of these services are also available at the Leever Cancer Center.

Our registered dietitian and on-site, full-time social worker provide free services to patients and their families, and to members of the community facing a cancer diagnosis. Through our on-site partnership with the American Cancer Society (made possible by the Connecticut Community Foundation's Hallden Fund), we are proud to offer patients and their families access to our Patient Resource Library, the Reflections Boutique for wigs and other head coverings, transportation programs, support groups, care and treatment organizers, welcome and orientation services and survivor networks.



Volunteers help make our world go round. (from left) HLRCO Operations Manager Deborah Parkinson, Community Service Award winner Anne Pringle and Craig Pringle.

Stepping Forward: Thriving After Cancer

“...a healing environment...”

WE WANT TO DO MORE THAN TREAT CANCER; WE WANT TO BEAT CANCER, AND WE ARE. With cancer survival rates increasing steadily, we are pleased to offer new programs and services designed to meet the specific needs of cancer survivors. Launched in 2011, Stepping Forward is a unique and comprehensive program that helps survivors thrive by offering an effective post-treatment plan for care, disease prevention and support.

Stepping Forward provides participants with a summary of their medical history, a personalized plan of medical follow-up and lifestyle recommendations that will enhance their post-cancer well-being. Our survivorship team, which includes nurses, nurse practitioners, a physical therapist, a registered dietitian, and a social worker, will work with program participants to identify and access programs, resources and services that best meet their individual needs. (See sidebar.)



In addition to personalized services, our Stepping Forward community health series offers lectures and workshops on topics important to cancer survivors. These no-cost, educational classes include a look at things like exercise and nutrition for survivors and strategies for managing stress.

Stepping Forward brings together many community partners, including the Greater Waterbury YMCA, the CT Challenge, Access Rehab Centers, Massage Therapist Nancy Traver, the Connecticut Community Foundation, Saint Mary's Hospital Physical Therapy and the American Cancer Society.

Anyone who has completed treatment for cancer in the past 12 months is eligible to receive a treatment summary and survivorship care plan. All survivors, regardless of their time out of treatment, are encouraged to attend our community health series and YMCA programs.



Fitness training and healthy cooking classes are two of the many programs available to cancer survivors through our Stepping Forward initiative.



Celebrating Life: Jan Nardi, RN, a breast cancer survivor, celebrates the joy of survivorship each day.

HL STEPPING Forward OFFERINGS

Available individually and in group settings:

Oncology Rehabilitation/Physical Therapy with a Survivorship Training and Rehab (STAR) Certified Clinician

Emotional/Psychosocial Support

Individualized Healthy Eating Plan

Cooking Classes

Free 12-week YMCA Membership

Massage Therapy

Yoga, Tai Chi

Art Therapy

Journaling

Energy Healing

Support Groups



The Future Is Now

“...actively seek innovations...
in planning future services...”

DURING OUR FIRST 10 YEARS, THE LEEVER CANCER CENTER NOT ONLY KEPT PACE WITH CHANGES AND ADVANCES IN CANCER CARE BUT WE OFTEN LED THE WAY. From pioneering truly multidisciplinary cancer care to bringing HDR Brachytherapy to Greater Waterbury, we have consistently been ahead of the field. We were:

- ▶ One of the first centers in New England to utilize brachytherapy in the treatment of prostate cancer
- ▶ One of the first centers to incorporate a new targeted conformal radiation therapy (DIMRT)
- ▶ One of the state's first fixed-location PET/CT Imaging Centers
- ▶ One of the first to adopt Image Guided Radiation Therapy (IGRT), giving us the capability to evaluate the accuracy of our Radiation Therapy on a daily basis.

Moving forward, we will continue to refine our treatment protocols, invest in new equipment and be both a leader and innovator in advanced, comprehensive cancer care. To that end, we are preparing, once again, to upgrade our radiation technology system.

In 2008 the Leever Cancer Center invested in Synergy, a world-class, advanced radiotherapy system. Synergy's 3-D technology allows our physicians to deliver precisely targeted radiation beams that conform to the exact size and shape of each tumor. The benefits are many: shorter treatment cycles, limited damage to healthy tissue and shorter recovery times. Soon, we will enhance the Synergy system to allow even higher levels of conformity and finer targeting during radiation delivery, using Stereotactic Radio Surgery (SRS) and Stereotactic Body Radiation Therapy (SBRT).

SRS and SBRT can eradicate cancers in fewer doses with fewer side effects. These large, ablative doses can, in some cases, reduce a standard course of treatment from seven or eight weeks to one to two weeks

Breast surgeon Dr. Beth Sieling (left) and Leever Radiation Oncologist Dr. Douglas Housman are among the cancer experts leading Team Leever toward the future.



of treatment delivered every other day. SBRT is particularly effective with lung and paraspinal tumors, as well as liver lesions, head and neck tumors and other non-paraspinal bony lesions. Leever Radiation Oncologist Dr. Douglas Housman calls SBRT the “biggest innovation” in radiation treatment and a true “game changer” that will keep Leever at the forefront of advanced cancer care.

Aware!

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We encourage your feedback.
If there is a cancer topic you
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Ask the Medical Director

Dr. Jeffrey Bitterman, Radiation Oncologist and Medical Director at the Leever Cancer Center, talks about advances in cancer care.

Q How is cancer care different today than what it was 10 years ago?

A The big change in cancer protocols is that less is more: Overall, toxicity is down, while cure rates are up. Ongoing research has improved our understanding of cancer, which has allowed us to begin targeting cancer at the molecular level, pinpointing radiation to adhere to the exact size and shape of tumors and personalizing cancer treatment by understanding an individual's genetic makeup. Targeted therapies block the growth and spread of cancer by compromising the molecules involved in tumor growth and progression. Pinpoint radiation preserves the healthy tissue around a tumor, reducing side effects and recovery time. Genetic therapies, though largely experimental, can completely destroy cancer cells.

These advancements have not only improved patient outcomes, they have changed what it means to be a cancer patient. The days of inpatient care have given way to a time where people work, play and live active lives throughout their treatment.

Q What do you think was the most significant advancement in cancer care during the past 10 years?

A The most significant advance in cancer care has been in the way we approach and treat both cancer and cancer patients. More than ever, cancer care is truly collaborative. Here at Leever, a multidisciplinary medical team meets to review each and every patient file. Radiation oncologists, medical oncologists, surgeons, primary care physicians, radiologists, pathologists and nurses are all part of a team that meets to develop the best, most comprehensive treatment plan for each individual patient. Each member of the team brings his or her extensive, specialized training to the table, meaning that every available treatment option can be considered in the most informed and meaningful way.

We also recognize that to effectively treat cancer we must treat the whole person—that cancer does not exist in isolation. Complementary therapies, like acupuncture and energy therapy, have become an important part of cancer care. Nutrition counseling, social and psychological support services and programs for cancer survivors are all considered essential components of a good cancer treatment program, and are all available at the Leever Cancer Center.

