



A publication of the Brown Medicine
Geriatrics Department 401-649-4010

Did you know?

Brown Medicine-Geriatrics offers after hours access to on-call physicians, same day sick visits and weekend appointments for urgent issues.

Please call the office for more information and/or to schedule an appointment.

Weekend Urgent Care Visits for Primary Care Patients

Avoid going to the Hospital Emergency Room or another Urgent Care Facility.

Hours:

Saturday: 9:00 a.m. - 3:00 p.m.

Sunday: 9:00 a.m. - 12:00 p.m.

Brown Physicians Patient Center
375 Wampanoag Trail
East Providence, RI 02915

Call Geriatrics Primary Care to schedule an appointment: 401-649-4010

3 ways to get the Geriatrics Newsletter:

1. Available at our Geriatrics office in East Providence

2. Online at: Brownmed.org/division-of-geriatrics-and-palliative-medicine

3. Email: Send an email to Karolyn.McKay@Brownphysicians.org to opt-in or fill out a form at the Geriatrics office

Dealing with grief during the Holidays

The holiday season can be extremely difficult when you are grieving the loss of a loved one. Holiday music, traditions and celebrations can all bring up painful reminders and memories of your loss and special times shared with your loved one in the past. Here are some tips that may help you cope with your grief during this holiday season.

1. Create new traditions.

It may be helpful to start new traditions such as going out to dinner instead of cooking at home; make plans with friends.

2. Set boundaries.

If you feel as though certain gatherings or events will be too painful to endure, then be willing to say no.

It is important that you set these healthy boundaries and know that it is ok to not please others.

3. Find a way to honor your memories.

You may want to honor your loved one by lighting a candle at a holiday dinner or gathering; reserving a chair for your loved one at the table; and/or serving your loved one's favorite food.

4. Acts of kindness.

Doing something kind for others can provide comfort to a grieving heart.

5. Allow yourself to grieve and to feel your emotions.

It is important to allow yourself to feel the difficult emotions that are a part of the grieving process. It is also important to express your needs to others and to practice self-care. You need to allow yourself time to grieve. Grief will continue to change, and the holidays will become less painful over time.

6. Don't be afraid to ask for help.

If you feel as though you need more support as you grieve, please contact your Brown Medicine medical provider and/or social worker for assistance, resources or support.



Kerri Kelley, LICSW

Ranitidine Recall

Ranitidine (Zantac) is a medication used to treat heartburn and acid reflux. The FDA has recently issued a recall of select ranitidine (Zantac) over-the-counter products because they may contain an impurity called NMDA. NMDA is a chemical that could possibly cause cancer. It is a known environmental contaminant found in water and food, such as dairy, meats and vegetables. Several prescription ranitidine products have been voluntarily recalled by their manufacturers.



The FDA will continue providing updates on products that may be affected. To date, no famotidine (Pepcid) products have been implicated and your doctor may switch you to this medication. Brown Medicine Geriatrics will be mailing out letters to any known patients, taking ranitidine (Zantac) requesting them to stop taking this medication. Patients taking ranitidine products may contact their doctor for an alternative medication.

Marco DelBove, Pharm.D., BCPS

Get your Flu shot: so the Flu doesn't get you!



Stop the spread of Influenza this year.

Schedule a visit with your Primary Care Physician's office to receive your vaccine.

Protect yourself and your family!

Education Series: Alzheimer's/Dementia

Geriatrics is offering free classes. Please join us for one or both. All are welcome.

February 03, 2020 10:30 AM to 12:00 PM: "Understanding Alzheimer's and Dementia"

February 24, 2020 10:30 AM to 12:00 PM: "Understanding Dementia Related Behaviors"

Location: 375 Wampanoag Trail, East Providence, RI

Please register by calling Kerri Kelley LICSW at (401) 649-4010 x 1004. Seating is limited, so register early.

Geriatrics Newsletter Update:

You can now receive the Geriatrics Newsletter via email. You will need to opt-in to receive the newsletter. You can do this by sending an email to Karolyn.McKay@Brownphysicians.org, requesting the newsletter. An opt-in form will also be available at the Geriatrics office.

Other ways to receive the newsletter:

⇒ Our website: <http://www.brownmed.org/division-of-geriatrics-and-palliative-medicine>

⇒ Newsletters are available at the Geriatrics office.

⇒ If you don't have access to a computer and would like the newsletter mailed to you, please contact the Nurse care manager at 401-649-4010 x 1007.

Geriatrics Staff Phone Extensions:

Just a reminder not to leave any urgent messages on staff voicemail. Instead ask to speak with a Medical Assistant. Please allow up to 24 hours for a response.

Dr. Nanda, Dr. Mujahid & Dr. Hollmann

- Ramona Carbone: Medical Secretary- ext 1001
- Nikky Diaz: Medical Assistant- ext 1003

Donna Rondeau, Darlene Noret, Dr Raza, Dr. McNicoll

- Lori Martel: Medical Secretary- ext 1006
- John Leo: Medical Assistant- ext 1005

Elizabeth Nichols: Office Manager- ext 1013

Kerri Kelley: Social Worker- ext 1004 (M-T-W)

Kay McKay: Nurse- ext 1007 (M-W-F)



BROWN MEDICINE
BROWN PHYSICIANS, INC.

Division of Geriatrics &
Palliative Medicine

BrownMed.org

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