

WINDHAM HOSPITAL'S LINK TO YOU & YOUR HEALTH

Hospital Alliance Offers Expanded Services, Local Care

PATIENTS BENEFIT AS HOSPITALS COLLABORATE

As I talk to people, both inside and outside Windham Hospital, it is our affiliation with Hartford Healthcare that frequently dominates the conversation. People want to know whether the affiliation has been completed, what it will mean for us, and what changes may occur now that we are part of an integrated multi-hospital system.

I am very happy to report that the affiliation has occurred as planned. With the legal process behind us, we are now a proud part of Connecticut's premier integrated healthcare delivery system—a direct result of the bold vision and leadership of our Board and indeed, our entire organization.

Now joined with Hartford Hospital and Midstate Medical Center, we can focus on ways to best leverage the resources of the entire system to provide optimal care for patients throughout our service area. This includes pursuing quality initiatives, such as the project to ensure that patients who come to our Emergency Department see a physician within 30 minutes of their arrival. This half-hour "door to doctor" effort by all three hospitals seeks to meet

the needs of patients who turn to us in times of crisis. The affiliation will also enhance our best practices for stroke and cardiac care.

We have an incredible, once-in-a-lifetime opportunity to augment our clinical services, build additional partnerships, and enhance patient care.

Of course, with today's concern for affordable care, our new system will be streamlining expenses, as well as achieving savings through group purchasing, planning for technology and integration of critical information systems, recruiting key physician specialists, and easing transfers when patients require advanced services.

The affiliates of Hartford Healthcare include: three acute care hospitals; a statewide laboratory; psychiatric centers; alcohol and substance abuse services; VNA; one of Connecticut's largest rehabilitation companies; and long-term care facilities, among others. Our colleagues have much to offer and in the coming months, it will be our task and delight to enhance and expand services for our patients while we retain the best of what's right at Windham Hospital. We can build on our strengths and showcase the considerable pool of talent here, while drawing on the support of our sister hospitals and healthcare affiliates. Our Board of Directors will continue to play an important role, helping to ensure that Windham Hospital continues to grow and serve our region for years to come.

— Dick Brvenik, President & CEO
Windham Hospital

Below, left to right: Dick Brvenik, Windham Hospital President & CEO, Arthur W. Brodeur, Chairman, Windham Hospital Board, Elliott Joseph, CEO, Hartford Healthcare



Hospital "Goes Hollywood..."



...with a new program called **healthLINK** on Charter Cable CTV-14. The show features tips on staying healthy and the latest healthcare advancements, and showcases the services and programs provided by Windham Hospital. Hospital staff members act as the volunteer production crew, and Larry Ross owner/broker of ERA Covenant Real Estate Group, Inc. serves as the host for the healthLINK series. Larry comments that he is "very pleased to help the Hospital highlight new and important services that will ensure better, faster, and safer results for members of the community." Episodes of healthLINK air every Friday at 5 pm on Charter Cable CTV-14. Past topics have included digital mammography, cervical cancer, integrative health services, and colon cancer.

Up next: April 3 & 10, **Careers in healthcare**, Guests: Nate Goodrich, Radiologic Technologist, Tracy Hawthorne, Physician Assistant and Elizabeth Visone, Nurse Practitioner.

April 17 & 24 **Sleep disorders**, Guests: Dr. Robert Bundy, Bryan Heston, ECSP Manager, and Alicia Lynn, Polysomnographer.

Shown here are Bruce Levine, WCMH volunteer, creating graphics, and Diane Angotta, Windham Middle School Student Health Clinic, on the audio controls. Inset: Brenda Cooke, HIM transcriptionist, serves as camera operator for the show.



PREVENTION'S THE "NAME OF THE GAME"

8 Simple Ways to Fight Cancer

Every year in March, Americans are reminded through National Colon Cancer Awareness Month to pay more attention to colon health, to schedule routine exams, and review their health profiles. Why? Because colon cancer, although potentially deadly, is one disease that is best cured through *prevention*. You can guard against cancer of all kinds—and especially colorectal cancer—by:

- 8** Lose any spare pounds you may be carrying.
- 7** Decrease your consumption of red meat.
- 6** Increase your daily intake of fruits and vegetables.
- 5** Decrease your use of alcohol.
- 4** If you're a smoker, quit.
- 3** Exercise often.
- 2** Know your family's medical history, as well as your own.

- 1** The number one way to help fight cancer is regular screening and testing. It's safe, proven, and lifesaving. There are several types of colorectal screens available today, but the very best is colonoscopy, performed every 10 years after the age of 50.

We all hope to be healthy and disease-free. By observing these simple precautions, we can fight—and *beat*—cancer!

Special thanks to Dr. Ajit Kokkat for his help in preparing this list.

Doctors Roger El-Hachem, David Kloss, Ajit Kokkat, Leszek Kolodziejczak, Herbert Ridyard, and Francis Siracusa offer colorectal cancer screenings at Windham Hospital.



Building a Stronger Community... One Person at a Time

Especially during times of financial or personal stress, it is reassuring to know that there are very special staff members and programs at Windham Hospital that are here for you in times of need. We educate patients about how to care for themselves, provide preventative health information to



Childbirth education is just one of many services Windham Hospital offers for new parents.

women, children, teens and seniors, conduct health screenings at fairs on-site and in the community, provide health-care career training and leadership development, advocacy for at-risk and underserved populations, and a wealth of resources that help to provide a better quality of life for all residents throughout our 19-town service area. This is part of our mission, established 75 years ago, and which is relevant and vibrant in our community today.

Windham Hospital and its staff provide over 40 distinct activities that are reported and tracked by the Connecticut Hospital Association as part of its Community Benefit Inventory for Social Accountability (CBISA).

More than 8,000 people in our region benefited from these activities and services between October 1, 2007 through September 30, 2008, with over 12,000 staff hours and 800 volunteer hours devoted to these community benefit activities.

Community Benefit Programs are those which are carried out for the express purpose of improving community health and are generally subsidized by the hospital.

This Community Benefit Report brings to light just a few of the ways we fulfill our mission each day by providing quality care, education, support and health promotion activities. Each number listed above represents a person from our community who benefited from one of our programs. For them, Windham Hospital was there as a safety net, when private or public health insurance fell short or was unavailable. Windham Hospital is helping to build a stronger community – one person at a time.

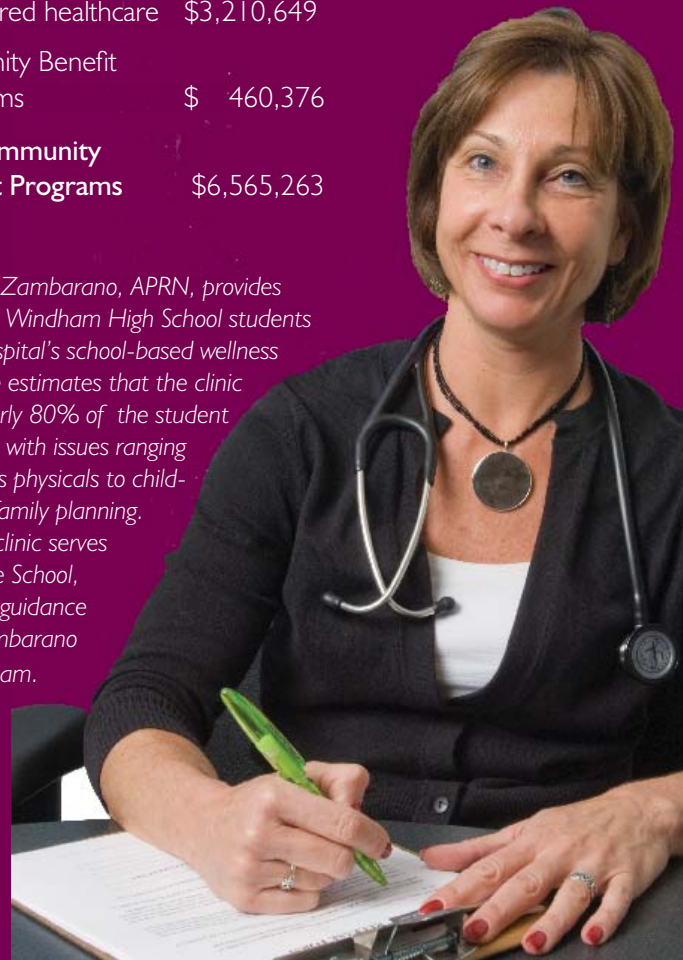
At a Glance: Windham Hospital's Community Benefit Programs

- Support groups: AWAKE (Alert, Well and Keeping Energetic for individuals with sleep disorders); Breast Cancer, Cancer, Cardiac Rehab, and Healing Hearts • American Red Cross Blood Drives
- Asthma Advisory Council • Behavioral Health Forum • Cancer Education: Prenatal Clinic, CBCCEDP (Connecticut Breast and Cervical Cancer Early Detection Program), WISEWOMAN, and CHESS (Comprehensive Health Enhancement Support System) • Child Sexual Abuse Examiners Peer Review • Childbirth Education, Infant Massage • Community Focus Groups • Community Health Education • Diabetes Education • Go Red for Women in collaboration with American Heart Association • Health lectures, fairs, screenings and workshops • Healthcare careers/training/shadowing opportunities • Integrative Health Services including monthly lectures • Leadership development • Lifestyle modification and intervention classes • Nutrition education • Pastoral and Spiritual Care • Preventive Cardiology Lipid Clinic • Relay for Life in collaboration with the American Cancer Society

Financial Summary, Fiscal Year 2008

Charity care	\$1,041,648
Bad debt	\$1,852,590
Government sponsored healthcare	\$3,210,649
Community Benefit Programs	\$ 460,376
Total Community Benefit Programs	\$6,565,263

Marianne Zambarano, APRN, provides services to Windham High School students at the Hospital's school-based wellness clinic. She estimates that the clinic serves nearly 80% of the student population with issues ranging from sports physicals to child-care and family planning. A second clinic serves the Middle School, under the guidance of Ms. Zambarano and her team.



THE 14TH ANNUAL WINDHAM HOSPITAL
GOLF CLASSIC

MAY 15, 10 AM

**TUNXIS PLANTATION
COUNTRY CLUB,
FARMINGTON**

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Spring into Health



Just in time! Spring into Health is open to all, and offers loads of free information. A \$20 fee covers blood pressure, glucose, cholesterol, HIV, bone density, and oral health screenings.

**Thursday, April 30th,
11 AM - 7 PM,**

in the Hospital Education Center.

Spirits in Spring...



The Auxiliary to Windham Hospital hosts its very popular Spirits Tasting on June 11th—and this year, it's at the Safe Haven Alpaca Farm in Hampton!



LOOKIN'
GOOD!

For more information about Hospital Events, visit the website at www.windhamhospital.org (click on "Special Events").



HARTFORD HEALTHCARE

112 Mansfield Avenue
Willimantic CT 06226



SUNDAY, MAY 31st, 1 - 3 PM
in the Hospital Education Center


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