



## CEO CORNER

Dick Brvenik

### CELEBRATING OUR SUCCESSES

We are good. And we're getting better all the time. This is the central mission of our Commitment to Excellence...and it applies to individuals, teams, departments, and the Hospital as a whole. We make it happen!

At the core of our Commitment to Excellence is our staff. We are the people who do good work, do good things for people every day. And we are the people who will ultimately make Windham Hospital an even better place to deliver high quality healthcare, to be a vital resource for our community—a great place to work and learn. In this edition of StaffLink, we celebrate some excellent achievements in our cardiology and radiology departments, and during our Department Managers' Meeting in August, we congratulated:

- Paul Sarchuk and Mike Dion for their work with the Full Building Evacuation Drill (held on July 28th, see photos inside);
- Lynn Truesdale, who recently completed her MPH at UConn, receiving the Mulvihill Medal as an Outstanding MPH Candidate;
- Beth Cheney on her 5-year recertification as a family nurse-practitioner;
- Kate Cheromcha on receiving a grant to attend the Institute in Evidence-Based Practice for Medical Librarians at Dartmouth this month;
- Kate Starkey on her new certification as a bilingual childbirth educator. The grant-funded certification will allow Kate to provide "culturally sensitive" childbirth experience to some of our patients;
- Karen Barbone on achieving certification as a diabetes educator;
- The Lab/ED, on achieving extraordinary results and significantly surpassing industry standards related to blood samples;
- The surgical division, on augmenting their complement of services with two new procedures: balloon sinuplasty to treat chronic sinusitis, and "Topaz," a minimally invasive treatment for tendon problems;
- Cary Trantalis for her championing of the Commitment to Excellence process; Mindy Kivlin, for serving as our first process facilitator, and all the staff members who have worked on the five committees who are working so diligently to move us to the next level.

We invite you to share your success stories as well. We know there are many, because we know our staff is committed to clinical and service excellence, and strives to create a care experience that our patients and families will appreciate and express to their friends, neighbors and colleagues. We know it is important that each and every patient receive only the best of care each and every day.

These tenets are integral to our Commitment to Excellence as we aspire to be the best community hospital in Connecticut, and to produce the results of which we all can be proud. We are good... and we're getting better all the time.

*Dick*

### WINDHAM HOSPITAL CARDIOLOGY TEAM EARNs PRESTIGIOUS CERTIFICATIONS

Dr. Bekir Melek and Ms. Diana Rosiene are the most recent additions to the roster of "fellows" in the American Society of Echocardiography (FASE), the organization that recognizes professionals who have met both training and performance standards set forth by the Society. Dr. Melek and Ms. Rosiene, along with Dr. Mark Fisherkeller from Windham Hospital comprise three of only 24 ASE fellows in Connecticut, and their achievement makes the Windham Hospital Echocardiography Laboratory the only one in the state in which 100% of the staff holds the ASE fellowship designation.

The attainment of this important standard of practice recognizes that the three team members are truly committed to sustained excellence in the diagnosis of cardiovascular disease.



Above: Diana Rosiene, RDMS, RDCS, FASE, and Bekir Melek, MD, FACC, FASE

In addition, the echocardiology laboratory at Windham Hospital has received accreditation by the Intersocietal Commission for the Accreditation of Echocardiography Laboratories for adult transthoracic and transesophageal imaging. The 3-year certification was awarded on the basis of laboratory excellence and a site visit/inspection by the Commission. Achieving this prestigious certification recognizes the skill of the sonographers who perform examinations, the quality of the equipment used, the experience, training, and knowledge of the interpreting physicians, and quality assurance measures.

The Echocardiography Lab team provides a full complement of diagnostic services for patients of all ages—from newborns to geriatric patients—and with the latest imaging equipment, can detect cardiac issues across the spectrum. "To have these unique credentials and extensive capabilities within a community hospital setting is, simply put, quite phenomenal," remarked Mark Fisherkeller, MD, FACC, RDCS, FASE. "We are extremely proud of attaining these significant milestones, and we are extremely proud to provide unparalleled care for cardiac patients in our communities."



At right, Mark Fisherkeller, MD, FACC, FASE, RDCS

# WINDHAM HOSPITAL'S COMMITMENT TO EXCELLENCE

Our **Commitment to Excellence** is designed to improve everything we do by involving everyone who works, learns, and volunteers at Windham Hospital. Our Commitment to Excellence underscores our commitment to **continuous improvement** using **two-way communication** and **teamwork** throughout our organization. **Staff involvement** becomes the structure and culture of Windham Hospital. Here is a brief definition of roles and responsibilities within the Commitment to Excellence process:

## Work Groups

- Everyone is a member of a Work Group
- Every Work Group meets regularly
- Every Work Group generates and implements ideas
- Every Work Group uses improvement tools and techniques provided by facilitated support
- Work Groups are rewarded for their accomplishments
- Every Work Group is data-driven and uses a dashboard of relevant measures to guide their course
- Every Work Group celebrates success

## Project Teams

- The Work Group Leader will appoint 2-3 members of a Work Group to plan and implement a specific idea
- Project Teams report their progress to the Work Group
- Project Teams are supported by the facilitator
- Project Teams celebrate success

## Action Groups

- The Steering Committee will appoint 8-10 members from multiple Work Groups to plan and implement one cross-departmental, high-priority initiative
- Action Groups are guided by a VP and supported by a facilitator
- Action Groups operate on a specific time-frame, typically less than 6 months
- Action Groups regularly submit reports to the Steering Committee
- Action Groups make recommendations to the Steering Committee
- Action Groups celebrate success

**The Steering Committee** includes members of the executive team at Windham Hospital—President & CEO Dick Brvenik, and Vice Presidents Mona Friedland, Marty Levine, Jim Papadakos, and Cary Trantalis—along with the chairs of each Committee—Janice Mackie, Gayle Wheeler, Kevin Tupper and Brian Cawley—and Mindy Kivlin, Process Facilitator.



*“As a member of the Measures Committee, I have learned that the five pillars of Quality, Service, People, Finance & Growth are very important for Windham Hospital to be a successful hospital. Our hospital-wide goal is to serve all of our patients with the best care possible. We want to be regarded as an excellent hospital. I feel that everyone has a key role in assuring we attain our goals.”*

— Janet Garson  
Purchasing Assistant,  
Materials Management



*“I have enjoyed working with a different group of individuals on a challenging endeavor. Although part of my job involves being an educator, the subject matter involved with this is very different. We all need to learn that our individual contributions will help the hospital, our employer, become the best community hospital in Connecticut.”*

— Suzanne Gerety Ferraira  
Chief Clinical Dietician  
Nutrition Services



*“As a member of the Communications committee I learned how important it is for our hospital to constantly look for ways to improve the service and quality of care we give to our community. What I feel makes the Commitment to Excellence process such a great positive step for Windham is that it includes all staff that work here and we are all encouraged to be involved in making us the best hospital!”*

— Luis Mercado  
Environmental Services



*“I found it to be a very rewarding experience serving on the recognition committee with a cross-section of enthusiastic Hospital employees. It was a real honor to be invited to participate.”*

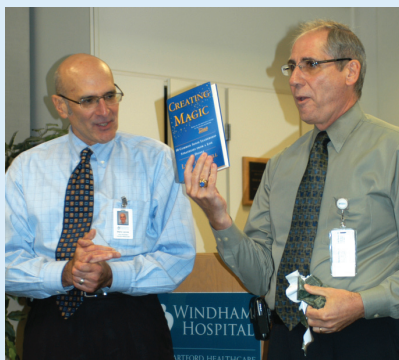
— Jacy Worth, RN  
4Shea



*“I am very encouraged by the direction in which our Commitment to Excellence Program is proceeding. Utilizing the ideas of our employees will improve customer satisfaction and greatly impact the success of the Windham Hospital organization. With all the uncertainties that lie ahead in healthcare, we will excel in the five areas that will secure our future.”*

— Denise Wyszomierski  
Financial Counselor  
Patient Access

# Celebrating the **WINS**



## MIKE DION EARNS HOSPITAL'S BIENNIAL LEADERSHIP AWARD

At a recent Department Managers' Meeting, **Mike Dion** received the Leadership Award for Excellence, January-June 2010. In presenting the Award, Marty Levine and Cary Trantalis praised Mike as a "terrific addition to the Hospital's leadership team" and noted that he is "always in learning mode, and always sharing his love of learning with others." Leaders who receive the award traditionally receive a book about successful leaders "to share with others" and Mike was given *Creating Magic: 10 Common Sense Leadership Strategies from a Life at Disney* by Lee Cockerell. Congrats Mike!

### ADDITIONAL RECENT WINS:

**Karen Barbone** has successfully passed her certification exam as a Diabetes Educator from the American Diabetes Association.

The **Respiratory Care Department** has again received a \$10,000 grant from the Senior Resources Agency on Aging to support the "breathe better" initiative.

In recent outpatient surveys, our **Radiology Department** received excellent scores, with 100% of patients responding that they would recommend Windham Hospital to their friends and families.



## ON OUR CALENDAR

August is **National Immunization Awareness Month**...so it's the perfect time to remind everyone to catch up on immunizations! By staying up-to-date on recommended vaccinations, you protect yourself, your family, and your patients from many diseases and serious complications.

Most vaccine-preventable diseases are caused by viruses or bacteria. Vaccines that help prevent these diseases generally contain weakened or killed viruses/ bacteria specific to the disease. Vaccines help your body recognize and fight these germs and protect you each time you come in contact with someone who is infected with these diseases.

Because of our contact with patients (and infectious material from those patients), many healthcare workers are at risk for exposure to and possible transmission of vaccine-preventable diseases. Maintaining our immunity is therefore an essential part of prevention and infection control.

Please take time to check your immunization status. We offer tuberculin testing (PPD), measles-mumps-rubella (MMR) vaccine, Hepatitis B vaccine, tetanus-diphtheria-pertussis (TDAP), chicken pox vaccine and flu vaccine (in season). Contact the employee health office at extension 2834 with any questions you may have.

— Marge Voght, BS, RN  
Employee Health

## THANK YOU

On July 10th, some of my closest friends organized a fundraiser to help our family with the expenses of my medical needs. As many know, 9 months ago, I started having severe allergic reactions of unknown origin. I am currently receiving a new treatment, and right now, I feel better than I have in 9 months, thanks to all the doctors, nurses, and prayers from all my friends and extended family members who have given me the support to get through this. We still don't know what's causing this, but I haven't given up in my attempt to beat this and remain a survivor. The journey is long and painful, but life is definitely worth fighting for.

I would like to thank everyone who participated in the fundraiser at Kevin Horan's house, those who sent me beautiful cards, to those who have stopped by to see me and most importantly, those who have been there holding my hand through this to make sure I don't fall. There simply aren't enough words to express my immense gratitude for everything that my Windham Hospital family has done for me and my family through this horrible experience. Special thanks to the ER staff, for going "above and beyond" so many times; to the ICU staff for being so detailed in everything they do; to the Respiratory Department staff for being so attentive; to the dietary staff for getting me things I can eat; and to all those friends who have inquired about my health and who have been a part of my journey. It is with eternal gratitude that we, the entire Rodriguez family, say "THANK YOU" from the bottom of our hearts for all your support and assistance.

Forever grateful,  
Zory Rodriguez and family

## HIGH SCHOOL STUDENTS SPEND SUMMER VOLUNTEERING

Instead of watching TV or hanging out in the pool or at the beach, 55 students from local high schools have spent their summer vacation volunteering at the Hospital. The students, between 14 and 18 years of age, have been very helpful escorting patients, offering them books, newspapers, magazines, transporting medical equipment, and assisting staff in different departments with various tasks.

The Junior Volunteer program has been running at Windham Hospital for over 50 years. Initially, Junior Volunteers were called Candy Strippers because the core group members were girls and they wore red and white striped uniforms. Today, there are many young men who volunteer and as you can imagine, they would not want to be called a "Candy Stripper!" Our program provides the volunteers the chance to explore careers in healthcare, learn new skills, and make new friends. It also encourages them to volunteer in the community and "give back." Jaclyn Daher, a Junior at Mercy High School in Middletown, CT, decided to volunteer to learn more about the medical field, as she's planning on pursuing a career in nursing. "I really enjoy working with patients and helping them out," she said. Jaclyn is planning to come back to volunteer at Windham Hospital next summer.

Our Junior volunteers will celebrate their summer experience at a picnic at Mansfield Hollow State Park in mid-August. Please join me in thanking them all for their hard work. We wish them good luck in school!

If you know of any high school students who may be interested in volunteering at the Hospital this fall, please contact me at 860.456.6792.

— Marina Quarticelli, Volunteer Services



Junior Volunteers Jaclyn Daher,  
Felicity Emerson and Rachel Ellis



**See anyone you know?** Candy-strippers, class of 1974, at Windham Hospital. Send your guesses to Sharyn Mathews, [smathews@wcmh.org](mailto:smathews@wcmh.org). We'll identify them (and thank our photo donor) in the next issue of StaffLink!

## WELCOME NEW VOLUNTEERS

Linda Mastrangelo – Clerical work  
Michelle Kozlowski – PET Therapy  
Lisa Viele – Reiki Therapy

*News from the*

## WINDHAM HOSPITAL FOUNDATION INC

**Gina's Friends**, a fund to help women obtain the healthcare resources they need, is off to a great start! It has raised over \$15,000 in just two months and donors of \$100 or more will be invited to a special thank you reception at the home of Gina Barreca and Michael Meyer late in September. It's not too late to donate as this fund will be ongoing thanks to the generosity of Gina and Michael. Go to [www.windhamhospital.org/ginasfriends](http://www.windhamhospital.org/ginasfriends) to donate online or contact the Foundation at 860.456.6849.

Twenty-five lucky donors also won a copy of Gina's latest book *It's Not that I'm Bitter: How I Learned to Stop Worrying About Visible Party Lines and Conquered the World*.

The winners were:

William Aho	Pam Katz
Patricia Babcock	Constance Pate
& Laura J. Smith	Barbara Porter
Robert A. Balcom	Carol Rice
Cynthia Bass	Algi SantaLucia
Linda Bird	Virginia Siege
Sandra Chalifoux	Beverly Sims
Mary Lou DeVivo	Beth Stafford,
Kristina M. Elias-Staron	MACC Charities
Lisa A. Elliott	Linda Wadsworth
Norma Gingras	James E. Watson &
Katharine Grunigen	Ellen Lang
Katherine K. Holt	Mary Wehrle
Janet Jones	Laurie Wilbur



## FAREWELL TO...

**Linda Contois**, who writes: "I want to thank everyone that I have worked with and known at Windham. I have enjoyed working and knowing ALL of you. My leaving definitely is bittersweet, but I have to do what is best for my own health. I hope I will get some opportunity to see and talk to many of you. We will remain in Connecticut til our house is sold and then move on to Georgia, "Land of the Golden Isles." Barry and I have lived in Connecticut all our lives, so this will truly be an adventure, one we anxiously await...Again, Thank You for your friendships over the years.

— Linda Contois RN, EMT-P Emergency Services

## HOSPITAL PARTICIPATES IN LANDMARK SURVEY

Windham Hospital was one of 182 hospitals nationwide that participated in the "State of Healthcare Diversity and Disparities: A Benchmark Study of U.S. Hospitals" in 2010. The study was a first-of-its-kind data collection effort, and was mounted by the Institute for Diversity in Health Management, an affiliate of the American Hospital Association. The recognition letter which followed the study stated, in part, "The Institute for Diversity salutes Windham Hospital for its vision and commitment to fostering a culture of inclusion that promotes the importance of diversity management as it relates to quality care and the improvement of patient outcomes."

## WINDHAM HOSPITAL ONE OF TEN FACILITIES TO RECEIVE FUNDING FROM THE CONNECTICUT BREASTFEEDING COALITION (CBC)

Grant Promotes Breastfeeding and Celebrates World Breastfeeding Week

World Breastfeeding Week is celebrated annually during the first week of August. This year, in honor of the 20th anniversary of the event, the Connecticut Breastfeeding Coalition is providing ten Connecticut Hospitals with technical support and funding to assist with the implementation of the Baby-Friendly Hospital Initiative (BFHI), thus creating optimal environments for breastfeeding and childcare education. Studies show that mothers who deliver in hospitals that practice the CBC's "ten steps" to successful breastfeeding have improved outcomes, and that those mothers breastfeed their children longer than mothers who do not.

The Connecticut Breastfeeding Coalition congratulates the following institutions for their participation in this important initiative and for their dedication to the care of mothers and infants in Connecticut: Danbury Hospital, Day-Kimball Hospital, Griffin Hospital, Lawrence & Memorial Hospital, St. Francis Hospital, St. Mary's Hospital, St. Raphael's Hospital, the Hospital of Central Connecticut, Windham Hospital, and Yale-New Haven Hospital. To learn more, visit the websites for World Breastfeeding Week ([worldbreastfeedingweek.org](http://worldbreastfeedingweek.org)); Connecticut Breastfeeding Coalition ([breastfeedingct.org](http://breastfeedingct.org)), and Baby Friendly ([babyfriendlyusa.org](http://babyfriendlyusa.org)).



## SUMMER BLOOD DRIVE

The blood drive in July was a great success! There were 65 people registered, and they donated a total of 56 pints of much-needed blood. Thank you – everyone – for making Windham Hospital's Blood Drive so productive.

## HOSPITAL STAFF PARTICIPATE IN A "MOCK EMERGENCY" FULL-BUILDING EVACUATION DRILL



Above: Dennis Charron, Greg Charron and Stephen Gonzalez, transport team members, ready volunteer "patient" Cynthia Namaswa, a second-year medical assistant student from QVCC, for a ride in the "stair sled."

On Wednesday, July 28th, the Hospital staged a full-building evacuation drill, to assess emergency preparedness strategies and procedures currently in place. Paul Sarchchuk, Director of Safety and Security, spent 18 months working with a consulting agency to plan the drill, and commented, "We learned a lot from this exercise, and we will use all we learned to help us better prepare for future drills." At a later meeting, CEO Dick Brvenik called the exercise "one of the most beneficial drills I've participated in," and thanked all who worked on the mock emergency. Student volunteers played the roles of patients requiring assessment and transport, while staff members served in the Labor Pool and on Transport Teams.



At left: Linda Wood and Laurie LaTourelle review the "patient" transfer records.

Right: Jean Armini and Darleen Caisse review available teams in the labor pool.



## ARTWORK FEATURED AT WINDHAM HOSPITAL IN AUGUST

In August, Windham Hospital is hosting an art exhibit by Benjamin Keller, an 18-year-old art student at Manchester Community College. Benjamin works mainly in oils on a large scale. He is influenced by everyday people around him and artists such as Henri Matisse, Pablo Picasso, and Paul Cezanne. Ben continues to paint everyday and loves using his gift of art to inspire others. Ben plans to transfer to the Pratt School of Art and Design in New York City for his last two years of college. An opening reception is planned for Friday, August 12, from 4 to 6 pm in the Atrium (by the Main Entrance). These monthly exhibits are sponsored by the Windham Regional Arts Council and the Auxiliary to Windham Hospital.

## STAFF APPEAL

Congratulations and thank you to these lucky winners of the July & August STAFF APPEAL drawings! **In July:**

Carmen Quimette, Patient Accounts – \$20 gift certificate to Mansfield Cineplex  
Donna Herbert – Environmental Services – \$20 gift certificate to Mansfield Cineplex  
Brook Swainson, Physical Therapy – \$20 gift certificate to Mansfield Cineplex  
Donna Williams, Patient Accounts – \$20 gift certificate to Mansfield Cineplex  
Karen Barbone – Diabetes Education – \$25 gift certificate to the Shoe Smith  
Cheryl York – Patient Access – \$25 gift certificate to the Shoe Smith  
Sharyn Mathews – Community Relations – preferred parking  
Kate Maynard – 4 Shea – preferred parking  
Dawn Simoneau – Storrs Physical Therapy – coffee/soup from the Auxiliary Coffee Shop  
Fred Klososki – Plant Maintenance – gift certificate to the Auxiliary Coffee Shop



### In August:

Vira Patsemko – Pharmacy – \$50 gift certificate to Eastbrook Mall  
Luis Diaz-Flores – Physical Therapy – \$50 gift certificate to Eastbrook Mall  
Nicole Martinez – Chavez – Emergency Dept. – \$25 gift certificate to Wireless Zone  
Christian Pagan-Rodriguez – Environmental Services – three month pass to Super Future Fitness  
Rafael Torres – Food Services – Free oil change  
Julie Bundy – Medical Staff Development – preferred parking  
Robert Maneri – Environmental Services – preferred parking  
Tracie Hovde – Emergency Dept. – coffee/soup from the Auxiliary Coffee Shop  
Louise Landry – Patient Accounts – coffee/soup from the Auxiliary Coffee Shop  
Laurie Daher – 4 Shea – gift certificate to Auxiliary Coffee Shop

Thank you to those staff members participating in the 2010 Staff Appeal for their loyalty and generosity. We are very grateful for your ongoing support.

— The Staff Appeal  
Committee

## WELCOME NEW STAFF

Amber Allard — Environmental Services • Melissa Bartolotta — Nursing • Deandra Cappa-Peterson — Nursing • Michelle Colvin — Nursing • Jessica DeRico — Nursing • Stephanie Deschamps — Patient Access • Aileen Geronimo — Nursing • Michelle Gonzales — Environmental Services • Amanda Hinckley — Food Services • Carol LeBlanc — Auxiliary Financial Manager • Cynthia Rosado — Nursing • Emily Rouleau — Ultrasound • Leanne Spears — Pharmacy • Linda Starr — Nursing • Jonathan Torres — Food Services

## EXERCISE

As you may already be aware there are several opportunities to EXERCISE your mind and your body here at Windham! Many of these take place in the afternoon and early evening. Starting soon, we are offering you some morning group fitness choices:

**Tuesday & Thursday Mornings** from 7:30 – 8:30 **Fitness:** (class incorporates a little ZUMBA, step aerobics, aerobic dance and toning). This class is designed for beginners—people who have never exercised or have diabetes, hypertension, osteopenia/porosis etc. and will include 10-minute warm-ups, 20 minutes of cardio, a toning component concentrating on abs and major muscle groups, with a 10-15 minute yoga-type stretching for cool down. (instr: Patty Flubacher, email: pflubacher@yahoo.com )

**Monday & Wednesday Mornings, Jazzercise:** Start your morning (or finish your night) with a fresh and lively class combining cardio, strength, and stretch moves for a total body workout. Moves are taken from hip-hop, yoga, Pilates, jazz dance, kickboxing, and resistance training and bundled into one hour. (instr: Marie Quinn; email: mquinn@wcmh.org )

All of our classes are led by certified, trained instructors and have a fee attached. Programs are 8-10 weeks in duration and will be held in the Hatch Day Room.

For further information, please feel free to contact instructors directly through their email.

Thanks and have a fit and healthy summer!

— Mary Horan

## EXERCISE CHALLENGE

The Prenatal Clinic and the Diabetes Education/Nutrition Services departments are currently involved in an exercise challenge. Each individual has been challenged to exercise for a minimum of 20 minutes per day and to record their minutes & report their minutes to their team captain on a weekly basis. This is a friendly competition to encourage increased physical activity for all of us. We began on July 12th and will run through Monday, September 6th. At the end of the challenge the losing team will do something for the winning team... maybe a heart healthy breakfast, but this has yet to be decided.

Our teams are:

### Prenatal Clinic

Kate Starkey – *Captain*  
Beth Cheney  
Nidia Caraballo  
Carol Palonen  
Juanita Vazquez  
Liz Visone

### Diabetes Ed/Nutrition Services

Karen Barbone – *Captain*  
Suzanne Gerety Ferreira  
Lynne McPhee  
Beth Hoadley  
Angela Frankland  
Laura Kunces

After the first week our totals were PNC= 1684 minutes and DE/NS= 1990 minutes! Final results will be announced after September 6th!

Great concept! Perhaps we should ALL engage in a little friendly competition.

## NOMINATIONS OPEN FOR CAREGIVER OF THE YEAR AND PHYSICIAN OF THE YEAR

Each year, the Auxiliary to Windham Hospital honors a physician and caregiver at the Autumn Gala. Nominations for the 2010 awards are now being accepted. Do you know an outstanding caregiver or physician who deserves this recognition? Visit our website at [www.windhamhospital.org](http://www.windhamhospital.org) to download the nomination form, then submit it *before August 14th!*

### CONDOLENCES TO...

...The family of former staff member **Margaret "Peg" Gilblair** who passed away on Sunday, June 20th at Windham Hospital. Peg began her employment at Windham Hospital in 1967 as a Nurses' Aide. She became an LPN in 1973 and worked in CCU and later as an IV Therapist. She worked both the night shift and day shift, reaching her 30-year mark at Windham Hospital in 2001 and in December, 2003 she retired from her full time position and worked per diem for several years. Our deepest sympathy goes to Peg's family on their loss.

### THE WINDHAM HOSPITAL EMPLOYEE ACTIVITY GROUP

offers discounted tickets for events and trips. Below is a listing of the activities currently available:

#### Sesame Street Live

Sept 4th 2 pm  
XL Center sec 118 row D-F  
\$25.75 per person; only 25 tickets available; no payroll deduction

#### Celtics vs. Knicks

Oct. 16th 7:30 pm  
XL Center sec 107 row N-P  
\$41.00 per person; only 30 seats available; No payroll deduction

#### On your own in NYC

October 17th  
Bus leaves Hospital at 7am and will leave NYC at 6:30pm  
\$30 per person  
Only one bus reserved!

#### Halloween in Salem

Tour the Salem Witch Museum; Lunch at Victoria Station; Enjoy the Salem StreetFest  
Oct 30th  
Bus leaves Hospital at 8:15 am; returns at 7:30 pm  
\$73 per person  
**Come in Costume, if you like!**

#### Playhouse Disney Live

Nov. 26th 6:30 pm  
XL Center (seating TBA)  
Only 40 seats available  
\$26.75 per person  
Payroll deduction must be signed before 9/15

#### On your own in NYC

Dec 12th  
Bus leaves Hospital at 7am and will leave NYC 6:30pm  
\$30 per person  
Only one bus reserved!

Six Flags tickets are sold out

#### Lake Compounce

\$26.00 per person

The employee activity group events are coordinated by Rachel Cormier at Windham Hospital. For tickets and information, call the EAG line at **ext. 2011**.



### "For the Health of It..."

No August Lecture — Join us in September for...

#### Integrative Medicine and Reducing Health Care Costs

Or...How to Obtain and Maintain Health Happiness and Harmony in Today's Mixed Up World

presented by Dr. Nicholas J. Palermo, an alternative medical consultant in family medicine, Manchester, for 30 years

#### Cardiac Rehab Program/Phase II • 860-456-6103

*It's That Time of Year Again...Get Fit Where You Sit with*

## CHAIR YOGA

*Come & join us*

**WHEN:** Mondays 7:00 to 8:00 pm  
Sept. 20 through Nov. 22

**WHERE:** HATCH DAY ROOM

**INSTRUCTOR:** JANE DIAZ, Certified Lakshmi Voelker Chair Yoga Instructor

Do you want to increase your flexibility but don't feel you're ready to get up and down on a mat? Chair yoga is your answer! Chair yoga can improve your overall health because as it relaxes your body and mind, improves your musculo-skeletal fitness and flexibility, and elevates your overall health and well-being.

A fee of \$6 per class (\$60 total) is payable to Windham Hospital at the first class. Please call Jane Diaz, at 456-6103 to pre-register; leave a message, if necessary.

**StaffLink** is a monthly publication of Windham Hospital and is distributed throughout the Hospital Community. To submit a news item, or for more information about the items listed within these pages, please email [smathews@wcmh.org](mailto:smathews@wcmh.org).



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**Mondays 6-7 PM**  
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Wear supportive footwear, bring  
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**1 DAY SALE**

**Monday, August 23, 2010**

**New Customer Special: only \$99**

Valid only on August 23, 2010 and for those who have not attended Jazzercise in the last 6 months. Regular joining fees apply.

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**IT Matters**

**AutoSave to the Rescue**

Have you ever spent many hours working on a document only to lose all your current effort thanks to a badly timed, inadvertent freeze-up of the application or of Windows, or thanks to a dreaded power outage? Enabling AutoSave may help you.

AutoSave operates at an interval you define (every minute, every 5 minutes...etc.) and makes a background save of the most current version of the document you are working on, while you are working on it, so when you are finally able to get back into your work, many of your newest changes will not have been lost.

How to set it up?

**In EXCEL:** Select the TOOLS menu option from the menu bar; select OPTIONS from the tools menu; select the SAVE tab. Choose a time interval for AutoSave and be sure to set up a location in the location text box that you will be able to remember so you can recover your changes.

**In WORD:** Select the TOOLS menu option from the menu bar; select OPTIONS from the tools menu; select the SAVE tab. Choose a time interval for the 'Save autorecovery information' option. Now select the FILE LOCATIONS tab; find the "Autorecovery File" in the files list; click on the MODIFY button to define the location where you want your autosave file to be stored.

— Offered by Kevin Tupper

**OCTOBER IS RAPIDLY APPROACHING!**

Physical Therapist Bobbie Maschka is team captain this year for the Windham Hospital Healers walking team for **Relay for Life**. The Relay will be held October 16-17, 2010. For more information about joining the Hospital's walking team, call x 6797.

**NATIONAL FARMERS MARKET WEEK AUGUST 1-7**

The first farmers market in Connecticut was formed in 1643 in Hartford. Today, more than 120 markets welcome thousands of savvy Connecticut consumers every week—"locavores" who reap the benefits of healthy, locally grown food while supporting local growers and producers!

**Celebrate summer** by shopping at your local farmers market. For a listing of Connecticut markets, visit [www.ct.gov/doag](http://www.ct.gov/doag).

