



WINDHAM HOSPITAL

StaffLINK



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112 Mansfield Avenue • Willimantic, CT 06226 • 860.456.9116

August 14, 2008

CEO CORNER

Dick Buvick

As you have no doubt noticed, the first-floor renovations are nearly complete. As part of that project, an Interventional Radiology (IR) program at Windham Hospital has been launched, and recently began serving patients. Dr. Jack Foster has been invaluable in setting up the program and now serves as Windham's Chief of Interventional Radiology. He is joined by 11 additional Jefferson Radiology IR specialists, and our IR technologists Sheryl Beaudoin and Jaime Patton. Sheryl and Jaime were trained in IR at both Hartford Hospital and Jefferson Radiology's Farmington office. The training our technologists received at Hartford Hospital demonstrates another benefit of our affiliation with the Hartford Healthcare.

The IR Suite was used for its first procedure on July 18th, by Dr. Steven Klein, with Dr. Patrick Malloy and Dr. Steven Sussman also performing procedures. The Interventional Radiology Program is an important one for our Hospital and community. It allows us to offer our patients state-of-the-art, minimally invasive treatments for a variety of medical conditions, without the added stress of lengthy commutes to larger facilities in urban areas. The expertise of the Jefferson IR Radiologists allows Windham Hospital to offer an extensive exam menu. As a result, our hospital is one of a very limited number of community hospitals offering such an extensive interventional radiology program.

All of us as staff members at Windham Hospital can be proud to be a part of such a dynamic and progressive organization. Shortly, we will be integrating digital mammography into our roster of diagnostic tools, and Dr. Ethan Foxman and Cindy McClarran will keep us apprised as the program moves forward. Kudos to Dr. Foxman, Dr. Foster, Cindy McClarran, and the radiology staff for all their hard work in bringing such an excellent service to Windham Hospital. Thank you!



ART ON THIRD

The art exhibit in the third floor corridor this month is a selection of oil paintings and drawings by a good friend of Windham Hospital—**Dr. William Ellzey**. A musician and naturalist himself, Ellzey's subjects are performers, the magnificent landscapes of the western US, and animals—pet portraits rendered in stunning detail. Dr. Ellzey says he began his painting career "about 1990," and he studied with local teachers, learning a new craft after many years as a local physician. Take a few moments to stroll through the exhibit—it's a perfect "quick break" from a busy day!

ARE YOU READY?

Promoting wellness and good health is "in our blood," and in our commitment to the community. As we transition to a completely smoke-free campus, Windham Hospital is offering help to area smokers break the habit and stop smoking--for good!



Let us support you through the process with a special smoking cessation program at Windham Hospital. Come hear more about the program at a **special orientation meeting** on

Tuesday, September 9

at 7:00 PM in the Education Center

If you are a **Windham Hospital employee** our program offers these support services to help you quit using tobacco products:

- A fun and interactive 8-week support group in collaboration with *Generation*-trained facilitators using the highly successful American Lung Association program **Freedom from Smoking**. (*Videos, CDs and guest speakers*)
- **Free patches and pharmaceuticals provided by Windham Hospital**
- Enrollment in the CT Quitline for around-the-clock phone support and coaching
- Smoking cessation aftercare support groups

Are you ready to change your life?

See you at the orientation!

FOR YOUR CONVENIENCE

- Bring your own cup, or re-use your cup, and save a dime (10¢) on the purchase of any dispensed beverage in the Cafeteria. (This is also true in the Coffee Shop!)
- On a trial basis the following items are available for purchase through the Cafeteria:

1/2 gallon Mountain Dairy Orange Juice	\$2.25
1/2 gallon Mountain Dairy 2% or Skim Milk	\$2.50
Multi-grain Hamburg Buns, 12-pack	\$2.50
Long-Dog Hot Dog Rolls, 16-pack	\$3.25
Freihofer 100% whole wheat bread	\$2.25
All Beef 8" Heb Nat'l Frank, 5-lb. pack	\$15.00
Italian Ice, package of 12 4-oz. Cups	\$4.00

Flavors: lemon, orange, watermelon & cherry

Purchase during normal Cafeteria hours of operation; let us hear your thoughts these initiatives, and let us know if there are any other items you think would be of particular convenience or value to include in this effort. Questions can be directed to either Bob Grindle (ext 6751) or Chris DelMastro (ext 6709).



GO GREEN COMMITTEE

Did you know that WCMH currently has many "Green" programs already in place? Our current initiatives include:

- An audit by Connecticut Power and Light which resulted in the replacement of numerous incandescent bulbs with compact fluorescent bulbs and the installation of motion-sensitive switches in many rooms so the lights automatically go off when the room is not in use.
- The Facilities/Maintenance Department "repurposes" old office furniture by making them available for other departments and staff instead of throwing used goods away.
- The Hospital donates unused expired or obsolete medical supplies to charities when possible.
- The Auxiliary has purchased paper recycling receptacles for distribution to departments and offices throughout the Hospital which will make it more convenient for staff and Housekeeping Department to recycle used paper.
- The Auxiliary will be purchasing recycling/trash containers for aluminum cans, plastic bottles and trash. These containers will be distributed throughout the hospital.

The Go Green Committee is working on these initiatives:

- Educating ourselves on the Hospital's waste stream by talking to various department leaders, hosting guest presenters, exploring internet websites and reading books and articles
- Creating and publicizing a list of Green initiatives already in place
- Creating and prioritizing a list of areas of concern
- Establishing a means of distributing this educational information back to hospital staff

Green things that you can do to help the Hospital and yourself to be "Greener:"

- Turn off lights and TVs in areas that are not in use such as staff bathrooms, waiting rooms or visitor lounges after hours.
- Look around your home and office to see what you can donate or repurpose instead of just throwing it away. Do you have any "Trash to Treasure?"
- Print on both sides of paper instead of only one.

How you can get involved with the Hospital's Go Green Committee?

- Come to our next meeting on Monday, September 8th at 1PM in the 5th Floor Conference Room
- Email the Go Green Committee with your comments, questions, ideas and concerns to co-chairs, Karoline Flynn Kflynn@wcmh.org or Tom Birkenholz tbirkenholz@wcmh.org.

NAMING CONTEST- \$25 PRIZE

Windham Hospital would like to establish a "senior affinity club" in 2009 to increase referrals of seniors to primary care physicians and develop loyalty to Windham Hospital for healthcare services. Projected activities include seminars and lectures on topics of interest to individuals 60 years and older, as well as fun and informative programs such as dance, exercise, healthy cooking demonstrations and other events.

We need a unique name for this new club. Get your creativity in gear and send your suggestions to Mona Friedland at extension 6911, or mfriedland@wcmh.org. A \$25 debit card will be awarded to the person whose entry is selected!

WELCOME, NEW STAFF MEMBERS

Jake Arpin, Food Service • Whitney Covell, Emergency Dept. • Jordan D'Andria, Nursing • Tina Deschamps, Patient Access • Michael Ferrera, Respiratory Care • Kathleen Frank, Nursing • Edith Jones, Physical Medicine • Jessica LeBrun, Nursing • Amy Lemire, Radiology • Jessica Lopez, Security • Jamie Marinoccio, Food Service • Susan Morison, Radiology Tech Program • Christian Pagan, Food Service • Yanique Sibbles, Pharmacy • Melissa Smith, Radiology • Catherine Stebbins, Food Service • Marnie Wielock, Nursing

WELCOME NEW VOLUNTEERS

Ronald Murphy – Outpatient Services • Janessa Nason – Emergency Department • Leah Newman – Emergency Department • Jennifer Newman – MET Desk • Nicole Snelgrove – Emergency Department • Priscilla Williamson – Cancer Resource Room

STAFF APPEAL DRAWING WINNERS

Congratulations to Diana Rosiene! Diana's name was drawn for August's Staff Appeal Preferred Parking Space. She gets to enjoy the parking space closest to the stairs for a short dash through hot August weather to the cool air conditioning inside the Hospital.

Congratulations also to Chris DelMastro, whose name was drawn for the free coffee/soup from the Coffee Shop. (He can check out their coffee/soup and not have to make it himself!) Thank you to Diana and Chris and everyone who participated in the 2008 Staff Appeal! To make your pledge and be eligible to

win one of these monthly drawings, contact Tom Birkenholz at extension 6849.

NOMINATIONS SOUGHT

The Auxiliary to Windham Hospital will be hosting the 13th Annual Autumn Gala on Saturday, November 15, 2008. This year's event will be the grand finale of the Hospital's and the Auxiliary's 75th anniversary celebrations. As in the past, part of the festivities at the Gala include the annual awards for Physician and Caregiver of the Year. The Gala Committee is seeking nominations for these two awards. Contact Shawn Maynard (at x 6861) for forms and guidelines. Nominations are due by August 19th.

STUDENTS GRADUATE

Eight radiography students graduated on Friday, June 27th from Windham Hospital's Program of Radiologic Technology. The event was held in the Education Center with a full house gathered to honor the students and wish them well as they embark on their new and exciting careers in medical imaging. Graduates included Amanda Clarke, Kasandra Esmaili, Mariah Lynch, Eric Moody, Peter Mota, Theresa Reiley, Beth Thayer and LeeAnn Thibodeau.

The successful students have also taken their national board exam to become certified and registered with the American Registry of Radiologic Technologists. Not only did the group attain a 100% pass rate but their class average was an astounding 92%...quite an accomplishment given today's rigorous medical imaging curriculum.

The following students are currently enrolled in the Program and have become second year students: Ashley Fagan, Lindsay Ferrer, Emily Hollingsworth, Roni Heon, Nina Kokidko, Lindsay Merchant, Morgan Murphy and Angela Pepples.

Eight new students are scheduled to begin on September 8th and include Leah Fluke, Megan Gagnon, Melanie Greenleaf, Jennifer Haberern, Brent Hallenbeck, Lynn Pickup, Mikayla Printer and Renee Schmidt.

The fully accredited, two-year Program of Radiologic Technology began at Windham Hospital in 1964 and has expanded through the years to include other clinical education sites. In addition to rotating through Windham Hospital's Department of Diagnostic Imaging, students also gain clinical experience at William W. Backus, Day Kimball and Lawrence & Memorial Hospitals.

CONGRATS TO...

... **Bryan E. Heston**, CRT, RCP, RPSGT, who has accepted the position of Manager & Chief Technologist, Windham Hospital Sleep Center. Bryan joined the Windham Hospital team in January, 2005 as the Senior Polysomnographic Technologist responsible for analysis and scoring of polysomnography recordings.

In his new role, Bryan is responsible for the day to day operation of all aspects of the Sleep Program. In addition to his administrative and clinical expertise in Sleep Medicine, Bryan brings with him 28 years experience in a wide range of disciplines, including Military Medicine, Pre-Hospital Emergency Care, and Critical Care Respiratory Medicine for Neo-Natal, Pediatric, Adolescent and Adult medical and trauma patients.

Bryan can be contacted through the Eastern Connecticut Sleep Program's main number: (860) 456-6994 (Hospital Ext. 6994), or his office: Hospital Ext. 6926.

... **Carolle Desir** who has completed her RN degree. Carolle served Windham Hospital as an LPN here for 8 years, while working toward her RN, and was the recipient of the Jane Demarais scholarship in 2007.



... **Alan Estell**, who was honored as "Firefighter of the Year" by the South Windham Fire Department for 2008. Al was nominated by the department membership for this award, due to the countless hours he's spent with new firefighters teaching them the ropes. In making the award, Al was cited for "selflessly giving of his time and himself, his honesty and absolute dedication to the department as a whole – his performance made it very easy for the officers to proclaim him Firefighter of the Year," said Deputy Chief Helene E. Chapman, South Windham Fire Department. We add our hearty congratulations! Alan Estell is Windham Hospital's Chief of Security.

... **Donna Chaput**, HIM Transcriptionist, whose suggestion for the Health Information Management Department's mission statement was adopted by the Department in July. The mission statement reads:

"As a dedicated and knowledgeable team, we strive to promote professional and confidential approaches to the utilization of healthcare information for the betterment of high quality patient care."

Donna won a \$50.00 Visa gift certificate for her efforts.

FAREWELL TO...

... **Mary Withey**, APRN, who has resigned her position as Nurse Epidemiologist/Environmental Health Coordinator at Windham Community Memorial Hospital. Mary's commitment and passion for direct patient care has led her to make the very difficult decision to move on to another position within the community at VNA East. We applaud Mary for her years of dedication to the hospital and the significant contributions she has made to patient care, quality, and her peers. Mary's last day will be on September 5th.

WINDHAM REC OFFERS NEW CLASSES!

Patty Flubacher from the Windham Rec Department writes, "We have a BRAND NEW class added--**BOOTCAMP**. We also have a mini trampoline, large punching bag, agility ladder, resista-balls and weighted balls that are incorporated into this new class. I am really excited about all our classes that are being offered. My goal is to keep people well and fit!!" Windham Rec

also offers Body Sculpting, and the popular Body Blast Classes—all begin August 19th, and are offered at minimal cost. Check with Patty for more information at 465-3046 or www.windhamrec.org.

VOLLEYBALL ANYONE?

Volleyball at Windham Hospital concludes on Thursday, August 21st on the Shea Lawn at 5:00 PM. Please recruit a friend and come down for a friendly game with your coworkers. This is the final game of the season!

BREASTFEEDING WEEK/MONTH

Since we are celebrating Breastfeeding week, the staff in the OB unit reminds employees that we have a pump room available for employee use 24/7. The room is equipped with a comfy rocker, a fridge, sink, and breast pump. A pump kit is given to employees without charge. Contact Pam at 2282 for details.

THE WILLIM-ANTICS...MEMENTOES

We now have DVD recordings of the Friday night performance of the Willim-Antics Variety Show from May 30th available for \$5.00 each (come to the Foundation Office on the 5th floor), AND photos are from the website www.backprint.com/glamourocitcity. If you have any questions, please contact Tom Birkenholz at extension 6849.

AND DON'T MISS...

Desiree Bassett's CD Release concert and celebration on Saturday, September 13th, 7:30 PM at the Capitol Theatre, Main Street, Willimantic. Desiree was a part of the Willim-Antics performance in May.

CALLING ALL VOLUNTEERS!

The Hebron Harvest Fair opens its gates on September 4th! Join your friends and colleagues as volunteers at the Windham Hospital Booth. We still need volunteers—especially for Saturday night and Sunday afternoon. Shifts are just two to four hours long, and you get free admission to the fair, free parking, AND community involvement incentive points toward cash rewards!

Anticipated activities for the Hospital booth include DEXA bone density scans, body fat analysis, and just plain "spreading the word" that Windham Hospital is a great place! To date, our volunteers include Jean Arnini, Tom Birkenholz, Pat Brown, Dick Brvenik, Julie Bundy, Brian Cawley, Beth Cheney, Christine Combie, Chris Delmastro, John Flood, Mona Friedland, Becki Jarvis, Marty Levine, Sharyn Mathews, Cindy McClarran, Carol Palonen, Sue Pritchett, Pierrette Proctor, Marina Quarticelli, Rebekah Quimby, and Marie & Bob Santa. For questions, contact Marina Quarticelli at x 6700 or Sharyn Mathews at x 6801.



SEEN IN THE GARDEN ...



Dr. and Mrs. Robert Bundy took a little time to enjoy the Waugh Memorial Garden AND their new granddaughter, Kaylee, recently.

MEMORY LANE

We recognize Dr. Will Ellzey, center, in this mid-1970s photo—but who are the nurses? If you have info, please contact Sharyn Mathews at x 6801, or smathews@wcmh.org.



Left, the Hospital under construction in June 1932. Center, Dr. Sawicki in 1984. Right, Auxilian and volunteer Soni Cohn at the information desk.



The free lecture series continues with...

CARING CLOWN

PRESENTED BY: HUGGLES THE CLOWN

Wednesday, August 27, 2008

7:00pm-9:00pm

Bernard & Desrosier Rooms

Come learn about the role of a hospital clown who visits patients, families and the staff—a phenomena becoming more and more accepted with the release of studies in the medical field. Huggles will be discussing the different types of humor, the places humors can be used, and the effects that the release of tension can have in the healing process. She will speak of some of her travels throughout the world to orphanages and hospitals in developing countries and will be sharing a short slide show of some of the places she has visited.

Huggles the Clown, AKA Kathy McLaughlin has been a clown since 1974. She has attended Clown Camp in both the United States and internationally, and has clowned in many countries, including Russia with world-renowned Patch Adams. Huggles is a member of several clown associations and a volunteer at Windham Hospital and St. Francis Hospital. She offers classes and her many talents for a variety of events.

The programs presented by Integrative Health Services are provided as a community service, and are not necessarily endorsements of a particular health regimen or practitioner by Windham Hospital.



Gift certificates for yoga, massage, Reiki, and acupuncture are now available in the Hospital gift shop.

CALENDAR

August's calendar includes national campaigns for Cataract Awareness, Children's Eye Health & Safety, Immunization Awareness, Psoriasis Awareness, Spinal Muscular Atrophy Awareness, and Breastfeeding (which also has its own celebratory week, Aug. 1-7).

September is (a-hem!) "Be Kind to Editors and Writers" Month, as well as being dedicated to observances for Baby Safety; Cholesterol Education; Fruits & Veggies: More Matter; Gynecologic Cancer Awareness; Healthy Aging; Leukemia, Lymphoma and Myeloma Awareness; Pain Awareness; Prostate Health; Sickle Cell Awareness; Sports & Home Eye Safety; and Thyroid Cancer Awareness. Week-long celebrations include Healthcare Environmental Services and Housekeeping Week (7-13); Prostate Cancer Awareness (14-20); and Child Passenger Safety (21-27). Days of recognition include Take a Loved One for a Checkup Day (16); Women's Health & Fitness Day (24); and Family Health & Fitness Day (27).

If your department has a special recognition day, week, or month coming up (October seems to be an especially busy time for these celebrations), please send details (or a website for information) to Sharyn Mathews, smathews@wcmh.org, so the event can be included in StaffLink.

Sunday Music in the Park

Alex Caisse Park, Park Springs, Willimantic ~ 2 PM

☪ September 7 **The Harp Breakers**

Concerts presented in memory of Phyllis Foster.

SAVE THE DATES!

(and don't forget that volunteers for many events may earn community involvement incentive points toward cash rewards!)

- ☪ **September 4-7 – The Hebron Harvest Fair.** Volunteers are needed for all shifts, and will receive free admission and parking for the fair on the dates worked. Contact Marina Quarticelli (ext. 6700) or Sharyn Mathews (ext. 6801).
- ☪ Sunday, **September 14th – Mansfield Festival on the Green**, featuring a "Tykes, Trikes & Bikes" Parade, the UConn Marching Band, and the first-ever **Windham Hospital Teddy Bear & Doll Clinic!** Noon – 5 PM. All are welcome.
- ☪ **September 18th, Third Thursday Streetfest**, Windham Hospital booth (Info: Mona Friedland, x 6911). Volunteers are still needed.
- ☪ Please note that the **Healing Hearts** group will take a brief vacation over the summer, and will return in September.



WHO'S THIS

Can you identify this staffer? Send your guesses to smathews@wcmh.org.

PHOTOS NEEDED! If you have a photo you'd be willing to share, please drop hard copies off in the Community Relations Office, 5th Floor. Photos will be scanned and returned to you. You may also email photos to smathews@wcmh.org.



SUMMERTIME...AND THE EATING IS AWESOME!

Another "green initiative" available to everyone this summer is FRESH, LOCALLY GROWN FOOD! There are over 100 farmers' markets throughout the state and more than 80 "Pick Your Own" locations for fruits and vegetables. Free maps and brochures are available at your local library or town hall, and at www.CTGrown.gov (click on "Publications").

Sometimes

HUMOR'S THE BEST MEDICINE

In each issue of StaffLink, we include some of the "lighter side" of the healthcare world. Staff contributions are welcome! To submit an item for publication, send it to smathews@wcmh.org.

Children's Science Exam Answers

Q: Explain one of the processes by which water can be made safe to drink.

A: Flirtation makes water safe to drink because it removes large pollutants like grit, sand, dead sheep and canoeists.

Q: What are steroids?

A: Things for keeping carpets still on the stairs.

Q: What happens to your body as you age?

A: When you get old, so do your bowels and you get intercontinental.

Thanks for Board Chair Art Brodeur for sending this along to us!

CARE TO CAR-POOL??

If you are interested in being a part of a "ride-share pool" at the Hospital, contact Sharyn Mathews (x 6801) to set up an email exchange for rides offered or wanted. Because we work with such a large and diverse staff we have a great opportunity here at Windham Hospital to do some gas- and dollar-saving!

THANKS FOR THE THANKS!

I had recently had the unfortunate opportunity to visit the ER here at Windham as a patient rather than as a fellow employee. Although I was very ill, I still managed to note the excellence of care I received during my two visits. I cannot begin to say enough about the caring that seems to be the norm for the staff in the ER.

My physicians, Dr. Shlamovitz, Dr. Perez, and Dr. Donald all showed a great deal of professionalism and went the extra mile to be sure I was pain free and all my needs were being met.

My nurses...I could not have asked for more knowledgeable nor more compassionate people to care for me during my time of distress. Even nurses who weren't assigned to me (although they DID know me as an employee) took a moment to stop by and see if I needed anything and ask how I was. Jason, Andry, Linda, Marge, Tracy, and several others who I remember but cannot name, were amazing!

I am VERY proud to be a member of this hospital! To know that every day and all day, this level of care is available to anyone who needs it in our community is wonderful! I would highly recommend this hospital to anyone regardless of being an employee. I can say the care for patients is truly there since I WAS one!

Thank you to all who cared for me!

-- Shellie Jones
Lab

CANCER SURVIVOR DAY PHOTOS



Coping with Cancer Magazine—the National Cancer Survivors Day Foundation publication—featured a photo from Windham's event (above) in their July/August issue. The issue recounted Cancer Survivor Day events world-wide. You can view the information at <http://www.ncsdf.org/Pages/Photos2008.html>. Congrats to photographer (and our event chair) Carol Palonen!

VISUAL JOURNALING

All Staff and Volunteers are invited to join in a special collaborative project with Windham ARTS that will begin in September.

Participants will make their own visual journals using a variety of visual arts techniques such as collage, calligraphy, painting, photography, image transfer and mono printing. The goals of the program are to increase self-awareness and skills in the arts, helping people to deal with issues such as loss, healing, family, diversity and interaction with others. Contact with the Teaching Artist, Gabrielle Zane, will allow participants to explore a wide range of interests and they will design and implement their own learning objectives and elements of the sessions in which they will participate.

Classes are FREE and will be held Tuesday, September 30 through Tuesday, November 18 (8 sessions) between 10 am – noon. For more information, contact Marina Quarticelli at X 6700 or mquarticelli@wcmh.org. Class size is limited to 20.

CALLING ALL RELAY FOR LIFERS!

It's that time again. Team forming. Contact Lynne McPhee at 6863.

StaffLink is a publication of Windham Hospital. To share news with your colleagues, contact Sharyn Mathews, Editor, at ext. 6801 or email smathews@wcmh.org.