



WINDHAM HOSPITAL

StaffLINK



Volume 10, No. 6

112 Mansfield Avenue • Willimantic, CT 06226 • 860.456.9116

June 19, 2008

CEO CORNER

Dick Bownik

Windham Hospital “Kicks Butts!” The Countdown Begins This Summer

Windham Hospital is working toward a tobacco-free environment on November 20, 2008 — the date of this year’s “Great American Smoke-Out” — in an effort to ensure that smoke will no longer affect our patients, families, staff and visitors on campus. Our goal is to end tobacco use on our campus by that date, and we are asking for your support in this important initiative.

The threats of tobacco use are widely known, of course. Smoking and tobacco products contribute to the deaths of thousands of Connecticut residents every year and are the root causes of many illnesses and lost productivity. Tobacco use in and around hospitals poses health and safety risks for patients, some of whom already have significant health issues, as well as staff, and visitors. As a healthcare organization focused on health and safety, it is our responsibility to take a leadership role on this major health issue, and this project is one very concrete way we can demonstrate our ongoing commitment to healthy living.

Several months ago, we began to work with the Connecticut Hospital Association on their campaign to eliminate smoking in all hospitals statewide. As a result, colleagues at a number of our “sister” hospitals have already adopted a smoke-free campus policy, and we look forward to joining their ranks this fall. A committee representing a cross-section of Hospital staff members has begun working on the local Windham initiative, and welcomes suggestions from the Hospital community.

As we move toward our November goal, the Hospital will be offering smoking cessation classes and other assistance and resources to all of our staff members—whether participating in our insurance plans or not. Office mail, our intranet site and email will soon include questionnaires, information, and resources to help smokers quit smoking. Participation in these offers is strictly voluntary.

We appreciate your help and support as we head toward November 20th. If you have any questions or concerns, please feel free to contact Marty Levine, VP, Human Resources.



1,987 REASONS TO CELEBRATE!

That’s the collective total of 1,987 years worked by the 154 honorees of the 2008 Windham Hospital Celebration of Service. The event, held at the Willimantic Country Club on June 5th, featured guest speaker Mark Dixon—the Emmy-nominated and AP-Award winning Channel 3 evening news weather anchor. Dixon joked that both meteorology and healthcare professions share a sense of urgency, and a 24-7 schedule, but “in television, it’s the men who wear the makeup!”



Left, Mark Dixon, guest speaker; right, Karen Wheeler, ACU, has devoted more than 40 years of her working life to Windham Hospital. Below left, Sharon Lee, Medical Care Administration, has served WCMH for an impressive 35 years. The remaining 152 awards were made to staff members who had completed 3, 5, 10, 20, 25, or 30 years of service to the Hospital.

Congrats to all!



WINDHAM CELEBRATED NATIONAL DOCTORS’ DAY...

at a special reception at the Nathan Hale Inn, at the University of Connecticut, in June. Enjoying the afternoon festivities are Doctors Kelly, Dibala, Bundy (and Bev Bundy), Sawicki, Woodley, Kilgannon, Barry, Lahrmann, Fisherkeller, and Nashid.



CANCER SURVIVORS DAY...

celebrants delighted in the day's inspiring stories of avian survival delivered by Hope Douglas, Skywalker (a beautiful Golden Eagle), Noah (a magnificent Bald Eagle) and Sassafrass (a sight-impaired screech owl) of Wind Over Wings, makeovers by the Look Good...Feel Better panelists from the American Cancer Society, and the humor of Gina Barreca, author and humorist, and keynote speaker for the day. The very successful event—held on Sunday, June 1st—was chaired by Carol Palonen, and featured music, love, laughter, tears, and the celebration of courage, hope, and life.



SPIRITS IN SPRING



More than 150 people attended the Spirits Tasting last week at the home of Dr. and Mrs. Moskowitz in Storrs. The popular event is hosted every spring by the Auxiliary to Windham Hospital to benefit the Hospital. *Above, Jackie Bopp and Rebecca Putnam help with the registration table at the party.*

WELCOME, NEW STAFF MEMBERS

Mary Beth Duda, Nursing • Mary Gwiazdowski, Nursing • Brian Brewer, Nursing • Joann Irwin, Nursing • Nicole Amato, Nursing • Erika Zuniga, Environmental Services • Emily Gorenski, ED • Bernice Wilson, Nursing • Sean Monahan, Nursing • Jessica Dittus, Nursing • Brianna LaChapelle, Nursing • Carolyn Wieland, Laboratory • Rebecca Severnyak, Nursing • Michelle Medeiros, Laboratory • Sheralyn Sibilis, HIM • Timothy Murphy, Administration • Lisa Perreault, OR

BODY-BLAST WEIGHT LOSS GROUP

classes offered this summer by Windham Rec Department. Contact Patty at 465.3046 or visit www.windhamrec.org for details.

THE GREAT ESCAPE



The annual day trip for the Volunteers of Windham Hospital was a great success. Many of our volunteers traded their usual posts for a "great escape" in Bristol and Portsmouth, Rhode Island. Everybody enjoyed the beautiful sights, the delicious food and the good company!

NEW VOLUNTEERS ASSIST STAFF BEGINNING IN MAY

Chris Harris – Front Desk, Emergency Department • Joe Jiravisitcul – Pharmacy • Harris Omar Niazi – ACU • Victor Rodriguez – Stock Room

STUDENT VOLUNTEER COMPLETES RENOVATION PROJECT

Monika Lazauskas has been volunteering at Windham Hospital since her junior year in high school and when deciding what she wanted to do for her senior project at E.O. Smith, her choice was easy. Consistent with her favorite subjects in school, biology and chemistry, she decided she wanted to renovate a room in the Hatch Wing that is used for oncology patients.

"I really wanted to give back to the community. I worked hard, but knowing that the patients are genuinely happy because of the difference in the room really made everything more than worth it" said Monika.



Her experience working on benefits, dinners, concerts and fundraising drives, served her well as she secured the donation

of a TV, paint and other items to brighten up Room 2912. She added bookshelves and a magazine rack, soothing new artwork for the walls, and a bulletin board. She made lists, contacted appropriate people at the hospital, did the painting, and placed the new items to create a relaxing and welcoming environment for oncology patients.

Thank you, Monika for selecting Windham Hospital as the focus of your senior project. We certainly hope you received an A!

AUXILIARY AWARDS TWO SCHOLARSHIPS

The Auxiliary to Windham Hospital annually awards two \$1000 scholarships to local students who plan to pursue careers in healthcare. This year's winners are Alexander Marrotte, Windham, and Molly Ray, Columbia; both will be attending UConn in the fall.

NEW PHYSICIANS JOIN STAFF



Dr. Katarzyna Pomianowski, left, has joined Kristin Gildersleeve (center) at Hebron Family Medicine; Dr. Arleen Sergis, right, is currently seeing patients at Dr. Keenan's office in Coventry, but will be opening her own practice this fall, on Route 44 in Coventry. Welcome!

MEMORY LANE



The two photos above are in our files, but we don't know when the photos were taken, or who their subjects were. Can you help? Contact Sharyn Mathews (x6801 or smathews@wcmh.org).

Last month's photos were: 1950s: Mrs. Moriarity; 1962: Ethel Rice, Kay Roan, Mrs. Kozelka; 1983: Carolyn Bass; 1983: Jackie Bopp & Junior Auxilian Michele Bergin

THE WILLIM-ANTICS...



The revival of the variety show was thoroughly enjoyed by all who participated in the event, and by all who attended. The collage above shows only a brief sampling of the many talents displayed at the theatre in May. Photo © courtesy of Larysa Vernon.

CONGRATS TO...

Shelley Racine, RN, who received one of 10 awards in the Connecticut Hospital Association's "Healthcare Heroes" Writing Contest this spring. The inspiration for her article was Dr. Ed Sawicki. Copies of the winning essay will be available in the Atrium later this month, and the article will also be posted on our website.

REDUCING YOUR CARBON FOOTPRINT?

We all know that there are some "personal green initiatives"—both at home and at work—to help alleviate environmental concerns. Because we work with such a large and diverse staff, in addition to the usual go-green recommendations, we also have an opportunity here at Windham Hospital to do some gas- and dollar-saving! 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. For public transportation, look into the Willimantic Bus, which is remarkably convenient and is already serving many of our co-workers with stops right here on campus. Schedules and fares (generally 70¢ per person, with frequent-rider discounts available) are posted on the Willimantic Region Transit District website (www.wrtcd.net). For Storrs residents, there is a FREE connecting shuttle (annual rider passes available at the Town Hall in Mansfield). To request information, contact WRTD at 456-2223.



The free lecture series continues with...

SWEDISH MASSAGE FOR CHILDREN

Presented by Lynn Castelli

June 25, 2008 ~ 7:00 pm - 9:00 pm
Bernard & Desrosier Rooms

Lynn Castelli, a licensed massage therapist in Mansfield Center, began working with children in 1981 as a certified Dance Teacher and expanded her teaching with a degree in Early Childhood Education in 1996. While her current practice focuses on musculoskeletal pain and stress, Lynn continues to explore ways to improve the lives of infants and children with Swedish massage. To join in this hands-on workshop for parents and their children, bring an interested child (or adult), 2 pillows, a soft blanket and a small bottle of grape seed or canola oil. Due to space limitations registration is required. Please go to the "contact me" page at www.hygeiatherapeutic.com and send an e-mail with contact information.

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.

STAFF APPEAL DRAWING WINNERS

The May winner of the coveted Priority Parking space is Marie Quinn. Congratulations also to Rita Sheetz, who has been enjoying free coffee and/or soup from the Coffee Shop in June. To make your pledge and be eligible to win one of these monthly drawings, contact Tom Birkenholz at extension 6849.

CALENDAR

June events have included National Cancer Survivor's Day (1), Sun Safety Week (1-7), National Men's Health Week (9-15), and National Healthcare Risk Management Week (16-20). In July, of course, our nation celebrates its birthday on the 4th. Other national celebrations include Blueberry Month, Baked Beans Month, Hot Dog Month, and Ice Cream Month. Apparently Americans not only like to eat, they like to celebrate their food! July 15th is National Cow Appreciation Day (So do you send your favorite cow a card? How, exactly, would one celebrate?), and of course, July 31st is Harry Potter's birthday.

VOLLEYBALL ANYONE?

The grass is green, the weather is fine and volleyball at Windham Hospital continues on Thursday, June 19th on the Shea Lawn at 5:00 pm. Please recruit a friend and come down for a friendly game with your coworkers. The net will be set up on third Thursdays through August, and Hank Walker will bring a volleyball! The upcoming dates are July 17, and August 21. Have fun!

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.

SAVE THE DATES!

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

- **June 21st** — **Shaboo All-Stars/David Foster, The Marshall Tucker Band and Rick Derringer in Concert** at Jillson Square (Info: Shawn Maynard, x 6861)
- **July 4th** — Windham Hospital's float in the **Boombbox Parade**, Main Street, Willimantic. We still need assistance with the float, and we need people to walk beside the float in the parade. (Info: Fran Boulay, x 6974)
- **September 18th**, Third Thursday **Streetfest**, Windham Hospital booth (Info: Mona Friedland, x 6911). Other Streetfest dates are July 17th and August 21st. Volunteers are needed for all 3 dates.
- Please note that the **Healing Hearts** group will take a brief vacation over the summer, and will return in September.

WHO'S THIS

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. **PREVIOUS PHOTO:** Congratulations to Laura Brown who correctly identified Karen Spaulding (photo at right) from the Outpatient Registration department.



Editor's Note: The "Humor in Medicine" column will return next issue!

Sunday Music in the Park

Alex Caisse Park, Park Springs, Willimantic ~ 2 PM

July 6 **Quintebrass** August 3 **The Little Big Band**

September 7 **The Harp Breakers**

Concerts presented in memory of Phyllis Foster.

Liberty Bank Presents the

SHABOO ALL-STARS REUNION CONCERT

Celebrating Windham Hospital's 75th Anniversary, and featuring: **David Foster and the Shaboo All-Stars, the Marshall Tucker Band and Rick Derringer**

Saturday, June 21st

5:00 pm – 11:00 pm

Jillson Square, Willimantic

Tickets: \$20 per person at the Gate, Advance Sales \$15.00 per person or VIP Tickets \$100.00 per person (visit www.windhamhospital.org)