



WINDHAM HOSPITAL

StaffLINK



Volume 10, No. 9

112 Mansfield Avenue • Willimantic, CT 06226 • 860.456.9116

September 25, 2008

CEO CORNER

Dick Buvick

The days are crystal clear, there's a crisp feeling to the air, and the sky is brilliant blue. Whatever your favorite activity, fall is definitely in the air, and it's a great time to enjoy some time with family, friends, and colleagues. While summer vacation provided a time for relaxation and renewal, the values and devotion of our staff never take a break. Fall is a good time to reflect on the many dedicated and wonderful people who staff this Hospital. One of these individuals is Brian Cawley. At the most recent Manager's Meeting, Brian received the Hospital's Leadership Award in recognition of his unflappable team spirit and dedication to improving the Hospital and its services. Brian has also become a champion for the implementation of the Studer Initiative here. The Reach for the Stars winners—most recently Heather Murphy in Materials Management and Rebecca Arnold in the Lab—truly embody our philosophy of service excellence. In fact, this issue of StaffLink is filled with news of individuals and departments who have received awards, accreditations, and commendations recently. There are many more who have achieved professional and personal milestones in recent months. These are but a few of the many talented, devoted people who help our Hospital make a difference in our community. It's a tradition we've maintained for over 75 years, and we look forward to many more years to come.

Congratulations and thanks to all who have worked so hard to make our Hospital a regional resource and treasure!

ANNUAL STAFF PICNIC TODAY!

Enjoy a great end-of-the-summer repast under the tent on the Shea Lawn, served up by members of the Executive Team on Thursday, September 25th!

Lunch 11:15—1:30 PM

Dinner 5:00—6:30 PM

Continental breakfast available in the cafeteria from 6:30 – 9:30 AM, self-serve. Picnic/breakfast is FREE to staff and volunteers.



SMOKERS "START TO STOP"

Windham Hospital, committed to making our campus a healthy, tobacco-free environment, is offering FREE smoking cessation groups for people who wish to stop smoking. The first group of 6 people began meeting on September 16th. A second group is forming—beginning Monday, October 6th, at 8 AM in the Education Center. We hope that even more of our colleagues will take advantage of this opportunity. The Hospital is providing the class, along with pharmaceutical support, to encourage staff members to "quit for good." Our campus will become totally tobacco-free November 20th—the date of the "Great American Smoke-Out." For more information, contact the Employee Health Department at x 6834.

WELCOME, RADIOLOGY STUDENTS!

On Monday, September 8th, eight new students began their studies at Windham Hospital's Radiologic Technology Program. The 22-month program, accredited by the Joint Review Committee on Education in Radiologic Technology, happily welcomed: Megan Gagnon, Jennifer Haberern, Brent Hallenbeck, Lynn Pickup, and Renee Schmidt from Connecticut, Leah Fluke from Massachusetts, and Melanie Greenleaf and Mikayla Printer from Rhode Island. The students will be occupied with an intensive academic orientation to the field of diagnostic imaging throughout September and October, and will begin their clinical internships in November. Following the start of their clinical internships, the students will spend two days a week on academics and three days a week in various clinical settings, until June 2010. Welcome to the members of the class of 2010!

GIVE BLOOD. SAVE A LIFE.

On Friday, September 26th (that's TOMORROW for those of us who are somewhat calendar-challenged!), the Hospital is hosting a blood drive in the Education Center, beginning at 8 AM, and continuing until 4 PM. Since the Blood Drive is a part of our **75th Anniversary Celebration**, our goal is to collect 75 pints of blood! The department or physician office with the greatest percentage of donors will receive a free pizza. All donors will receive a gift the day of the drive, and one lucky person will receive a \$50 VISA gift card. Snacks are also provided after your blood donation.

It's easy to donate as long as you are at least 17 years of age and weigh 110 pounds and are healthy. We need you! As healthcare professionals we know how important donated blood is to our patients. Now it's time to step up and do your part. Together, we can save a life. Contact Rob Maneri to make an appointment at 456-6915 or rmaneri@wcmh.org. THANK YOU!

FOR YOUR CONVENIENCE

The Cafeteria continues to stock items for purchase during its normal hours of operation. Buy your groceries, and get a handy, reusable tote bag! Questions can be directed to either Bob Grindle (ext 6751) or Chris DelMastro (ext 6709).



GO GREEN COMMITTEE

The Go Green Committee was pleased to host a guest speaker on Monday, September 8th: Rich Miller, the Director of Environmental Policy at the University of Connecticut. Mr. Miller spoke of the progress that UConn has made in their efforts to reduce their carbon footprint, the formation of their Environmental Policy Advisory Council, the adoption of UConn's Environmental Policy Statement, the environmental obstacles that UConn faces and their Sustainable Development plans. Mr. Miller's PowerPoint presentation can be found in the G Drive under Committees/Go Green Committee/Resources.



The Go Green Committee recently toured the Willimantic Waste Paper Company in Willimantic. Nine committee members were led on a tour of the recycling plant by owner Tom DeVivo, and staff members Deborah Pepin-Garrison and Victoria Lindsey. Willimantic Waste Paper was very complimentary about Windham Hospital's trash and recycling efforts. The majority of paper, cardboard, cans and bottles are already separated from the "waste" by the time it reaches the recycling center (how-ever, there is always room for improvement). These separated goods are then sold to other companies, sometimes in other countries. Once you recycle or throw something away, it has only begun its voyage.

Here are two "green things" you can do at WCMH and at home:

- Be mindful of the products you purchase and their wrapping. Try to purchase products with minimal packaging to reduce the amount of waste thrown away.
- Separate your recyclable items from your trash at home! Each town has a list of recyclable items for either curbside collection or depot centers available

through their Public Works Department. The Town of Windham's recycling information can be found at <http://www.windhamct.com/resource.htm?id=f29iqwhu>. Check out the Public Works Department in your town. You may be surprised what you can recycle!

WELCOME, NEW STAFF MEMBERS

Larry Pritchett, Emergency Dept. • Pamela Howarth, Physical Medicine • Vicky Patterson, Nursing • Stephen LeGault, Quality Assurance / Risk Management • Susan Chartier, OB Nursing • Kathleen Cheromcha, Medical Library • Marina Morales, Coffee Shop • Patricia Hall, Patient Accounts • Michael Dion, Nursing Administration • R. Michael Tappin, Information Technology • Marnie Wielock, Nursing

WELCOME NEW VOLUNTEERS

Margaret Breen – Family Centered Care • Seo Choi – MET Desk • Ian Ouellette – MET Desk • Sadie Ortega – MET Desk

ART ON THIRD

Our current exhibit features "Cityscapes and Sunflowers" by Blanche Serban, a painter who has exhibited in Connecticut as well as in Romania and France. Her work will be on display in the 3rd floor corridor through September. In October, Joycelyn Erho Calande will present landscapes, seascapes & florals. As an active exhibitor in United States and Europe, Joycelyn has won awards in oils, watercolors, drawing and printmaking.

STAFF APPEAL DRAWING WINNERS

Congratulations to Deb Murphy! Deb's name was drawn for September's Staff Appeal Preferred Parking Space. She's been enjoying the parking space closest to the stairs this month.

Congratulations also to Shelley Racine, whose name was drawn for the free coffee/soup from the Coffee Shop. Thank you to Deb and Shelley 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.

CONGRATS TO...

... **Emily Macko**, RHIA, Director HIM/Privacy Officer, who was recently elected Vice Chair for the Connecticut Health Information Management Association (CTHIMA) which includes approximately 2000 members in the State of Connecticut. CTHIMA works closely with the American Health Information Management Association located in Chicago to ensure that medical records departments meet regulatory standards for privacy, security, and maintenance of accurate, complete, and legal medical health records.

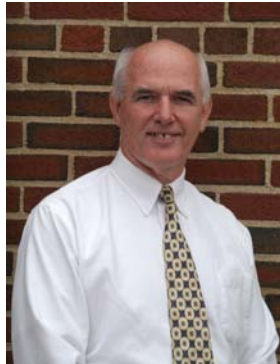
... **Alicija Julian**, RPSGT, on accepting the daytime Senior Polysomnographic Technologist position in the Windham Hospital Sleep Center. Alicija has been with the Hospital since June 2002, and most recently, worked the night shift in the Sleep Laboratory. Alicija will be responsible for the analysis and scoring of polysomnographic data and preparation of reports for the Sleep Center's staff physicians. In addition to serving as a clinical resource person for the Eastern Connecticut Sleep Program and Sleep Laboratory night staffs, she will perform daytime testing for staff and patients requiring advanced diagnostic procedures.



...**Steve Johnson**, who recently won the 29th Annual Zimbabwe Cup (which sails out of Mystic, Connecticut). Steve piloted his 27-foot sail boat, the "Morning Mist" to victory on Saturday, September 13th. He says it "took two hours to get around the crucial point of land," but he managed to complete the competition without resorting to using his engine—a requirement no other sailors met in this race.

...**The entire Laboratory staff**, on successfully meeting the challenges of an unannounced survey by the College of American Pathologists on Wednesday, September 17th. The 9-person team surveying our lab was led by Dr. Lenu Stoddart, and came from Harrington Memorial Hospital in Southbridge, Massachusetts. All sections of the lab were surveyed, including policies and procedures, operations, physical facilities and related systems. Over 2,800 standards or measures were evaluated during the survey. Dr. Nadia Nashid, Chief of Pathology and Director of the Laboratory, Kim Nintean, Laboratory Manager, and all the staff should be proud of their efforts during this survey, and throughout their daily operations.

...**Brian Cawley**, who received the Windham Hospital Leadership Award at the Department Managers' Meeting on September 11th. In presenting the award, HR Director Marty Levine praised Brian's team-oriented attitude, and said that "he personifies quality and is an overall terrific manager." Congrats, Brian!



... **Allen Giudici, Nuclear Medicine Supervisor** who recently guided the Radiology Department through the arduous process of accreditation in Nuclear Medicine Services from the American College of Radiology. The ACR accreditation process involves submission of paperwork that defines both the equipment as well as technologist and physician qualifications and continuing education data, QC data and clinical images. Once approved by the ACR, the Hospital received a three-year accreditation which expires in 2011.

CALENDAR

September Events have included Fruits & Veggies: More Matter; Gynecologic Cancer Awareness; Week-long celebrations include Healthcare Environmental Services and Housekeeping Week (7-13); and Prostate Cancer Awareness (14-20).

In October, we celebrate American Pharmacy Month, Breast Cancer Awareness Month, and National Medical Librarians Month. Weeklong observances include Emergency Nurses Week (5-11), Healthcare Resources & Materials Management Week (5-11), National Nuclear Medicine Week (5-11), National Nurse-Midwifery Week (5-11), National Healthcare Food Service Week (6-12), National Physician Assistant's Week (6-12), Case Management Week (12-18), National Healthcare Central Service/Sterile Processing Week (12-18), National Healthcare Quality Week (19-25) and National Respiratory Care Week (19-25). Congratulations to all of our colleagues during these special recognition weeks! (And a big

THANK YOU for all you do throughout the year to make our Hospital a better place for all of us to work.) **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.

SAVE THE DATES!

- **Healing Hearts** presents "Exploring Your Dreams," part 2, with Susan Morgan, founder of the Mystic Dream Center. Thursday, October 9th, at 7 PM in the Johnson Room. Light refreshments served. Contact Jane Diaz or Theresa Lafleur at x 6103 for more information.
- Don't miss **Dr. Sawicki's retirement party**, on Friday, October 10th, 6:30 PM at the Rome Ballroom at UConn. For more information, contact Sylvie Clavette at x 6808.
- The **Windham Relay for Life** steps off on Saturday, October 18th. Carol Palonen is still looking for Cancer Survivors to join in the Survivor Lap at the ECSU Baseball Complex. Carol Palonen, Kate Starkey, and Lynne McPhee are the organizers for the Hospital Team – Windham Hospital Healers – and there is still time to join the team! Contact Carol or Kate at x 6896; Lynne at x 6863.
- To support the Relay for Life walkers, visit their **"Something for Everyone" bake and tag sale** in the Atrium on October 3rd. The sale includes home-baked goodies, photo prints, jewelry, "previously loved" books, household goods, and more...in support of the Windham Hospital Healers.

THE AUXILIARY TO WINDHAM HOSPITAL
PRESENTS THE 13th ANNUAL AUTUMN GALA

A Diamond Jubilee

celebrating the 75th Anniversary of Hospital and Auxiliary

SATURDAY, NOV. 15th
at the Marriott Hartford Downtown at Adrian's Landing

This year's Gala honors
Patricia Caton Reardon, MD † Physician of the Year
Marjorie Voght, RN † Caregiver of the Year
David & Marilyn Foster † Philanthropists of the Year

DANCE TO THE MUSIC OF
David Foster & the Mohegan Sun All-Stars

ENTER THE DRAWING
TO WIN A 1-CARAT
DIAMOND
provided by
Bill & Connie Neal,
Smith-Keon
Jewelers

Evening includes a Silent Auction. For more information or to receive an invitation, contact Shawn Maynard @ 456.6861 or smaynard@wcmh.org

TEDDY BEAR CLINICS TEEEEE- RIFIC!

The first-ever Windham Hospital Teddy Bear & Doll Clinics were held at the Mansfield Festival on the Green (Sunday, September 14th), and at the Third Thursday Streetfest on September 18th. Thanks to the many volunteers who staffed the booth, more than 60 assorted stuffed animals—escorted by their young owners—came to the Teddy Bear Clinic for a “health exam” and consultation with our “highly trained teddy bear health professionals.” To our relief, other than a few bandaids, all the teddy bears received a clean bill of health. To reward the young owners for keeping their bears in such top condition, each child received a complimentary “Healthy Habits” coloring book. A big THANK YOU and round of applause goes out to Kathryn Ohland, Bonnie Dornfeld, Laura Brown, Alana Tartsinis, and Hugh LeMasurier for their great portrayals of Teddy Bear Practitioners!



Kathy Ohland and Laura Brown “treat” a teddy in Mansfield.

OTHER ANNIVERSARY EVENTS...

...this month have included the Chalk Festival, birthday cake, a concert, a showing of the Anniversary DVD, and the presentation of a ceremonial “Hospital key” to First Selectwoman Jean DeSmet during the Third Thursday Streetfest. A great time was had by all who attended!

Contestants in the Chalk Festival drew on the Jillson sidewalks; our winners received \$25 gift certificates from The Lily Pad, to help them continue their artistic pursuits!



The Chalk Festival got off to a great start!



Mona Friedland announces the winners of the Chalk Festival: Christian and Rafael Rodrigues (11), 2 brothers from Chaplin, Michael Mathis-Roby (10) from Willimantic and Carla Torian (11) from Willimantic.

These events were successful through the efforts of Mona Friedland, Shawn Maynard, Sharyn Mathews, Marina Quaticelli and Tom Birkenholz from Community Relations, and tremendous support from volunteers Jean Arnini, Carol Elwell, Marie Santa, Shelly Racine, Nidia Caraballo, and Algi Santalucia. As always, our plant operations staff did the heavy lifting. Thanks to Steve Johnson and Mike Shaia. Daniel Jolie, better know to us as D.J., served up over 100 pieces of cake and helped to kick off the chalk festival with his rendition of the hospital logo.



Desiree Bassett and her band entertained the crowd on behalf of the Hospital, and Dick Brvenik presented First Selectwoman Jean DeSmet with a ceremonial “key to the Hospital.”

2008 NDNQI SURVEY

The **National Database of Nursing Quality Indicators** is seeking participants in their annual survey of RNs. All RNs, regardless of job title, who spend at least 50% of their time in direct patient care are eligible, and will be receiving information with paychecks today. The survey runs from October 6-26 and all responses are confidential. A link to the survey is on the Hospital intranet page, accessible from home or work. Each respondent will receive a certificate of participation, individual incentive prizes, and entry into a grand prize drawing. For questions about the survey, contact Leslie Chasse at x 6744.

SURVIVAL SPANISH

October 15 - 31
QVCC Willimantic Center

The objective of this 12-hour program presented in six-two hour sessions is to present realistic situations and specialized vocabulary that workplace professionals need to communicate with Spanish-speaking employees, clients, and coworkers.

Program covers:

- Basic Spanish grammar
- Reality-based activities
- Personalized questions

Including:

- Introduction to Spanish sounds & alphabet
- Greetings & farewells
- Numbers, dates, days of the week and months of the year
- Time
- Asking for information & polite requests
- Critical verbs

"Sí se
puede
aprender
español"

Wednesdays & Fridays
October 15, 17, 22, 24, 29 & 31
9 - 11 am Willimantic Center Room 5
\$249

To Enroll:
Call Jill O'Hagan (860)412-7300 or
E-mail to johagan@qvcc.commnet.edu



QUINEBAUG VALLEY COMMUNITY COLLEGE
742 Upper Maple Street, Danielson, CT
729 Main Street, Willimantic, CT
www.QVCC.commnet.edu/cpl

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.

CONGRATS to **Laura Brown**, our August "mystery person," who stumped all the WCMH guessers out there!

MEMORY LANE

Pictured with Dr. Ellzey in the August issue of Stafflink were nurses Mary Meyers, Madeline Bennett, Fern Eremita and Dorothy Ogrea. Thanks to all who helped identify these ladies!

THE CARING COLLEAGUES FUND

...has made its first award, and the following letter has come into the Foundation Office as a result. It is through the Staff Appeal that these assists are made possible. Thank you all for your support in this effort!

I just opened my mail and received your letter with attached check for \$250.00. It is with heartfelt thanks this message arrives to you and, first and foremost, the wonderful, caring and incredible nursing/support staff on 4-Shea. It has been a difficult time for us and this money will assist us in chipping away the medical bills. I can't say enough about how the staff on the fourth floor have gone out of their way to help me and my family get through this frightening time in our lives. Again, thank you, my gratitude goes beyond words.

I have been shown how wonderful the human spirit can be when difficult times hit home! I am going to make a full recovery and hope to back to work with my friends and take care of my patients who I love so dearly.

Many Regards!
Lisa Albert

Don't miss the **Annual Fire Safety Workshop**—on campus in October. Watch for emails about the date!

NEWS to share? Send items for StaffLink to Sharyn Mathews at smathews@wcmh.org. Next issue comes out on October 23rd.

MONDAY MELODIES

THIS FALL...
take a break—
join us for

MONDAY MELODIES

an informal musical
"interlude" in your
busy day...11:30-12:30
in the Atrium...beginning
on October 6th

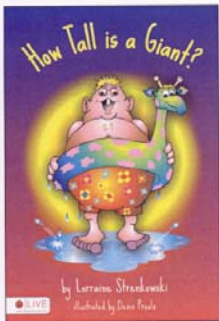




Our next "For the Health of It" Lecture will be on October 29th, and features Anne Buchalski presenting "Massage Cupping."

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

LOCAL AUTHOR TO APPEAR AT WINDHAM HOSPITAL



by Lorraine Strenkowski
illustrated by Denis Prault

How Tall is
a Giant?

Lebanon resident and author, Lorraine Strenkowski, will be at Windham Hospital on Thursday, October 23, 1:30 pm – 6:00 pm to read her recently published story "How Tall is a Giant." These interactive sessions will take place in the Hospital Atrium. Have you ever asked yourself, how tall is a giant? Come and bring your children to find out how author Lorraine Strenkowski answers this simple childhood question. This book encourages the young reader to change scary into silly, negative into positive and enforces the concepts of imagination and pretend. With vivid illustrations, this engaging story reminds us all of the simple phrase "mind over matter." Ms.

Strenkowski will also autograph any book, which can be purchased for \$10. For more information, contact Shawn Maynard at 456.6861 or smaynard@wcmh.org. All proceeds will benefit the Auxiliary to Windham Hospital.

REACH FOR THE STARS

Nominations for Windham Hospital's quarterly REACH FOR THE STARS Staff Recognition Program are being accepted for second quarter, 2008. Take some time and think of a "star" employee who shines among others. Then contact Human Resources for a nomination form, fill it out and submit it to HR by Monday, October 6th.



Maternity & Family Services Fair

Saturday
November 1st
10 AM – 2 PM
in the Atrium

**Kids Kuckoo Revue • Huggles the Clown
Story Time • Nutritionists
Personal Trainers • Birth-to-Three
Attorneys • Tours of the Hospital
Refreshments and more!**

For more info, contact Mary Horan x 6766.



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:** What happens to a boy when he reaches puberty?
A: He says good-bye to his boyhood and looks forward to his adultery
- Q:** Name a major disease associated with cigarettes.
A: Premature death.
- Q:** How are the main parts of the body categorized? (e.g., abdomen)
A: The body is consisted into three parts -- the brainium, the borax and the abdominal cavity. The brainium contains the brain; the borax contains the heart and lungs, and the abdominal cavity contains the five bowels A, E, I, O, and U.
- Q:** What is the fibula?
A: A small lie.

*Thanks to Board Chair Art Brodeur
for providing these gems!*