



WINDHAM HOSPITAL

StaffLINK



Volume 10, No. 7

112 Mansfield Avenue • Willimantic, CT 06226 • 860.456.9116

July 17, 2008

CEO CORNER

Dick Bunker

As summer unfolds and we all take a little time to relax and enjoy the weather, I also want to take time to recognize the many individuals who form the impressive and excellent team that IS Windham Hospital. Throughout the spring, we've had a number of celebrations and awards honoring these people, but their efforts and contributions merit attention again. During Hospital Week, we celebrated our entire staff, in gratitude for jobs well done. Our recent Celebration of Service honored 154 staff members who have, collectively, provided 1,987 years of service to the Hospital over the past 40 years. What an accomplishment!

In April, Anne Schmidt was presented with the Hospital's Leadership Award, based on her talents and dedication to the success of Windham Hospital, and an "amazing ability to just get the job done." The Reach for the Stars Award Winners—most recently, Wendy Chaput and Dawn Simoneau—truly embody our philosophy of service excellence.

The staff commitment to excellence has also garnered recognition from the community and professional organizations statewide. During National Nurses Week, Colleen Corcoran and Melody Zande received the prestigious Nightingale Award for Excellence in Nursing, and Beth Cheney was named APRN of the Year by the Connecticut Advanced Practice Registered Nurse Society at a ceremony in Middletown. More recently, on June 17th, the Connecticut Hospital Association presented Windham Hospital's Prenatal Clinic with the prestigious Community Service Award (a direct result of the tireless efforts of the Clinic staff and Mansfield OB/GYN), and the American Hospital Association recognized WCMH for 75 years of excellent service. During the same ceremony, CHA also announced its "Healthcare Heroes" essay contest winners. Of numerous entries statewide, only 10 winning essays were selected, and Windham Hospital's Shelley Racine claimed one of these awards! Her essay paid homage to Dr. Edward Sawicki as a "healthcare hero." Both Dr. Sawicki and Shelley were honored at the CHA dinner celebration. To read the story, go to www.windhamhospital.org and click on the "Healthcare Heroes" link at the bottom of the page.

Please join me in congratulating the many people who have helped our Hospital make a difference in our community. The Windham Hospital team excels in many ways, and deserves our gratitude and support. Thank you one and all!



AN ASTRONAUT? A VETERINARIAN? A PROFESSIONAL ATHLETE? MAYBE... OR MAYBE HEALTHCARE!

On Monday, June, 30, Windham Hospital had some special visitors from UConn's CSI (Career Search Investigations) Teen Connection Conference. Eight Connecticut high school students came for an informative tour. John Flood, Sheila Guyot, Brian Cawley, Melody Zande, and Scott Vezina all helped make this an eye-opening experience for the visitors. Brian Cawley amazed the students by using an electrical nerve stimulating device that attached to a student volunteer's arm which caused her fingers to extend and contract. John Flood had a fascinating video about respiratory care and its growing demand. Scott Vezina gave them the insider's look into a broken shoulder, from numerous different angles. Sheila Guyot took the high school students for a tour around the laboratories and a view of a couple specimens. Later, Melody Zande gave the "low-down" about being a nurse. Her honesty must have been appreciated because at the end of the afternoon, three eager students wanted to become nurses. Maybe we will see these students here again in ten years! Thanks to everyone who helped make this program possible.

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.
- On a trial basis the following items will be available for purchase through the Cafeteria, starting Monday, July 21.
 - ▶ 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).

READY. SET. STOP.

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 the health of it!



American Lung Association's **Freedom from Smoking** program begins on **July 24** (3:45 pm), in the Hospital's Education Center, and additional classes will be scheduled in September and October. The \$50 fee includes class time, materials, and snacks, and will be waived for Hospital staff. Pharmaceuticals and “the patch” will be provided to all Hospital employees through November 2008, regardless of benefit status.

We are committed to a healthy hospital and lifestyle, and we hope you will join us in our **Windham KICKS BUTTS! Campaign**. Contact Blenda at 456-6752 to register for the session you prefer.

MOBILE PET CT SCAN SERVICE ADDED

The Hospital has received approval from the Office of Health Care Access to upgrade the mobile PET scanner service to a mobile PET CT service, effective the first week of August. This new level of service will continue to be provided by Insight, the mobile shared service firm which serves Windham and several other hospitals across our state. This change will offer patients the latest in diagnostics, and represents another technological advance for our Hospital.

REACH FOR THE STARS



It's time to kick off Windham Hospital's quarterly REACH FOR THE STARS Staff Recognition Program. Take some time and think of a “star” employee who shines among others. Then contact Joanne Miller in Human Resources for a nomination form, fill it out and submit it by Monday, July 28th.

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.

WELCOME, NEW STAFF MEMBERS

JoAnn Hunt, Respiratory Care • Migdaliz Galarza, Nursing • Geoffrey Perkins, Nursing • Sharon Frazier, Emergency Department • Margaret Lucerini, Nursing • Aimee Lopez, Nursing • Sharon Leist, Nursing • Connor Morrison, Environmental Services • Caitlin North, Physical Medicine • Kate Hayward, Respiratory Care • Kelley Moseley, Respiratory Care • Emily Bernier, Environmental Services • Rebekah Quimby, Community Relations • Holly Dimino, Lab • Rebecca Vazquez, Physical Medicine • Jessica Averett, Lab

WANNA RIDE BIKES...



is casual, fun and geared to level of participants. The Wednesday bike rides continue from the upper parking lot at 4:45. The next ride is July 30th.

AMA RESEARCH PROJECT UPDATE

Windham Hospital recently hosted Dr. Matthew Wynia and members from the American Medical Association as part of our ongoing involvement with a research project entitled: Patient Centered Communication with Diverse Populations. Windham is one of nine hospitals nationwide participating in this exciting project. Addressing physicians, hospital staff, and members of the Board of Directors, Dr. Wynia shared preliminary results of our recent surveys and discussed the impact that effective listening and health literacy have on patient outcomes. Over the next few months we will feature key elements of communication along with our patient and staff response to the survey. A team comprised of Windham Hospital staff and family members are working together with the AMA to close gaps identified in the survey. If you would like more information about this project contact Mary Horan, (6766). Thanks to all of you who completed the survey.

STAFF APPEAL DRAWING WINNERS

The July winner of the coveted Priority Parking space is Tracy Knust, who generously donated her prize to Nancy Trudeau, in the lab. Tracy says, “Nancy just had foot surgery, so I know she will appreciate the prize!” Congratulations also to Janet Barton, who has been enjoying free coffee and/or soup from the Coffee Shop in July. 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.



JULY 4TH PARADE IN WILLIMANTIC

Threatening clouds couldn't dampen the enthusiasm on Main Street as the community gathered for the 23rd Annual Boom Box Parade. WCMH joined in the fun this year with a float depicting the past, present and future of Windham Hospital. The float was crafted by a committee co-chaired by Fran Boulay and

Bob Grindle. The committee also included Patricia Brown, Darleen Caisse, DJ Jolie, Janine Masso, and Kathy Ohlund. According to Fran Boulay, "Everyone on the committee was committed to the project from the beginning to the end. They were very proud of their accomplishments and they enjoyed being a part of the 75th anniversary celebration." Other employees volunteered to walk in the parade and distribute "goodies" to onlookers: Becki Jarvis and her sons Dylan and Chad; Denise Mitchell and her son and daughter, Shelia Guyot and her grandson, Fran's grandsons Aaron & Brendon Goulette, and two junior volunteers including Jamie Marinaccio. Volunteers on the float were Ginny McCall, Marty Levine, Mona Friedland, Pat Brown's granddaughter Mackenzie, Janine Masso's granddaughter Meghan, and DJ Jolie's daughter Amia. Ron Doucette drove the EMS vehicle that pulled the float along the parade route. Great job!!



THE AUXILIARY SPIRITS TASTING EVENT...



held in June at the home of Dr. and Mrs. Moskowitz, raised over \$9,300 for Windham Hospital. Thank you to the many people who worked to make the event such a resounding success!

WCMH LIBRARY ADDS NEW DATABASE

UpToDate is now available on the PC in the Library, located on the 2nd Floor across from the Cafeteria. Many of you are already familiar with this useful and well-respected tool. UpToDate is an evidence-based, peer-reviewed informational resource. Using the database, questions can be answered quickly and clinical knowledge enhanced...all with the goal of improving patient care. With a faculty of 3,600 leading physicians, peer reviewers and editors and over 275,000 users, topic reviews include a synthesis of the literature, the latest evidence and specific recommendations for treatment. Users provide feedback to the editorial group and the combined efforts result in a trusted and unbiased wealth of medical information. Visit the Library and take advantage of this newest addition.

THE SHABOO / MOHEGAN SUN ALL-STARS REUNION CONCERT...



(which also featured the talents of Rick Derringer and the Marshall Tucker Band) was a great success! The weather was perfect, the music was wonderful, and everyone had a great time! Thanks to David and Marilyn Foster, The Lester and Phyllis Foster Foundation, and Liberty Bank for bringing this concert to life in June!

GOVERNOR OPENS APPLICATIONS FOR CHARTER OAK HEALTH PLAN

Effective July 1st, a new State-backed insurance plan offers coverage at an affordable rate. As proposed by Governor Rell and approved by the General Assembly, the State of Connecticut has contracted with three private insurers—Aetna Better Health, AmeriChoice of Connecticut, and Community Health Network of Connecticut – to coordinate benefits and medical providers for uninsured residents. Annual deductibles and monthly premiums are based on household income. To get more information, or apply for the program, call 1-877-77-CT-OAK or visit www.charteroakhealthplan.com.

FAREWELL TO...

...**Charlene Bowen**, who leaves Friday, July 18th after serving WCMH for 35 years!

...**Dr. Edward Sawicki**, who retired at the end of June after 32 years of service as a physician in the Windham area.

Fair winds and following seas to you both! Our best wishes go with you wherever your paths may lead.

CONDOLENCES TO...

Robert Adam, MD, whose wife, Mary Jane (MJ) Vallee, succumbed to cancer on Saturday, June 14th.

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, (left, below) and Molly Ray, Columbia (center right, below); both will be attending UConn in the fall.



NEW PHYSICIANS HELP STAFF EMERGENCY DEPARTMENT

Drs. Bang Chau (left) and **Mark Dzedzic** have joined the practice of Northeast Emergency Medicine Specialists. This group practice is comprised of the WCMH Emergency Department physicians. Dr. Chau received his medical degree from UConn

where he also recently completed his residency in Emergency Medicine. Dr. Dzedzic received his medical degree from the University of Cincinnati and like Dr. Chau, completed his residency in Emergency Medicine at UConn. Welcome!

AFFILIATION MOVES FORWARD

During a special meeting held Thursday, June 19th, the Corporators of Windham Community Memorial Hospital unanimously voted to approve our Hospital's integration with Hartford Healthcare Corporation. This was an historic decision and step that our Board and all leadership believe will help to best serve patients, our 19 town service area and Windham Hospital – including all its hospital and medical staff – now and for the future.

This vote completes the local approvals process, and allows us to pursue approvals at the state and federal levels, which we expect to be completed this Fall. We look forward to numerous benefits resulting from this affiliation, including clinical service enhancement, benefits in physician and staff recruitment, educational and training benefits, and a host of financial benefits ranging from operating efficiencies in group purchasing, capital financing, service planning and integration and managed care contracting.

Windham Hospital is joining the preeminent healthcare system in our state and the tradition of excellence that all of you embody as the Windham Hospital family will similarly benefit the Hartford Healthcare Corporation and its system. This is truly a relationship of mutual benefit for all parties.

Many of you have been involved in discussions on this matter over the past nine to 12 months as the planning and discussions proceeded. If you have any questions or comments, please feel free to speak with any member of the Administration. As we move forward now, we welcome and encourage your input. Thanks for your support.

MEMORY LANE

Can you identify the people in this photo?

This photo arrived in our offices as we were planning the publications for our 75th Anniversary. Any help in identifying the subjects is greatly appreciated. Contact Sharyn at x 6801 or smathews@wcmh.org. Thanks!



VOLLEYBALL ANYONE?

The grass is green, the weather is fine and volleyball at Windham Hospital continues on Thursday, July 17th 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. The final date will be August 21. Have fun!

CARE TO CAR-POOL??

Several people have asked about car-pooling, but haven't had a good way to find potential pool-mates—until now. 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!

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.wrtd.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.

GO GREEN COMMITTEE

Numerous Windham Hospital staff members have recently stepped forward to form the **Go Green Committee** dedicated to researching ways we "the Hospital" can improve our "Go Green" efforts via recycling and reducing our carbon footprint. Members quickly discovered many "Green" efforts already in place. Numerous other ideas were gathered and will be addressed by the committee. The committee is in the initial stages of formation with identifying areas of concern, prioritizing those concerns, educating themselves on the issues and forming sub-committees. The third meeting of this Committee will be at 1 p.m., on Monday, August 4th in the Johnson Room. At this time, the committee is open to staff members who wish to be involved. Current members of the committee are Karen Barbone, Tom Birkenholz, Bonnie Dornfeld, Karoline Flynn, Suzanne (Gerety) Ferreira, Beth Hoadley, Mary Horan, William Hutt, Beth Morytko, Alana Tartsinis, Sharon Wood and Denise Wyszomierski. Karoline Flynn and Tom Birkenholz stepped forward to co-chair the committee. Feel free to contact either one with your questions or concerns; kflynn@wcmh.org or tbirkenholz@wcmh.org.



The free lecture series continues with...

ANIMAL ASSISTED THERAPY

Presented by Terrie Carpenter,
with Zarra & Quinn

Wednesday, July 30, 2008

7:00pm-9:00pm

Bernard & Desrosier Rooms

What is Animal Assisted Therapy and how and where does it happen? What are the training requirements and how does your favorite pet become part of a pet therapy team? Come join Tails of Joy member Terrie Carpenter and her two experienced Shelties as they help us understand the power of animal contact in healthcare. Terrie became involved in Animal Assisted Therapy in 1995. Since then she has visited numerous hospitals and nursing homes as well as develop training programs locally. In addition to her work in healthcare, Terrie serves as coordinator of the READ program (Reading Education Assistance Dogs) which visits over 28 libraries statewide.

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

July events include national celebrations of Anti-Boredom Month, Recreation and Parks Month, Tennis Month, the ever-intriguing National Bison Month (have you hugged a buffalo lately?) and Cell Phone Courtesy Month. Weeklong observances include National Be Kind to New Jersey Week (7-13) and National Salad Week (23-31) – particularly appropriate in the midst of a wealth of fresh produce available this month! Additional day-long celebrations include National Rat Watcher's Day (22), "Hot Enough for Ya? Day (23) and Take Your Houseplants for a Walk Day (27). The only medically-related observance found this month was National Cord Blood Awareness Month.

Sunday Music in the Park

Alex Caisse Park, Park Springs, Willimantic ~ 2 PM

🎷 August 3 **The Little Big Band**

🎷 September 7 **The Harp Breakers**

Concerts presented in memory of Phyllis Foster.



CONGRATS TO...

Shelley Racine and Dr. Edward Sawicki. Shelley's essay was among the 10 award winners in the Connecticut Hospital Association's "Healthcare Heroes" contest in June.

THE GARDEN GLORIOUS!

Summer is garden season...and our garden is in full bloom. Take a quick break and walk through to enjoy its many colorful delights!



SAVE THE DATES!

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

- **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.

"LOCAVORES" REJOICE!

Another "green initiative" available to everyone this summer is **FRESH, LOCALLY GROWN FOOD!** There are over 100 farmers' markets throughout the state—including Ashford, Colchester, Coventry, Lebanon, Storrs and Willimantic—and more than 80 "Pick Your Own" locations for fruits and vegetables. The Connecticut Department of Agriculture provides free maps and brochures to help you find the freshest food available, provide great ideas for day-trippers seeking interesting, entertaining, and educational activities close to home that won't drain the gas tank or break the bank, and help you support your farming neighbors. The brochures are distributed to the 169 town halls and libraries across the state, and to all Connecticut county extension offices and USDA offices. They also are available electronically at www.CTGrown.gov (click on "Publications" at the top of the page). Each map includes hours of operation for Markets and Farms.



**DON'T
MISS...
Willimantic's
3rd Thursday
StreetFest**
happening tonight
(July 17th) from
6 – 9 PM, and
again on Aug. 21st,
and Sept. 18th (see
"Save the Date").

Every third Thursday from May to September, thousands of people from far and wide stroll along Main Street Willimantic amid a background of musical, theatrical, visual and olfactory delights. There are clowns and bands and giant stilts to entertain you as you meander through the fest. Local and regional crafters and vendors showcase the wealth of goods produced in Connecticut. The 3rd Thursday StreetFest is truly a community event, completely organized by volunteers and with no paid staff. Check it out!

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.

A man asked his doctor if he thought he'd live to be a hundred. The doctor asked the man, "Do you smoke or drink?" "No," he replied, "I've never done either."

"Do you gamble, drive fast cars, and fool around with women?" inquired the doctor. "No, I've never done any of those things either."

"Are you some kind of a religious person?" "No, I don't believe in anything."

"Well then," said the doctor, "what do you want to live to be a hundred for?"