SPECIAL CARE NURSERY
A great place for babies and their families
New parents learn lots of things. Like how to get a baby to sleep at 3 a.m. Which funny face will elicit a smile. When to worry about a cough. Michael and Andrea Ericksen learned things no new parent wants to. Like where on a baby’s toe to place an ox ygen saturation monitor. How to care for a baby with a serious heart condition. How to replace monitor pads and wires after both time. One of the hardest things the Plainville couple learned was how to keep anxiety and discouragement from overwhelming them when their twins were born. The nursery can treat babies up to 12 weeks early. Staff also treat full-term infants requiring extra care.

During their twins’ month in the nursery, Andrea and Michael learned how to feed, change and bond with the boys while they were in isolation. The couple also participated in daily medical rounds, when physicians and staff discussed the boys’ progress. They found the experience as positive as possible.

“For the Ericksens, that difficult month would have been harder, if not for the Special Care Nursery staff. They cared for our babies, made this a great place for babies and their families.”

The Ericksens are grateful they had the Special Care Nursery. “We’re grateful we had the Special Care Nursery,” Andrea says. “It was amazing, the care and supervision,” Michael says. “Everyone was always there for us.”

“Having a child in the neonatal ICU is very difficult,” says neonatologist Scott Weiner, M.D., director of HCC’s neonatology. “Our goal is to make the experience as positive as possible.”

A great place for babies and their families.

The Hospital of Central Connecticut (HCC) Board of Directors on March 4 named Clarence J. Silvia president and chief executive officer of the hospital and president of the Central Connecticut Health Alliance (CCHA), the hospital’s parent organization. The board also named Steven D. Hanks, M.D., M.M., FACP, FFSMB, the hospital’s executive vice president and chief medical officer.

Silvia, 54, most recently was senior vice president and chief operating officer for CCHA and the hospital. Prior to this, he was president and CEO of Bradley Memorial Hospital, a post he assumed in 1993, after serving as the hospital’s executive vice president for seven years. A Connecticut native, Silvia, of Manchester, is a Phi Beta Kappa gradu ate of the University of Connecticut, where he also earned his M.B.A., with a concentration in Health Systems.

“Mr. Silvia’s long and distinguished career with our organization makes him uniquely qualified to guide the hospital,” says John S. Manning, hospital board chairman. “As the former president and CEO of Bradley Memorial Hospital, Mr. Silvia played a key leadership role in facilitating both the development of the Central Connecticut Health Alliance in 1995 and the merger of Bradley Memorial and New Britain General Hospitals, resulting in the formation of The Hospital of Central Connecticut in 2006. The appointment of an internal candidate like Mr. Silvia, who has extensive knowledge of all facets of our hospital and healthcare system—including our caring and dedicated staff—will serve to ensure a smooth and seamless transition of our executive leadership team.”

“It is an honor and a privilege to have been selected as president and CEO of The Hospital of Central Connecticut,” Silvia says. “Our hospital has an incredible staff, physicians and friends; strong support from dedicated volunteers and donors; and a commitment to meet the healthcare needs of our community that has not diminished in more than a century. I look forward to continuing those traditions far into the future as we further our commitment to provide sophisticated, compassionate healthcare services to the residents of Central Connecticut.”

Silvia replaces Laurence A. Tanner, the organization’s leader since 1987. Tanner is stepping down as president and CEO of the hospital in preparation for retirement. Tanner, however, remains the chief executive officer for the Central Connecticut Health Alliance through June 30 to assist with the regulatory phase of the proposed affiliation of CCHA with the Hartford HealthCare Corporation, the parent organization of the Hospital of Central Connecticut.

“I am grateful for the opportunity to assume this new position,” Silvia says. “I am excited to be working with Clarence Silvia to help keep our health system vibrant and assure its place in providing healthcare to our community long-term.”

With this appointment, the areas of Governmental Affairs, Development, Pharmacy, and Physical Medicine have been added to Hanks’ current scope of responsibilities. In addition, he is no w the principle executive liaison for several CCHA member companies, including the Visiting Nurse Association of Central Connecticut, Community Mental Health Affiliates, Alliance Occupational Health, and the Central Connecticut Physical Medicine Center.

“Position Hanks held before joining HCC include vice president of Medical Affairs & chief medical officer, Finger Lakes Health, Geneva, N.Y. (2001-2004); co-founder and chief medical officer, Adroit Research Solutions, Rochester, N.Y. (2000-2001); and chief medical officer, Rochester Community IPA, Rochester (1998-2000). Hanks is also a vice president of CentCen Services Inc., a CCHA member, founder and board chair of HDH Technologies; and a practicing emergency physician and internist at HCC.”

He earned his medical degree with distinction in research from the University of Rochester, Rochester, N.Y.; and completed an internship and residency in Internal Medicine at Strong Memorial Hospital, Rochester. Hanks also earned a master’s degree in medical management from Carnegie Mellon University, Pittsburgh, and certificate in Medical Management from the American College of Physician Executives. He is currently an assistant dean for Graduate Medical Education and an associate professor of medicine at University of Connecticut School of Medicine. Hanks is a member of numerous boards, associations and committees.


John S. Manning, hospital board chairman, Steven D. Hanks, M.D., Clarence J. Silvia, and Laurence A. Tanner.
Tribute gifts to The Hospital of Central Connecticut are an integral part of our fundraising program. Life’s special events — birth, marriage, graduation, and other milestones — deserve special attention. A tribute gift to the hospital commemorates an event forever, while supporting our mission to offer high-quality healthcare for our future. Donors reap the satisfaction of knowing their gift commemorates a special person or occasion, and has a lasting impact in helping the hospital and its patients.

The Development Office also receives tribute gifts in honor of staff members and physicians whose services were above and beyond patient expectations during their hospital stay. It’s giving the extra smile and going the extra distance during some of life’s most difficult moments that prompt patients to make tribute gifts. Many patients write letters to share their kind thoughts about the care they received.

One patient writes: “My father was in the hospital for two weeks. The idea of a ‘hospitalist’ never appealed to me — doctors unfamiliar with the patient, numerous shift rotations result in yet another person to deal with. However, this hospitalist changed my mind. He followed my patient to deal with. However, this hospitalist changed my mind. He followed my patient each one there extremely supportive and attentive. She goes on to say, “Dietary made every effort to serve me food to my liking, which is a particularly difficult thing to do. Even the housekeeping crew wishes you a pleasant ‘good morning’ when they enter your room.”

Tribute gifts are a wonderful way to recognize friends, family, hospital staff and caregivers. If you are interested in making a tribute gift to The Hospital of Central Connecticut, contact the Development Office at 860-224-5567; or, you may give online at www.thocc.org/giving/.

Ball raises more than $115,000 for new breast center

The breast cancer program at The Hospital of Central Connecticut New Britain General campus Auxiliary’s 2009 Chrysanthemum Ball in November raised more than $115,000 toward development of a comprehensive breast center for patients with breast health issues.

More than 600 people attended the ball at the Aqua Turf in Plantsville. It was held in honor of the achievements of Laurence A. Tanner, who recently retired as president and CEO of The Hospital of Central Connecticut. Auxiliary President Teri Polasek presented a check to Mr. Tanner at the hospital’s Corporators Meeting in December.

“We’re thrilled to have the support of the Auxiliary in the development of our breast center,” says Steven D. Hanks, M.D., MMM, FACP, senior vice president of Medical Affairs and chief medical officer. “The center will offer truly comprehensive services for women with breast cancer in a way that is really unmatched by other institutions in this region. This center is but the first in a number of care deliverables that will put The Hospital of Central Connecticut on the map as a regional center of excellence for cancer care.”

The breast cancer center, currently in planning, will integrate and increase cancer center services at HCC. Last year, the hospital launched a breast cancer program that includes a breast nurse navigator, weekly breast conference meetings, and a $15,000 grant targeting patient education.

The breast cancer program is designed to offer a seamless treatment system for patients. This includes providing appointment coordination, treatment recommendations and varied resources to ensure all patient needs — including support and education — are met.

Nurse Navigator Donna Boehm, R.N., M.S.N., M.P.H., helps patients with breast cancer and other breast diseases, to navigate through the healthcare system from diagnosis through treatment. The breast cancer program also includes weekly reviews of newly diagnosed breast cases by a team of HCC physicians — representatives from Surgery, Radiology, Medical Oncology, Radiation Oncology and Pathology who make a collective treatment recommendation to the patient’s surgeon.

For more program information, contact Boehm at 860-224-5560, X65307.

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Published at www.thocc.org/giving/

Multi Media

TRIBUTE GIFTS: Seeds of Hope for Healing

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A generous gift from a hospital supporter is helping to bring people’s skeletons out of the closet. In 2009 Anna L. Eckersley Johnson, Ed.D., gave a generous donation to support The Hospital of Central Connecticut’s Endocrine and Bone Health Center to educate people about osteoporosis and other bone diseases. “I am proud to support this program as both my mother and I suffered from bone health problems. It is enlightening to see the advancements in today’s treatment, and recognition of bone health problems at an early age thanks to increased education and awareness,” says Johnson.

With Johnson’s gift, the Center has purchased a display rack full of bone health literature for the Center waiting room, and a display board center staff can take to health fairs and other events. “We’re very grateful for this gift, which has helped us provide patients with education and raise their awareness about bone disease, particularly osteoporosis,” says Latha Dulipsingh, M.D., FACP, FACD, medical director of the Endocrine and Bone Health Center. "Education and awareness are critical, because osteoporosis doesn’t produce symptoms — it is a silent disease. A person might not know he or she has it until a bone breaks, which can then have serious consequences.”

The Endocrine and Bone Health Center provides screening, diagnosis, treatment and monitoring of a number of conditions affecting the bones, including hyperthyroidism, vitamin D deficiency and Paget’s disease, in which newly formed bone is architecturally unstable. But osteoporosis is by far the most common metabolic bone problem, Dulipsingh says.

The National Osteoporosis Foundation estimates that 10 million Americans have osteoporosis, and an additional 44 million have low bone mass (osteopenia), putting them at increased risk for osteoporosis. That’s 55 percent of people over age 50 (although osteoporosis can strike at any age).

Osteoporosis causes bones to become weak, brittle and at risk for breaks that usually occur in the hip, spine and wrist. Though women are more times more likely to get osteoporosis, men also get it.

The hip and spine fractures common with untreated osteoporosis can cause severe pain, long-term disability — even death. One in two women and one in four men over 50 will have an osteoporosis-related fracture in her/his remaining lifetime, according to the Osteoporosis Foundation.

X-ray can’t detect low bone density until 40 percent of bone mass is lost, so doctors use other tests, including blood and urine tests and scans of various areas of the body. The Hospital of Central Connecticut uses a portable machine that measures bone density in the heel and can help with preliminary screening. For more in-depth, bone mineral density (BMD) scanning, the hospital uses Dual Energy X-ray Absorptiometry (DXA or DEXA). Screening is recommended for men and women over 65, postmenopausal women under 65 and anyone with risk factors (see chart).

The good news about osteoporosis is that while you can’t control your hormone levels without medication, you can minimize or eliminate other risk factors. “All of us should be on preventive measures,” Dulipsingh says.

Even with lifestyle changes, some people need medication to prevent or slow osteoporosis. Dulipsingh works with patients’ primary care physicians to find the safest and most effective medications and provides monitoring and follow-up care. In addition, nurses, physical therapists, exercise physiologists and dietitians help endocrine and Bone Health Center patients with other aspects of treatment.

To donate to the Endocrine and Bone Health Center, please contact Wendy Lux in the Development Office at (860) 224-5567 or wluxa@thocc.org or, you may give online at www.thocc.org/giving.

Risk factors that increase the likelihood of developing osteoporosis and fractures include:

- Current low bone mass
- Being female
- An inactive lifestyle, being thin and/or having a small frame
- Advanced age
- A family history of osteoporosis or history of fracture in a relative
- Estrogen deficiency due to menopause, especially early or surgically induced
- Low folic acid intake or vitamin D deficiency
- Certain medications (steroid use, chemotherapy, anticoagulants and others)
- Low testosterone levels in men
- Current cigarette smoking or excessive use of alcohol
- Being Caucasian or Asian (although African American and Hispanic Americans are at significant risk as well)

Our Tribute Gift Program is very important and we appreciate all gifts made in honor or in memory of loved ones. Tribute gifts can also be made in honor of an event or occasion, such as an anniversary or birthday, and all gifts directly support programs at our hospital. If you provide us with the names of appropriate contacts we will notify those individuals that a tribute gift has been given. The gift envelope in the center of this publication can be used to make a tribute gift. You can also make a Tribute Gift online at www.thocc.org/giving.

To make a donation, make tribute gifts to numerous funds and programs at The Hospital of Central Connecticut between July 1–December 31, 2009. If your name is inadvertently misspelled or omitted, please accept our apologies and notify us by calling our Development office at (860) 224-5567. Thank you.
Dear friends,

It has been a challenging year for the Board of Directors as we worked against a weakened economy to continue our tradition of financially supporting the hospital. I am happy to report that we not only met, but exceeded our goal, and were able to donate $15,000 to the hospital for the proposed Comprehensive Breast Center and $70,000 to the Birthing Unit for a maternal fetal ultrasound machine.

Our committees continue to organize new and exciting events and programs that enrich our community and our hospital. A very successful Membership Drive was held this past November targeted solely to employees of the hospital. We hope to initiate special in-house programs that will correspond to their specific interests and development.

We are excited to announce the appointment of Judy Jennings as our new Chairperson of The Auxiliary Gift Shop at New Britain General. We are looking forward to her participation in our in-house programs and events.

Please visit our website at www.thocc.org/services/auxiliary/ to keep abreast of our continuing programs and events.

Teri Polakie
President of Auxiliary, New Britain General campus
Dear friends,

The Bradley Memorial campus Auxiliary is getting ready for the 20th Annual Golf Tournament. The tournament will be held at Tutun Plantation Country Club in Farmington on Tuesday, June 8, 2010. While both the Bradley Memorial and New Britain General campuses have held separate tournaments in the past, this is the first year they are combining efforts to hold one joint tournament. Each campus is represented with a chair and co-chair. The Bradley Memorial campus chairwoman is Lucy Leach and the co-chair is Audrey Zack. Please support the auxiliaries in this endeavor. For more information, or to sponsor or golf in the tournament, please call 860-224-5567.

John Hever, left, and Beth Epilek of Walmart in Southington present a $5,000 check to Wendy Lux, Executive Director of Development and Helayne Lightstone, Director of Corporate Communications, to benefit The Hospital of Central Connecticut’s Annual Fund.

Celebration Armstrong, RN, CNOR, night clinical manager, Preparative Services; demonstrator unit equipment for Rhonda Smith, aid manager, Fallen Project Development department. Smith designed the new SUV space.

Renovated Special Procedures Unit unveiled

The Special Procedures Unit at The Hospital of Central Connecticut (HCC) Bradley Memorial campus was recently renovated to provide more space and a fresh, new look. The unit, which offers several same-day medical and gastrointestinal procedures, now includes a third procedure room and third recovery area. With the renovation, patients have more scheduling options for procedures and treatment. Among procedures offered on the unit are gastroenterostomy, including endoscopy, colonoscopy, and Bravo acid reflux testing, as well as same-day medical services, including medication injection and IV administration, IV catheter maintenance, therapeutic phlebotomy, and bronchoscopy and minor surgical procedures.

Development committee member William P. Candiloro and Executive Director of Development Wendy Lux accept a $5,000 check from the Liberty Bank Foundation at their Berlin branch grand opening event.

Open MRI of Southington has new scanner

Open MRI of Southington, a member of the Central Connecticut Health Alliance, has a new, Hitachi high-field open Oasis™ MRI scanning system. The new scanner combines a powerful 1.2 Tesla field strength with advanced technology to deliver quality high resolution images. The more open and comfortable unit is an alternative for patients unable to have MRIs or MRIs for various reasons, such as claustrophobic claustrophobic-like syndrome, or being larger than average in size. For information or to schedule an appointment, call 860-276-5155.

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Fun for all ages!

More than 2,000 people of all ages came to the first-ever Healthy Family FunFest March 7 at the Aqua Turf in Southington. The event, presented by the hospital, Central Connecticut Senior Health Services and the Southington-Cheshire Community YMCA, featured information and activities for people of all ages. Kara Lawton of the Connecticut Sun basketball team signed autographs and posed for photos with her many fans at the event.

Monthly Saturday blood drives at HCC

The American Red Cross, in partnership with HCC, recently kicked off a regular community blood drive, to be held one Saturday each month at the New Britain General campus. To make an appointment to donate blood, call 1-800-RED-CROSS or visit redcrossblood.org.

Team provides medical care in Haiti

Calling themselves Hearts for Haiti, a team of HCC staff members spent March 8-19 providing medical care to victims of the devastating Jan. 12 earthquake that struck the country. Led by primary care physician Anthony Garelikas, M.D., the 10-member team included: Patricia Alfieri, R.N., Family Birthplace; R.N.s Salena Devose, Ashley Dixon and Brenda Jaramillo of Critical Care; Deborah Ferretti, A.P.R.N., Palliative Care; Tony Kamens, R.N., Ambulatory Surgery; Angela Torres, nurse technician, Emergency Department; and Sarah Wells, PA-C, Medicine and Jonathan Torres, an emergency medical technician, who is not a HCC employee, also joined the team.

Hospital elects board members, corporators

At The Hospital of Central Connecticut’s annual corporators Meeting Dec. 16, 2009, six people were elected to the hospital’s board of directors; two were elected directors emeriti; and 26 people were elected hospital corporators. The Rev. Thomas A. Mills Jr. was elected a new hospital director. Five directors were also re-elected at the meeting: Letterio Asciuto, M.D., Anthony Garelikas, M.D., Joseph R. Crispino, John S. Manning and William W. Weber. In addition, two directors emeriti were elected: Harry N. Mazzaorisan and Laurence A. Tanner.

Also at the meeting, 26 area residents were elected Hospital of Central Connecticut corporators: James M. Blazis, Cynthia E. Ray, Paul T. Czepiga, Pauline B. Davis, Jeffrey A. Flaks, Michael J. Foran, Carolyn Freiheit, Janice Glick, James M. Jones, Steve Kieger, Meg Leake, Sylvia Wilson Lucas, Nancy H. Macdonald, Thomas Marchuzi, John Mifflin, Stephen M. Morelli, Donald A. Naples, Mirelle Niedzwiecki, Kevin J. O’Connor, Bruce A. Rudolph, Coey Simonsen, Toni Starks, Art Simonsen Jr., Thomas Vacekelli, Dorothy B. Weber, and John J. Yuskis Jr.

They join more than 800 dedicated corporators, including representatives from business, education, nonprofit and other organizations throughout Central Connecticut, as well as hospital staff members, physicians and volunteers.

At its Dec. 17, 2009, meeting, the hospital’s board of directors elected John S. Manning board president, John E. DiIeway vice chairman, and William W. Weber secretary.

Hospital staff member receives community service award

Rusty Kimball of New Britain, a HCC employee, received the hospital’s Loretta Martinelli Community Service Award Dec. 16, 2009.

The award is given annually to a dedicated employee who has made a notable contribution to the well-being of the community and displays compassion, integrity, and respect for others. Kimball has been the hospital photographer for 29 years. For the past four years, he and his wife, Laraine, son, Garrett, and daughter, Tyler, have taken in 13 foster children, from newborns to teenagers.

The community service award Kimball received is named for Loretta Martinelli, a
member of the New Britain General Hospital board of directors until her death in 1996. Martinelli was committed to community service and received numerous awards for her volunteer work. Awards received include $500 and the hospital donates $500 to the charity of the recipient’s choice. Kimmel chose the New Britain Asthma Initiative, which, in partnership with the New Britain Health Department, provides a free case management program for children with asthma and their families.

Hospital offers single-incision bariatric surgery
HCC offers minimally invasive weight loss surgery that uses only one small incision. This new technique offers patients reduced post-operative pain and less scarring. HCC bariatric surgeon Dr. Nassir Nahmias, MD, performs the new technique with gentle banding, part of the stomach is banded to create a small pouch, thereby reducing its capacity to hold food. The procedure is reversible and adjustable.

Prostate cancer support group offered
The hospital hosts a free monthly support group for prostate cancer survivors and their significant others every fourth Wednesday of each month, 6–7:30 p.m., Lecture Room 1 at the hospital’s New Britain General Campus, 100 Grand St. Parking in the Quigley garage next to the hospital’s main entrance will be validated. Pre-registration is required, but not required. For information or to register, call Maria Anderson, 860-224-5299.

Diabetes education offered in Southington
For people newly diagnosed with diabetes, the Joslin Diabetes Center Affiliate at The Hospital of Central Connecticut offers a comprehensive diabetes education program at the Braddy Memorial Campus, 811 Meriden Ave., Southington. The program covers medication management, glucose monitoring, meal planning, foot care, exercise and other topics. Diabetes education is covered by most insurances (physician referral is required for patients with Medicare). To sign up for the program or for more information, call 860-224-5900, ext. 6822, or e-mail the Joslin referral coordinator, joedinreferral@thocc.org.

March of Dimes Donors help babies in intensive care
The March of Dimes this winter donated more than 20 cuddly toy lambs to The Hospital of Central Connecticut’s Special Care Nursery. The donations also included a special book to read to the baby in the Nursery, the hospital’s neonatal intensive care unit. Each lamb included a handwritten message from the donor, conveying support and sentiments for health of the newborn.

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March of Dimes Donors help babies in intensive care
The March of Dimes this winter donated more than 20 cuddly toy lambs to The Hospital of Central Connecticut’s Special Care Nursery. The donations also included a special book to read to the baby in the Nursery, the hospital’s neonatal intensive care unit. Each lamb included a handwritten message from the donor, conveying support and sentiments for health of the newborn.

Prostate cancer support group offered
The hospital hosts a free monthly support group for prostate cancer survivors and their significant others every fourth Wednesday of each month, 6–7:30 p.m., Lecture Room 1 at the hospital’s New Britain General Campus, 100 Grand St. Parking in the Quigley garage next to the hospital’s main entrance will be validated. Pre-registration is required, but not required. For information or to register, call Maria Anderson, 860-224-5299.
The best care for breast care

Includes a helping hand to guide you through treatment

At The Hospital of Central Connecticut, that strong and helpful hand is provided by Donna Boehm, R.N., our nurse navigator. Donna helps to arrange appointments, explains what’s going on, and in general, guides women through the process so they are not alone.

A nurse navigator is just one component of the comprehensive breast program available at The Hospital of Central Connecticut. Our services range from the most advanced digital mammography to aid in early detection to a full line of sophisticated breast cancer treatments, close to home. To speak with Donna, please call 860-224-5900. 16307.

For more information on our breast cancer program, visit www.thocc.org