



EVERGREEN

C L U B 5 0



**CHRISTMAS
SPECTACULAR!**
Bus trip to Radio City.

PG 3



**ANNUAL HOLIDAY
PARTY!**
Food, friends and
dancing.

PG 3

NEWSLETTER FOR THE MEMBERS OF EVERGREEN CLUB 50

Evergreen Club 50's Fall 2011 Programming: **Come See What's NEW!**

Evergreen Club 50 will be celebrating the arrival of fall with a wide range of programs for club members to take part in, some of them popular annual favorites and some being offered for the first time. To show off some of the dramatic changes taking place at Waterbury Hospital, Evergreen Club 50 will kick off the season with a **free wine-and-cheese reception** in the hospital lobby on Wednesday, September 14 at 3 p.m. The reception will allow club members to see some of the **many exciting initiatives currently underway** to make the hospital a pleasant, comfortable and convenient place for patients and visitors. We hope you will join us to learn more about how the hospital is putting a fresh focus on you, our loyal customer! While the reception will kick things off this fall, the season will close with a **special trip to New York City to see the Annual Christmas Spectacular at Radio City Music Hall**. This popular annual show featuring popular holiday songs and the famous dancing Rockettes has been revamped to include new state-of-the-art technical

visuals which promise to turn the entire auditorium into a winter wonderland! **The bus trip to New York includes tickets to the show and an elegant luncheon** before returning home that night. Look inside this issue of the newsletter for more details.

Of course, a season with Evergreen Club 50 would not be complete without a **full range of Speakers Series presentations** offering fascinating and helpful insight on how to live a healthy and fruitful life. This fall, the presentations include an **emphasis on a healthy diet**, including presentations on the common myths associated with popular diets and another that will look at the benefits of a naturopathic diet in maintaining good blood-sugar levels. Other presentation topics include a look at the latest advances in **plastic surgery for the eyes, the benefits of Vitamin D and an intriguing exploration of the changes that technology is bringing to the doctor-patient relationship**. We will also be offering **free flu clinics and a special free bladder screening**.



Along with the Speakers Series, Evergreen Club 50 continues to offer **exercise programs** this fall, including always-popular classes in Tai Chi, weight lifting and Pilates. And lastly, we are offering five **movie matinees** throughout the fall season, all of them free, first-run movies showing in the Bizzozero Conference Room with free popcorn and beverages.

Please join us for all the fun!

It's All About You!

EVERGREEN CLUB 50 FALL 2011 PROGRAMS



PRE-REGISTRATION IS REQUIRED. SEATING IS LIMITED!
**** YOU MUST CALL (203) 573-7385 TO REGISTER FOR THESE CLASSES.****



SPECIAL KICKOFF EVENT!
Waterbury Hospital: Serving Our Patients, Serving Our Community
 Wednesday, September 14, 2 p.m. – 4 p.m.,
 Waterbury Hospital Lobby

Evergreen Club 50 is hosting a special free wine-and-cheese reception, exclusively for Evergreen Club 50 members, to highlight the many changes currently underway at Waterbury Hospital to enhance services for patients and visitors, including new dietary and environmental services programs. **Darlene Stromstad**, Waterbury Hospital's Chief Executive Officer, will be on hand along with other representatives to detail many of the changes taking place and answer any questions you may have. **You must call (203) 573-7385 to register for this event.**



Plastic Surgery for the Eyes: A New Frontier for Better Vision and Appearance

Tuesday, September 20, 1:30 p.m. – 3:00 p.m.
Steven Mellul, MD, Plastic Surgeon, OptiCare

Advances in plastic surgery are making it possible to dramatically enhance your ability to see clearly while also restoring or highlighting the impact that eyes can have on your appearance.



Flu Clinics sponsored by Evergreen Club 50

Monday, October 3 • 2:00 p.m.-4:00 p.m.
 Wednesday, October 12 • 9:00 a.m.-11:00 a.m.
 Friday, October 21 • 11:00 a.m.-1:00 p.m.

All Clinics to take place in Bizzozero Conference Room



The Benefits of Vitamin D
 Friday, September 30, 1:30 p.m. – 3:00 p.m.
Joycelyn D. Maw, MD, Internal Medicine Specialist, Alliance Medical Group

Doctors are increasingly citing the benefits of Vitamin D in maintaining good balance, preventing bone fractures, ensuring cardiovascular health and preventing depression.



The Importance of Colorectal Health and Treatment Options
 Tuesday, October 4, 1:30 p.m. – 3:30 p.m.
Zhongqiu John Zhang, MD, PhD, Colorectal Surgeon, Alliance Medical Group

Colorectal health becomes increasingly important with age, requiring regular screenings and cancer prevention strategies. Come learn more from the only colorectal surgeon currently serving the Greater Waterbury Region.



Advanced Directives, Living Wills and Powers of Attorney
 Wednesday, October 12, 1:30 p.m.-3:00 p.m.
Vincent A. Liberti, Jr., Partner, Pepe & Hazard LLP

A good estate plan featuring wills, powers of attorney or advanced directive can help eliminate legal, emotional or medical problems in later years.



DiETING Myths and Facts: What's Really Good for You and What's Not
 Thursday, October 13, 1:30 p.m. – 3:00 p.m.
Kendall Dyer and Margaret Picard, Waterbury Hospital Outpatient Dieticians

Two Waterbury Hospital dietary experts talk about some of the common misperceptions that people have about dieting and losing weight.



Living Comfortably and Living Well: a Community for You
 Tuesday, October 18, 1:30 p.m. – 3:00 p.m.
Sarah D'Uva, Watermark at East Hill

Come explore the benefits of living in one of the region's most comprehensive life care communities, encompassing all levels of care and lifestyle options.



A Natural Path to Lowering Blood Sugar

Thursday, October 20, 1:30 p.m. – 3:00 p.m.
Robin Ritterman, ND, LAc, Whole Health: Natural Family Medicine

This presentation will look at some of the research on supplements to lower blood sugar and provide a naturopathic approach to treating non-insulin dependent diabetes and insulin resistance.



Riding the Technium: How Technology is Changing the Way You Receive Health Care
 Wednesday, October 26, 1:30 p.m. – 3:00 p.m.
Anthony Cusano, MD, Specialists in Nephrology and Hypertension

Advanced forms of technology such as wireless smart phones are changing the way doctors and patients interact, and how doctors treat many medical conditions. This presentation will explore this new aspect of health care and the patient-physician relationship.



Free Bladder Screenings
 Thursday, October 27, 1:30 p.m. – 3:00 p.m.

Lisa Oliveira, APRN, MSN, Urology Specialists
 Reservations must be made in advance by calling (203) 573-7385. Screenings will consist of a questionnaire, a urine test and a brief discussion with a bladder specialist. No beforehand preparation is necessary.

It's Showtime!

EVERGREEN CLUB 50 FALL 2011 MOVIE MATINEE SERIES



The King's Speech
 Thursday, September 22

Something Borrowed
 Thursday, October 6

True Grit
 Tuesday, November 1

The Tourist
 Thursday, November 10

Midnight in Paris
 Wednesday, November 16

Evergreen Club 50 continues its popular movie matinee series this fall with five first-run movies that promise to be engaging, moving and thought-provoking. All showings will include free popcorn and beverages, and will take place at 1:30 p.m. in the Bizzozero Conference Room. **You must call (203) 573-7385 to reserve a seat ahead of time.**

Join Us For The 2011 ANNUAL HOLIDAY PARTY

"Food, Friends and Fun in a Festive Setting!"

11 a.m. – 3:30 p.m.

Wednesday, December 7, 2011

Villa Rosa (Ponte Club) • 380 Farmwood Road, Waterbury
 \$25 Per Person

Celebrate the season with Evergreen Club 50's 21st Annual Holiday Party featuring great food, great music, dancing and mingling with good friends!

Menu includes:

- Salad
- Penne pasta with tomato sauce and meatballs
- Entrée of Chicken Marsala with mashed potatoes and string beans
- Dessert
- Coffee and wine at every table
- Soft drinks available upon request

Order Your Tickets on Wednesday, November 9 from 8:30 a.m.-Noon in the Bizzozero Conference Room at Waterbury Hospital

*Tickets can also be purchased Mondays, Tuesdays and Wednesdays from Nov. 14-23 from 9 a.m. to 11 a.m. in the Evergreen Club 50 Office at Waterbury Hospital.
November 23 is the last day to buy tickets!

*Reservations cannot be made by phone or email. Tickets can only be purchased in person. Tables are reserved on a first-come, first-served basis. Tables of ten, with a limited number of tables of 11 or 12 guests, are available. Medical needs tables are also available.

For further information, please call (203) 573-7385.



Celebrate the Season with a BUS TRIP TO RADIO CITY MUSIC HALL!

Wednesday, November 30

Evergreen Club 50 will be sponsoring a special day bus trip to New York City to see the **Annual Christmas Spectacular at Radio City Music Hall**. This annual holiday favorite, which features the world famous **Rockettes**, the **Living Nativity** and the **Parade of Wooden Soldiers**, will also for the first time feature new **ChristmasVision** technology which promises to transform the entire auditorium into a virtual winter wonderland!

Besides Reserved Orchestra Seating for the show, the trip will also feature an elegant lunch at **Maria's Mont Blanc** restaurant, including the following menu options:

- Grilled Pork Chops
- Chicken Marsala
- Grilled Salmon with Vegetable
- Potato, Rolls and Butter, Dessert and Beverage

Cost: \$131 Per Person

Checks payable to Evergreen Club 50

The bus will depart Waterbury Hospital at 8:30 a.m., returning around 5 p.m.
Seating is limited, so please call (203) 573-7385.

If you wish to have your name removed from the distribution list to receive future issues of the Evergreen Club 50 newsletter, please write to us at: 64 Robbins St., Waterbury, CT 06708, Attn: Evergreen Club 50.



FALL 2011

EVERGREEN CLUB 50 NEWSLETTER IS A PUBLICATION OF THE PUBLIC RELATIONS & MARKETING DEPARTMENT OF WATERBURY HOSPITAL

EDITOR: MATT BURGARD

SUBMIT ITEMS FOR EVERGREEN CLUB 50 NEWSLETTER TO: mburgard@wtbyhosp.org



The Waterbury Hospital Auxiliary cordially invites all members of EVERGREEN CLUB 50 to a special "WINE AND FRIENDS" Reception

Friday Evening, September 23 • 6:00pm – 8:00pm
Mill House Antiques and Garden, Woodbury, CT

Donation: \$35 per person/\$60 for two • All proceeds will support patient care services and equipment at Waterbury Hospital.



Fall 2011 Exercise Programs

Class sizes are limited! Please reserve your space by calling (203) 573-7385.
Checks must be received no later than one week before the start of class.

TAI CHI

8-week session

Instructor: Kimberly Johnston

Tuesdays 5:30 p.m. – 6:30 p.m.

Class dates: : 9/20/11; 10/4/11;

10/11/11; 10/18/11; 10/25/11;

11/1/11; 11/8/11; 11/15/11

Cost: \$64 per person

INTERMEDIATE PILATES

8-week session

Instructor: Siobhan Costello

Saturdays 9 a.m. – 10 a.m.

Class dates: 9/24/11; 10/1/11;

10/8/11; 10/15/11; 10/22/11;

10/29/11; 11/12/11; 11/19/11

Cost: \$72 per person

WEIGHT LIFTING

12-week session

Instructor: Jim DeMeis

Tuesdays 9:30 a.m. – 10:30 a.m.

Thursdays 6:45 p.m. – 7:45 p.m.

Cost: \$48 per person

**Call (203) 573-7385 for further information.*

****ALL CLASSES WILL TAKE PLACE IN THE BIZZOZERO CONFERENCE ROOM AT WATERBURY HOSPITAL****

OFFICE HOURS

Mon: 8:30 am – 4:00 pm
Tue: 8:30 am – 4:00 pm
Wed: 8:30 am – 4:00 pm
Thu: 8:30 am – 4:00 pm
Fri: Closed
Holidays: Closed

Waterbury Hospital
64 Robbins Street
Waterbury, CT 06708
(203) 573-7385



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06721