



# Making a Difference

FALL/WINTER 2008



Enjoying Waterbury Hospital's 2008 "tgif" are Vice President and Chief Operating Officer **Mary Prybylo**; featured speaker **Charles Atkins, MD**; tgif Committee member **Maura Tobin**; Vice President for Affiliates and Business Development **Maryanne Volklinger**; featured speaker **Karen Kangas, Ph.D.**; tgif Committee Chair **Donna Johnson**; and Vice President and Chief Financial Officer **Colleen Scott**.

## 2008 tgif (Thank God I'm Female)

### BENEFITS HOSPITAL'S DEPARTMENT OF BEHAVIORAL HEALTH

The posters of a mysterious woman in a wide-brim hat announcing "**Murder, Mayhem and Women**" was the first clue that Waterbury Hospital's 17th annual tgif women's health forum would serve up something quite unexpected. Held on May 2, 2008 at Southbury's Crowne Plaza Hotel, the plated dinner event drew nearly 300 women from the greater Waterbury area. Tgif has been a greatly-anticipated spring event that has combined food, fun, and health information for nearly two decades. Originally designed as a community outreach event, this year's was the first to boast a profit, opening the door for it to become a more significant fundraiser in future years.

The lobby of the Crowne Plaza buzzed with activity as the guests visited nearly 40 tables featuring health information and samples, plus displays from local business vendors. Many women commented that they hoped there would be even more displays next year.

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**Carl Sherter, MD**, of Waterbury Pulmonary Associates; **Celeste Schmaltz**, Assistant Manager, Respiratory Care Department; and **Steven E. Schneider, MD**, Vice President of Medical Affairs; at Waterbury Pulmonary Associates' donation of "The Vest" to the hospital.

## HOSPITAL RECIPIENT OF HI-TECH "VEST"

Waterbury Pulmonary Associates recently donated a High Frequency Chest Wall Oscillator to Waterbury Hospital. Also called "The Vest," this valuable equipment consists of an inflatable vest attached to an air-pulse generator that gently shakes the chest wall at a high frequency. The movement loosens mucus from the walls of the smaller airways and assists in moving it to larger airways where it can be coughed or suctioned out. Those who benefit from this therapy include patients who have minimal airway clearance or impaired ability to cough, such as patients with neuromuscular diseases.

**Carl Sherter, MD**, of Waterbury Pulmonary Associates said that his group is delighted to be able to make this donation, and to join the many people and businesses of greater Waterbury who "give back" to a Hospital which does so much for our community.

**Steven Schneider, MD**, Vice President of Medical Affairs, who accepted the donation on behalf of the Hospital, expressed his thanks to Dr. Sherter and his colleagues for their gift. "As medical technology advances, we need to remain abreast of it. Support like this from our medical community is one way we do that, and is indispensable to the quality of care we provide."

## SAVE THE DATES

**18th Annual "tgif"**  
**(Thank God I'm Female)**  
**Friday, May 8, 2009**

4:30 p.m. - 10:00 p.m.

Villa Rosa, Waterbury, CT

Featuring Event Emcees

Scot Haney and Teresa LaBarbera

WFSB Channel 3-TV

and Keynote Speaker **Adriana Blanco, MD**  
 (Arthritis, Rheumatism & Osteoporosis)

**16th Annual Charity Golf Classic**

**Monday, June 15, 2009**

The Country Club of Waterbury



Friends and vendors enjoy the 2008 "tgif".

# 2008 tgif

CONTINUED FROM PAGE 1

Adding to the fun of the evening was a raffle of over thirty gift bags of goods ranging from a digital photo frame to spa toiletries. The red and black decorative colors of the event showed up everywhere: the raffle gift bags, the centerpieces, all printed materials, even outfits worn by many of the Waterbury Hospital hosting staff.

The first of the evening's two keynote speakers was **Charles Atkins, MD**. The event's theme of "mystery" was derived from his authorship of several mystery thrillers. His non-fiction books deal with aspects of mental health and include *The Alzheimer's and Dementia Answer Book* which was released in the fall of this year. Dr. Atkins is a board-certified psychiatrist and a member of the Yale Clinical faculty, as well as an attending physician at Waterbury Hospital.

**Karen Kangas, EdD**, the other guest speaker, addressed the topic "It's a Bipolar World." Her moving and humorous personal account of her own struggles with bi-polar disease resonated deeply with many of the attendees. As an internationally recognized leader in the mental health consumer movement, she has been a champion for people in recovery. She was recognized nationally for this work with the prestigious Clifford Beers Award. Dr. Kangas has served as a member of the Commissioner's Office for the Department of Mental Health and Addiction Services, and is the current Acting Director of Advocacy Unlimited.

A survey card completed by most of the guests solicited ideas for medical topics of interest to guide future planning. It also drew a wave of enthusiastic response indicating that this crowd can't wait to see what tgif will tackle next spring.



## 15th Annual Charity Golf Classic Nets Largest Proceeds in Event's History

A perfect blue sky and temperature greeted the eager golfers at the 15th Annual Charity Golf Classic held at The Country Club of Waterbury on June 2, 2008. Golfers purchased reams of raffle and 50/50 tickets for drawings later in the evening and enjoyed lunch on the Club's patio overlooking the greens before teeing off at 1:00 pm. Laughter floated up from the greens to the Club House above as experienced and inexperienced golfers alike enjoyed their rounds. Golf events included a hole-in-one contest sponsored by Loehmann-Blasius Chevrolet, and foursome photos compliments of the Waterbury Hospital Project Photography, organized by social worker Richard Smith.

The record \$72,000 raised by this year's Golf Classic is earmarked for the Hospital's Surgical Services Department to support the purchase of much-needed equipment and state-of-the-art medical technology, allowing our Surgical Services Department the capability to achieve the highest standards of surgical care for our community, and ultimately to develop and implement a vascular interventional and surgical program.

We extend our deep appreciation to the many local businesses who made significant donations of items to our raffle and live auction, as well as the following major sponsors:

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## FREE PARKING COURTESY OF ABBOTT TERRACE

Abbott Terrace Health Center in Waterbury sponsored a day of free parking for all visitors to Waterbury Hospital on Tuesday, October 14. Visitors were greeted with the good news upon their arrival, upon their departure, and in the Hospital's lobby. Waterbury Hospital is grateful for the support of Abbott Terrace, and joins with its hundreds of visitors on that day in saying "Thank You, Abbott Terrace."





Major donors to the new equipment in the Cardio-Rehab lab are (from left) **David Reed, MD** and **Joan Reed**; **Linda Hamid**, President of the Waterbury Hospital Auxiliary, representing the Auxiliary; and **John Roman**, President and Chief Executive Officer of Naugatuck Valley Savings & Loan, representing NVSL. At right is **Mary Prybylo**, Waterbury Hospital Vice President and Chief Operating Officer. Absent is a representative from a fourth major donor, The Maximilian E. and Marion O. Hoffman Foundation of West Hartford.

## WORKING TOGETHER, FILLING A NEED

When the Cardio-Pulmonary Department at Waterbury Hospital recognized a need, the Development Office soon became involved. The partnership formed by the staff of these two departments has led to another partnership – one just as diverse and even more exemplary, formed by individuals, a corporation, a charitable foundation, and a civic organization.

The Cardiopulmonary Department provides cardiac and pulmonary patients, from their mid-twenties to their mid-seventies, with exceptional and individualized medical services from diagnosis to rehabilitation. The staff consists of registered nurses, advance practice nurses, physical therapists, invasive and non-invasive cardiopulmonary technicians, exercise specialists, respiratory therapists and technicians, registered echocardiography technicians, nuclear medicine technicians, and EKG technicians. Cardiologists perform a variety of specialized procedures in the department on a daily basis, including angioplasties.

Equipment plays a critical role in the Cardiac Rehab lab. Treadmills, arm ergometers, NuStep and other machines are critical in providing appropriate exercises for the cardiac and pulmonary patients, both in the short term and the long term following their surgeries. Aging equipment, in constant use five days per week from 6:30 am to 5:30 pm, led to a discussion of the need for new, state-of-the-art equipment for the benefit of patients who are continuing their care.

The Cardio-Pulmonary Department also recognized its need for a new hemodynamic monitoring system, which would enhance the clinicians' ability to monitor sessions. These sessions allow patients to progress in their customized exercise program while their cardiac status is being monitored by a registered nurse. Waterbury Hospital performs approximately 375 Angioplasty procedures per year. The new monitoring system will be critically important in increasing the Hospital's ability to admit all qualified patients into the monitored sessions, and to improve outcomes and the quality of life for all patients.

As of this writing, \$85,000 of the \$100,000 project has been committed. The new equipment has been ordered; and the monitoring system will be ordered when the remaining funding for it is secured. (Donors interested in making a "major gift" to help achieve this goal are invited to call the Development Office at 573-6029.)

Waterbury Hospital is grateful to its major project donors to date, Dr. and Mrs. David (Joan) Reed, the Waterbury Hospital Auxiliary, the Maximilian E. and Marion O. Hoffman Foundation of West Hartford, and Naugatuck Valley Savings and Loan.



## Waterbury Hospital's Annual Donor Appreciation Reception a "Sweet Thank You"



Pink primrose and silk butterfly centerpieces helped transform the Bizzozero Conference Room into a welcoming spring venue for the Annual Donor Appreciation Reception on April 9, 2008. Approximately 60 guests enjoyed an evening of bountiful hot and cold hors d'oeuvres, a wine bar, and chamber music provided by members of the Waterbury Youth Symphony.

The Hospital hosted the event as a means of extending an earnest "thank-you" to donors of the past fiscal year. **Carl Contadini**, Waterbury Hospital Trustee and Chair of the Executive Fund Development Committee, opened the evening's program with a warm welcome and words of thanks. Many of the attendees were long-time supporters, so the evening served as a reunion as well.

**Mary Calvo, RN**, of Waterbury Hospital's Family Birthing Department spoke from the heart as to how support received from the greater Waterbury community has enabled the Family Birthing Department, as well as many other hospital departments, to make improvements including state-of-the-art equipment and technology purchases, which ultimately increase the level of health care services available to all patients and their loved ones.

**John Tobin, DMan, MPH**, Waterbury Hospital President and CEO, concluded the evening's remarks with an overview of the state of Waterbury Hospital and an update on a possible consolidation of Waterbury's two hospitals. He then welcomed questions from the gathered supporters.

Guests were encouraged to continue to mingle and enjoy the fare prepared by Waterbury Hospital's Dietary and Hospitality Department. They departed receiving one last sweet "thank-you" embossed on a chocolate bar, and knowing that their gifts continue to be the pillar that helps to uphold Waterbury Hospital's healing mission.



Waterbury Hospital's friends and supporters enjoy the annual Donor Appreciation Reception.

# Gifts in Tribute

The following tributes were received between December 22, 2007 and September 30, 2008.

Gifts in Tribute provide an opportunity to:

- Honor a physician or nurse who has touched your life
- Celebrate a special event such as an anniversary or birthday
- Honor the memory of a loved one
- Help provide the best health care to the residents of our community

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# Fiscal Year 2008 Annual Gift and Donor Report

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 The Center for Women's Health  
 in Connecticut

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 ConnectiCare, Inc.  
 Connecticut Credit, LLC  
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Naugatuck Savings Bank Foundation  
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 Bio-Rad Laboratories  
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Aesthetiche  
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Chadwick Financial Advisors  
D.A.L. Appraisals, LLC  
Greater Waterbury Healthcare Federal  
Credit Union  
Greater Waterbury Retina, LLC  
Greater Waterbury YMCA  
The Grotto & Mrs. G

The Gyn Center for Women's Health  
Heart Center of Greater Waterbury  
The Hospital of Central Connecticut  
HPC Food Service  
Interim HealthCare  
The Harold Leever Regional Cancer  
Center  
Naugatuck Valley Gastroenterology  
Consultants  
Nestle Infant Nutrition

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VNA Health at Home, Inc.  
VNA Health Care, Inc.  
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## Business Supporters

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Barker Animation  
Bay Leaf Gourmet Caterers  
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Chippabee Golf Club  
Control Systems, Inc.  
The Country Club of Waterbury  
The Eastern Company

Elsevier, Inc.  
Fairfield County Medical Association  
Golf Club At Oxford Green  
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Waterbury Hospital-Nursing Emergency  
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Where The Heart Is

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Aesthetic Surgery Associates, PC-  
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