

IN THIS ISSUE



LAP(TOP) OF LUXURY
PATIENT ROOMS NOW
FEATURE WIRELESS INTERNET
PAGE 3



HOLIDAY FUN
2008 EMPLOYEE HOLIDAY PARTY
PAGE 3

JANUARY 2009



UPDATE

THE NEWSLETTER FOR **WATERBURY HOSPITAL EMPLOYEES** & NETWORK AFFILIATES

HARD WORK AND DEDICATION LEAD TO...

A STROKE OF GOOD FORTUNE!

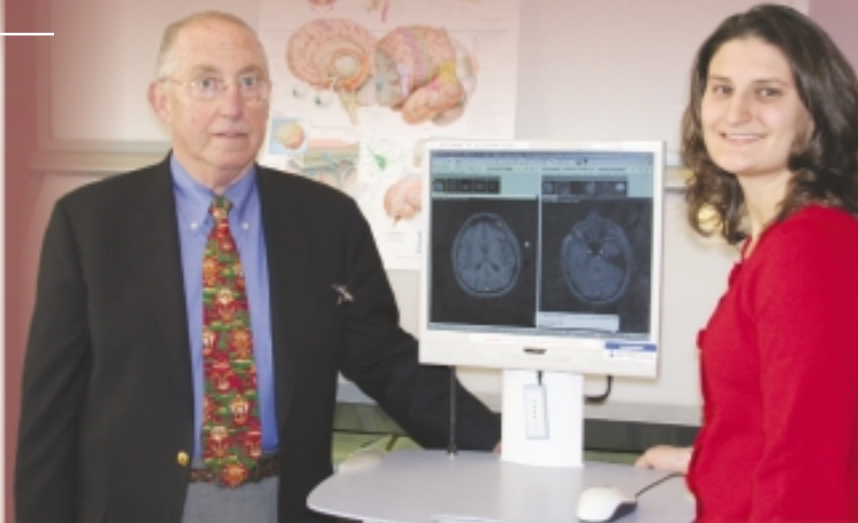
Waterbury Hospital's commitment to providing the very latest and best treatment options for stroke victims paid off last month when the Connecticut Department of Public Health (DPH) designated the hospital as a Primary Stroke Center. The hospital is the first in the area to receive stroke certification.

"We are thrilled with this designation, and feel it is well-deserved for all the effort we put in to giving our patients the best care possible," said **Steven Eisen, MD**, the Medical Director of the hospital's Stroke Center. "With this designation, patients can be sure they will receive the highest level of treatment from the moment they are diagnosed and throughout the process of recovery."

J. Robert Galvin, MD, the DPH Commissioner, echoed those sentiments, praising the hospital for recognizing the need for devoting resources to victims of stroke.

"Stroke is the third leading cause of death in Connecticut and a major cause of disability," Galvin said. "We congratulate Waterbury Hospital for achieving this important designation as a Primary Stroke Center."

Continued on page 2



Steven Eisen, MD, the Medical Director of the Stroke Center, stands next to **Kelly Poskus, RN**, the Stroke Coordinator for Waterbury Hospital.

KICK THE HABIT!



Let's **CLEAR** the Air!
START Now.
STOP Smoking!

Employees who are struggling to quit their smoking habits will have a wide range of programs and services offered to them to help meet Waterbury Hospital's goal of being an entirely smoke-free facility by November 20 of this year.

"We encourage all of our employees who smoke to take advantage of as many of these programs as they can," said **Diane Woolley**, Waterbury Hospital's Human Resources Director. "When it comes to quitting smoking, not every program works for certain people. You have to be patient and find what works for you."

To help spread the message, the hospital held a contest in November to encourage employees to come up with a logo for the campaign. The winning entry, as selected by employees, was submitted by **Rick Cofrancesco**, the son of Waterbury Hospital employee **Thelma Cofrancesco, RN**. The winning entry (shown at left) shows a cigarette butt being kicked by a shoe.

Continued on page 2



Thelma Cofrancesco, RN, proudly shows off the winning design for Waterbury Hospital's Smoke Free Design Contest. The logo, which depicts a cigarette butt being kicked by a shoe, was submitted by Cofrancesco's son, **Rick Cofrancesco** (inset) of Florida.



GETTING READY TO BE SMOKE FREE!

What to Look For in the Months Ahead

August 20

Three-month countdown to a smoke-free campus begins. Motivational speakers and other resources will be available throughout the hospital community to help smokers prepare for the November 20 deadline.

October 19

Removal of the Smoke Shack near the hospital's tunnel entrance. Cold turkey sandwiches will be provided to smokers during this event, which is for smokers only.

November 18

All smoking receptacles and ash trays will be removed from hospital property.

November 20

The Great American Smokeout. Waterbury Hospital officially becomes a smoke-free facility.

KICK THE HABIT! _____ *Continued from page 1*

A team of hospital employees has been working for months to make sure that Waterbury Hospital joins other hospitals across the state that no longer allow smoking anywhere on their premises. By November 20, employees and visitors to the hospital will not be allowed to smoke anywhere on hospital property, including parking lots and satellite medical buildings.

The idea behind the new policy, Woolley said, is to make sure that no one on hospital property is exposed to first or second-hand nicotine smoke, which is a major contributor to serious health problems such as lung cancer and heart disease. The American Cancer Society estimates that second-hand smoke kills roughly 3,000 non-smoking Americans a year.

At the same time, the hospital is aware of how difficult it can be for smokers to quit, which is why a wide array of smoking cessation programs – including sessions with a well-known hypnotist – are being offered. Other programs include the well-known Smokers course, which has proven to be a popular way for smokers to quit. The availability of such programs, however, will depend on how many people want to participate.

The programs and services are now listed on the hospital's Intranet site and will continue to be posted there over course of the year. Intranet users can find the programs by clicking on the box on the welcome page that shows the Smoke-Free logo and the theme "Let's Clear the Air! Start Now. Stop Smoking!" The Intranet site also features web addresses and other contact information for a wide variety of programs and organizations aimed at helping people to quit smoking. (A timeline showing important events leading up to the November 20 deadline is shown at right.)

Twelve other hospitals across the state have already adopted smoking bans on their premises, including, most recently, Yale-New Haven Hospital, Greenwich Hospital and New Milford Hospital.



A STROKE OF GOOD FORTUNE! _____ *Continued from page 1*

The designation came after DPH staff members toured the hospital earlier last year to see first-hand the range of services and treatment options the hospital makes available to stroke victims. The inspectors checked out the Stroke Center's diagnostic equipment and observed physicians and nurses treating patients. One of the most impressive aspects of Waterbury Hospital's program, DPH officials said, was its ability to use technology to identify people whose blockages in critical arteries might be close to causing strokes.

The hospital was also given the Primary Stroke Center designation because of its commitment to helping stroke victims recover from the damages caused by stroke so they can return to a normal life.

Kelly Poskus, RN, the hospital's Stroke Coordinator, said the hospital will continue to strive to provide the most up-to-date medical resources for stroke victims.

"We want to educate people about the risk factors that lead to stroke and the lifestyle changes they can make to prevent having one," Poskus said. "Education is so important with this issue."

People can learn more about the Stroke Center by tuning into WATR 1320 AM radio on February 19 from 6 p.m. to 6:30 p.m. Dr. Eisen and **Christopher Michos, MD**, will discuss the Stroke Center on the hospital's monthly radio show, Waterbury Health Matters.

Waterbury Hospital GOES WIRELESS

Meeting a growing demand from patients and visitors, Waterbury Hospital recently began offering free wireless Internet access at various locations throughout the facility, including patient rooms on Pomeroy 7.

"I'm an Internet addict, so this is wonderful," said **Stephen Landau**, a rabbi from Bloomfield who recently underwent double-hip replacement surgery and was able to use his laptop while he recuperated on the seventh floor.

Mary Bochicchio, the Assistant Director for Orthopaedics and Neurology on Pomeroy 7, said she is glad that the hospital's Information Services Department was able to provide the service to patients and visitors on the floor.

"We've been getting more and more requests over the last few years, so this is going to be a very satisfying for our patients," she said.

Steve Laskarzewski, Chief Information Officer, said the department made it a high priority in recent months to make the hospital a more technology-friendly place. He pointed out that wireless Internet access is also available in the hospital lobby, in the library on the first floor and in the One-Day Surgery waiting room on the first floor. Wireless access is also available to physicians in the Surgical Services lounge on the first floor.

"Wireless Internet access is something that people increasingly expect when they go to a facility such as ours," he said. "We're just really happy we can do this for our patients."


Information Services is also offering brochures to laptop users providing instructions on how to access the wireless service. A help desk telephone service is also available during certain hours to provide assistance. 



Stephen Landau, a rabbi from Bloomfield who recently underwent hip replacement surgery at Waterbury Hospital, uses his laptop computer as he recovers on the hospital's seventh floor. Landau and other patients say they are happy to have wireless Internet access being made available to them.

2008 EMPLOYEE HOLIDAY PARTY



The annual employee holiday party took place in the cafeteria on Dec. 17. To help get people in the spirit, Santa and Mrs. Claus showed up along with a couple of merry elves. Above, members of the Dietary staff pose with the visiting elves: from left, "Elf" **Juris Patrylak** of the Radiology Department, Dietary Aide **Kathy Bator**, Cook **David Rakiposki**, Executive Chef **Mickey Ruchin**, Dietary Supervisor **Daïen Vargas**, Cook **Frank Thompson** and "Elf" **Tonilee Tamulonis** of the Radiology Department. At left, Santa and Mrs. Claus with **Rachel Cuccinello** of the Housekeeping Department (Santa and Mrs. Claus refused to divulge their true identities.) 





In Honor of Waterbury Hospital Medical Staff

Members of Waterbury Hospital's medical staff gathered for a December 9 ceremony to commemorate the hospital's deceased physicians, whose names are routinely engraved in marble on stone slabs set in the hospital walls near the lobby. The **Rev. Richard Bollea**, above right, Waterbury Hospital's Pastoral Care Coordinator, provided a blessing of the walls during a ceremony attended by members of the hospital's Medical Staff Executive Committee. With Father Bollea at the ceremony are, from left, **Steven E. Schneider, MD**, Vice President of Medical Affairs, and **David Pizzuto, MD**, the hospital's Medical Chief of Staff 🙏

Thanks to our Pediatric Staff!



Children in the Waterbury area who require inpatient care are now being treated at a newly consolidated Pediatric Care unit owned and operated by Connecticut Children's Medical Center, marking an end to pediatric inpatient services at Waterbury Hospital.

The Connecticut Children's Medical Center Waterbury inpatient unit, housed at Saint Mary's Hospital in Waterbury, is a 12-bed unit that now provides all inpatient pediatric care for the Waterbury area.

Employees in Waterbury Hospital's Pediatric Care Unit were recognized in a ceremony in December for their years of dedication to the children of the Greater Waterbury region.

"We just want to say thank you to our staff for the commitment and compassion they always showed for our littlest patients," said **Anne Hebner**, Director of the Pediatric Care Department. 🙏

UPDATE

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