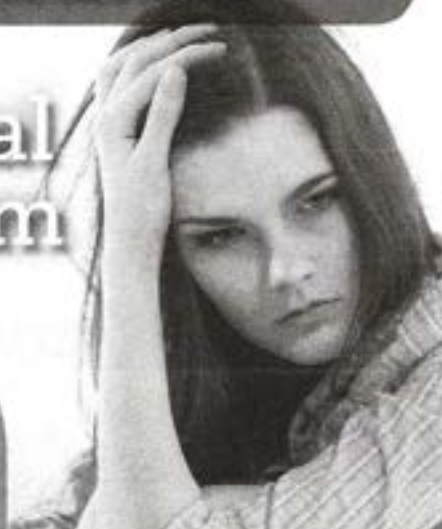


SPONSORED BY RUSHFORD, A HARTFORD HEALTHCARE PARTNER,
AND THE GLASTONBURY ALCOHOL AND DRUG COUNCIL

Youth Mental Health Forum



October 23, 2013
Riverfront Community Center
300 Welles Street
Glastonbury, Connecticut
6:30 - 8:00 PM

Be our guest for an open dialogue with mental health experts on topics affecting today's youth, including:

- Anxiety and depression
- Eating disorders and self-injury
- Alcohol and drug abuse

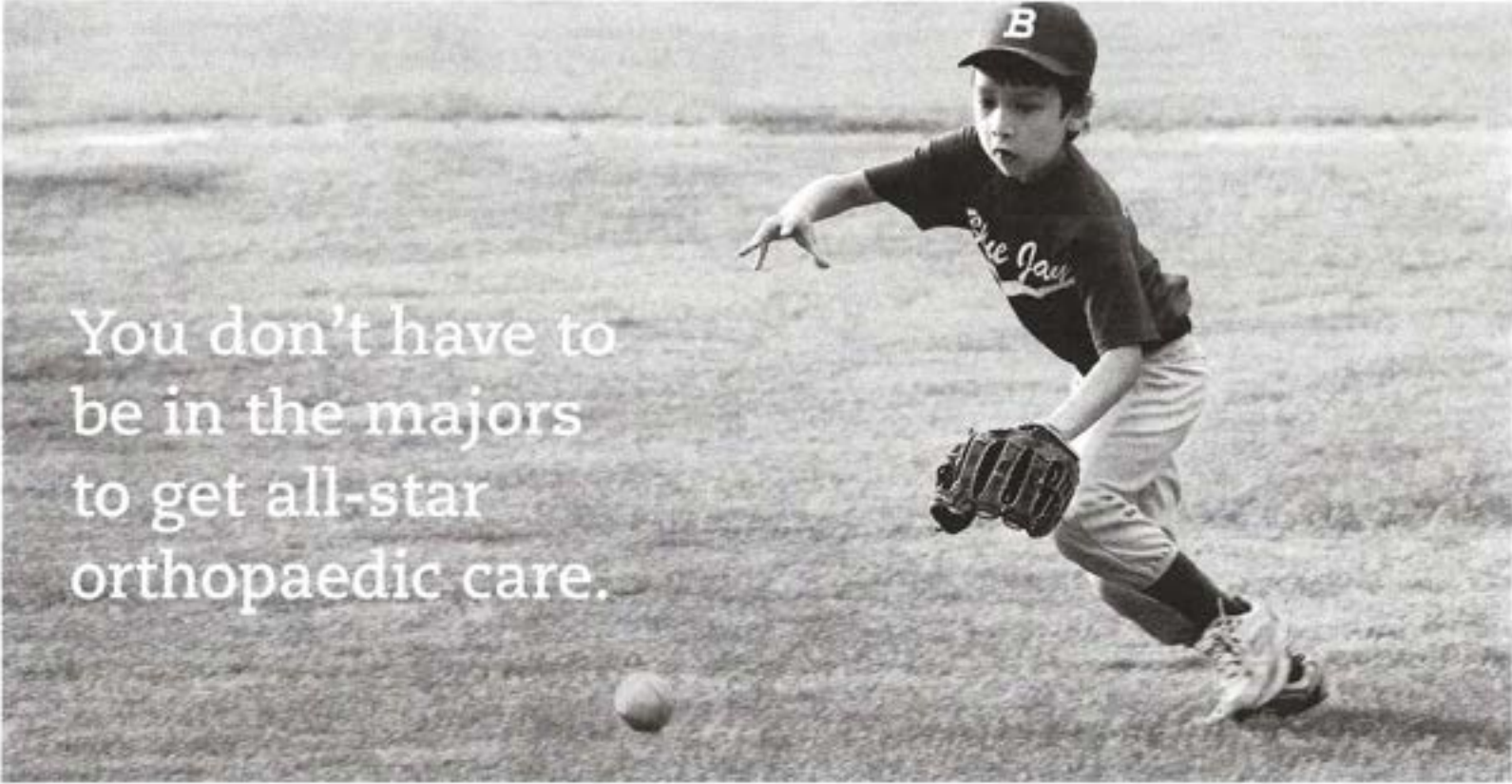
This program is for:

- Parents and grandparents
- Teachers and other school employees
- Coaches, healthcare providers and caregivers
- Social workers, parole and public safety officers
- Anyone who cares about children, adolescents and young adults

RSVP by October 21 to

Veronica Parsloe
203.630.5392
veronica.parsloe@hhchealth.org





You don't have to
be in the majors
to get all-star
orthopaedic care.

The right hospital.
Right here.

You'll find some of the best orthopaedic physicians in the area at Windham Hospital. The same doctors who have consulted for the World Series-winning San Francisco Giants, the U.S. Olympic skating trials and numerous intercollegiate athletic teams. So whether you're a major league pitching prospect or a parks & recreation phenom, you'll find the most advanced orthopaedic technologies and treatments at Windham Hospital.

Find out more at windhamortho.org.

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Windham
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get back in the game again!



#1 In CT for Joint Replacement Two Years in a Row

At Waterbury Hospital,
Oh, yes you can.....
run a marathon, take strokes off your
game or improve your serve. We can
help you get back in the game again!

Over 900 hip and knee replacements are performed annually at The Orthopaedic Center at Waterbury Hospital. In fact, the Center is known for its world renowned surgeons and pioneering efforts with respect to minimally-invasive total hip replacement and innovative partial knee procedures. Beyond joint replacement, the Center specializes in advanced spine care, along with the treatment of sports injuries and minimally-invasive treatments for hand, wrist, elbow and shoulder problems.



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Aphrodite
MRI of the Breast

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From diagnostics through treatment, Windham Hospital offers the most advanced imaging technologies for women's health services.

Complete breast services, including digital mammography, ultrasound, MRIs and stereotactic image-guided biopsies. Specialized procedures that treat pelvic and vein disorders. X-ray fluoroscopy that delivers healing microspheres to harmful uterine fibroids. Our affiliation with Hartford HealthCare means your imaging tests are performed locally and read by experts in their field. So you'll have fast, accurate results. Come see why so many of our patients walk out our doors the picture of health.

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Empowering Your Best Self!



Athletic Development

We love coaching kids! Developing their potential and uncovering hidden talent is just . . . well, it rocks! Kids have a different energy than adults (and more of it!), a different focus (usually way less!), and sometimes, more urgent goals (high school varsity tryouts in August!). We get that . . . and we're up for the challenge! How we help adults achieve success vs. how we help kids achieve theirs, involves tweaking our strategy a bit.

Athletic development for kids of all ages can make the difference between no playing time and staying in the entire game. And a continuous commitment to strength, conditioning and agility can totally set your son or daughter apart from the competition and make Coach take a second look.

We provide specialized skills training in soccer, tennis, crew and other sports. And if you're looking for overall youth fitness and conditioning. . . and, let's face it, they need that for any sport they may want to play. . . then we've got a camp, clinic or one-on-one session designed to meet the need.

Click here for our prices on personal and group fitness training packages or call 860.944.4976 to learn more or book three free complementary sessions.

Specialized youth athletic development instruction includes:

- Soccer
- Tennis
- Crew
- Strength/conditioning and agility training for all sports

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DEVELOPMENT

Sidewalks, retaining walls and parking areas, drainage, plant bed design, product selection, grading, seeding, and selecting areas to showcase seasonal colors.

[LEARN MORE](#)

CONSTRUCTION

Hardscapes, plantings and sod, carrying out your plan with the utmost care and attention to detail.

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MAINTENANCE

Maintenance services include lawn care, parking lot sweeping, building power washing, asphalt repair, line striping and retention pond maintenance and more.

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SNOW/ICE MANAGEMENT

Snow removal (from the grounds and from the rooftops), snow relocation, and salting and de-icing walkways and parking lots to keep your property safe and accessible.

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EMERGENCY DISASTER RELIEF

Tree removal and clearing, snow relocation, disaster debris removal and management and other services as determined by the nature of the event.

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WHO WE ARE

Landscape Solutions Northeast has successfully resolved thousands of year-round property and landscape maintenance challenges for our commercial and residential clients in the Tri-State region since 1992. Our services include, but are not limited to: designing and constructing beautiful, uniquely individualized landscaped site exteriors; constructing retaining walls; planting, grading and seeding; asphalt repair; building power washing; retention pond maintenance; snow removal and snow relocation; and emergency disaster relief. Our pledge to every customer is to pay close attention to detail and to deliver expert, reliable service to an array of clients ranging from shopping centers and office parks to apartment complexes, corporations and residential homes.

CONTACT US

NAME (first and last) *

PHONE *

EMAIL

COMPANY

COMMENT/QUESTION *

*required.

Submit

It's All About You!

Waterbury Hospital Speakers and Exercise Series

PRE-REGISTRATION IS REQUIRED. SEATING IS LIMITED!

**** YOU MUST CALL (203) 573-7385 TO REGISTER FOR THESE CLASSES. ****



Sneezing and Wheezing and Itching, Oh My!
Everything You Need to Know to Treat or Eliminate Allergic Reactions

Monday, September 13, 5:30 p.m. – 7:00 p.m.

Christopher Randolph, MD, Center for Allergy, Asthma and Immunology

Cost: Free of charge

Millions of Americans suffer from allergies. Whether related seasonally to the pollen in the air, a reaction to chemicals or smells, or food-related, Dr. Randolph will discuss the most common kinds of allergies, tips and tricks to help minimize symptoms and the latest treatments available for allergy sufferers.



Tips and Tricks for Beautiful, Healthy Skin at Any Age
Wednesday, September 15, 1:30 p.m. – 3:00 p.m.

Tina Sierra, Skin Care and Beauty Consultant

Cost: Free of charge

Proper skin care and usage of cosmetics to enhance beauty is important at any age. Learn proper techniques for skin care in this informative seminar. Whether cleansing the skin, moisturizing, using sunscreen, or dealing with fine lines, wrinkles or pimples, this presentation has something for everyone. Also learn about what kinds and colors of cosmetics should be applied, what looks best on different face structures and skin tones and what's the latest and greatest in application. **NOTE:** Free makeovers are available during this session and free cosmetic sample bags will also be available for all attendees.



It's All About You Fall Movies Series: "Leap Year"
Tuesday, September 21, 1:30 p.m. – 3:30 p.m.

Cost: Free of charge

Waterbury Hospital's fall movies series kicks off with "Leap Year," a heartfelt and charming romantic comedy starring Amy

Adams as a young woman who decides to follow an old Irish tradition by proposing to her boyfriend on Leap Day.



Healing Hands or Medical Nemesis: How to Navigate Between the Hype and the Hope of Modern Medical Science and Technology

Wednesday, September 22, 5 p.m. – 7:00 p.m.

Anthony J. Cusano, MD, Specialists in Nephrology and Hypertension

Cost: Free of charge

This presentation will focus on how to discern the true facts from unproven theories, or just plain hunches, in modern medical science, and how best to work with a physician to wisely apply health care science and technology in every day life.



Planning for Financial Security: Things to Know About Your Wealth that Lawyers Don't Always Discuss

Monday, September 27, 1:30 p.m. – 3:00 p.m.

Vincent A. Liberbi, Jr., Partner - Pepe & Hazard, LLP

Cost: Free of charge

In the years to come, expect many tax and economic changes that will further complicate wealth ownership and transfer. This presentation will focus on wealth accumulation, preservation and transfer with consideration to business, estate planning and elder law matters. Information will also be available on legal needs pertaining to business formation and succession planning, wills, trusts, estate planning, Medicaid planning, probate matters and real estate.



Eldercare Transitioning: Navigating the Legal, Financial and Insurance Maze

Wednesday, September 29, 5 p.m. – 7 p.m.

Julia Brown, Certified Elder Law Attorney

Cost: Free of charge

One of the biggest challenges facing individuals, families and caregivers involves "transitioning" loved ones to/from eldercare environments. Whether it's the transition from a longtime residence to a nursing home or from assisted living to a skilled nursing facility, the process can be intimidating legally, financially and emotionally. This presentation will provide guidance on how to successfully handle these challenges and minimize the hardships to all persons involved in the transition.



Diagnosing Specific Foot Deformities

Thursday, September 30, 1:30 p.m. – 3 p.m.

Robert Matusz, DPM, Naugatuck Podiatry Associates

Cost: Free of charge

Any number of factors can contribute to deformities of the foot, which are often painful and can be debilitating if left untreated. This presentation will explore a wide variety of common foot deformities and their causes, including bunions, heel spurs, hammer toes and neuromas.



A Hands-on Introduction to Art Therapy

Thursday, October 7, 1:30 p.m. – 3 p.m.

Kyle Barreuther, Art Therapist

Cost: Free of charge

Art therapy is a human service profession that bridges the disciplines of art and psychology and utilizes the creative process of art making to improve and enhance the physical, mental and emotional well-being of individuals of all ages. During this session, participants will engage in an exploration of art media and experience creative expression while gaining an understanding of art therapy in a casual group environment. Previous experience is not required, and sharing artwork will be optional. Art supplies will be provided at the start of class.



It's All About You Fall Movies Series: "It's Complicated"

Friday, October 15, 1:30 p.m. – 3:30 p.m.

Cost: Free of charge

Waterbury Hospital's fall movies series continues with "It's Complicated," a romantic comedy starring Meryl Streep as a divorced mother who sparks up an affair with her ex-husband, played by Alec Baldwin.



Memory Tune-Ups: Keeping the Brain Fit

Tuesday, October 19, 1:30 p.m. – 3 p.m.

Patti Said, Executive Director, New England Cognitive Center

Cost: Free of charge

Most people understand the importance of physical fitness and its role in healthy longevity. But few know the importance of cognitive fitness and what can be done to preserve memory and mental acuity. This presentation will provide information on the latest research findings dealing with memory and aging, along with strategies for developing and maintaining cognitive fitness.

PLEASE NOTE

All classes will take place in the Bizzazero Conference Room, 4th floor, Waterbury Hospital, unless otherwise noted.

Windham Hospital welcomed WFSB Channel 3 Eyewitness News reporter and television personality **Jill Konopka** to its GO RED FOR WOMEN celebration on Friday evening, February 3. Jill served as an emcee for the event and joined the panel of judges for the "Red Foods Cook-Off." Women from around the region enjoyed massage, music, mini-facials and manicures, food and wine, in a special "girl's night out." The event raised \$1,000 more than the 2011 event, and attendance more than doubled! **Lynne McPhee, Pat McGill,** and **Lisa Pearce** were proclaimed winners of the Cook-Off. Proceeds from the February 3, 2012 event were donated to the American Heart Association, and also provided new equipment for the Cardiac Rehab Program at Windham Hospital. ■

Left: WFSB Channel 3's **Jill Konopka** hosted the GO RED FOR WOMEN event in February as women enjoyed a night of pampering to raise money for the American Heart Association and the hospital's Cardiac Rehab program. Below: Moments from the evening's festivities.





Girls Just Wanna Have Fun!

Get your RED on!
Come celebrate "Go
Red for Women" at
a great Girls Night
Out!


Friday, February 3, 2012 
7 - 9 PM IN THE EDUCATION CENTER

Massage, Music, Manicures & Mini-Facials; "Red Foods"
Cook-Off with special guest judge Jill Konopka, WFSB-TV
reporter, and Wine Tasting



*Tickets available in advance or at the door.
Questions? email smathews@wcmh.org
or log onto www.windhamhospital.org.*

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Windham Hospital • Windham Wine & Spirits • The Auxilliary
to Windham Hospital

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Girls just wanna have FUN!



Be positively pampered
at this special
**GIRLS
NIGHT OUT!**

- ♥ Special Guest
Kara Sundlun,
WFSB-TV reporter
- ♥ Massage
- ♥ Manicures
- ♥ Mini-Facials
- ♥ Botox Consults
- ♥ "Red Desserts"
Cook-Off
- ♥ Register to win
UConn Women's
Basketball Tickets
- ♥ Hors d'oeuvres
6:30-8 PM
- ♥ Cook-Off judging
at 7 PM
- ♥ Red Wine Tasting
- ♥ Shopping

Friday, February 1, 2013
6 - 9 PM
in the Education Center
at Windham Hospital

Come Celebrate GO RED FOR WOMEN !

Admission: \$10. Tickets available in the Hospital Gift Shop,
Windham Wine & Spirits, Columbia Package Store, or at the
door. Proceeds benefit the American Heart Association and the
Windham Hospital Cardiac Rehab Program.

Co-Sponsors: **The Auxiliary to Windham Hospital and
Mansfield OB-GYN** Show date: Friday, February 8

- Specialty Vendors:**
- ♥ Marinello Schools
of Beauty ♥ Windham
Wine & Spirits
 - ♥ Columbia Package
Store ♥ A Cupcake for
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EQUIPMENT TO
THIRD WORLD HOSPITALS
PAGE 2



NEW COFFEE BAR
KELLY'S EXPRESSO BAR OPENS IN LOBBY
PAGE 3

MARCH 2010



UPDATE

THE NEWSLETTER FOR WATERBURY HOSPITAL EMPLOYEES & NETWORK AFFILIATES



At left, employee **Kelly Wilkinson** signs up to become a fan of Waterbury Hospital on Facebook using a laptop outside the cafeteria during a sign-up drive in early February; below (inset), employee **Ruth Veneziano** holds a Valentine's Day gift basket given to her daughter, 17-year-old **Emily Veneziano**, for becoming the hospital's 500th fan.

Hundreds of Hospital Employees become Facebook Fans

Waterbury Hospital has a lot of computer-savvy fans – more than 600 of them so far!

A recent effort to enlist "fans" on the hospital's Facebook social media web page met with a wave of enthusiasm from employees and their friends and family members, who expanded the hospital's Facebook fan base by hundreds in just a couple of weeks. Employees were encouraged to sign up on laptops during two sign-up sessions outside the cafeteria in early February.

The 500th fan to officially sign up on the page was 17-year-old **Emily Veneziano**, daughter of hospital employee **Ruth Veneziano**. Emily and Ruth were given a special Valentine's Day gift basket full of sweets and other goodies.

Waterbury Hospital's Facebook page is an excellent, free way to keep abreast of hospital news on a daily basis, and for fans to communicate with the hospital about what is important to them.

Recent posts to the Facebook page include: 1.) Photos of employees of the hospital's award-winning cardiac team; 2.) Photos of the hospital's bronze award-winning stroke team; 3.) Information on the hospital's upcoming Speakers Series; 4.) The hospital's Humanitarian of the Year video; and 5.) Photos of employees who attended the annual hospital gala.



Several employees went the extra mile in enlisting family and friends to sign up. Employee **Paul Andrade** signed up 14 people, and employee **Tammy Markey-Beloin** also signed up several of her friends and family members. Other employees, such as hospital surgeon **David Knight, MD**, showed their tech savvy by using mobile devices such as iPhones to sign up.

Anyone who wants to become a fan must first have their own personal Facebook page. Using their home computers, they can enter "Waterbury Hospital" in the search box and then click on "Become a Fan."

