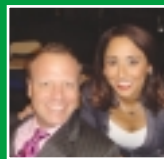


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**MARCH 2009**



# UPDATE

THE NEWSLETTER FOR WATERBURY HOSPITAL EMPLOYEES & NETWORK AFFILIATES

## No Longer SLEEPLESS in Southbury

**WATERBURY HOSPITAL OPENS NEW SLEEP LAB!**

For people in the Southbury area who are plagued with sleep-related problems such as insomnia or obstructive sleep apnea, relief is now in sight.

Waterbury Hospital last month received approval from the Connecticut Office of Health Care Access to open a new two-bed sleep laboratory in the Crown Plaza Hotel in Southbury. The new sleep lab, which is set to open in April, is designed to meet the growing demand for treatment of a wide range of sleep disorders.

The lab is also designed to ease the demand at the hospital's six-bed Regional Sleep Lab in Middlebury. The hospital's Sleep Lab Program, which is overseen by Medical Director **Jay Kenkare, MD**, is accredited by the American Academy of Sleep Medicine.

"Our sleep lab in Middlebury has been so successful that we have run out of capacity," said **Joanne Borduas**, Director of Outpatient Services at Waterbury Hospital. "We really wanted to be able to serve our patients and their physicians who live in other locations. People who live in towns like Southbury, Oxford and Woodbury deserve to have a facility in closer proximity to where they live."

Borduas said the new sleep lab is ideally located on the third floor of the Crowne Plaza Hotel at 1284 Strongtown Road. "The hotel is conveniently located off I-84 and exit 16 which gives our patients easy access," said Borduas. "The Crowne Plaza is also well-known in the area, provides an aesthetically pleasing environment and provides numerous amenities, all of which are available to our sleep lab patients."

*Continued on page 2*

**Jay Kenkare, MD**, is the Medical Director of the Waterbury Hospital Sleep Laboratory in Middlebury, as well as the hospital's new Sleep Lab in Southbury.




# No Longer SLEEPLESS in Southbury

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Patients who visit the Southbury Sleep Lab will receive care for common sleep disorders such as insomnia, sleepwalking, snoring and obstructive sleep apnea. According to Dr. Kenkare, who is board certified in internal medicine and fellowship-trained in sleep medicine, the number of sleep studies performed at the Regional Sleep Lab has increased 90 percent from 2005 to 2008.


"The effects of obstructive sleep apnea (OSA) and its casual relationship to various medical conditions are becoming increasingly recognized, so it is imperative that we have the ability to treat patients with these disorders," said Dr. Kenkare. "Identifying patients at risk prior to surgery and determining their post-operative management can reduce the risk of cardio-respiratory events. In addition, given the epidemics of obesity, hypertension and cardiovascular disease, the prevalence of OSA will increase. Our new satellite office in Southbury is definitely going to help us meet the increasing demand for expert help in these areas."

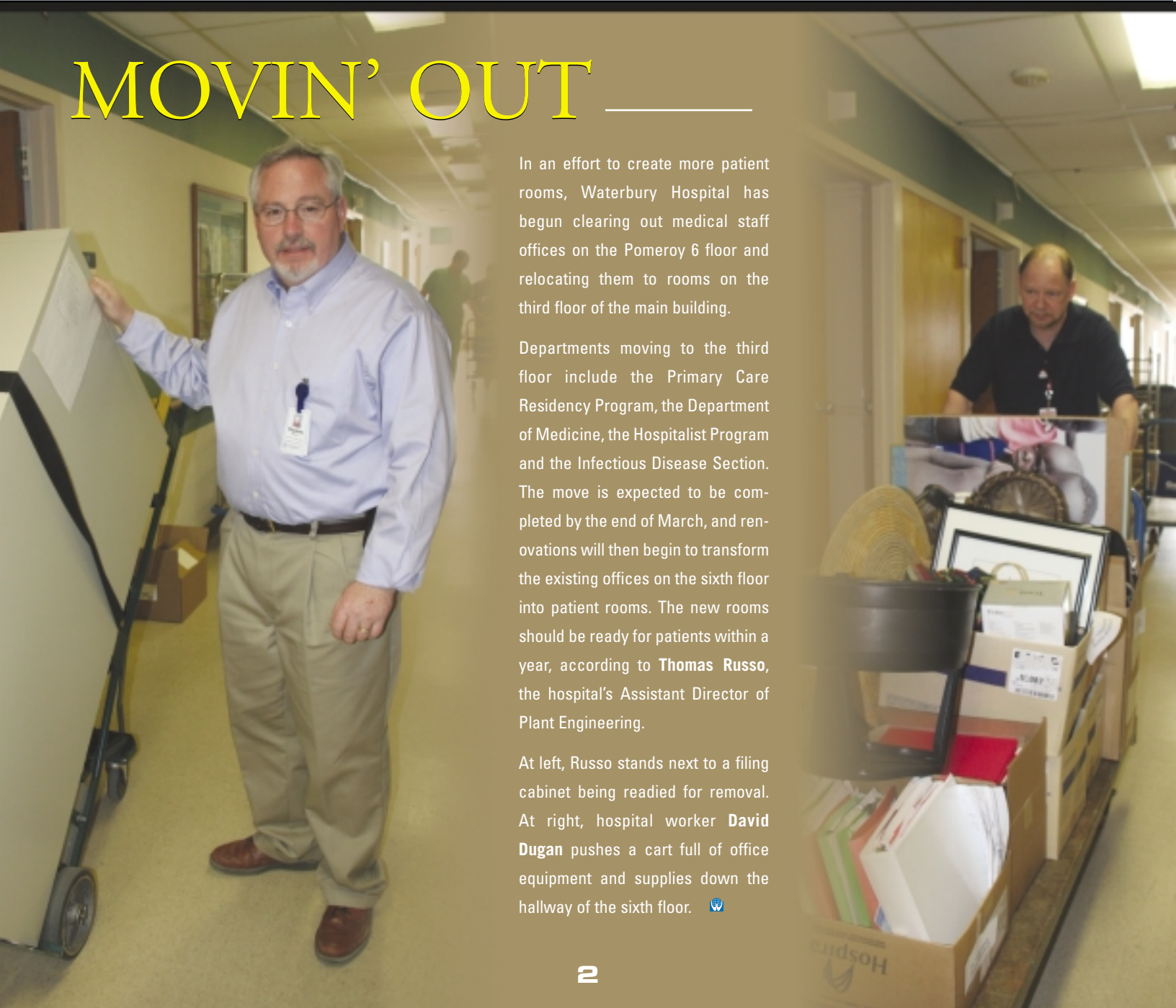
Dr. Kenkare and the Waterbury Hospital Regional Sleep Lab, located at Middlebury Edge, recently gained national exposure when they were featured on MTV's "True Life." The program followed Dr. Kenkare's treatment of a Naugatuck woman who had insomnia. The show aired in late January. 

## MOVIN' OUT

In an effort to create more patient rooms, Waterbury Hospital has begun clearing out medical staff offices on the Pomeroy 6 floor and relocating them to rooms on the third floor of the main building.

Departments moving to the third floor include the Primary Care Residency Program, the Department of Medicine, the Hospitalist Program and the Infectious Disease Section. The move is expected to be completed by the end of March, and renovations will then begin to transform the existing offices on the sixth floor into patient rooms. The new rooms should be ready for patients within a year, according to **Thomas Russo**, the hospital's Assistant Director of Plant Engineering.

At left, Russo stands next to a filing cabinet being readied for removal. At right, hospital worker **David Dugan** pushes a cart full of office equipment and supplies down the hallway of the sixth floor. 





## Scot Haney and Teresa LaBarbera



### to Emcee Annual Women's Wellness Forum

Two of Connecticut's most recognizable television personalities, **Scot Haney** and **Teresa LaBarbera** of WFSB Channel 3 TV, will emcee Waterbury Hospital's 18th Annual TGIF (Thank God I'm Female) women's wellness forum on May 8 at Villa Rosa Wedding & Banquet Facility in Waterbury.

LaBarbera is a Middlebury native who appears every weekday morning as a traffic reporter. Haney appears weekday mornings as a meteorologist. They will emcee an event that also features a keynote presentation from **Adriana Blanco, MD**, a board-certified rheumatologist and certified bone densitometrist. Dr. Blanco, who is an attending physician at Waterbury Hospital and a clinical instructor at the Yale University School of Medicine, will give a speech entitled "From Head to Toe...What You Need to Know About Osteoporosis."

All proceeds from the forum, which is designed to highlight the importance of

women's health issues, will go toward the Children's Behavioral Health Program at Waterbury Hospital. The outpatient program cares for children, mostly between the ages of 10 and 12, who struggle with moderate to severe psychiatric and behavioral issues. The program seeks to build self-esteem and develop appropriate skills to help children better manage themselves at school, home and in the community. More than 200 children and families have benefited from the program since its inception approximately ten years ago.

Physical therapists from Access Rehab Centers will also be participating in the event, with demonstrations of exercises that promote good bone health. Access Rehab Centers are members of the Greater Waterbury Health Network, part of the Waterbury Hospital family of health services. For more information on TGIF or to purchase tickets contact Gege Pelletier at Ext. 7691.



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

## Students Take Part in Smoke-Free Campaign Contest

University of Hartford students who are taking part in the public relations competition to promote Waterbury Hospital's no-smoking policy include, from left, **Mike LaBella, Stacey Richards, Shelby Asen, Caroline Quinn, Jess Mulligan, R.J. Allen**, University of Hartford Professor **Susan Grantham** and **Renee Sandler**

Two teams of students from the University of Hartford are competing to come up with a successful public relations campaign to encourage all visitors and employees at Waterbury Hospital to quit smoking before November.

The competition among the students, which is part of their public relations class, will help Waterbury Hospital's efforts to become an entirely smoke-free institution by November 20, which is the date of the annual Great American Smokeout. After that day, smoking will not be permitted anywhere on hospital property, including parking lots and satellite medical buildings.

The students and their public relations professor, **Dr. Susan Grantham**, chose Waterbury Hospital among several businesses and institutions that were hoping to benefit from the class's annual competition to devise real public relations campaigns.

"The school's goal of providing senior and junior-level students with real life public relations campaign experience, coincided with our hospital's need to

begin marketing and publicizing our smoke-free campus initiative," said **Heather Tindall**, the hospital's Director of Public Relations, Media Relations and Marketing. "This is a win-win situation for the students and for the hospital. We couldn't be more excited to have the energy, the creativity and the ingenuity of these young minds hard at work on behalf of a hospital initiative."

The students have gathered all the information about the upcoming smoke-free policy and, over the past several weeks, have been devising ways to let people know about the upcoming November deadline.

By the end of April, the two teams will meet with hospital officials to unveil their ideas. The winning campaign strategy will then be implemented at the hospital, and the winning team will receive extra course credit toward their graduation.

"I really felt the goals of the hospital's campaign were a perfect fit with what I'm trying to teach the students," Grantham said. "We've been very impressed with the accessibility and cooperation we've received from the hospital. I think the students will learn a lot from this experience."

# New Screensavers for Hospital Computers

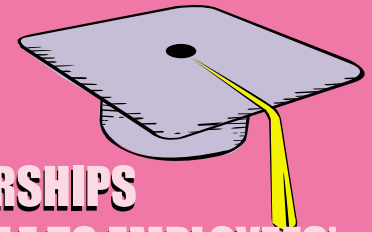


Computer workstations throughout Waterbury Hospital have been updated with a screensaver that will automatically deploy whenever they have been left unattended for two minutes. The new screensavers are part of an effort to prevent confidential patient information from being readily viewed by the public or other unauthorized people.

Initially the program is being piloted on Computers on Wheels (COWs) and other computers that can be seen by the public on the Pomeroy 7 and Pomeroy 9 floors. When the screensaver is activated, it will show a Waterbury Hospital logo with an announcement that the pilot screensaver is in place.

In addition to protecting patient information, the screensavers will be used as a vehicle for posting announcements or other educational information in the future. The screensavers do not require a password to re-enter the system and are removed by simply moving the mouse or typing a key.

The Information Services Department is asking all hospital employees to call the Help Desk if a computer locks up and does not deploy the screensaver after being left unattended for two minutes or more. Also, as a reminder, COWs and other workstations should never be left on with patient information on their screens. It is also important that users who leave a session open, turn off the screen monitor prior to stepping away, or simply log off altogether if stepping away for a prolonged period of time. Finally, users should remember that leaving a session open puts them at risk, as another employee could inadvertently attach their electronic signature to the session in error. 🌐



# CROZIER SCHOLARSHIPS AVAILABLE TO EMPLOYEES' CHILDREN

Children of Waterbury Hospital employees who are pursuing careers in medical-related fields are eligible for financial assistance through the Emmet and Mildred Crozier Scholarship Fund. The fund, which was established in 1988, is based on academic performance, financial need and a proven, dedicated commitment to a medical-related field.

Eligible applicants must be an unmarried child of an employee of Waterbury Hospital or its affiliates. Applications for this year's scholarship, which can be obtained through **Jacquie Minor** in the Human Resources Department, will be accepted until May 29. Jacquie can be reached at Ext. 6273. 🌐



# New Equipment for Cardio Rehab

The Cardiopulmonary Rehab Department at Waterbury Hospital has been upgraded with \$100,000 worth of new exercise and monitoring equipment, including three new treadmills, ergometers, a stair-climbing machine and a sophisticated hemodynamic monitoring system which will allow clinicians to better determine the progress of patients.

The new equipment was generously donated through a \$40,000 contribution from the Waterbury Hospital

Auxiliary; \$25,000 from Dr. and Mrs. David Reed; \$25,000 from The Maximilian E. and Marion O. Hoffman Foundation of West Hartford; and \$10,000 from Naugatuck Valley Savings & Loan.

## UPDATE

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Pictured above in front of some of the new equipment are, from left, **Thomas Missett**, Chief Development Officer for Waterbury Hospital; **Joanne Borduas, RN**, Director of Outpatient Services at Waterbury Hospital; **Linda Osterman-Hamid**, President of the Waterbury Hospital Auxiliary; **Monica Giacomi, RN**, the Assistant Director of Cardiopulmonary Services at Waterbury Hospital; **Denise Konnik, RN**, a nurse with Cardio Rehab; and **Kathy Sullivan**, a respiratory therapist with Cardio Rehab. 🌐