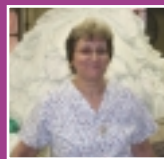


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JULY 2009



UPDATE

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



VOLUNTEERS CONTRIBUTE NEARLY \$1 MILLION IN FREE LABOR!

Some of the people who enjoyed the Annual Volunteer Dinner included, above left (from left), volunteers **Leona Nodine**; **Carmen Mancuso**; and **Millie Rosa**; above center, volunteer **Evelyn Marshak**, who has contributed more hours (20,500) to the hospital than any other active volunteer; above right (from left), volunteer **Greg Crotty**; Director of Volunteer Services **Virginia Potrepka** and **Pidge Bozzuto**, Gift Shop Coordinator.

The outstanding service and dedication of Waterbury Hospital's more than 300 volunteers was celebrated at the hospital's Annual Volunteer Dinner at the Villa Rosa Ponte Club last month.

Those who filled the packed banquet hall enthusiastically applauded the thousands of hours that

volunteers have donated to the hospital in the last year. Volunteers were given recognition pins signifying the number of hours each individual volunteer had contributed throughout the year.

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Waterbury Hospital Welcomes NEW BOARD CHAIRMEN

David Griffin and Fred Luedke Chosen to Chair Hospital Board of Trustees and Greater Waterbury Health Network

Two new chairmen have been named to the Board of Trustees for Waterbury Hospital and the Board of Directors for the Greater Waterbury Health Network, Inc.

David W. Griffin (pictured at right, on right), principal attorney at Griffin, Griffin & Mayo P.C., has become the new Board Chairman of the Board of Trustees of Waterbury Hospital, and has also been named Vice-Chair of the Greater Waterbury Health Network, Inc.

Frederick L. Luedke (on left), president of NEOPERL, Inc., a Waterbury-based manufacturer of plumbing components, has been named the new Chairman of the Board of the Greater Waterbury Health Network, Inc.



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At right, **Marie Montana** (l) with her sister, volunteer and Waterbury Hospital Auxiliary Board Member **Vickie Luddy**.



At left (from left), junior volunteers **Desiree Fontaine**, **Ashley Stewart** and **Nicole Fontaine**

VOLUNTEERS

Continued from page 1

All told, volunteers donated 43,087 hours last year, which would have amounted to \$872,511 in estimated labor costs, **John Tobin**, President and CEO of the hospital said. "We are extremely proud of and thankful to all these men and women for their selfless dedication to this institution. Really, their contributions are invaluable and we certainly rely on their talents every day to keep things running smoothly throughout the hospital."

During the annual dinner, three of the hospital's 315 volunteers received special recognition for contributing the most hours over the last year. The top contributor was **Evelyn Marshak**, an Emergency Department volunteer who has given her time to Waterbury Hospital for over 20 years. She has contributed 20,500 hours of service to the hospital. Fellow volunteer **Velma Segó** came in a close second, donating 18,500 hours, while volunteer **Angelina Arcaro** donated 12,000 hours.

"The contributions that our volunteers provide for Waterbury Hospital are outstanding. We truly appreciate their dedication," said **Virginia Potrepka**, Director of Patient Relations, Volunteer Services and Pastoral Care.

Three junior volunteers were also recognized for their generous contributions to the hospital. Twin sisters **Desiree and Nicole Fontaine**, 16 years old, and fellow junior volunteer **Ashley Stewart**, 15, were recognized for their efforts on behalf of the hospital. Ashley volunteers at the hospital because she hopes one day to become a microbiologist. Desiree and Nicole volunteer because they like helping the hospital.

NEW BOARD CHAIRMEN

Continued from page 1

Griffin, who currently resides in Cheshire, was born and raised in Waterbury and has been active in the Waterbury Hospital community for 19 years. He is the former Chairman of the Hospital Development and Planned Giving Committees; former Chairman of the Hospital and Network Financial Review Committee; and has served as a Board Liaison to the hospital's Medical Staff Executive Committee.

Luedke, a long-time resident of Waterbury, is a member of the Board of Directors of the Waterbury Development Corporation and the Workforce Investment Board and has served as the President of the Waterbury Club and as a Board member of the Waterbury Regional Chamber. Luedke chaired the 2007 United Way fundraising campaign, is a member of the Governor's Competitiveness Council, and is the recipient of the United Way Fredric and Lucy Kellogg award for 2009.



If You Are Visiting A Patient In The Hospital

It is the responsibility of Waterbury Hospital to protect the privacy of patients. Some patients do not wish to have visitors and will "opt out" of the patient directory. This means the patient does not want visitors and will not receive flowers or mail. Anyone calling the hospital to inquire about a patient who has opted out will be told there is no listing for the patient and no additional information available. If an employee or volunteer goes to a patient floor or a nursing unit to visit a patient and sees a red "stop sign" on the white board by the patient's room, this means the patient has opted out and does not wish to have visitors.

ABOVE AND BEYOND!

Volunteers at Waterbury Hospital have donated thousands of hours to keep the hospital running smoothly over the years. Here is a list of active volunteers who have donated more than 4,000 hours.

- | | | |
|--|--|---|
| 18,500 Hours
Velma Segó | 20,500 Hours
Evelyn Marshak | 9,000 Hours
Joyce Hornbecker |
| 8,500 Hours
Marcea Morgan | 12,000 Hours
Angelina Arcaro | 6,500 Hours
Rosemary Garretson |
| 5,500 Hours
Greg Crotty | 7,000 Hours
Betty Muharem
Helen Muharem | 4,000 Hours
Pidge Bozzuto |
| | 4,500 Hours
Alice Stankus
Marge Reeve | |

Hospital Doctor Finds Joy in Music

Rachel Lovins, MD, is one cool rockin' doctor.

When she's not working as the Director of the Hospitalist Medicine Program at Waterbury Hospital, Dr. Lovins devotes as much time as she can to The Inflatables, the rock and roll band she fronts as lead singer.

"I love it," she said. "It's a great way to get away from the stresses and pressures of medicine, and just express yourself musically."

Dr. Lovins isn't the only MD in the band. Three other members of the band – **Auguste Fortin, MD** (vocals, harmonica, recorder); **Mike Green, MD** (rhythm guitar); and **Michael Phipps, MD** (drums) – are also physicians. Dr. Fortin and Dr. Green are both core faculty in the Yale Internal Medicine Residency Program affiliated with Waterbury Hospital, and Dr. Phipps is an academic neurologist at Yale who completed part of his medical residency at the hospital.

The other two members of the band are lead guitarist **Don Wunderlee**, a professional musician, puppeteer and artist, and bassist **Jack Golden**, an engineer and song writer.

Dr. Lovins said the band first took shape while she was in medical school at Yale University, where she and Dr. Fortin and Dr. Green would often get together to play music. As their medical careers progressed, they continued to stay committed to their music sessions. About four years ago,

they linked up with Wunderlee and Golden and gave themselves a name: **The Inflatables**.

The band practices every other week and plays about 10 concerts a year, mostly at parties and festivals and farmers markets in the New Haven area, where most of the band members live.

The band plays mostly covers of classic rock and roll artists like the Rolling Stones, Van Morrison, Bonnie Raitt and Jimi Hendrix. "We like the good stuff," Dr. Lovins said.

She said she does not get too nervous singing in front of crowds because of her background singing as a young girl in her synagogue. Instead, she said, she finds mostly joy in working with her fellow band members as they strive to get better.

"It's so hard, with all of our careers and families, to make our schedules work so that we can keep this up," she said. "But we all like each other so much, and we like making music, so we're all committed to keeping it going. I know I don't want to stop until I'm so old no one will want to listen to me."



For Smokers, Quitting is the Best Option



As Waterbury Hospital prepares to become an entirely smoke-free facility on November 20, we asked **Carl Sherter, MD**, a Waterbury specialist in pulmonary and critical care affiliated with the hospital, to explain the many health implications connected with smoking and tobacco use, and why quitting can add years to a smoker's life. The hospital is adopting the smoking ban, which will extend across all hospital grounds and satellite buildings, in order to limit the impact of second-hand smoke on patients, visitors and staff. Dr. Sherter, who has been selected to be Waterbury Hospital's next Medical Chief of Staff beginning January 2011, has been in practice for 42 years and is a clinical professor at Yale University School of Medicine.



Q: How pervasive is smoking in this country now? Do you see an overall decline in the number of people who smoke?

Dr. Sherter: I do see a marked decline, and the numbers back that up. Ten years ago, about 25 percent of the population smoked, and now that number is under 20 percent, according to the American Lung Association. I think people are more aware of the health implications of smoking, but I also think it's just more expensive to smoke now. The cost of a pack of cigarettes is making as big an impact as anything else.

Q: You hear a lot about the dangers of second-hand smoke. What can happen to people who are exposed to other people's cigarette smoke?

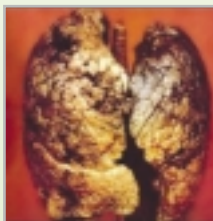
Dr. Sherter: It can increase your chances of getting chronic obstructive lung disease. It can increase your chance of becoming asthmatic. Children have a much higher incidence of asthma if they are exposed to second-hand smoke. And it definitely increases the likelihood of lung cancer. Currently, about 10 percent of lung cancer cases in this country involve non-smokers.

Q: How exactly does smoking impact the lungs?

Dr. Sherter: Our lungs are equipped with wavy little tendrils called cilia, which serve to rid the lungs of bacteria and other dangerous materials. If you smoke, it has an instantaneous impact on the cilia, creating all kinds of havoc in their ability to remove dangerous material from the lungs. This is why you cough so much if you haven't smoked before and you try your first cigarette. With the cilia unable to do their job, the carcinogens from the cigarette smoke are able to attach themselves to the lungs, along with other chemicals and bacteria, without being removed. Remember, there are about 4,000 different chemicals in cigarette smoke, and they're all heading to the lungs.



HEALTHY LUNGS



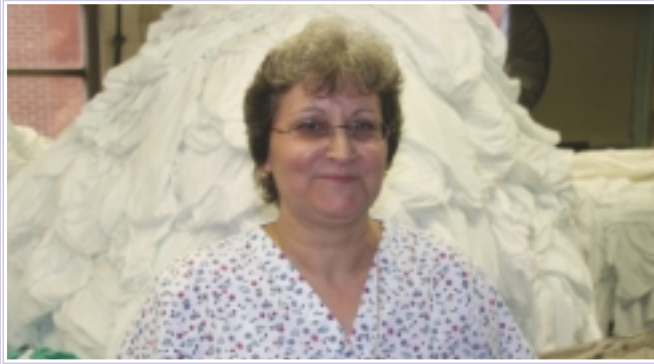
DAMAGED LUNGS

Q: When you take in a patient who has smoked for many years, what do their lungs look like?

Dr. Sherter: Very often, they are blackish and full of holes. In some cases, the holes are the size of baseballs. Lungs shouldn't look like that. They should be pinkish. With normal lungs, you should have the breathing capacity to climb a mountain, but after years of smoking, that capacity is often reduced by half and, in worst cases, it can be reduced to 30 percent of capacity. That's when you find it hard to get up off the couch and walk around the house. On average, studies show that smokers have a shorter life expectancy by six years. Six years! The good news, though, is that if you quit, you can get some of those years back depending on how many years you smoked and how old you are. There are also some lung medications that can repair the damage caused by smoking. But you have to quit. That's the key.

Q: Besides lungs, what other parts of the body are endangered by smoking?

Dr. Sherter: Definitely the heart. From the moment you let that smoke into your body, the arteries around your heart constrict and that diminishes the blood flow to the heart, which can lead to heart disease, heart attacks, all kinds of serious issues.



Hospital Employee Does the Right Thing: Returns Large Amount of Cash Found in Laundry Room

Supervisor calls Maria Santos a “great asset” to Waterbury Hospital

Maria Santos holds down two jobs, one as an employee in the Waterbury Hospital laundry room and the other as a worker in a manufacturing plant in Naugatuck. She and her husband have raised two boys while struggling to pay their mortgage and their bills.

But when Santos, who has worked at the hospital since 2001, found a change purse containing a large amount of cash in a laundry basket in the hospital’s laundry room, she didn’t think twice about turning it in to her supervisors.

“It’s not my money,” said Santos, 46, a native of Portugal. “I thought when I found it, ‘Somebody must be looking for this.’”


Santos found the money in a large pile of sheets and other linen that had just been cleaned in the laundry room. When she realized what it was, and how much money was inside, she immediately notified the hospital’s Security staff, which took it into custody.

As of late June, no one had notified the hospital to claim the purse. It has since been turned over to the Waterbury Police Department.

“We are very fortunate to have honest employees like Maria on our staff,” said **Michael Stokes**, Assistant Director of Environmental Services, who is Maria’s supervisor. “Some people might have been tempted to keep the money, but Maria never considered it.”

“She is a great asset to our department,” he said.

Santos credited her parents with instilling in her a strong sense of right and wrong.

“They taught me to do the right thing, always,” she said. 

UPDATE

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Monica Golik, a Waterbury Hospital pharmacist, is pictured here (rear, wearing green scrubs) in a Guatemalan village with local children and a fellow relief worker.

Hospital Pharmacist Brings Aid to the Sick in Guatemala

Monica Golik, a pharmacist in the Infectious Diseases Department at Waterbury Hospital, recently traveled to the Central American country of Guatemala on a humanitarian mission bringing medical care to poverty stricken women and children.

Golik traveled with a team of relief workers from Butler University who partner with *The Timmy Foundation*, a non-profit organization based in Indianapolis. The partnership helps raise money and provides natives with everyday essentials such as vitamins and pain medications.

Golik spent nearly a month in four rural villages working with other clinicians to provide medical aid to those in need. With no electricity or running water, conditions were extreme. However, the workers set up medical evaluation stations and worked closely in tandem to help keep things streamlined.

Most of the Guatemalan natives spoke Spanish or a Mayan dialect. Finding a place to perform medical care was often hard. Golik and the other workers packed suitcases every morning filled with supplies they would need for the day, then set off on the long trek to the villages. They set up clinics everywhere from bakeries to school houses.

The workers set up a triage station and gave patients physical exams and consultations. Medications were then given to the patients who needed them. Golik said she especially enjoyed one of the villages where she and other workers were able to interact with some of the village’s children and play soccer.

Golik said everyone in the villages expressed gratitude for the assistance, and she encouraged others to consider taking part in a similar mission to Guatemala. *The Timmy Foundation* sends chapters roughly every two months. Visit their website at www.timmyfoundation.org. 