



AN ALERT SHUTTERBUG
HOSPITAL CLIENT HAS PHOTOS ON FRONT PAGE
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BECOME A FAN
WATERBURY HOSPITAL IS NOW ON FACEBOOK
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UPDATE

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



CLOCKWISE FROM TOP LEFT

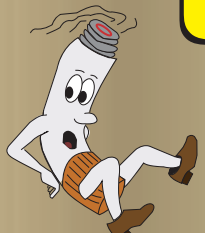
Gil Simmons with Waterbury Hospital employee **Laurie Vailonis** of the Education Department.

WTNH Channel 8 Meteorologist **Gil Simmons** poses in front of his Skymax Mobile Weather Lab with a group of hospital employees and volunteers who showed up for Gil's November 19 rally to mark Waterbury Hospital's new smoke-free policy.

Gil Simmons gets smooches from, left, **Susan McLenna** of the Behavioral Health Department and, right, **Alice Smith** of the Behavioral Health Department. **McLenna** and **Smith** were recognized at the rally for deciding to quit smoking due to Waterbury Hospital's new smoke-free policy.

Gil Simmons smiles for the camera with Waterbury Hospital employee **Gloria Russo**.

Gil Simmons Rallies Waterbury Hospital



Channel 8 Meteorologist helps hospital go smoke-free

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

WTNH Channel 8 Meteorologist **Gil Simmons** came to Waterbury Hospital on November 19 to perform live weather updates from his Skymax Mobile Weather Lab and to mark the beginning of the hospital's new smoke-free policy, which prohibits tobacco use anywhere on hospital property. **Gil** set up the Skymax lab outside the hospital's main entrance from about 10 a.m. to noon, as a crowd of employees gathered around to watch his live noon broadcast, including several who have quit smoking over the last 12 months.



Switching to a Smoke-Free Life

After smoking for 15 years, **Alice Smith** never thought a new smoke-free policy at her workplace would motivate her to kick the habit. But that's exactly what happened, and now she serves as an example to others who are trying to quit as Waterbury Hospital has become an entirely smoke-free facility.

Smith first learned of the hospital's new policy, which goes into effect this month, late last year. It was then she decided it was time to quit once and for all.

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Waterbury Hospital Staff Helps Police Officers Prepare for Swine Flu Virus

Waterbury Hospital staff members recently helped fit Waterbury police officers with air-filtration masks to keep the officers from coming in contact with the H1N1, or swine flu, virus. Above, **Christopher Michos, MD**, Chairman of the Emergency Department, screens a police officer to see if he has any conditions that might make it unhealthy for him to wear a mask. The mask-fitting was organized by the Waterbury Department of Public Health and the Waterbury Police Department. **Shane Lockwood**, Assistant Director of the Department of Public Health, praised Dr. Michos and Waterbury Hospital Security Director **Oscar Herrera** for helping make the event possible. "We are very grateful to Waterbury Hospital for helping to keep our city's police officers safe," he said. 🗣️



HEART CENTER
of Greater Waterbury

NEWS BEAT



Heart Center Receives Grant Funding to Treat Serious Heart Attacks

The Heart Center of Greater Waterbury, which is jointly operated by Waterbury Hospital and Saint Mary's Hospital, announced at a press conference last month that it had received \$82,000 in grant funding to greatly enhance the Greater Waterbury region's response and treatment of ST-Elevation Myocardial Infarction (STEMI) – the most serious and deadly type of heart attack.

The grant funding, which was awarded by the American Heart Association through grant dollars given by the Margaret Hallden Fund at the Connecticut Community Foundation, will also go to New Milford Hospital. **Loraine Shea**, the Executive Director of the Heart Center of Greater Waterbury, said the grant funding will go a long way in saving lives.

"It takes a coordinated, prepared, efficient system to provide this vital and timely care," she said.

During last month's press conference, employees with the American Medical Response and Campion Ambulance Service, which both provide emergency medical services in Greater Waterbury, presented a mock demonstration to show how the grant funding will be put to use. An employee (pictured above) posed as a hunter who had suffered a heart attack, and ambulance crews showed how updated technology would allow them to quickly diagnose the patient and then transmit critical data to the hospitals' emergency departments as they prepare to take the patient to the hospital. 🗣️

Heart Center Receives "Breath of Life" Award

The Heart Center of Greater Waterbury is one of two health organizations in the state to be chosen to receive the Breath of Life Award from The American Lung Association in Connecticut this spring.

The Heart Center, which provides a wide range of heart care services to people throughout the Greater Waterbury region, is receiving the award for continuing to offer its Freedom From Smoking classes. The classes, which provide tips and other assistance for people trying to quit smoking, are free of charge to the public and taught by an American Lung Association representative. The classes take place at the Heart Center which is located at the Harold Leever Cancer Center in Waterbury. The Heart Center has been offering the classes, which take place about three or four times a year, for about three years.

"It is truly a great honor to be receiving the Breath of Life Award," said Loraine Shea, Executive Director of the Heart Center "The Heart Center staff works very hard to educate the public about the importance of taking care of your heart, so we truly appreciate being recognized in this way."

The other recipient of the Breath of Life Award this year is the Connecticut Hospital Association, which is being recognized for its efforts to encourage hospitals across the state to prohibit smoking on their premises. Waterbury Hospital's smoke-free policy goes into effect this month.

The Breath of Life awards will be given out at The American Lung Association's Annual Gala at the Aquaturf in Southington in April. 🗣️

GIFT SHOP ANNOUNCEMENT

As of November 13, the Gift Shop at Waterbury Hospital will shorten its week-day hours on a temporary basis. The gift shop will now be open from:

**9 a.m. to 4 p.m.,
Monday through Friday,
until further notice.**

Weekend

**Saturday - 9 a.m. to 4:30 p.m.,
Sunday - 11 a.m. to 4 p.m.**

The Waterbury Hospital Auxiliary, Inc., which operates the gift shop, expects the shortened hours to be only temporary, and looks forward to restoring the hours as soon as possible.

Client Snaps Photos of Bank Robbery, Lands on Front Page



Leroy Hilliard poses with the newspaper containing his front page crime scene photos.

Leroy Hilliard, a client with Waterbury Hospital's innovative photography program for people living with HIV and AIDS, found his name splashed on the front page of the local newspaper last month after he snapped some photos of a bank robbery in progress in downtown Waterbury.

Hilliard, who has credited the photography program, and its creator, Waterbury Hospital social worker Richard Smith, with turning his life around, was walking downtown last month when the bank robbery unfolded right in front of him. Hilliard, who said he never goes anywhere without his camera, quickly snapped some photos of the alleged robbers as they tried to flee the bank.

Hilliard kept snapping photos as police officers moved in on the suspects and took them into custody. Soon after, police cordoned off the area, and media crews arriving to cover the incident found they were too late to get photos of the crime unfolding.

A reporter covering the crime soon realized that Hilliard had taken photos as the crime was taking place, and arranged to have them published in the next day's paper. Hilliard, who until a year ago had spent most of his life homeless and addicted to drugs, was given credit for the photos on the newspaper's front page the next morning.

"I can't believe how far I've come in a year. This is such a great moment for me, and I owe it all to Richard and the photography program," Hilliard said.

Smith created the photography program as a way to show clients that they could still pursue a meaningful life despite their diagnosis. He has taken them on weekend trips to points across the region to take photos, many of which have been displayed in the hospital

and in area galleries and exhibits. At Waterbury Hospital's Annual Gala this month, Smith will be honored as the hospital's Humanitarian of the Year for 2009 for his selfless efforts on behalf of his clients and the hospital. 🤝

Switching to a Smoke-Free Life

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"I had tried to quit before," said Smith, an employee in the Behavioral Health Department. "I used Chantix and stopped smoking for about a month. But I picked it up again before I got through the bad cravings."

To help her kick the habit for good this time around, Smith attended a hospital-sponsored hypnotist presentation last year and believes that being hypnotized really helped her quit. Her proof? She hasn't lit up a cigarette in nearly 11 months!

"I haven't smoked since midway through last January. I realized that I wouldn't be able to smoke at work anymore and I would just be better off without them in my life," she said.

Smith explained that quitting smoking has not only made her feel better but she also likes that she doesn't smell like smoke anymore.

"It's been a lifestyle transformation," she said. "Now I walk on the treadmill for thirty minutes and go to Curves. I'm healthier overall now and my daughters are thrilled."

Smith said her daughters were constantly encouraging her to quit and hated when she would light up. She also was motivated by her three grandchildren, realizing that she wants to be around as long as possible to watch them grow.

"The hospital's change to a smoke free-campus was such a great incentive," she said. "It was really the final push for me to quit. I encourage everyone else to do so too!" 🤝

TEMPORARY VISITOR RESTRICTIONS



Visitors and guests under the age of 18 will **NOT** be allowed to visit any floor of the hospital unless they are being treated as a patient at Waterbury Hospital.

Additionally, any person (regardless of age) who is experiencing flu-like symptoms will **NOT** be allowed to visit any floor of Waterbury Hospital unless they are scheduled to receive a treatment or procedure.

We have enacted these measures with **YOUR** safety in mind. Limiting visitors to our hospital during the H1N1 (Swine Flu) and Seasonal Flu season is the best way to prevent the spread and contraction of these viruses.

Help us help you stay healthy this season!



WATERBURY HOSPITAL IS NOW ON FACEBOOK!

BECOME A FAN!

Waterbury Hospital can now be found on Facebook, one of the nation's most popular and fastest growing social networking Internet sites! Become a "fan" of the hospital today on Waterbury Hospital's new Facebook home page.

The hospital's home page can be accessed by anyone who already has a Facebook account of their own. To become a "fan" of Waterbury Hospital:

1. Enter the hospital's name in the search box of your Facebook home page (found in the upper right-hand corner of your page)
2. Click "search" to be taken to the Waterbury Hospital Facebook page.
3. Once on the page, you will be able to click on the "Become A Fan" link on the top of the page to officially become registered as a "fan." Your status as a "fan" of the hospital will enable you to be notified of all the latest developments at the hospital.

Become a "fan" of Waterbury Hospital today on Facebook! For more information on the hospital's Facebook page, please call **Heather Tindall**, Director of Public Relations, at extension 6717.



Randy Essenberg Assumes New Executive Post

Randy Essenberg has been hired to be the Executive Director of Performance Improvement at Waterbury Hospital. Essenberg will join the hospital's Executive Management Team, helping improve the quality of the patient experience while streamlining processes and eliminating unnecessary costs.

Essenberg has an undergraduate degree from Michigan State University and a Masters degree from Grand Valley State University in Michigan. Prior to joining Waterbury Hospital, he worked as an internal business consultant at Borgess Medical Center in Kalamazoo, Michigan, where he introduced a host of measures that helped improve performance and maximize financial efficiency.

Before working in the health care field, Essenberg worked for Steelcase, a large and well-respected manufacturer of office furniture. At Steelcase, Essenberg became involved in "lean" manufacturing, a customer-focused, staff-driven process which strives for continuous improvement in product quality and cost by eliminating waste and unnecessary steps in the manufacturing process. Lean techniques are now widely used in business settings across the country, and Essenberg will introduce lean processes in his new role at Waterbury Hospital.

Essenberg lives in Avon with his wife, Denise, who is Office Managing Partner of PricewaterhouseCoopers public accounting firm in Hartford. They have two college-age sons.

UPDATE

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ON THE MOVE



Liz Longmore, RN, has been hired as the new Director of Emergency Department Services at Waterbury Hospital. Longmore, who has 14 years experience in emergency services, previously worked as Manager of Emergency Services at Stamford Hospital. She has an undergraduate degree from Mercy College and a nursing degree from Cochran School of Nursing. Longmore lives in Cheshire with her husband and three children.



Barbara Zarrella, RN, has been promoted as the new Trauma Program Manager at Waterbury Hospital. Zarrella is responsible for working closely with the hospital's surgical residents and Emergency Department while overseeing the Trauma Program. She joined the hospital five years ago as an Emergency Department nurse. She lives in Bethlehem with her husband and has five children.



Kelvin Kreho has been hired as the new Administrative Director of Finance at Waterbury Hospital. Kreho has nearly 30 years experience in the field of health care finance, most previously as Chief Clinical Revenue Cycle Officer at the University of Connecticut Health Center. He also was Vice President of Finance at Bristol Hospital and Director of Finance at Danbury Hospital. He has an MBA in business administration with a concentration in health care from the University of New Haven, and a bachelor of science degree from Central Connecticut State University. He lives in Shelton with his wife and four children.



Carol Ann Wetmore, RN, has been hired as the new Administrative Director of Patient Throughput at Waterbury Hospital. Wetmore has more than 25 years experience in the field of health care, most recently working as a Managing Consultant for Navigant Consulting, Inc. in Chicago. She is a graduate of the University of Connecticut and the Yale University School of Nursing. She lives in Stratford.