

Winter 2009

A publication for friends of The Hospital of Central Connecticut

Development *matters*

Auxiliary gift

makes Cancer Resource Library
renovations possible



The Hospital of
Central Connecticut

at New Britain General and Bradley Memorial

Auxiliary Cancer Resource Library is Renovated

The Auxiliary Cancer Resource Library has served the patients of the George Bray Cancer Center (GBCC) and Hospital of Central Connecticut staff in a countless ways since it opened in 1999. A free lending library with a large collection of books and media resources, it also provides customized health information bags, head coverings for patients undergoing treatment, and a wig salon. Assistance with advanced data base searches or guidance to reputable Internet sites for information on clinical trials, new types of treatment, or specifics on cancer diagnosis and treatment is available upon request. The library also serves as a clearinghouse of free patient education materials and comfort gifts, as well as up to date information on all upcoming GBCC events.

Marcia Anderson serves as the library's Cancer Resource Specialist. She functions as a patient resource connection and patient advocate, linking cancer patients and their families to supplemental support services, community agencies, information, educational programs, and our two GBCC support groups.

"The Auxiliary Cancer Resource Library is here to help them on Day One, through treatment, and to support and enhance their survivorship as time goes on," says Anderson. "Being able to help them during their hard time is wonderful, but greeting them each year for subsequent yearly exams and at National Cancer Survivors Day is what makes the relationship truly special."

The Auxiliary Cancer Resource Library was renovated in April 2008, a renovation that was funded by donations from library supporters — particularly the New Britain General campus Auxiliary which continues to provide annual gifts in support of the services it offers. The library continues to expand its role in educating and supporting patients, their families and HCC staff and volunteers by enhancing cancer care provided at the NBG campus and throughout the Central Connecticut region.

The library is located next to the outpatient cancer treatment area on the first floor of the New Britain General campus near E-1. If you would like to make a gift to the Auxiliary Cancer Resource Library you can use the envelope at the center of the magazine or go to www.thocc.org/giving, today!

New Fund Will Support a New HCC Cancer Genetics Program

The Katherine A. & Bruce A. Rudolph Hereditary Cancer Genetics Fund has recently been established at The Hospital of Central Connecticut with a generous lead gift of \$250,000 from Bruce Rudolph in memory of his wife Katherine Rudolph. The hospital and Development Office will now work to reach a goal of \$1 million in this fund.

"The idea to choose The Hospital of Central Connecticut as the place to establish the fund was a direct result of the care given to Katherine," Bruce Rudolph explains. "Led by Dr. James Hoffman's expertise all facets of care were given with the

"The idea to choose The Hospital of Central Connecticut as the place to establish the fund was a direct result of the care given to Katherine"

utmost care and concern...at all times the staff was prepared to deal with the situation, often under emergency conditions. All staff consistently showed expertise, care and efficiency. We, therefore, wanted this extraordinary team to be involved in what, hopefully, will result in someone being able to avoid the ravages of ovarian cancer."

Approved by the hospital board of directors in late 2008, this new Hereditary Cancer Genetics Fund will help establish and support the Katherine Ann King Rudolph Hereditary Cancer Genetics Program at The Hospital of Central Connecticut. This family-centered program will assist patients concerned about their risk for developing cancer by providing counseling, genetic testing, informational materials, educational opportunities for program staff, educational events for patients and their families and research opportunities. In some cases this kind of a program can help prevent unnecessary surgeries based on family history fears. The initial goal is to hire a genetics counselor to work directly with patients and their families once enough funds are available. Whenever possible the program will partner with other healthcare institutions to collaborate and further the science and service to the patients.

"Partnerships with the University of Connecticut Health Center, Saint Francis Hospital and Hartford Hospital are entirely possible with this project. That kind of collaboration will help all of us provide these important services to patients and their families in the future," says James S. Hoffman, M.D., the Director of the Division of Gynecologic Oncology at the George Bray Cancer Center of the hospital.

"In some cases this kind of a program can help to prevent unnecessary surgeries based on family history fears."

If you would like to make a gift to help grow this important fund and program at The Hospital of Central Connecticut please use the envelope in this magazine or go to www.thocc.org/giving today to make a gift to the Rudolph Fund. To speak to a Development Officer about supporting this project call us at 860-224-5567.

An Incredible Journey of Friendship & Philanthropy

By David Obedzinski 大卫 J. 奥贝德津斯基

David Obedzinski, the Hospital's chief development officer attended a People to People Citizen Ambassador program to China as a member of a delegation of philanthropy professionals from the United State and Canada. The delegation met with government officials and non-government organizations to discuss philanthropy and volunteerism. The 10-day trip in December included visits to Hong Kong and Beijing. Below, Dave shares some reflections of and images from the experience.

The Chinese people are genuinely warm and friendly. With their doors now open to the west they face some very interesting circumstances.

There is a new found wealth in some areas of China. and they are learning quickly how important it is for those with abundance to make a positive impact in communities that need assistance. One of the most impactful presentations we saw was made by James Chen of the Chen Yet-Sen Family Foundation. His is a family foundation, a relatively new concept in China, that is built on the manufacturing success of his father and family in China and Africa. That foundation now works to give back to communities in both countries. He also hopes to provide an example to other successful families in China on how they can give back and make a positive impact in communities that surround them.

During our visit we met with representatives of several non-government organizations and with Chinese officials who briefed us on their operations. In each meeting, we exchanged ideas about philanthropy. We were impressed with the quality and intensity of their programs, some only a few years old. They want very much to be the best at any-

thing they do. When they asked questions of us, we found that — despite our differences — we shared many of the same challenges and questions.

The earthquakes in western China that killed more than 69,000 people in



Delegation leader Tim Burcham, Chairman of the Association of Fundraising Professionals, presents James Chen of the Chen Yet-Sen Family Foundation with an honorary membership in AFP in appreciation of his time and presentation to our group.



Dave, on his way down a section of the Great Wall of China about an hour outside of Beijing. The delegation took a break from presentations to climb a section that was 864 steps long (each way) with a 1,000 foot elevation. This is one of five sections of the wall throughout China that the public is allowed to experience.

May 2008 brought the world to China's door as millions extended their hands and their money to assist where they could. After hearing presentations from the Beijing Red Cross, rescue organizations and foundations that continue today to work in that region, I truly believe the disaster has helped China think differently about how they respond as a nation to the needs of

their less fortunate and how they will respond in the future to the world's generosity. I also believe our nation's civil preparedness and disaster response agencies and organizations can learn from organizations like the Children's Youth Development Foundation and its Project Hope programs, which have been in operation for decades. In the face of that incredible natural disaster, they have designed and implemented a system that can build an earthquake resistant temporary school in six days. In fact, since the May earthquakes, they've built more than 200 of those schools, bringing some semblance of normalcy to the youngest victims of the disaster during a time of hopeful healing.

While in Hong Kong, David presented Darwin Chen with a gift of framed stamps issued in 1999 by the USPS in honor of philanthropy in the United States. Mr. Chen is one of the most honored and recognized civil servants in Hong Kong, and was director of cultural services, commissioner for television and entertainment licensing, deputy secretary of constitutional affairs and chief executive of the Community Chest. He has been instrumental in the growth of philanthropic efforts throughout Hong Kong and parts of mainland China. The framed stamps were a gift from The Hospital of Central Connecticut for the delegation's hosts and were selected by the group for Mr. Chen in appreciation of his presentation and the time he spent with them.

On the cover...

Marcia Anderson, cancer resource specialist; Barbara Kirejczyk, New Britain General campus Auxiliary president (2006-08); Dr. Steven Hanks, chief medical officer, in the newly renovated Auxiliary Cancer Resource Library.

Recent Grant Activity Supports Asthma Initiative Programs

During the fall season the hospital learned of several new grants it is receiving in support of several programs. The Hospital's New Britain Asthma Initiative, a program that works to diagnose, treat and prevent asthma in children, was awarded two program grants by local foundations held at Bank of America: the Swindells Charitable Foundation and the George A. & Grace L. Long Foundation. In October, we received our first ever grant from the Swindells Charitable Foundation in the amount of \$7,500. The Swindells Charitable Foundation was established in 1933 to support and promote quality health and human services programming for underserved children and adults, as well as to public hospitals.

In November, the hospital received a \$2,500 program grant from the George A. & Grace L. Long Foundation. The George A. & Grace L. Long Foundation was established in 1960 to support and promote quality educational, cultural, human services, and health care programming for underserved populations in Connecticut.

This is our first grant from the Long Foundation in more than 10 years. We hope to continue to build our relationship and look forward to working with this foundation in the future. We are thrilled to be working with the Swindells Charitable and the George A. & Grace L. Long Foundations. Making new connections and partnerships within our local communities helps our programs flourish.

The New Britain Asthma Initiative (NBAI) is a grant-based community health and education program, designed to aid area asthmatic children in the management and understanding of their disease. Based out of the Hospital of Central Connecticut, NBAI seeks to assist predominantly low-income, minority children and their families in controlling their asthma. For more information about this program, contact program coordinator Loreen Gawel at 224-5900, ext. 4229. If you would like to make a contribution in support of this program please contact Amanda Nardiello in the Development office at 224-5441.

Chairman's Dinner and President's Luncheon



Lifetime NBG auxiliary member (left to right) Fran Russell with corporator Marie Gustin, Ph.D. and former NBG Auxiliary President Barbara Kirejczyk at the President's Luncheon.



Chairman of the Board Frank Miller (right) receives an autographed copy of "Why Good Things Happen to Good People" from author/speaker Stephen Post, Ph.D. at the annual Chairman's Dinner.



Featured speaker Dr. Ahmed Khan talks about Stereotactic Radiosurgery at the President's Luncheon.



Frank Miller (left), Mayor Timothy Stewart (center) and Chief Development Officer Dave Obedzinski enjoy a moment together at the Chairman's Dinner.



President Laurence Tanner accepts a check from Bob Mayer, an organizer of the Scalise-Mayer Golf Tournament, at the Chairman's Dinner.

AUXILIARY IN ACTION

Auxiliary plans moving forward

These past few years, the hospital has celebrated many changes. Its merger with Bradley Memorial Hospital prompted a new name, logo and expansion of services. The Hospital of Central Connecticut has become a state-of-the-art hospital while maintaining the ideals and values inherent in its founding.

As a result of a wonderfully successful Chrysanthemum Ball this past November, the Auxiliary was able to increase its pledge to the Emergency Department expansion by \$100,000, for a total of \$200,000. The incredible spirit within the talented Board and the hard work of its members allow us to enthusiastically carry on a rich tradition of providing support and service to the hospital.

For more than a century the Auxiliary has maintained a collaborative relationship with the hospital, supporting its goals both financially and through its volunteerism. Its multi-million dollar fundraising efforts have been responsible for contributions to major undertakings by the hospital.

However, these are challenging times that will require new and innovative approaches to our fundraising efforts. To help us to adopt and embrace new ideas and explore new opportunities, a new Strategic Plan was developed that will serve as a guide for our fundraising activities. I am excited about the opportunities before us. As our history demonstrates, we can achieve great things. We will continue to support the hospital to achieve its goals and meet the spirals of change within the health care industry. I look forward to working with the new Advisory Committee and Board of Directors and to hold firm our mission statement, "to serve the health care community."



Teri Polaske

Teri Polaske
President of Auxiliary, New Britain General campus

Chrysanthemum Ball

Will Honor Hospital President, Laurence A. Tanner November 7, 2009

The New Britain General Campus program of the Hospital's Auxiliary is proud to announce that their annual Chrysanthemum Ball on November 7 will honor Laurence A. Tanner, President and Chief Executive Officer of The Hospital of Central Connecticut.

The event will take place at the Aqua Turf Club in Southington. This will mark the first time that this event will use both sides of the banquet building. Last year's event raised close to \$100,000 for the hospital. Please plan on attending and supporting the largest fundraising event at our hospital.

For more information contact the Development Office at (860) 224-5567 or the New Britain General campus Auxiliary Office at 224-5502.



Save the Date for the Bradley Memorial campus Auxiliary Fashion Show on September 30, 2009

The Bradley Memorial campus Auxiliary wishes to thank its many sponsors and program advertisers for their support of the October fashion show, *Stylin' in the Suburbs*. The fashions – provided by Ann Taylor Loft, Modern Formals, Golfers' Warehouse and Nevada Bob's Golf, and Kathy Faber Designs – drew a crowd of nearly 450 to the Aqua Turf Club for dinner and the show.

Sponsors and advertisers included Architectural Building Systems, Inc., CenConn Services Incorporated, Joe & Kay Calvanese Foundation, CompuMail Corp., Hitchcock Printing, Main Street Community Foundation, Crystal Restoration Services, Southington YMCA, Innovative Components, Waste Material Trucking Company, Inc., DellaVecchia Funeral Homes, Elliott Insurance Group, Community Foundation of Greater New Britain, and John Meade Lawn Maintenance.

Gifts and raffle prizes were donated from a host of community and individual supporters including Dr. Douglas Macko, Mandell & Blau, Giosa & Brown Pulmonary Associates, Dr. Anthony Ciardella, Attorney Carl Sokolowski, Dr. Leonard Glaser, Dr. Andrew Guest, Dr. Ralph Prezioso, Dr. and Mrs. Letterio Ascuito, Dr. and Mrs. Ambrose Alfonsi, Drs. Henry and Maud Ward, Dr. John Rivera, Digestive Disease Consultants, Dr. Farid Shafik, Just For You Country Gifts, McNicholas Family Chiropractic, Sam the Clam's, Southington Family Dentistry, Center Kuts, Audrey Zack, The New Mill Restaurant, Studio 7 Styling Salon, Dolores Hair Styling, Greater Southington Chamber of Commerce, Rogers Orchards, Anthony Jack's Restaurant, TD Banknorth, Patrick Baker and Sons, Farmington Savings Bank, Valley Bank, Apple Valley Bank & Trust, Sovereign Bank, JD's Restaurant, Tops Supermarket, Inc., Renaldo's Restaurant, Hawk's Landing Country Club, Evergreen Nursery, Tips to Toes, Garden Path, Bonterra Italian Bistro, and Machiavelli's.



The October 20th event raised thousands of dollars for the purchase of cardiology ultrasound technology for the Bradley Memorial Campus of the hospital.



Photos by Lawrence Gendler



Bradley Memorial Campus gift shop coupon
15% off everything in the store

Exceptions: Candy, flowers, magazines, stamps, movie tickets.
Expires 12/31/2009

Chrysanthemum Ball 2008



Earle Sittabalam, M.D. and his party enjoying the music of the evening.



John Downes, Jr. of Downes Construction, Treasure Chest Promotion sponsor that evening, with Janice Mazadoorian and Fran Russell of the Auxiliary.

New Hospital Auxiliary Board Meets



The newly elected board of directors of The Hospital of Central Connecticut's New Britain General campus Auxiliary recently held its first meeting. Board members are, back row, l to r: Annette Salina, president-elect; Maureen Carlson, vice president, membership; Michele Dreiss, gift shop chair; Cheryl Carlson, recording secretary; Phyllis Visnauskas, treasurer; and Kathleen Yuskis, gift shop treasurer. Front row, l to r: Norma Dworski, corresponding secretary; Rebecca Cass, new board member; Teri Polaske, president; and Lori Brewer, new board member. Missing from photo: Judy Jennings and Melinda Martin, new board members.

BMC Board

President
Jean Kirychuk

President Elect
Lucy Leach

Vice President- Membership
Sandy Valentine

Recording Secretary
Frances Meade

Corresponding Secretary
Dianne Richter

Treasurer
Betty Ledoux

Chairwoman of Events
Peg Rancourt, Audrey Zack

Terry Goffred, Betty Porter, Nancy Gworek,
Benth D'Aunno, Nora Donnelly,
Joan Gillette, Alyce McGann

Care planning that's truly patient-centered

Care has come full circle at The Hospital of Central Connecticut, which is piloting a patient-centered care plan that involves both the patient and family.

Each morning on part of the New Britain General N-3 general medical unit, the patient's care team members including physicians, nurses and other staff literally gather around the patient and family, if present, to discuss the day's treatment goals.

"It's a pretty impressive sight and has an impact on the patient," says unit medical director Daniel Lehnhoff, D.O. Its aim is to improve interaction about patient care among physicians, nurses and ancillary staff, and involve the patient and family in care planning as much as possible.

In some healthcare institutions, this patient-centered model has markedly increased patient satisfaction, reduced medical errors and improved staff morale. Eventually, the model may extend to other patient care units at the hospital.

Dr. Byeff leads George Bray Cancer Center

Peter D. Byeff, M.D., has been named medical director of The Hospital of Central Connecticut George Bray Cancer Center.

A senior attending hematologist/oncologist, Byeff is an associate professor of Medicine and attending physician at the University of Connecticut John Dempsey Hospital. He is a principal investigator for the Eastern Cooperative Group and National Surgical Adjuvant Breast and Bowel Project and an investigator for the Gynecologic Oncology Group. His offices are in New Britain and Southington.

The George Bray Cancer Center offers advanced cancer treatments and services, including radiation, chemotherapy and clinical research trial opportunities, as well as patient education and support programs.

Hospital now offers hip resurfacing

The Hospital of Central Connecticut now offers hip resurfacing as an alternative to replacing the entire hip joint for select patients who suffer from hip arthritis. The procedure, which preserves existing bone, is an especially attractive option for males under age 60.

Damaged cartilage from the hip's ball (femoral head) and socket (acetabulum) joint are replaced with similarly shaped metal pieces to provide a more natural-feeling hip with greater stability. Recovery takes about six weeks and patients typically have no activity restrictions afterwards.

Orthopedic surgeons Robert J. Carangelo, M.D., and Richard L. Froeb, M.D., are certified to perform the procedure.

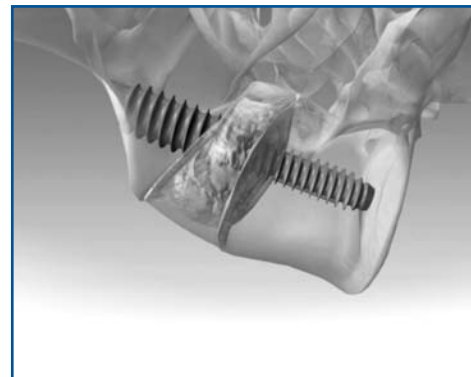
The hospital performs nearly 500 joint replacement procedures annually. Its Center for Joint Care features 12 private rooms for patients recovering from hip, knee or shoulder joint replacement, and a state-of-the-art rehabilitation unit. The center is part of the hospital's Joint and Spine Center and complements the adjacent 18-bed general orthopedic and spine services unit.

Hospital offers new approach to spine surgery

The Hospital of Central Connecticut now offers a new minimally invasive approach to spinal fusion surgery, with the benefit of significantly reduced recovery time for patients.

The hospital was the first in state to conduct the procedure to stabilize a spine that has narrowed or has disc disease, causing chronic pain. This latest fusion approach targets the space between two vertebrae (L5-S1) that bridge the lower back and pelvis. For some patients, it's an alternative to traditional surgery. Neurosurgeon Joseph Aferzon conducted the initial procedure in September.

The procedure requires about a two-day hospital stay, shorter than the typical four to five days for traditional spinal fusion surgery, says Aferzon. Recovery averages seven to 10 days vs. two to three weeks for the traditional approach. Patients receive physical therapy. Potential procedure candidates must be otherwise healthy and without osteoporosis.



This disc in the lower back shows bone graft material placed within the disc space and the rod that spans the space between the tailbone (at left) and the last vertebrae (L5). Image courtesy of TranSI, Inc.

Sleep Disorders Center reaccredited

The American Academy of Sleep Medicine (AASM) has granted a five-year reaccreditation to the Hospital of Central Connecticut Sleep Disorders Center.

According to the AASM, to achieve accreditation, the hospital has met or exceeded the academy's standards for professional health care.

Each year about 1,900 people visit the Sleep Disorders Center to be tested for sleep disorders, namely sleep apnea and narcolepsy. The center conducts 35 to 40 studies weekly.

To learn more about the Sleep Disorders Center, call (860) 224-5538 or visit www.thocc.org/services/sleep.

Digital mammography now offered

The Hospital of Central Connecticut now offers digital mammography services at:

- Women's Center of Southington, Bradley Memorial campus, Southington (860-276-5299)
- Diagnostic Breast Center, 40 Hart St., Building C, New Britain (860-827-0525)
- Newington Diagnostic Center, 66 Cedar St. (860-665-7733)
- Radiology Department, New Britain General Campus (860-224-5244)

Benefits of digital mammography include advanced viewing options like zoom capability for better detection of abnormalities, and a second reading of findings using computer-aided detection.

Healthy Aging services in Spanish and Polish

Connecticut Center for Healthy Aging at the hospital's New Britain General campus has added services and information in Spanish and Polish to help non-English speaking seniors and their caregivers access helpful resources.

Features in both Spanish and English include a phone menu, free translation services for needs assessments, and brochures and information about various local agencies.

In addition, a bilingual (English- and Spanish-speaking) counselor from the North Central Area Agency on Aging, Inc.'s CHOICES Program visits the New Britain General campus the first and third Friday of each month, 9-11:30 a.m. to provide information on the Medicare Prescription Drug Benefit (Medicare Part D).

For information, call (860) 224-5278. Non-English speaking callers may leave a message and receive a return call in Spanish or Polish.

Surgeon honored



Hospital of Central Connecticut surgeon Carlos Barba, M.D., received a Latino de Oro 2008 Award in November for contributions to Connecticut's Hispanic Community.

Barba, who specializes in bariatric surgery, is the hospital's bariatric surgery medical director and a designated Bariatric Surgery Center of Excellence surgeon by the American Society for Metabolic & Bariatric Surgery.

The Latino de Oro awards, created by the Identidad Latina Hispanic newspaper in Hartford, recognize Latinos and non-Latinos who make significant contributions in health and other fields.

Hospital Auxiliary Fashion Show a Success

The Bradley Memorial campus Auxiliary fashion show took place on Oct. 20 at the Aqua Turf Club, Southington. Show proceeds will go toward the Auxiliary's first \$10,000 commitment to help purchase cardiology ultrasound technology and equipment for the Bradley Memorial campus.

Auxiliary supports Emergency Department expansion

At its Nov. 1 Chrysanthemum Ball, The Hospital of Central Connecticut's New Britain General campus Auxiliary donated a total of \$200,000 for the Emergency Department expansion and renovation.

The American Savings Foundation will match \$100,000. With these donations, the hospital eclipsed its \$1 million goal for the ED project.



Hospital of Central Connecticut Laurence A. Tanner, left, accepts a check from the New Britain General campus Auxiliary. With Tanner are, l to r: Auxiliary President Barbara Kirejczyk, Chief of Emergency Medicine Jeffrey Finkelstein, M.D., and Ball Committee Co-chairs Patricia Maerz and Judy Kilduff.

Annual Fund Updates & Highlights

Surgery without an incision?

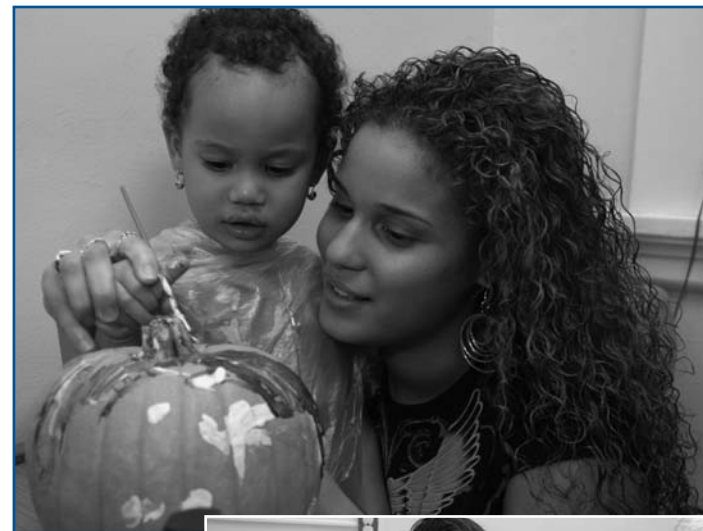
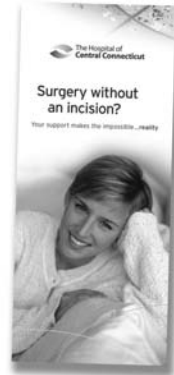
The fall appeal for the Annual Fund and the George Bray Cancer Center at the Hospital of Central Connecticut highlighted the latest technology for treating tumors of the brain or those located close to the spinal cord or tumors often thought to be inoperable in the traditional sense.

In the newly expanded American Savings Foundation Radiation Oncology Treatment Center at The Hospital of Central Connecticut we now offer the Novalis shaped-beam surgery system.

Novalis uses a technique known as non-invasive stereotatic radiosurgery. The procedure relies on highly focused radiation to precisely target tumors and lesions. Patients rarely experience side effects common with standard radiation therapy as there is no incision. Treatment is often available to patients with inoperable lesions or whose medical conditions don't allow high-risk procedures.

Because this is an incision-less surgery, recovery is quicker, and patients can return to the activities of daily living almost immediately.

This is just another example of the ways in which gifts to the George Bray Cancer Center help our friends and neighbors in the central Connecticut area. To make a gift to the Cancer Center in support of medical technology like the new Novalis system use the envelope in this magazine or go to www.thocc.org/giving.



Children and mothers from the M.O.M.S. program decorate pumpkins for Halloween. The pumpkins were generously donated by Rogers Orchards. The M.O.M.S program is a support group for pregnant or parenting mothers ages 21 or younger centered on the belief that young parents can be successful, learn, support one another and make informed decisions.




19th Bradley Memorial Campus Golf Tournament will be at Hawk's Landing Golf Course on May 27, 2009

19th New Britain General Campus Golf Tournament will be at Tunxis Plantation organized by the NBC Auxiliary program on June 9, 2009

Call 860-224-5567 for more information.

A Spotlight on Funds You Can Contribute To

In each issue of *Development Matters* we feature several of these funds to help educate you about the programs you can support today to help make your community hospital even stronger. To make a gift to any of these funds, use the gift envelope inside this magazine or go to www.thocc.org/giving to make your secure gift today.



Auxiliary Cancer Resource Center Fund

The Auxiliary Cancer Resource Library was created to assist cancer patients as well as families touched by a loved one's cancer diagnosis.

- Funded in part by the hospital Auxiliary it offers:
- Books, audiotapes and videos about the physical, social and psychological aspects of cancer.
 - Customized cancer information kits
 - A computer for Internet research
 - Guided relaxation tapes and a selection of soothing CDs
 - Head coverings at no charge (as available), as well as a list of area providers offering head coverings and wigs.

Our resource associate guides patients or family members through a specialized database search for information on clinical trials, new types of treatments, or specifics on a cancer diagnosis or treatment. They also connect patients and families with other members of the George Bray Cancer Team and help identify other support systems.

Use the envelope in this magazine or go to www.thocc.org/giving to make a gift to any of these hospital funds today.

Elliot & Marsha Cohen Good Life Center Fund

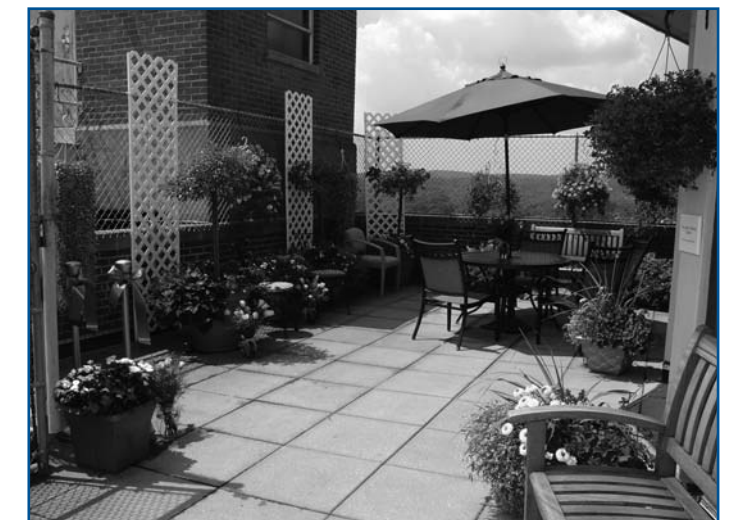
The Good Life Center offers prescriptive and supervised exercise for individuals with chronic medical conditions. A highly qualified staff instructs patients about the skills needed to develop and maintain lifelong healthy behaviors.

Programs are available to individuals or groups, through physician or self-referral, or through your employer or community agency. Programs are offered at the hospital's New Britain General or Bradley Memorial campuses, or on site to corporations, healthcare facilities, schools and community organizations.

Lynda M. Geremia Memorial Garden Fund

During July of 2008 the Hospital dedicated a garden named for Lynda M. Geremia at its New Britain General campus. The outdoor flower garden, located just off the hospital's inpatient oncology unit on C-5, is a peaceful place for staff, patients and family members to relax during the spring, summer and fall. An initial gift from Lynda's husband, David, established the new fund at the hospital to support the Lynda M. Geremia Garden, and additional gifts were received from family and friends following Lynda's passing in December 2007.

Your gifts to this fund help the hospital continue to maintain the garden area, its plants and patio furniture. There are also opportunities for the naming of a piece of furniture in the garden. For more information contact Development at 860-224-5567.



Calendar of Events *March–May 2009*

New Britain General campus

LECTURES

March 12

Lunch and Learn: National Nutrition Month, CT Center for Healthy Aging, Speaker: Kara Moscato, RD. Hear the most up to date nutrition information and practical tips on how to eat a healthier diet. 2 P.M., registration req'd, space limited, call 224-5278

April 9, May 14

Lunch and Learn: CT Center for Healthy Aging, 2 P.M., registration req'd, space limited, call 224-5278 for more information

March 25, April 22, May 27

Health Wisdom Lecture Series: All lectures are free and presented in the cafeteria at The Hospital of Central Connecticut's New Britain General campus. Start time is 6:30 P.M. with light refreshments available at 6:15 P.M. To reserve your seat and for topic updates, please call 888-224-4440, option 1

WELLNESS PROGRAMS & CLASSES

March 4–26, April 1–30, May 6–28

Yoga/Tai Chi, meets weekly Wednesdays and Thursdays, call 224-5433 for more information

March 10, April 7

Dr. Barba and Dr. Giles, **Bariatric Surgery Information Sessions,** 6 P.M., Farmington Marriott, call 224-5433 for more information

April 9

Friends & Family CPR for Adult/Child/Infant, 5:30-9:30 P.M., call 276-5088 for more information

March 26, April 23, May 28

Dr. Lane, **Bariatric Surgery Information Sessions,** 6:15 P.M., call 224-5433 for more information

SUPPORT/THERAPY GROUPS

March 16, May 4

American Cancer Society's "Look Good, Feel Better" program, for women undergoing cancer treatment, 2-4 P.M., Lecture Room 1, reservations req'd, space limited 224-5299, free parking

March 9–30, April 6–27, May 11–25

Quitting Time: Smoking Cessation class; meets weekly Mondays, registration req'd, must reg. by March 8th for March-April dates and by May 10th for May dates, 5:30-6:45 P.M., 224-5433

March 3–31, April 7–28, May 5–26

Living with Chronic Medical Illness, meets weekly Tuesdays, 1 P.M., Counseling Center, 50 Griswold St., insurance req'd, 224-5804

Anger Management Support Group, meets weekly Tuesdays, 4 P.M., Counseling Center, 50 Griswold St., New Britain, insurance req'd, 224-5804

March 4–25, April 1–29, May 6–27

Moms Milk Group, Wednesdays, 10-11 A.M., Family BirthPlace Lounge, 224-5226

Depression Therapy Group, Wednesdays, P.M., Counseling Center, 50 Griswold St., New Britain, insurance req'd, 224-5226

Eating Disorder Therapy Group, Wednesdays, 4 P.M., Counseling Center, 50 Griswold St., New Britain, insurance req'd, 224-5804

March 5, April 2, May 7

Bariatric Support Group, 6:30-8 P.M., call 224-5433 for more information

March 10, 24, April 14, 28, May 12, 26

Bereavement Support Group, meets 2nd and 4th Tuesday of the month, 5:30-7 P.M., and 2nd and 4th Thursday of the month, 2:30-4 P.M. Call 224-5011x6573 for more information.

March 11, April 8

Diabetes Support Group, 5:30-7 P.M., Joslin Diabetes Center Classroom, 1-888-456-7546

March 16, April 13

Diabetes Support Group, 10-11:30 A.M., Joslin Diabetes Center Classroom, 1-888-456-7546

March 18, April 15, May 20

Living with Cancer Support Group, 5:30-7 P.M., feat. Diane DeFronzo, LCSW and Pastor Will Baumgartner, Lecture Room 1, registration req'd, 224-5299

HEALTH SCREENINGS

March 2–30, April 6–27, May 4–25

Vascular Screenings, Mondays, 11:30 A.M.-4:30 P.M., by appointment only, \$50 fee, 224-5193

March 5, April 14, May 21

Cholesterol, Blood Pressure, Glucose screening, 11 A.M.-1 P.M., Lobby, \$15 fee, 224-5433

March 17, April 2, May 5

Cholesterol, Blood Pressure, Glucose screening, 4-6 P.M., Lobby, \$15 fee, 224-5433

CHILDBIRTH EDUCATION

March 2–30, April 1–8, May 4–27

Lamaze Classes, held weekly Mondays and Wednesdays, registration req'd, 7-9:30 P.M., call 224-5433 for more information

March 21, April 18, May 16

Sibling Class, noon-1 P.M., call 224-5433 for more information

March 22, April 19, May 17

Family BirthPlace Tour, 1:30-2:30 P.M., call 224-5433 for more information

April 9

Breastfeeding Class, 7-9 P.M., call 224-5433 for more information

April 23

American Red Cross Blood Drive, 8 A.M.-6 P.M., registration recommended, call 284-7022

Bradley Memorial campus

LECTURES

March 19

Lunch and Learn: Brain Fitness, CT Center for Healthy Aging, Speaker: David Santoro, MBA, OTR/L of Southington Care Center. Come join us for a talk on keeping your mind mentally active and fit. Noon-2 P.M., registration req'd, space limited, call 224-5278

April 16

Lunch and Learn: Emotional Well-being and Resilience, CT Center for Healthy Aging, Speaker: Linda McEwen. Discussions and answers about strategies to deal with emotional well-being and coping skills. Noon-2 P.M., registration req'd, space limited, call 224-5278

May 21

Lunch and Learn: Stroke Awareness Month, CT Center for Healthy Aging, Speaker: Kristen Hickey RN BSN, MSN, Stroke Coordinator. Learn the signs, symptoms, risk factors and how exercise can reduce your risk or prevent a second stroke. Noon-2 P.M., registration req'd, space limited, call 224-5278

WELLNESS PROGRAMS & CLASSES

March 11 & 18

Basic Life Instructor Course Discipline, 6-8 P.M., All sessions req'd incl. Feb 25th session, 276-5088

March 12, May 14

Friends & Family CPR for all ages, 6-9 P.M., 276-5088

March 31, May 20

Healthcare Provider CPR, 6-9:30 P.M., 276-5088

April 15

Heartsaver First Aid with CPR, 6-10 P.M., 276-5088

April 22

Healthcare Provider Recertification CPR, 6-9:30 p.m., 276-5088

May 2

Pediatric First Aid & CPR for Daycare Providers, 8:30 A.M.-4:30 P.M., 276-5088



Chairman's Council Spotlight

Five Questions with Betsy and Jack Perkins

Owners and operators of Perkins Travel Corporation in New Britain, Connecticut

David Obedzinski, chief development officer, is having special conversations with some of our Chairman's Council level donors, asking them about their interests, their involvement with the hospital and their motivations for giving annually at one of the highest level of recognition at our hospital. We wanted to share those questions and answers with you here.

Q: Tell me about your business and its history.

A: Jack: We started the business in New Britain in 1985. I had a twenty-five year career in banking and Betsy had been in the travel industry previously. We combined our experience and formed our full service travel agency and it continues to this day on High Street in a building we now own. We employ a staff of 20 and like to think that we have all of the attributes of a larger agency as an American Express Representative Office but are small enough to offer hands on service to our customers.

Betsy: We are a busy business doing well and our clients include leisure/vacation travel, business travel and educational groups, including school and musical groups traveling for competitions and other reasons as well as corporate business meetings and conventions. In fact, we already have 54 school and musical groups from multiple states booked for this year amounting to between eight and nine thousand travelers.

Q: Are there any trends in travel that you have noticed lately?

A: Betsy: Everyone is looking carefully at their discretionary dollars for future travel but it's also true that some of the cruise lines and airlines are offering some extraordinary values and package deals at certain times of the year now. Similar to what stores are doing at the holiday time when they need buyers and business the travel industry is also finding some great opportunities.

Jack: Disney is still popular but we're also seeing more people looking for once in a lifetime and educational destinations like Rome, Paris, Lake Louise, and other interesting places. Fewer travelers are interested in just laying on a beach in a warm destination.

Betsy: Many will come to us with preconceived notions about where they want to go and we work with them to get them there. Sometimes when we talk with them about their travel goals we might offer a completely different destination, one they may have never given thought to and then we make that happen for them.

"Our congratulations to all at the hospital who make this success story happen so well!"

— Betsy and Jack Perkins

Q: As members of the community and local business owners how would you comment on the relationship between the hospital and the community it serves?

A: Betsy and Jack: We both feel that the hospital has a very solid place in the community that surrounds it and that the community feels that it's a good place to go to when you need its services. There are so many ways in which the two are connected; for example, the volunteers at the hospital, who all come from the local community, are just the best. The Auxiliary is a tremendous organization that works hard every day to support the hospital and connect it to the community. The medical staff is exceptional and means a great deal to the people in this area. They are a loyal group and very enthusiastic in their care for everyone they treat. People want to know they are receiving care. The physicians are superlative—the caliber of care is exemplary.

Q: You are both members of our Chairman's Council, Corporators of the Hospital, and you support our programs personally and through your business. Why is that important to you?

A: Betsy: We are very fortunate to have a hospital, now with two campuses, of this caliber in our community. Our annual support of its programs is our way of saying "thank you", our way of expressing our appreciation to the hospital for being there and providing such fine care.

Jack: The Hospital has been an integral part of our lives and in the lives of family and friends we know. That makes it easy to support The Hospital of Central Connecticut as everyone should. It's not just a place, it's an important place.

Q: Do you think it's important for local businesses to support the Hospital?

A: Betsy and Jack: As we mentioned earlier we feel that the hospital is an exemplary operation and as challenges have arisen such as the steady increase in Emergency Department visits the hospital addressed those community needs, expanded and with community support improved those services. It is especially important for businesses to contribute what they can when they can, in order to support our hospital and help them continue on the course for success and the ability for "getting better, together!"

Our **Tribute Gift Program** is very important and we appreciate all gifts made in honor or in memory of loved ones. Tribute gifts can also be made in honor of an event or occasion, such as an anniversary or birthday, and all gifts directly support programs at our hospital. When you provide us with the names of appropriate contacts we will notify those individuals that a tribute gift has been given. The gift envelope in the center of this publication can be used to make a tribute gift. You can also make a Tribute Gift online at www.thocc.org/giving.

The following donors made tribute gifts to numerous funds and programs at The Hospital of Central Connecticut between **August 1, 2008–November 30, 2008**. If your name is inadvertently misspelled or omitted, please accept our apologies and notify us by calling our Development office at 860-224-5567. *Thank you.*

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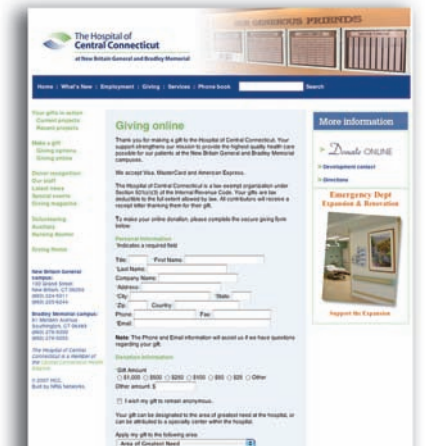
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David J. Obedzinski, Chief Development Officer of HCC; Jonathan Williams of Acorn Thompson of Newington; and Brian Mowrey, Grounds Supervisor at HCC in front of the Tomasso Tower. Acorn Thompson donated a leaf blower to the hospital.



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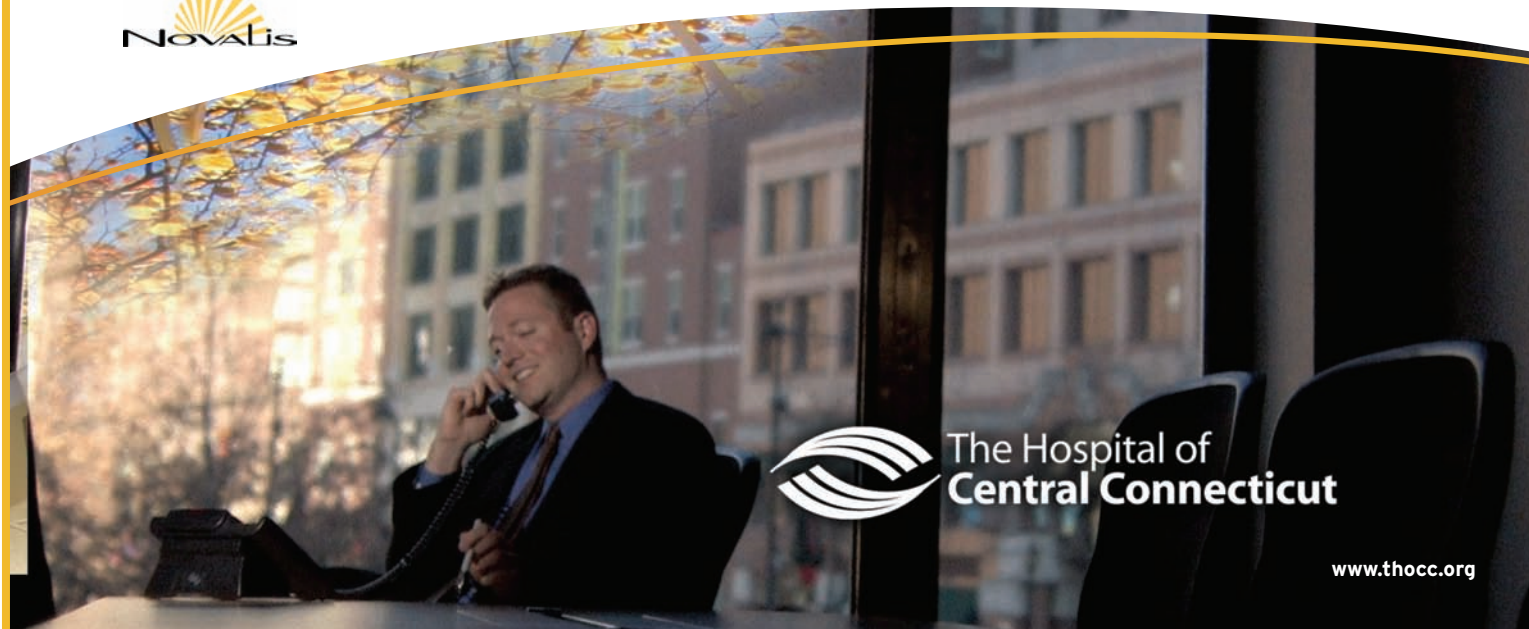


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Development Matters

is published four times a year by
The Hospital of Central Connecticut
Development Office
P.O. Box 100, 100 Grand Street
New Britain, CT 06050

Winter 2009 Issue

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Photography: Rusty Kimball

Publisher: Development Office

Call 860-224-5567 with any comments
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