

**TOWN OF HEBRON
WEEKLY MANAGEMENT REPORT
June 19, 2015**

TOWN MANAGER:

Staff Meeting – Monday, June 22, 2015 – 8:30 a.m. - TOB

SELECTMEN BOARD/COMMITTEE DATES:

Board of Selectmen – Thursday, July 16, 2015 – 7:30 p.m. – TOB

LIAISON MEETINGS:

Board of Finance – Thursday, June 25, 2015 – 7:00 p.m. – (Stuart)

Parks and Recreation – Monday, June 29, 2015 – 7:30 p.m. – Burnt Hill Park – (O’Connell)

Commission on Aging – Wednesday, July 1, 2015 – 8:30 a.m. – Senior Center – (Richmond)

COMMISSION/COMMITTEES:

Town of Hebron Health and Safety:

We have worked **23** days without a work related injury or accident.

DEPARTMENT NEWS

Parks

The Town has just been informed that it has been chosen for 3 UCONN Turf and Ornamental Grants as part of its work on pesticide free sites.

These Grants include:

- Seed and turf analysis at Hebron Elementary. UCONN’s plan is to utilize new enhanced seed to study turf density, disease and insect residence and turf playability.
- Gilead Hill School has been selected for Ornamental study to analyze proper selection of native plants on school grounds.
- Gilead has also been selected on a turf analysis regarding density, coverage and soil analysis.

Mowing and field prep continues. The park crew will be working on landscaping at all the town sites.

SUMMER CAMP & SPECIALTY CAMPS

Summer Camps

This year’s Summer Camps will consist of **Great Beginnings** for grades Pre K- 2nd grade, **Great Escape** for grades 3rd -6th, and **Adventure Camp** for grades 7- 9. Great Beginnings, Great Escape Camp, and Adventure Camp will run the duration of 9 weeks, from 8:00am to 4:00pm with extended care options. A full day of activities will be provided to meet the needs of the children. In the morning the group will meet all together in one designated area. After reporting to their homeroom, each group will rotate through a block schedule, which includes sports and games, adventure, arts and crafts with a Friday special event. We will then break for lunch at which time each group will report back to the designated homeroom area. After lunch the

groups will rotate through electives which can consist of trust games, nature walks, scavenger hunts or group games. Each day will end with homeroom. **Great Beginnings will be held at Gilead Hill School. **There will be an additional Admission/Activities fee for trips****
Registration forms will be on line.

Performing Arts Camp

Explore the dramatic arts in a safe, fun, highly-charged setting, with classes in acting and dance. Afternoons will focus on rehearsals for the end of the week show on Thursday at 1:30pm.

Location: HES GYM

Age	Day	Time	Date	Fee
6-11	M-TH	9:00-2:30P	6/29 – 7/2	\$190

Nature and Art

Boys and girls will spend a lot of time out of doors observing, drawing, painting and crafting with Susan Giammarco. Weather permitting we will use the GHS nature trail as our art studio. Projects will include, but are not limited to, nature weavings, gel prints, drawing from nature, outdoor fairy houses, rain paintings and environmental art. Projects may vary depending on the weather. Students will be provided with sketch books and a tote to carry art supplies. Please bring water, a snack, sun screen and bug repellent and dress appropriately for outdoor activities.

Location: Gilead Hill School Art Room

Age	Day	Time	Date	Fee
6-12	M-TH	9:00-12:00P	7/13-7/16	\$165

Tennis Beginner

Beginners' lessons are scheduled from 9-10 am and taught by James Mathews. Participants will develop new skills and techniques through enjoyable activities and drills. Each session will run from Monday thru Thursday. Make-up classes will be held on Friday if needed.

Location: RHS Tennis Courts

Age	Day	Time	Date	Fee
Youth	M-Th	9:00-10:00A	6/22-6/25	\$61
Youth	M-Th	9:00-10:00A	6/29-7/2	\$61

Tennis Intermediate

Intermediate lessons are scheduled from 10:15-11:30 am and taught by James Mathews. Participants will develop new skills and techniques through enjoyable activities and drills. Each session will run from Monday thru Thursday. Make-up classes will be held on Friday if needed.

Location: RHS Tennis Courts

Age	Day	Time	Date	Fee
Youth	M-Th	10:15-11:30A	6/22-6/25	\$67
Youth	M-Th	10:15-11:30A	6/29-7/2	\$67

Shooting Stars Basketball Camp

Join Steve Emt, RHAM Boys' Varsity Basketball coach for some basketball development and fun! Kids will focus on learning team concepts, strategy, and conditioning. The goal is to develop a more well-rounded and thoughtful player. T-shirts will be given to each participant.

Location: RHAM High School GYM

Age	Day	Time	Date	Fee
8-14 Girls	T-F	8:00-12:00P	6/23 – 6/26	\$100 (4 day camp)
8-14 Boys	M-F	8:00-12:00P	7/6 – 7/10	\$125
5-7 Co-ed	M-TH	9:00-11:30A	7/13 – 7/16	\$85 (4 day camp)

Basketball Open Gym

Come join Steve Emt, RHAM Boys' Varsity Basketball coach for open gyms at RHAM High School. Pick-up games will be played. Space is limited, so sign up now!

Location: RHAM High School GYM

Grade	Day	Time	Date	Fee
9-12	M&W	6:00P-7:30P	6/24-7/29	\$30

Recreation

PIYO

PiYo™ is a unique class designed to build strength, gain flexibility and burn calories. High intensity, low impact. The moves fit perfectly together to form a class filled with intense choreography that's fun, challenging and will make you sweat. PiYo is a wonderfully dynamic workout that is suitable for *all* fitness levels. Sound fun? Are you ready to start, or continue, down the road to health and fitness? Instructor-Donna Bellmore- BS in Human Development and Family relations, NASM Certified Personal Trainer, AFAA Fitness Certified, PiYo Certified Instructor. (6 week class) (drop in \$10 per class)

Location: GHS Activity Room

Age	Day	Time	Date	Fee
Adult	M	6:00-7:00P	6/29-7/27	\$45 (Located at Burnt Hill Park)

Boot Camp in the Park

Get ready to become one with nature! This challenging outdoor workout will consist of cardio drills including running/jogging and strength training exercises that will tone every muscle in your body. We will work together to stay motivated and encouraged. All are welcome! Modifications will be given to meet every fitness level. Prepare to feel like a kid at summer sports camp! Instructor-Donna Bellmore- BS in Human Development and Family relations, NASM Certified Personal Trainer, AFAA Fitness Certified.

Location: Burnt Hill Park

Age	Day	Time	Date	Fee
Adult	T	6:00-7:00P	6/23-7/21	\$45 (drop in \$10.00 per class)

TOWN CLERK

Now that the Town Budget has passed we are closing out the year-end accounting and preparing for the 2015/2016 fiscal year.

Preparations for the November election are well underway. We stay in touch with the Republican and Democratic Town Committees and state agencies to make sure all reporting deadlines outlined in the election calendar are being met.

The Hebron Top Dog contest was held on May 20 at the Senior Center. Congratulations to “Murphy” the 2015 Hebron Top Dog who is the beloved puppy of the Danaher family.

June is Dog licensing month so we are busy checking rabies vaccinations and issuing tags to Hebron dogs. We have licensed 450 dogs so far and expect to double that by the end of the month.

PUBLIC WORKS

This week the Public Works Department continued to prepare for the paving contractor scheduled for next week on Scarboro Drive. Curbing was repaired where the catch basins were raised to grade. Keyways were milled as well as driveway areas where elevations were a concern. The crew removed litter from the roadside where needed throughout the week. The main packing cylinder for the municipal solid waste compactor needed to be repaired and this was a week long effort to accomplish. The compactor is now up and running for the weekend use at the Transfer Station. Pavement patching continued on Old Colchester Road in preparation for a new surface treatment.

ECONOMIC DEVELOPMENT

The Economic Development Commission has scheduled an evening Business Networking Meeting on Monday evening, June 29th, starting at 6 PM at Gina Marie's Restaurant. This is the third summer that we have scheduled a dinner Business Networking meeting on the deck at Gina Marie's. See attached announcement for more details. At 6:15 PM the Town Planner and the Town's Economic Development Coordinator will present an update on economic development news and programs and at 6:45 PM we will enjoy a light dinner (\$5 donation requested for dinner). All are welcome to join us!

Hebron EDC Community News

Join us for "Schmooze and News"

■ The Hebron Business Networking Summer Evening Monday, June 29, 2015 at Gina Marie's

Please join us for food, info, and fun from 6:00 - 7:30 p.m.

As they did last year, this event will be hosted by Hebron Business of the Year Gina Marie's at 71 Main Street. We'll celebrate the very welcome warmth by getting together after work and enjoying a summer evening on the deck.



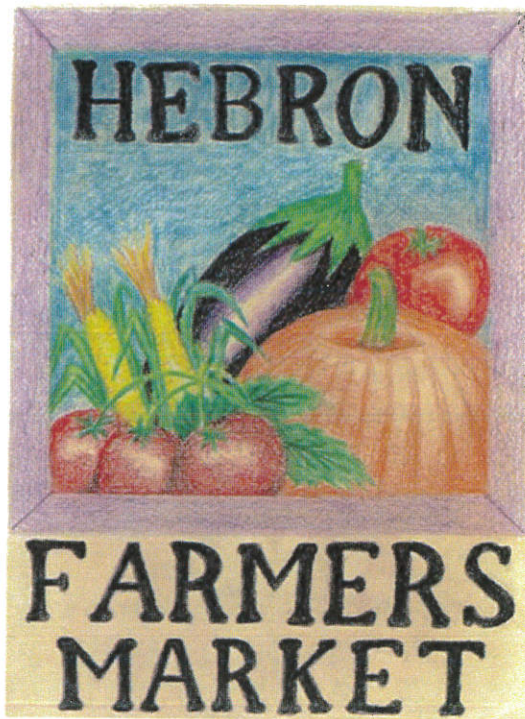
Gina Marie's will be providing pizza and salad. We ask for a \$5.00 donation to help offset costs. Beer and wine will also be available (on a cash basis).

Aside from the always-pleasant networking and chatting time, Town Planning and Economic Development representatives will be discussing recent updates and initiatives supporting businesses and development in Town, including:

- The Successes of the Facade Improvement Program
- Mixed-Use Overlay Zoning Regulations
- Redevelopment Planning for 459 Church Street ("Treasure Factory")
- Cleanup and Redevelopment Strategy for 501 Church Street

[Able to join us? Please CLICK to RSVP!](#)

■ Hebron Farmers' Market Opens This Saturday!



**6th Annual
Season!**

**Opening Day
June 20, 2015**

**Shop 9-12:30
on Saturdays**

Vendors, Businesses, or Community Groups interested in participating in the Farmers' Market this year, please contact Catherine Hough at oneidahealthfoundation@gmail.com

Promote Your Business Here in Hebron

As part of our ongoing efforts to promote and support our terrific local businesses, the Hebron EDC would like to help you tell your story! In upcoming issues of this e-newsletter, we will be featuring short profiles of local business owners. If you have news, events, or just great information to share, please let us know. Contact [Judy Podell](#) for more details. Spread the word!

Town of Hebron Economic Development Commission

Hebron Town Office Building
15 Gilead Street
Hebron, CT 06248

P: 860-228-5971, x137 F: 860-228-5980 E: HEDC@hebronct.com

CELEBRATING LIFE

Windham recognizes
Cancer Survivors Day / 5



SCHOOL FUNDS

Windham Auxiliary awards
pair of scholarships / 8

Hartford
HealthCare



HospiTell

The William W. Backus Hospital

Windham Community Memorial Hospital

VOL. 44, NO. 25

JUNE 19, 2015

backushospital.org • windhamhospital.org



Lordy, lordy

Look who's been here 40 (years)

Employee recognition night celebrates decades of service

Windham Hospital's Mark Patros, left, and Backus Hospital's Donna Goss, right, were each honored Tuesday, June 16, at the East Region employee recognition night celebration for their 40 years of service.

**STORY,
PAGES 6-7**

Gift Shop

Items of the Week



New popcorn shrugs

Assorted colors and sizes.

\$39.95



Inspired by nature

All Charles Viancin kitchen accoutrements — including environmentally friendly bowl covers and cutting boards — now 30 % off.

BACKUS GIFT SHOP HOURS:

MON. - WED. / 9:30 A.M. - 7:30 P.M.,
THURS. - FRI. / 9:30 A.M. - 6:30 P.M.,
SAT. / 9:30 A.M. - 4 P.M., SUN. / 1 - 4 P.M.

WINDHAM GIFT SHOP HOURS:

MON. - FRI. / 9 A.M. - 4 P.M.

About HospiTell

HospiTell is published each Friday by the Communications Departments of The William W. Backus Hospital and Windham Hospital. Employees, medical staff and volunteers can have HospiTell e-mailed to their homes by sending a request to virginia.james@hhchealth.org

To submit news:

E-mail: publicrelations@wwbh.org

Fax: 860-892-6964

Deadline: Wednesdays at noon

Public safety team asks staff to be on alert after Plainfield break-ins

The Backus Public Safety team is working with Plainfield Police to find a suspect in a series of recent car break-ins at Plainfield Backus Emergency Care Center. Items were stolen from three cars on Sunday evening, June 16.

The Public Safety Department has some tips for all employees when parking their cars:

- Don't leave valuables like phones, wallets, purses or computers in plain sight in your vehicle. Take them with you.
- Try to park in well-lit areas, if possible.
- In warmer months, don't leave windows open — even partially — to keep your car cool.
- In colder months, don't leave your car unattended while warming it up.
- If you're concerned about a break-in, you can also clear your car of all belongings and leave all storage areas open to show there is nothing to steal.

Respirator fit testing schedule

Friday, June 19	6 a.m. – noon	main lobby conference Room 3
Tuesday, June 23	6 a.m. – noon	main lobby conference Room 1
Wednesday, June 24	12:30 p.m. – 6:30 p.m.	main lobby conference Room 3
Monday, June 29	11 a.m. – 5 p.m.	main lobby conference Room 3
Monday, July 13	6 a.m. – noon	main lobby conference Room 3

Respirator fit testing at Backus

Backus Hospital's respirator fit testing will take place from June 2 to July 14. All respirator fit testing must be completed by 3 p.m. on Tuesday, July 14. See the complete schedule above to find a convenient time to stop by for the test..



Upcoming Auxiliary vendor sales



Backus: Tastefully Simple will be the featured dealer for the next Backus Auxiliary vendor sale **Friday, June 19**, from 9 a.m. to 4 p.m. in the MOB/cafeteria alcove. Items include easy-to-prepare foods, gifts and more.

Windham: Because of ongoing construction in the atrium this summer, Windham vendor sales will be on hiatus until August. Please check back to see when the next vendor will be arriving.

All sales by each auxiliary benefits the host hospital!

■ Tune in to our latest videos anytime at backushospital.org.



Transformation ahead for East Region

Editor's note: The following is a letter from Hartford HealthCare President and CEO Elliot Joseph and Executive Vice President and COO Jeff Flaks.

To the Staff:

We have made a commitment to the people we serve to provide consistently excellent and seamlessly coordinated care. We are transforming Hartford HealthCare to keep that promise. We are leaders in creating a system that is focused on providing higher quality, a better patient experience and more affordable care.

Unfortunately, despite our best efforts to reduce costs and increase revenues this year, Hartford HealthCare faces additional Medicaid cuts, bringing our total Medicaid payment reductions from the State of Connecticut to more than \$100 million over five years. The magnitude of these cuts make our model unsustainable going forward.

To ensure our ability to continue as a leader in the transformation of healthcare, and to afford the necessary investments to fulfill our vision, we must operate more efficiently. As a step toward this future, we are announcing a series of significant changes involving systemwide staffing cuts and changes involving key Hartford HealthCare facilities.

Hartford HealthCare will eliminate the equivalent of approximately 335 full-time positions. This will affect 418 staff members. We will also make changes to some programs to ensure that our care is always there for our patients and families.

These are among the most difficult and painful decisions we have to make. Yet, it is essential that we do everything we can to remain viable and strong for those who rely on us for care.

These necessary changes will affect parts of our organization differently, and specific details are still being developed. Regional presidents and heads of our affiliate organizations will communicate the details for their organization at regional leadership forums and in regional communications by the end of this month.

Here are the major elements of our plan:

Staff reductions

■ Job reductions will take place at every region and level of our organization, from administration and managerial jobs to front-line positions. We rec-

See TRANSFORMATION, page 4

Dear Colleagues:

As you read in the letter from Elliot Joseph, our president and chief executive officer, and Jeff Flaks, our chief operating officer and executive vice president, Hartford HealthCare faces severe financial challenges, especially in light of the state budget. In order to curb costs and maintain our financial

strength, there will be job reductions across Hartford HealthCare.

I want to explain what this will mean for the East Region. We anticipate a reduction of 105 FTEs, which will impact 142 positions — 119 at Windham and 23 at Backus. These positions span all levels of the organization. We will keep our values in the forefront as we work with colleagues who will be leaving our organization.

I know this is difficult news, which makes it especially important to ensure

we all have accurate information. Our leadership team and I are working to complete staffing and program plans without affecting our mission to provide outstanding care, and we will provide more detailed information as soon as possible.

The most significant part of our plan calls for creating a more sustainable future for healthcare in the East Region. For Windham Hospital, in particular, this means we must transform and solidify our model of care delivery. Maintaining Windham Hospital as an acute-care facility will require focusing on cornerstone services our community needs most, and serving as a gateway for patients to receive care locally and throughout our integrated healthcare delivery network.

At both our hospitals and throughout our region, we have already seen the benefits of providing more coordinated and consolidated programs. We will continue to explore all opportunities to regionalize and contain costs.

At the same time, we need to continue our investments in outpatient care. Conveniently located outpatient centers — like the one we are planning in Plainfield and the health centers we have opened throughout our region — reflect our strategy to provide more care where people need and want it.

I realize that today's news is not welcome. These are difficult times, and difficult decisions must be made if we are to continue serving the people and communities of the East Region. Thank you for all you do for those who depend on us.



President, Hartford HealthCare East Region
Senior Vice President, Hartford HealthCare

TRANSFORMATION, *from page 3*

ognize the many contributions of those who will be leaving us, and we pledge to be thoughtful, compassionate and fair in completing this reduction. Our values will continue to guide us as we provide our departing colleagues with all appropriate support and assistance, consistent with our policies. Senior leaders will work to ensure that the period of uncertainty for staff will be as short as possible.

Transforming care delivery

■ Windham Hospital — We are committed to sustaining and improving the health of the Windham community and ensuring that Windham Hospital remains a cornerstone of care in our East Region. We will enhance care coordination, with a focus on shorter hospital stays, coordinated outpatient services and appropriate transitions whenever a higher level of care is needed.

■ Bradley campus — We will continue to transform Bradley in Southington, which is a campus of The Hospital of Central Connecticut. We already have committed to maintain and upgrade the Bradley Emergency Department with private beds. This will offer a more versatile and efficient means to provide medically appropriate care there when overnight stays are needed. Bradley, with its new ambulatory surgery center and services, will continue to be the focal point of care for Southington.

Vendor-supplied services

■ We have reached out to vendors who supply Hartford HealthCare with goods and services, and asked them to participate significantly in our expense reduction and cost containment efforts. We will work with our clinical and quality councils to ensure that greater standardization of supplies results in both improved safety and cost savings. Our business partners recognize the value of a strong and responsive healthcare system such as ours.

We believe these actions are sufficient to meet the financial challenges we face today.

It is important to note that we are not simply cutting.

As a successful organization, we must invest heavily in the jobs, technologies and facilities that we need to continue as leaders in the new world of healthcare.

We are working hard to complete our HHC Unity: Care-Connect initiative to launch the Epic electronic health record and create a strong platform for data analysis so that we can help keep populations healthy. We have just opened our new HHC Cancer Institute facility at The Hospital of Central Connecticut. We continue to focus on the programmatic development of our service lines for orthopedics, neurosciences, cancer and cardiac care. With our patients preferring care closer to home, we are expanding our outpatient options, with new and convenient ambulatory care centers throughout our service area.

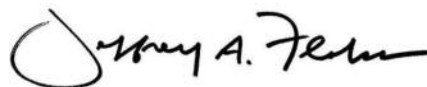
These investments not only serve our patients, they also provide new employment and professional-development opportunities for our staff and create entirely new categories of healthcare jobs. This is why we are investing in care coaches and coordinators, case managers for chronic conditions, and specialists in informatics and data analytics.

We know that change is difficult, but it is essential if we are to keep our promise to our patients and families. Thank you for everything you do every day on behalf of those we serve.


Sincerely,



Elliot Joseph
HHC President and Chief Executive Officer



Jeffrey A. Flaks
HHC Executive Vice President and Chief Operating Officer



Let's Talk About Your Health

Free community event

Backus Hospital
Connect to healthier.™

KNEE OR HIP PAIN?


Join us to learn about MAKOpasty®, a robotic assisted surgery for partial knee and total hip replacements that makes surgery more precise and recoveries easier.

Presenters: Scott Stanat, MD and William Cambridge, MD
Both are certified in robotic orthopedic surgery

Tuesday, June 30, from 6 - 8 pm

Backus Hospital Main Lobby Conference Rooms, 326 Washington St., Norwich

Pre-registration required. Call **860.892.6900**.



Windham recognizes Cancer Survivors Day

Celebrate each and every day was the message from Cynthia Namaswa, the survivor speaker at Windham Hospital's 10th annual Cancer Survivors Day Celebration held on June

13 at Eastern Connecticut State University.

Namaswa, who was diagnosed with acute myeloid leukemia five years ago and is now cancer-free, urged the nearly 75 survivors and their

friends and family to share their stories with other survivors to let them know that they're not alone on their journey.

"I hope I can serve as an inspiration to other cancer survivors. By talking to each other, listening to each other's stories, we can inspire each other," said Namaswa.



Namaswa



The Destiny Africa Children's Choir performed as part of Windham Hospital's 10th annual Cancer Survivors Day celebration.

The event, organized by East Region Oncology Program Manager Kate Starkey, included an inspirational performance by the Destiny Africa Children's choir and speeches from

Jeffrey Kamradt, MD, of Oncology Associates and Eileen Ossen, of the Jeffrey P. Ossen Family Foundation, which provides funding for the annual event.

Blood drive June 19 at Dodd Stadium



There will be an American Red Cross blood drive on Friday, June 19, from 1:45 - 7 p.m. at Dodd Stadium on Stott Avenue across from the East Region System Support Office. All presenting donors will receive two free tickets to a Connecticut Tigers game of their choice.

To schedule an appointment to give blood, e-mail call **800-RED-CROSS** or go to **redcross.org**.

Thin's In session begins June 22

If weight loss is your goal, then the "Thin's In" weight reduction program can give you the tools you need. Instructor Dianne Rubin combines balanced eating and behavior modification, which will leave you feeling mentally and physically satisfied and healthier.

Classes run for 10 weeks and begin Monday, June 22, at the HHC East System Support Office, 11 Stott Avenue, in Norwich. The program costs \$130. Registration is required by calling **860-442-2280**.

Retirement information sessions planned

■ To help you understand changes to our retirement program, education sessions have been scheduled beginning June 8 at Backus and in July at Windham Hospital. Everyone is highly encouraged to attend.

WINDHAM

Wednesday, July 8

Bernard/Desrosier Room

6, 7:30, 9, 10:30 a.m.

Thursday, July 9

Bernard/Desrosier Room

1:30, 3, 4:30, 6, 7:30 p.m.

Friday, July 10

Family Health Center, 2nd Floor Meeting Room

8, 9:30, 11 a.m., 1:30, 3 p.m.



Doing something healthy? Take a selfie.

Share your Picture of Healthier and you could win an Apple Watch!

We want to see how you connect to healthier! Submit photos of yourself enjoying your favorite healthy activities — from working out to eating well — and you could win an Apple Watch, or be featured on our Facebook page and upcoming ads and promotions.

**Submit your photos at
connect@hhchealth.org!**

**Hartford
HealthCare**
Connect to healthier.™

Backus, Windham celebrate decades of service

More than 200 staff members from Backus and Windham were honored for their years of service during the East Region's "Celebration of Service" event on June 16 in the Stott Avenue conference rooms, which were transformed into a festive display of elegance,

hors d'oeuvres and cocktails.

Employees with 10, 15, 20, 25, 30, 35 and

COVER STORY

40 years of service were recognized. Each received a pin while being escorted by their manager.

Backus cancer program registrar Donna Goss and East Region physician recruiter Mark Patros were honored with a special video tribute from friends and colleagues for their 40 years of service.

"Donna is the glue that keeps the (cancer) program together," said Dr. Dinesh Kapur, Medical Director of Backus Cancer Services, in the seven-minute video that was met with applause, laughter and some tears.

"Mark Patros is the quintessential gentleman. He exudes true professionalism" said the Windham Hospital Foundation's Shawn Maynard, who has known Patros since grammar school.

Teddi Moore, monitor tech on the 4 Shea unit at Windham, was also honored for 40 years of service, but was not available for the event. Friends called Moore "the go-to person on the unit."

Backus cardiac support group meets July 8

The Backus Cardiac Disease support group will host its next session on Wednesday, July 8, from 6-7 p.m. in the hospital's library.

The support group is open to anyone who needs support in managing cardiac disease. If you have questions, please call **860-889-8331, ext. 2128**.

The group meets on the second Wednesday of every month.

Windham Auxiliary awards pair of scholarships

Franklin resident Hannah N. Curry and Brooklyn's Shelby Fundin are the 2015 recipients of the Anne L. Card Memorial Scholarship

Curry will graduate from Norwich Free Academy this month. She'll be attending Duquesne University in the fall, and plans to major in Physical Therapy. Fundin will graduate from Woodstock Academy. She will be attending Northeastern University and plans to study Biomedical Physics (a premedical path).

The scholarship, named in honor of the late Anne L. Card, who was a 50-plus year member of the Auxiliary and a dedicated volunteer at the hospital, awards two \$1,000 scholarships to students planning to enter a full-time course of study in medical related fields.

To be eligible, students must reside in one of the following towns: Andover, Ashford, Brooklyn, Canterbury, Chaplin, Colchester, Columbia, Coventry, Eastford, Franklin, Hampton, Hebron, Lebanon, Mansfield, Scotland, Sprague, Tolland, Willington, or Windham/Willimantic.



Curry



Fundin

Family Fun Day

Health & Wellness Fair

Saturday, June 27st
Rain Date: Sunday, 28nd
10:00 am— 2:00 pm

at
ZAGRAY FARM
 544 Amston Road (Rte 85) Colchester

Bring your lunch and have a picnic. Fresh made salads and produce will also be available to purchase

Free Event

Sponsored by:



Collaborative for Colchester's Children
HEALTHY, HAPPY & SUCCESSFUL CHILDREN



Backus Hospital
Connect to healthier.™

Prizes

- Hayrides
- Pediatric eye screenings
- Outdoor Games
- Touch-A-Tractor
- Family Support
- Inflatable Obstacle Course
- Bounce House
- Kids Crafts
- Face Painting
- Fresh produce, salads, and herbs
- Magician
- And much more !

In the event of rain, please check our Facebook page

By popular demand, Backus adds second sleep talk

Backus Hospital will host a second free community education program on treatments for sleep disorders on Tuesday, July 14, from 6:30 - 8 p.m. in the Backus Hospital main lobby conference at 326 Washington Street in Norwich.

The discussion called "In Pursuit of A Good Night's Sleep" will be led pulmonologist Setu Vora, MD, and Dr. Carina Vora, DDS, who will discuss insomnia, snoring, sleep apnea, and share strategies and treatments for a more restful night's sleep.

Pre-registration required; please call 860-892-6900.

Norwich GI Associates basket raffle June 30

Norwich GI Associates will be holding a basket raffle on June 30 to benefit Crohn's and Colitis Foundation of America. The event will be held from 11 a.m. - 3 p.m. in the Backus alcove.



American
Heart
Association

My Heart. My Life.

Heart Walk.

2015 HEART WALK TEAM CAPTAIN KICKOFF BREAKFAST

DATE

THURSDAY
July 9th

LOCATION

MOHEGAN SUN
CONVENTION CENTER
UNCAS BALLROOM

TIME

REGISTRATION:
7:30 AM
PROGRAM:
8:00 AM

TAKE THE FIRST STEP! RSVP BY JULY 1 TO:
GINNY JAMES at 860-889-8331, ext. 4211
or virginia.james@hhchealth.org

Backus **SCENE**

They're back. You'll be seeing more and more of the junior volunteers as schools let out for the summer. Lily Morris-Love, a Norwich Free Academy student, will be one of those junior volunteers helping to transport patients. Please make them all feel welcome.

News from the

**About the EAG**

■ The EAG is a small team of employees who plan and coordinate fun and discounted activities for all employees. Contact the group by e-mailing Donna McLaughlin at donna.mclaughlin@hhchealth.org.

EAG weekly prize winner for June 19

■ **Lauren McQuillan** —
Cardiac Cath Lab

Call Cathy Saunders at ext. 2105
to collect your prize.

Backus Café Menu

SATURDAY, June 20	manicotti with marinara / chicken bacon ranch sandwich / soup du jour
SUNDAY, June 21	chicken tenders / chef's choice / new england clam chowder
MONDAY, June 22	ENTREES: sicilian chicken with garlicky greens / sausage and pepper grinder / cheese ravioli with tomato cream sauce / SOUPS: navy bean / tomato florentine / SIDES: asparagus / sicilian blend vegetable / roasted red bliss potatoes / french fries
TUESDAY, June 23	ENTREES: grilled chicken caesar salad / seared tilapia with mango-jicama slaw / vegetarian lasagna / SOUPS: beef chili / butternut apple bisque / SIDES: brussel sprouts / baby carrots / rice pilaf
WEDNESDAY, June 24	ENTREES: sausage and vegetable calzone / braised beef and tortellini / tofu tacos with lime-cilantro slaw / SOUPS: chicken noodle / broccoli and cheese / SIDES: green beans / normandy blend vegetables / basmati rice / french fries
THURSDAY, June 25	ENTREES: thai waterfall beef salad / turkey shepherd's pie / eggplant stacker / SOUPS: stuffed pepper / herb vegetable / SIDES: bermuda blend vegetables / baby beets / garlic bread / french fries
FRIDAY, June 26	ENTREES: apricot-soy glazed salmon / chef's choice / chicken broccoli macaroni and cheese with bacon / SOUPS: chef's choice / shrimp bisque / SIDES: corn / caribbean blend vegetables / wild rice pilaf

DAILY FARE: A variety of hot paninis, cold wraps and pizza specials are available on a rotating basis

The Backus cafeteria is open daily from **6:30 a.m. - 6:30 p.m.**
Hot food is served from **6:30 - 10:30 a.m.; 11 a.m. - 2 p.m.; and 5 - 6:30 p.m.**

Four from East Region complete PLDI program

Three physicians from Backus Hospital and one from Northeast Emergency Medicine Specialists (NEMS) were among those who graduated June 10 as part of the fourth class of the Physician Leadership Development Institute (PLDI).

Max Goldstein, MD, of NEMS, and Backus Hospital's William Horgan, MD, Naomi Nomizu, MD, and Nathan Siegel, MD, all completed a 10-month series of educational sessions on topics including the H3W leadership behaviors training, quality and safety, finance, the clinical transformation of healthcare, strategic planning and marketing, negotiating and LEAN.

Providers completed a capstone project in which they were paired with business leaders to research and plan an initiative to support the goals of HHC.

The PLDI was formed to strengthen the leadership skills of providers across Hartford HealthCare.

Windham **SCENE**



Dr. Robert Bundy, left, and his wife, Beverly, beat the evening heat by dipping their feet in their pool during the Auxiliary to Windham Hospital's 'Spirits at La Ramada' fundraiser on Thursday, June 11, at their home. The annual fundraiser and social event — which drew nearly 150 people this year and included hearty Mexican-themed hors d'oeuvres, cocktails and a three-piece Mariachi band — raises funds that benefit programs and services at Windham Hospital.

MONDAY, June 22	ENTREE: teriyaki and sesame glazed salmon / SOUPS: vegetarian lentil soup / soup du jour / SIDES: wild rice pilaf / peas / SANDWICH: deli buffalo chicken panini
TUESDAY, June 23	ENTREE: meat or vegetable stromboli / SOUPS: chicken, barley and leek / soup du jour / SIDES: buttered shells / chef's choice / SANDWICH: grilled chicken caesar pita
WEDNESDAY, June 24	ENTREE: beef, shrimp or vegetable stir fry over rice / SOUPS: italian wedding / soup du jour / SIDES: white rice / sweet and spicy green beans / SANDWICH: fresh eggplant grilled panini
THURSDAY, June 25	ENTREE: marinated grilled flank steak with mushroom wine sauce / SOUPS: sausage, kale and potato / soup du jour / SIDES: chipotle cream au gratin potatoes / sautéed brussel sprouts / SANDWICH: "not your normal" gluten-free grilled cheese
FRIDAY, June 26	ENTREE: baked ham with beans and brown bread / fish tacos / SOUPS: new england clam chowder / soup du jour / SIDES: fresh broccoli / chef's choice / SANDWICH: fresh turkey with sliced apple, cheddar cheese and honey mustard
SATURDAY, June 27	ENTREE: spaghetti with meatballs or sausage with garlic bread / SOUP: chicken vegetable with rice / SIDES: chef's choice / SANDWICH: cuban grilled panini
SUNDAY, June 28	ENTREE: build your own burger bar / SOUP: beef barley / SIDES: sliced carrots / tater tots / SANDWICH: portabella and bleu with crumbled bleu cheese and mixed greens

BREAKFAST: Served weekdays only and includes a variety of hot items including oatmeal, cream of wheat, yogurt bar, scrambled eggs, bacon, sausage, homefries and a breakfast sandwich (Selection varies by day)

The Sumner Cafeteria open from **6:30 - 10:30 a.m.; 11:15 a.m. - 1:30 p.m.; 2 - 2:30 p.m. and 3 - 6:30 p.m.**
Hot food is served from **6:30 - 9:30 a.m.; 11:15 a.m. - 1:30 p.m.; and 5 - 6:30 p.m.**

Sumner Cafeteria Menu

GENERAL STORE

General Store is a free classified ad section for the benefit of East Region employees, retirees, medical staff and volunteers.

We welcome your submissions by the hospital Intranet, fax (860-892-6964), mail or by e-mailing publicrelations@wwbh.org.

The deadline for submissions to be included in each Friday's *Hospitell* is **Wednesday at noon**.

Hospitell will include community events for not-for-profit organizations based in eastern Connecticut that are open to the public and free of charge. We do not accept ads for real estate, firearms or personal ads. Please do not list hospital phone numbers or hospital e-mail addresses for responses. You must submit your item weekly if you want it to appear more than one week.

To have *Hospitell* e-mailed to you, or for questions about the General Store, please call Ginny James, Backus Corporate Communications, at **860-889-8331, ext. 4211**, or e-mail her at virginia.james@hhchealth.org.

FOR SALE

1995 JEEP CHEROKEE SPORT — 4x4, four wheel drive, like new tires, new water pump, new starter, new leaf springs, new muffler tailpipe, front left brakeline leak otherwise runs good, great in snow. \$750 or best offer. Call **860-848-1108** and please leave a message.

NUTRIBULLET PRO 900 SERIES BLENDER — New in box, regular price is \$179.99, selling for \$100. Call **860-336-6509**.

FREE

LEATHER RECLINERS — Two recliners, one in excellent condition, the other is in fair condition. Call **860-887-8463**.

WANTED

VOLUNTEERS — The Norwich Historical Society is looking for volunteers to staff the Norwich Heritage and Regional Visitor's Center in the Daniel Lathrop Schoolhouse on the Norwich town Green. The Center will be open Wednesday through Sunday from 10 a.m. to 4 p.m. If available, please contact Regan at minerregan@gmail.com or call **860-917-8478**.

FOSTER PARENTS NEEDED — Waterford Country School Foster Care is seeking full-time and part-time foster families. Find out how you can make an impact on the life of a child in the community. WCS Foster Care provides free training and licensing, 24-hour staff support and a substantial monthly reimbursement. Call **860-886-7500, ext. 170**.

ARTISTS — FACES at FAHS (Fine Art and Craft Exhibit and Sale at the Finnish American Heritage Society) is seeking artists and crafters for a Saturday, Oct. 3 event at the Finnish Hall, 76 North Canterbury Rd., Canterbury. Indoor/outdoor spaces, \$30 (postmarked on or before Friday, July 31), free admission, handicapped accessible. Call **860-974-2760** or email FACE-SatFAHS@gmail.com.

EVENTS

NEIGHBORHOOD FLEA MARKET — Saturday, June 27, 8 a.m. to 2 p.m. at Bethel Community United Methodist Church, 1 Rixtown Road, Route 165,

Griswold. Indoor/outdoor, vendors wanted, each space is \$20. Proceeds benefit the Church, hotdogs, baked goods. Call **860-367-4639**.

QUILTS OF VALOR BREAKFAST — Saturday, June 27, 8-10 a.m. at the VFW Post 594, 30 Connecticut Ave., Norwich. \$5 suggested donation, all proceeds benefit the Stitch Chicks Quilts of Valor Group. Eggs, bacon, sausage, english muffins, homefries, French toast, coffee, tea, juice. For more information visit www.govf.org.

ST. JAMES FREE SPAGHETTI DINNER — Friday, July 10 from 3:30-7 p.m. at St. James Church, routes 2A and 117, Preston. The church is hosting this dinner to raise awareness of the Church Mission Trip to Ecuador. A free will of offering will be accepted to help defray costs for the Mission Trip.

WILLIMANTIC ELKS LODGE VACATION RAFFLE — Tickets available in the Backus Hospital Gift Shop. \$10 per ticket, drawing is Thursday, July 23, proceeds benefit Backus Hospital, Jolly John's Keep You Trucking Fund. First prize, trip for two to Orlando, five days, second prize, trip for two to Las Vegas, four days, third prize, weekend getaway for two to Boston, three days. For further information call **860-208-1506**.

ANNUAL RUMMAGE SALE — Thursday, July 30, 5-8 p.m., Friday, July 31, 9 a.m.-6 p.m., Saturday, Aug. 1, 9 a.m.-2 p.m., Friday, Aug. 7, 10 a.m.-5 p.m., Saturday, Aug. 8, 9 a.m.-2 p.m. at St. Mary's Church/St. Joseph School, 70 West Main St., Baltic. Seeking donations of furniture, household items, clothing, sporting goods, outdoor, toys, linens, etc. Call **860-822-6378**.

FUNDRAISER BANGLE BRACELETS — Please support Team Joshua and the March of Dimes Walk for Babies. All proceeds benefit the March of Dimes. Unique silver bangle with Team Joshua and March of Dimes logo with a purple crystal, \$20 each. For more information or pictures email dianna@snet.net.

LEE MEMORIAL CHURCH FUNDRAISERS — One pound pecans from Georgia, \$12. Streak-less cloths, \$3, no chemicals, just water, reusable, polishes. Proceeds benefit the church. Call **860-822-6595** or **860-908-9797**.

PRESCHOOL/CHILD CARE — First Leaps Together, Ledyard, a small fam-

ily-oriented center providing outstanding early education in Ledyard Center. Now enrolling for immediate space in our full daycare, preschool program options, after school programs, summer programs, and specialized services. Visit firstleapstogether.com or call **860-381-5537**.

ST. JOSEPH SCHOOL — Accepting registrations for the 2015-2016 school year. 10 School Hill Road, Baltic, full day pre-kindergarten for children who will be 3 and 4 years of age by December, grades kindergarten through eighth grade available. Call **860-822-6141** or email sistermarypatrick@gmail.com.

DINING FOR A CAUSE

The Ninety Nine Restaurants
Invites You to a
Fundraiser to Benefit:

William W Backus Hospital Auxiliary

Date:	Tuesday, July 21, 2015
Time:	5:00pm - 9:00pm
Location:	Ninety Nine Restaurants 5 Salem Turnpike Norwich, CT

Present the voucher below at this fundraiser and the Ninety Nine Restaurants will donate 15%* of your Guest check to the organization.

clip this voucher

DINING FOR A CAUSE

BENEFITING: William W Backus Hospital Auxiliary

DATE: Tuesday, July 21, 2015 **TIME:** 5:00pm - 9:00pm

LOCATION: Ninety Nine Restaurants, Norwich
5 Salem Turnpike



Coupons, discounts and promotions including "Kids Eat Free" will not be accepted during the fundraiser. Present this voucher to your server when seated as this is required for the organization to receive credit for the sale. *Donation is 15% of sales (excludes tax and gratuity). Only valid on date, time and location stated above.