

A U T U M N
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ROUNDS

HARTFORD HOSPITAL'S WELLNESS MAGAZINE

From Hysterectomy to Hormones

What Women Need to Know About
Their Health



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ROUNDS is a quarterly publication of Hartford Hospital. It is not intended to provide medical advice on individual health matters. Please consult your physician for any health concerns.

Burn Basics



Each year, approximately 3.5 million burn injuries are reported in the United States. Burn injuries are second only to motor vehicle accidents as a leading cause of accidental death in the United States.

When should you seek emergency help for a burn?

“With minor burns it is appropriate to go to your primary care physician or a walk-in clinic rather than the emergency room,” says A. Jon Smally, M.D., director of Emergency Medicine at Hartford Hospital. “In general, if a burn is more than three inches in diameter, has blisters or is close to the eyes or sensitive areas, seek medical care.”

Children and the elderly are more likely than adults to experience complications from burns.

First-degree burns

Mild burns or minor scalding only affect the top layer of the skin, but can appear red, swollen and painful. Sunburn is one example of a minor first-degree burn. Most first-degree burns do not require emergency treatment. Rinse with cool water (*not* ice). Apply Bacitracin ointment and cover with a sterile gauze bandage.

Second-degree burns

More serious burns affect deeper skin layers and cause severe pain and swelling. Blisters develop and the skin appears red and splotchy. Second-degree burns (no larger than three inches in diameter) can be treated as minor unless the burn injures the hands, feet, face, groin, buttocks or joints.

Third-degree burns

The most serious burns involve all layers of the skin, which may appear black and charred-looking or dry and white. Deep burns may heal very slowly and leave disfiguring or disabling scars.

For major burns, call 911 or seek emergency medical care.

What to do until emergency help arrives:

- Don't remove burned clothing.
- Don't immerse burns in cold water.
- Elevate burned body parts above heart level, if possible.
- Cover the area of the burn with a sterile bandage or a clean, dry cloth.

“The OCD Project” Is A Reality TV Hit on VH1

“Imagine living in constant fear. Every minute of every day. Imagine the weight of the world feels like it’s on your shoulders and your every move could kill you...could cause harm to your loved ones...and the only way you could cope with that fear is to engage in repetitive behaviors.”

— Dr. David Tolin in *The OCD Project*, VH1’s hit TV show

Driven by obsessive-compulsive disorder (OCD), sufferers try to stave off their frightening feelings by indulging in behaviors that give them an illusory sense of control. Haunted by obsessive fears or forbidden urges, they try repeated hand washing, counting, checking and cleaning in a vain effort to control their intrusive thoughts.

Last season’s reality show, *The OCD Project*, showcased six faces of the bewildering disorder for millions of viewers nationwide. The show followed the OCD sufferers as they underwent treatment at a mansion in the California hills, led by clinical psychologist David Tolin, Ph.D., director of the Anxiety Disorders Center at the Institute of Living (IOL).

“The six people on the show were fairly representative of the type of individuals we treat in our cognitive-behavioral therapy sessions at the IOL,” says Dr. Tolin. “VH1 chose a group of people who wanted to be on the show. I wanted to be sure that they really did have OCD and that they would benefit from exposure therapy.”

The reality show followed all six individuals as they made their way through three weeks of “exposure and response prevention” therapy—a proven treatment that helps individuals reduce their anxiety as they become “desensitized” by repeatedly facing their inner demons. One of the more striking moments in the show occurred when Dr. Tolin licked the sole of his shoe to convince the group that germs would not kill him. Under medical supervision and the watchful eye of Dr. Tolin, the individuals began to change their thinking by confronting whatever frightened them the most.

Arine, for one, had to go around in circles repeatedly checking where she had been driving because she feared hitting someone with her car. Both her father and grandfather had died in car accidents, which set the stage for



*Dr. David Tolin works with Kristin, who feared being touched.
Photo courtesy of VH1*

Arine’s fears that she might kill someone while driving. She became caught in a web of fear and avoidance. Over the course of the eight shows, she finally let go of her morbid anxieties—helped by Dr. Tolin throwing dolls under the wheels to show how irrational her fears really were.

Traci overcame her fears as she endured a scary visit to the morgue and a mock funeral for her 9-year-old son, while Jerry and Cody agreed to spend time in jail. As the others steadily improved, Kevin was asked to leave the show (and referred to another program) because Dr. Tolin suspected he had Asperger’s syndrome, a form of autism, rather than OCD. Kristin agreed to go for follow-up treatment in another inpatient facility after the three-week intensive program. “Some people doing therapy on TV are involved in the editing process,” says Dr. Tolin. “I did not have any control over what was filmed or how the show turned out.”

Growing evidence links OCD to abnormal circuitry and unusual patterns of brain activity. “The most effective treatment we know of for OCD is exposure and response prevention,” explains Dr. Tolin. “The person needs to learn that the things they are afraid of are not really dangerous. OCD is a neuropsychiatric disorder. Your brain reacts as if a mistake is being made even when no mistake is being made. It’s a false alarm of the brain.”

New Choices for Women's Health



*L to R: Dr. Christine LaSala, Dr. Paul Tulikangas,
and Dr. Adam Steinberg*

Technological innovations in fiberoptics, lasers and surgical robotics have shaped new healing tools for gynecological care.

Although one in three American women can expect to have a hysterectomy before age 60, medical advances are making surgery less common than in the past. One in five American women suffer from heavy periods or abnormal bleeding. For many women, hysterectomy remains the treatment of choice.

Women often suffer from heavy and irregular menstrual bleeding as they approach menopause. Benign fibroid tumors of the uterus afflict about 40 percent of women over age 40 and account for about a third of all hysterectomies performed each year in the United States. African American women are at especially high risk for fibroids, which can grow bigger than a bowling ball, causing heavy bleeding, anemia, back and pelvic pain, urinary frequency or pressure on the bladder.

“Women have new minimally invasive treatment options,” says Frederick J. Rau, M.D., of Gynecology & Obstetrics. A non-surgical approach called *uterine artery embolization*—performed by interventional radiologists—starves the fibroid of blood supply and shrivels the tumor away over time.

Endometrial *ablation* (freezing or burning the uterine lining) offers an alternative to hormones, birth control pills or other treatments for abnormal bleeding. Performed in the doctor’s office, ablation can often eliminate heavy bleeding or irregular periods in women who no longer want children. The Mirena intrauterine device (IUD) is also FDA-approved to treat heavy periods.

Five million women in the United States suffer from *endometriosis*, a disabling condition that causes pain and cramping when cells from the uterine lining spread to the ovaries, fallopian tubes, bladder and bowel. The most commonly performed major gynecologic surgical procedure in the United States, hysterectomy permanently relieves pelvic pain and excessive bleeding.

Hysterectomy no longer means a lengthy operation or a disfiguring scar.

Minimally Invasive Techniques

Smaller scars, reduced pain, minimal blood loss and shorter recovery times have spurred the rapid growth of minimally invasive surgery at Hartford Hospital. Today, minimally invasive surgery is routine for fibroid tumors, ovarian cysts, endometriosis, infertility and tubal ligation (“tube-tying”).

Tubal ligation can be performed with a minimally invasive technique in the doctor’s office, says Linda Taylor, M.D., of Taylor Associates Gynecology in Farmington. Using a hysteroscope to look into the uterus, physicians choose one of two techniques to block the fallopian tubes and form a natural barrier to fertilization. The Essure microinsert or the Adiana silicone matrix can be placed in the fallopian tube to stimulate scarring and occlude (obstruct) the fallopian tube.

Chronic pelvic pain accounts for an estimated 20 percent of all outpatient gynecological visits and up to a third of “laparoscopic” exams. Laparoscopy provide an innovative way to look within the abdomen to diagnose and treat gynecological problems with less bleeding, swelling and scarring than conventional scalpels. Laparoscopic or “keyhole” surgery allows physicians to insert a pencil-thin fiberoptic camera and instruments through small slits, or “ports,” in the skin.

Surgical Robotics

Experience is a significant factor in predicting good surgical outcomes. Hartford Hospital ranks among the top five medical centers in the nation in minimally invasive and robotic pelvic reconstructive surgery. Physicians at Hartford Hospital now routinely use the da Vinci surgical robot to treat a variety of gynecologic conditions, including fibroids and endometriosis. Robotic-assisted sur-



gery offers significant advantages over traditional approaches to laparoscopic or “open” abdominal surgery.

“The advantages of the surgical robot include significantly less blood loss, smaller incisions and less post-operative pain,” says obstetrician-gynecologist Odin Kuiper, M.D., of Farmington OB-GYN Group. “If the goal is to preserve fertility, we perform detailed surgery to remove endometriosis around the bladder and bowel while keeping the uterus and ovaries intact.”

“Robotic-assisted surgery can be a better choice for women with scarring or pelvic adhesions from prior pelvic surgery or cesarean section,” adds Dr. Rau, who performs both laparoscopic and robotic-assisted hysterectomy. “The advantages for the patient, compared to open surgical methods, include shorter hospital stays, less need for pain medication and faster recovery.”

Using the surgical robot, physicians can remove the uterus through a slit in the skin rather than a long incision through the abdomen. “In Connecticut, fibroid tumors are removed through an abdominal incision about 60 percent of the time,” adds Dr. Kuiper. “If your physician suggests an open incision, get another opinion. In the hands of physicians with appropriate training and experience, the surgical robot reduces the chances of bleeding complications and offers quicker recovery.”

“My robotic hysterectomy with you was better than I ever could have imagined,” recalls one of Dr. Kuiper’s patients. “I’m back to running, exercising, yoga and riding and I feel fantastic. I don’t know why I waited so long.”

Robotic Advantages

Robotic-assisted techniques have revolutionized surgical control. “The robot assists during closure and repair of the vagina after hysterectomy,” says Dr. Rau. “Patients have significantly less pain and trauma compared to open surgery. Most patients are home the next day and recovery is usually very quick.”

The robot helps with cutting and suturing when removing pelvic adhesions in the abdomen or fertility-damaging areas of endometriosis that can invade the muscle wall. In today’s high-tech operating room, physicians control robotic instruments with accuracy unmatched by even the steadiest of human hands.

“The robot has unlimited strength and never gets tired,” says Peter Doelger, M.D., an obstetrician-gynecologist with Connecticut Multispecialty Group. “Robotic surgery is useful for technically challenging procedures and reduces post-operative complications, especially in obese patients.”

Urogynecology

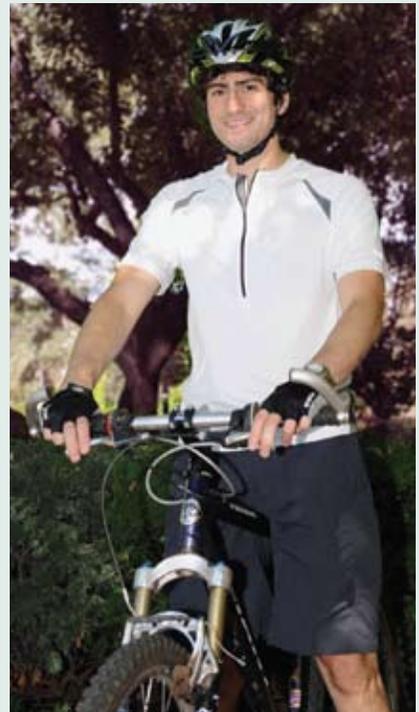
Hartford Hospital was the first medical center in the Northeast to use the robot for urogynecological surgery.

Aaron Shafer, M.D.

Aaron Shafer, M.D., an obstetrician-gynecologist with a specialty in gynecologic oncology, recently joined Hartford Hospital. He brings significant experience in minimally invasive and robotic surgery to treat ovarian and cervical cancers, precancerous lesions and gynecologic malignancies.

He earned his undergraduate degree *summa cum laude* from the University of Pennsylvania and his medical degree *cum laude* from the University of Pittsburgh School of Medicine in 2002. He did his fellowship training at the University of North Carolina at Chapel Hill School of Medicine, where he was mentored by John F. Boggess, M.D., one of the pioneers in robotic surgery for gynecologic cancers.

In addition to an active clinical research schedule, Dr. Shafer has a faculty appointment at the University of Connecticut. He teaches robotic surgery and trains residents in gynecologic oncology surgery, clinic and colposcopy during their rotations at Hartford Hospital. He enjoys running, sailing, mountain biking and skiing at Stratton Mountain in Vermont.



Today, Hartford Hospital leads the region in providing minimally invasive procedures to treat pelvic organ prolapse and bladder disorders that affect the health and quality of life of women of all ages.

While laparoscopy reduces the need for an open procedure and shortens recovery times, the robot offers unprecedented control and precision during lengthy or difficult operations to hoist prolapsed organs back into place. “Conventional surgery requires a long surgical incision that can take up to eight weeks to heal,” says Christine LaSala, M.D., director of Hartford Hospital’s Division of Urogynecology, who specializes in urinary and gynecological disorders along with Paul Tulikangas, M.D., Adam Steinberg, D.O., and Colleen Mellen, APRN. “The robot makes the procedure easier to perform so we can often avoid an abdominal incision.”

Although urinary incontinence is a relatively common problem that afflicts an estimated 20 million Americans, patients are sometimes too embarrassed to discuss their symptoms with their doctors. About a quarter of women of childbearing age experience urinary incontinence, and the number of sufferers rises sharply as estrogen levels drop at menopause and muscles lose their elasticity.

Being overweight not only raises a woman’s risk for heart disease and diabetes, but also for urinary incontinence. “About 60 percent of our patients are overweight or obese,” says Dr. LaSala. “Many women suffer from gynecological problems complicated by obesity. Studies show that even a weight loss of 10 percent often reduces incontinence.”

Obesity hinders both surgery and recovery. “Obese patients suffer more post-operative complications,” she says. “The robot makes surgery less backbreaking for procedures that require large amounts of suturing. Obese patients have more layers of fat, and while the risk is still low, they are more likely to get a post-operative wound infection.”

Gynecologic Cancer

While most women who undergo a biopsy find that their irregular bleeding or pelvic pain is caused by a benign condition, Hartford Hospital’s gynecologic oncologists are experts in treating cervical, vulvar, endometrial, and ovarian cancers. Post-menopausal women who experience bleeding should see a physician promptly because of the risk of uterine cancer.

Medical advances have brought new treatments for gynecologic cancers, offering new options for women of reproductive age. Whenever possible, Hartford Hospital physicians perform minimally invasive procedures to remove a tumor with less trauma and blood loss than traditional cancer surgery.

When cancer is diagnosed early, robotic surgery can help with removal of ovarian masses or speed surgeries involving delicate organs or blood vessels. “We use the robot for complex cancer surgery and lymph node dissection,” says Aaron Shafer, M.D., a gynecologic oncologist at Hartford Hospital. “The robot provides greater dexterity for endometrial cancers that tend to occur in older, heavier women. Obese women have an increased risk of death from gynecologic cancers.”

Younger, thinner women are at risk for cervical cancer, especially if they smoke, although annual Pap test screening has reduced deaths. “We’re currently studying surgical outcomes in obese women with cervical cancer,” says Dr. Shafer.

“We want to see whether robotic surgery for radical hysterectomy can improve healing and shorten recovery time.”

Ovarian Cancer

“Ovarian cancer is often far advanced by the time it is diagnosed,” says Hartford Hospital gynecologic oncologist Amy Brown, M.D., explaining that robotic surgery is useful only for early cancers. “Even after surgery and chemotherapy, tumors can recur anywhere in the abdomen.”

Hartford Hospital is participating in a clinical study to see whether a second tumor-removing surgery, followed by chemotherapy, will keep ovarian cancer patients disease-free longer. Patients enrolled in the study will also receive the targeted drug Avastin in addition to standard chemotherapy. “Many patients are happy to get access to Avastin, an expensive drug often not covered by insurance,” says Dr. Brown.

While some studies have linked breast cancer to oral contraceptives, new research shows that women on the Pill for five years or more had about half the risk of getting ovarian cancer as those who never took the Pill. “The theory is that birth control pills shut down ovulation,” says Dr. Brown. “Symptoms of ovarian cancer—bloating, urinary urgency and pelvic pain—remain vague. We need better screening ways to screen for ovarian cancer. We don’t want to perform surgery unnecessarily.”

Are Hormones Safe?

In 2002, many women abruptly stopped hormone replacement therapy (HRT) after the landmark Women’s

Health Initiative (WHI) trial showed that women taking hormones were at higher risk for breast cancer, heart attack and stroke.

At the time, more than 40 percent of menopausal women used HRT. Researchers theorized that it might help stave off heart disease, osteoporosis and even Alzheimer’s disease beyond menopausal years.

“The initial report set off a lot of panic,” says Amy Johnson, M.D., a Hartford Hospital OB-GYN at Women’s Ambulatory Health who runs a menopause clinic at A Women’s Life Center at Blue Back Square.

Celebrity endorsements from Oprah, for one, may give women the impression that “bioidentical” hormones are somehow safer than estrogen-plus-progestin pills because they’re natural. “We have no

data to show that bioidentical hormones are any better or even as effective as FDA-approved drugs,” says Dr. Johnson, noting that HRT doses are lower today and treatment is very individualized. “Some antidepressants decrease hot flashes, but we don’t have good data on the effectiveness of herbal medications.”

Because soy milk contains estrogen-like plant *isoflavones*, the beverage is often recommended for relief of menopausal symptoms. “The data on soy and its effects on breast cancer are still inconclusive,” says Dr. Johnson. “There is some concern that soy has estrogenic effects. Many breast cancer survivors are unaware that it may be dangerous to eat large amounts of soy.”

“Changes in hormone delivery offer new approaches to HRT,” adds Dr. Rau. “Sprays or gels rubbed on the skin may be safer for the cardiovascular system. Women taking hormones because they’re suffering from insomnia or painful vaginal atrophy now stay on hormones for a shorter period of time than in the past. We prescribe the lowest possible dose for the shortest possible duration.”

“Local therapy to treat vaginal dryness—such as the use of estrogen creams—is safer than pills because of its limited systemic absorption,” adds Dr. Johnson. “The risk of cardiovascular problems and cancer associated with HRT is small, but warrants careful patient selection. For most women, hot flashes and night sweats decrease over time and eventually go away.”

See www.harthosp.com/women for more information about women’s health.

Hartford Hospital is participating in a clinical study to see whether a second tumor-removing surgery, followed by chemotherapy, will keep ovarian cancer patients disease-free longer.

Weight Loss Surgery for Diabetes



Excess weight accounts for about 70 percent of diabetes risk in the United States. Even with treatment, diabetes can lead to cardiovascular disease, kidney failure, nerve damage, erectile dysfunction, stroke, blindness and lower-extremity amputations. The sooner a morbidly obese individual undergoes weight-loss (bariatric) surgery after being diagnosed with diabetes, the better. Significant long-term weight loss offers the best way to control diabetes.

Obesity disrupts endocrine function, weakens joints and muscles, and taxes the hearts and lungs. Type 2 (adult onset) diabetes significantly increases the risk of developing cardiovascular disease. “For some patients, weight loss surgery can reduce the need for insulin or completely eliminate diabetes medications,” explains Pavlos Papasavas, M.D., of Connecticut Surgical Group.

At Hartford Hospital, bariatric surgery is performed with tiny incisions and minimally invasive laparoscopic techniques. The Weight

Loss Program at Hartford Hospital, directed by Drs. Darren Tishler and Pavlos Papasavas, offers a variety of weight-loss procedures such as Roux-en-Y gastric bypass, adjustable gastric band (LAP-BAND) and sleeve gastrectomy.

“An estimated 85 percent of diabetics who undergo gastric bypass surgery and 60 percent of LAP-BAND patients experience complete remission of their diabetes symptoms,” adds Dr. Papasavas. “Patients lose about 65 to 75 percent of their excess weight after gastric bypass and 45 to 55 percent after LAP-BAND.”

Bariatric surgery is recommended for morbidly obese patients who tip the scales at more than 100 pounds. One way to estimate your body fat is the body mass index (BMI). To calculate your BMI, multiply your weight in pounds by 703, divide by height in inches, and divide again by height in inches. You're overweight if your BMI is 25 to 30, obese if it's over 30, and morbidly obese above 40.

Bariatric surgery is appropriate for anyone with a BMI over 40 or someone with a BMI between 35 and 40 who also suffers from a “co-morbid” condition, such as diabetes, high blood pressure, high cholesterol, sleep apnea, or severe gastroesophageal reflux disease (GERD). Weight loss may also be crucial to the success of joint replacement surgery in obese patients with osteoarthritis.

Weight-loss surgery can often alleviate obesity-related conditions like diabetes, high blood pressure and high cholesterol relatively quickly. Maintenance of long-term weight loss depends on a healthy diet and structured exercise. The Surgical Weight Loss Program at Hartford Hospital is designated as a Bariatric Surgery Center of Excellence by both the American Society of Metabolic and Bariatric Surgery (ASMBS) and the American College of Surgeons.

WHAT'S GOING AROUND...News & Breakthroughs

Whooping Cough Comeback

The highly contagious bacterial disease *pertussis* is on the rise among adolescents and adults vaccinated in childhood with combined diphtheria, pertussis and tetanus (DPT) vaccine. The Centers for Disease Control and Prevention recommend booster shots for adults and teens since immunity wanes over time and antibiotics are no longer routinely prescribed for coughs and colds.

Knees News

People at risk for osteoarthritis of the knee are more likely to have knees relatively far apart and ankles closer together, say National Institutes of Health researchers. The “outward-facing” knee alignment puts a strain on aging joints. Joint replacement surgery can help individuals with osteoarthritis, caused by wear and tear on the cartilage that cushions the ends of bone at the joints.

Watch Your Waist

A large waist circumference is a better predictor of mortality than body mass index (BMI) in older adults, says *Archives of Internal Medicine*. Regardless of their weight, Cancer Prevention Study participants with greater waist circumference increased their chances of dying from all causes by about twofold in comparison with those with less abdominal fat.

Dad's Baby Blues

While many moms feel depressed after having a baby, the *Journal of the American Medical Association* reports that 10 percent of fathers feel depressed before or after their baby is born. New moms experience a sudden drop in feel-good pregnancy hormones, but depression in new dads peaks about three to six months after birth. American men suffer from post-partum depression at higher rates than dads in other countries.

Heartfelt Thanks



Although successful treatment for bone cancer saved her life as a teenager, chemotherapy and radiation damaged Lauren Maston's heart. Her failing organ responded to medications until age 29, when she began almost daily visits to Hartford Hospital's congestive heart failure infusion center.

Dr. Judith Pepe and Lauren Maston

Lauren had beaten the cancer that invaded her ribs, but was now tethered to her hospital bed by heart monitoring equipment and lines pumping medications into her veins. "I spent nearly a year on the transplant list and two months in the hospital waiting for a heart to become available," she recalls. "You're confined to one room. You can't take a shower. There's no privacy. I spent my time doing a paint-by-numbers kit and making favors for the nurses' bridal showers."

Early on a November morning two years ago, she got the long-awaited call that a heart was available. Because Lauren was so petite, she knew her new heart would come from a pediatric donor. "It is a time of mixed emotions. It's a joyous moment that your wait has ended. You're scared and nervous about the surgery and many long months of recovery. Yet it's also a sad moment. The realization that someone's loved one has passed away really begins to sink in. I've gone through my own grieving process. Not a day goes by that I don't think about my donor and donor family and their selfless act to give me the gift of life during their tragic time. I will always be grateful and will do my best to take care of my new heart."

During two tough months recovering in Hartford Hospital and another 10 months in cardiac rehab, Lauren slowly regained her strength. In August, she proudly completed a 5K walk at the 2010 National Kidney Foundation Transplant Games in Wisconsin. "It was a huge step for me," says Lauren, who now works as a patient administrative assistant at the hospital where she spent so much time as a patient. Eventually she hopes to earn her master's in social work so she can share her experience with other cardiac transplant survivors. "I think it's my calling in life."

Since Dr. Henry Low performed Connecticut's first heart transplant more than 25 years ago, Hartford Hospital has become a comprehensive center for all stages of heart failure treatment and transplant. "Andy Buczek was our first heart transplant patient in the fall of 1984, and this year we performed our 300th," says James E. Dougherty, M.D., the Transplant Program's medical director. "Both are doing well, demonstrating the long-term potential for a long and healthy life following heart transplantation."

Jonathan A. Hammond, M.D., is surgical director of the Heart Transplant Program, the first JCAHO-certified program in Connecticut to offer a full spectrum of ventricular assist device (VAD) capability for critically ill patients, often as a bridge to transplantation. The VAD does the work of the heart's pumping chambers to limit organ deterioration until a donor heart can be found.

Today, Hartford Hospital's Heart Failure and Transplant Center, under the direction of Detlef Wencker, M.D., is recognized as one of the best in the country, with survival rates well above the national average. Dr. Wencker leads a multidisciplinary team that cares for heart failure, transplant and VAD patients. Patients with failing hearts receive world-class care without traveling out of town or waiting months in another city until a donor heart becomes available.

LifeChoice Donor Services coordinates organ donation for northern Connecticut and western Massachusetts, encompassing both Hartford Hospital and Springfield's Baystate Medical Center. "They don't do heart transplants at Baystate, which shortens wait times for Hartford Hospital patients," says Dr. Dougherty.

Hartford Hospital is in a different organ procurement region and does not directly "compete" for organs with hospitals in Boston or New Haven. "The limiting factor for all transplantation is availability of organs," adds Dr. Dougherty. "Each year, only 2,200 heart transplants are performed across the United States, a number that has remained relatively stable and critically short of the number needed for patients awaiting transplantation."

Donor organs often come from gravely injured accident victims who have been declared "brain dead" despite the trauma team's aggressive efforts to resuscitate them. "We do everything in our power to save them," says intensivist Judith L. Pepe, M.D., a specialist who treats critically ill or injured patients in the intensive care unit. "The option for organ donation only comes at the end of life after heroic efforts have failed."

In the best scenario, the individual has made his or her wishes known to the family and has registered as an organ donor with the Department of Motor Vehicles, which links to a legally binding registry. You can designate your donor status when you get your license or register online. "In Connecticut and many states with first-person consent laws, next-of-kin consent is not required to move forward with donation if the deceased is a registered donor," explains Jami Tyska, RRT, Hartford Hospital's in-house donation coordinator.

When a severe brain injury leads to a fatal outcome despite the best efforts of the hospital's critical care team, the organs of a someone who has registered to be an organ donor are supported artificially on a mechanical respirator. "We let the family know that the patient has died, or is not going to survive, in the most kind and caring way we can," says Dr. Pepe. "We call LifeChoice to send a coordinator to evaluate the patient as a potential organ donor. There is no absolute age limit for organ donation. If the patient meets the criteria for organ donation, we do our best to support the family during this difficult time."

"We don't learn whether or not someone is on the organ donor registry until death is imminent," adds Maria Tackett, R.N., MSN, CCRN, nurse director of the neurointensive care unit at Hartford Hospital. "There are strict clinical protocols for assessing brain death, and only specially trained physicians can make the determination."

New legislation calls for every hospital in Connecticut to facilitate organ donation and to make transplantation a priority. "It is crucial that the process of organ donation be totally separate and independent from medical treatment," adds Dr. Dougherty. "The family can be comforted knowing that the donor gave several people a beautiful gift of life."

CALENDAR



HARTFORD HOSPITAL PROGRAMS & EVENTS FROM SEPTEMBER 15 THROUGH DECEMBER 15, 2010

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Call the Health/Physician Referral Service at 860-545-1888 or 800-545-7664 for information about any program.

CANCER PROGRAM

Brain Tumor Survivor Support Group

Provides brain tumor patients and families with education and support. **Schedule:** First Thursday of each month, on 10/7, 11/4, 12/2 from 5:30 to 7:00 p.m.—light dinner provided. Registration is required and must be received at least 48 hours in advance. Call Hillary Keller, LCSW at 860-545-2318 to register. FREE.

Women with Cancer Support Groups

Registration is required for each support group that meets at the Helen & Harry Gray Cancer Center from 5:30 to 7:00 p.m. as indicated:

- **The Lebed Method: Focus on Healing**

A gentle medically based exercise program with emphasis on movement to music designed especially for female cancer patients/survivors. Call Sherri Storms, RN at 860-545-3781. Fee applies.

- **Ovarian Cancer Support Group**

Fourth Tuesday of each month from 7:00 to 8:00 p.m. Call Marcia Caruso-Bergman, RN at 860-545-4463. FREE.

- **New Beginnings**

A six-week program for women diagnosed with breast cancer who have completed their treatment. Assists patients in re-establishing activity and nutritional habits. For schedule call 860-545-5113. FREE.

CHES—Support for Cancer Patients

Education and support for patients with breast cancer or prostate cancer. CHES, Comprehensive Health Enhancement Support System, provides on-line support and information. Computers are loaned, at no cost, to those patients who do not have their own. Call Sherri Storms, RN at 860-545-3781. FREE.

Prostate Cancer Support Group

Provides education and support for prostate cancer patients and families to understand and deal with this disease. **Schedule:** First Tuesday of each month from 7:00 to 10:00 p.m. Registration is not required. Call 860-545-4594 with any questions. FREE.

Advanced Prostate Cancer Support Group

Provides education and support for men in the advanced stages of prostate cancer and their families. Please call 860-524-2715 for schedule. FREE.

Look Good, Feel Better

In partnership with the American Cancer Society, Hartford Hospital presents this program for women who are undergoing their cancer treatment. Cosmetology professionals teach beauty techniques to help combat the appearance-related side effects of cancer treatment. **Schedule:** 1st Monday of each month from 11:30 a.m. to 1:30 p.m. Spanish session also available from 10:00 to 11:30 a.m. Registration is required. Call Mary Ann Vanderjagt at 860-545-4184. FREE.

The Cancer Wellness Support Series

Learn about the many Integrative Medicine practices that can support your traditional medical care and enhance your healing. *Light dinner provided.* **Schedule:** From 6:00 to 7:30 p.m. in the Taylor Conference Room at the Helen & Harry Gray Cancer Center. Registration is required Call 860-545-1888. FREE.

10/12 *Cranio Sacral Therapy*—Eric Cheffer, LMT

11/9 *Guided Imagery*—Alice Moore, RN, MA, RMT

Risk Factors for Breast Cancer

Hosted by Dr. Patricia DeFusco, Board-certified Medical Oncologist and Principal Investigator of breast cancer prevention and treatment research for the National Surgical Adjuvant Breast and Bowel Project (NSABP). Learn about established risk factors and current intervention options for breast cancer. **Schedule:** From 6:30 to 8:00 p.m. on 11/17 in Wethersfield, 1260 Silas Deane Highway. To register call 860-545-1888. FREE.

Ductal Carcinoma In-Situ

This non-invasive form of breast cancer is found with increasing frequency since the advent of new, more sensitive, mammographic screening techniques. Dr. Siegel is a medical oncologist and hematologist practicing in the Helen & Harry Gray Cancer Center and is the Medical Director of the Hartford Hospital Cancer Clinical Research Office. **Schedule:** From 6:30 to 8:00 p.m. on 12/9 in Avon at the Cancer Center, 80 Fisher Drive. To register call 860-454-1888.

HEALTHY HEARTS

Stop Smoking for Life Program—

Call 860-545-3127 or send an email to: stopsmoking@harthosp.org for registration and information.

Resources for Smokers—Community Education Group

This monthly program is open to smokers, their friends and family and anyone who wants to learn about helping someone to quit. Topics include: treatment options, behavioral strategies, medication options and services available to people who want to quit. Call 860-545-3127 for schedule and location. FREE.

Individual Cessation Counseling

Recommended for individuals who would benefit from a personalized, one-on-one treatment approach to assist with quitting smoking. Learn about behavioral strategies, medication options and receive counseling support. Individual counseling sessions are offered at Hartford Hospital and West Hartford Wellness Center at Blue Back Square.

Smoke Free for Life Group Support

Recommended for participants who desire the support and reinforcement from others in their journey to become smoke-free. Facilitated by an experienced cessation counselor. **Schedule:** From 5:00 to 6:00 p.m. on 10/11, 10/18, 10/25. To register call 860-545-3127. FEE: \$150.

Breathe Easy Relapse Prevention Support Group

For some people quitting once and for all is difficult. This monthly support group can help you stop smoking for life. Group sessions are offered at Hartford Hospital and in West Hartford. For schedule and to register call 860-545-3127. FREE.

Stress Management for Cardiac Patients—A Six-Week Group

Recommended for cardiac patients interested in improving their skills to manage stress. Facilitated by a counselor from Hartford Hospital's Behavioral Cardiology Program. Sessions focus on cognitive-behavioral techniques and meet weekly for six sessions in West Hartford. Call 860-545-3127 for information and schedule. FEE: \$225.

Counseling and Stress Management Service—Individual Counseling

Coping with an ongoing medical condition can be a challenging task for many patients. Learn how emotions play a role in recovering from illness. Individual counseling sessions are offered in West Hartford. Call 860-545-3127 for information and schedule.

EXERCISE/WELLNESS

See additional exercise programs on pages 16-17.

Cardiac Rehabilitation Classes

Comprehensive care to individuals who have recently experienced a cardiac event or require risk factor modification. EKG monitored exercise class, education and counseling. Covered by most insurance plans; physician referral is required. **Locations:** Hartford Hospital—860-545-2133; Glastonbury—860-633-9084; Avon—860-674-8509; West Hartford—860-570-4571.

Tai Chi for Health

The perfect exercise and meditation program for seniors. Improve overall fitness, balance, coordination, agility and reduce the chance for a fall-related injury. **Schedule:** 8-week sessions available in Glastonbury and Windsor. Call 860-545-1888 for schedule and to register. FEE: \$80 for twice/week or \$45 for once/week.

Pilates Classes

Conditioning program that combines elements of yoga, weight training and gymnastics to improve posture, flexibility, coordination, muscle tone and strength. People of all ages and abilities can participate. Call Eastern Rehabilitation Network at (860) 667-5480 for a location near you. Fee: \$150 for 10 mat sessions.

NUTRITION COUNSELING

Nutrition Counseling Service

Personalized one-on-one nutrition counseling with an experienced registered dietitian for a wide variety of nutrition-related diseases and conditions. By appointment only. Call 860-545-2604. May be covered by insurance.

MENTAL HEALTH

Peer Support Group

Provides support, encouragement and positive momentum for people in recovery from mental health issues and substance use. This is a forum to encourage and promote a culture of health and ability. **Schedule:** Every Wednesday from 12:30 to 1:30 p.m. at The Institute of Living's Carolina Cottage, basement level. For information contact Sherry Marconi at 860-545-7202. FREE.

Bereavement Support Group

Moderated by a member of Hartford Hospital's Pastoral Services Department and VNA Health Care Hospice, this program is open to families and caregivers who have lost a loved one. **Schedule:** 2nd and 4th Mondays from 1:00 to 2:15 p.m. at 85 Jefferson Street #116. For more information, call 860-545-2290. FREE.

Alzheimer's Family Support Group

This support group is for families/caregivers to get together and discuss issues of dealing with Alzheimer's and to provide mutual support. **Schedule:** The last Monday of each month from 1:30 to 2:30 p.m. at McLean in Simsbury. For more information call 860-658-3700. FREE.

Myths, Minds & Medicine Exhibit

A permanent exhibition on The Institute of Living's history and the treatment of psychiatric illnesses. Self-guided tours Monday through Friday, 9:00 a.m. to 5:00 p.m. For guided tours, call 860-545-1862. FREE.

Bipolar Disorder—An Introduction

This program is for family members and friends of individuals who have bipolar or a related disorder. Offers attendees a basic understanding of bipolar disorder and its treatments along with specific suggestions to help family and friends better cope with this illness. Facilitated by David Vaughan, LCSW, Family Resource Center. **Schedule:** 3rd Tuesday of each month from 5:15 to 6:30 p.m. Please Call Mary Cameron at 860-545-7665 for more information. Registration **not** required. FREE.

Depression—An Introduction

Acquire a basic understanding of major depression, its treatment, and ways in which family members might better cope with the illness. Facilitated by David Vaughan, LCSW, Family Resource Center. **Schedule:** From 5:15 to 6:30 p.m. on 12/14. Call Mary Cameron at 860-545-7665 for more information or to register. FREE.

Schizophrenia Program

The following support groups are conducted by staff from the Family Resource Center at the Institute of Living. Meetings take place at 200 Retreat Avenue on the first floor of the Center Building unless otherwise noted. **Registration is not required unless noted.** For more information or directions, call 860-545-7665. FREE.

• *Schizophrenia—Introduction to the Disorder*

Offers attendees a basic understanding of schizophrenia and its treatment, along with some specific suggestions to help family and friends better cope with this illness. The content repeats and family members can attend any session. Facilitated by Lawrence Haber, Ph.D., Director of the Family Resource Center. **Schedule:** 1st Tuesday of each month from 5:15 to 6:30 p.m.

• *Managing Schizophrenia*

This presentation will discuss the impact that symptoms of schizophrenia have on every day activities, and provide tips on what you can do to make things better at home. For schedule and more information, call 860-545-7665.

• *Crisis Management for Individuals with Schizophrenia*

Learn how to handle difficulties that arise when a crisis develops at home. **Schedule:** From 5:15 to 6:30 p.m. on 11/23. Call Mary Cameron at 860-545-7665 for more information or to register. FREE.

• *Support Group for Families Dealing with Major Mental Illness*

Share your success and struggles in loving and living with someone who has schizophrenia. Facilitated by David Vaughan, LCSW. **Schedule:** From 5:15 to 6:30 p.m. on the 1st and 3rd Thursday of each month. Registration is **not** required. Call Mary Cameron at 860-545-7665 for more information. FREE.

• *Peer Support Group—Schizophrenia Anonymous (S.A.)*

This is a peer run, open forum group meeting providing support to people with a diagnosis of schizophrenia. **Schedule:** Every Wednesday, 5:30 to 6:30 p.m. The Institute of Living, Center Bldg., first floor. For information, contact Mary Cameron at 860-545-7665. FREE.

• *Introduction to Mental Health Benefits and Services for Severe Mental Illness*

Overview of benefit programs available for individuals with mental health disabilities. Please have questions and concerns ready since there is ample time for discussion. Facilitated by Peter Adelsberger, M.P.A. **Schedule:** From 5:15 to 6:30 p.m. Please call Mary Cameron at 860-545-7665 for information, schedule, and to register. FREE.

• *The World of Work for a Person with a Severe Mental Illness*

An open format discussion designed to help families gain access to information about the workplace, including compensatory strategies to enhance functioning for a person with a severe mental illness. Bring your questions and concerns ready since there is time for discussion. Facilitated by Christine Gagliardi, M.Ed, M.S.W., vocational counselor, and Patricia Wardwell, COTA, occupational therapist. **Schedule:** From 5:15 to 6:30 p.m. on 12/10. Registration **not** required. Call Mary Cameron at 860-545-7665 for more information. FREE.

ANXIETY DISORDERS CENTER

Anxiety Disorders Group

The Anxiety Disorders Center is offering group cognitive behavioral therapy for children and adolescents with anxiety concerns such as panic attacks, social anxiety and excessive worrying. Group members will be taught strategies to manage their anxiety in a supportive and respectful environment. Groups are facilitated by licensed psychologists with expertise in the treatment of anxiety. **Schedule:** Call 860-545-7685, option #3 for schedule. Registration is required. FEE: Billable to insurance and co-pay.

VOLUNTEERS

Blood Drive

The American Red Cross conducts blood drives at Hartford Hospital. Registration is necessary. To schedule an appointment, call 860-545-2079. For other locations, call The American Red Cross at (800) GIVE LIFE.

Volunteer Opportunities

If you are interested in giving of your time to help others, we offer a wide variety of opportunities to match your interests with those of our patients, their families or our staff. Positions are available for adults and teens over the age of 14. Training and free parking are provided. For more information, call Volunteer Services at 860-545-2198 or visit us on-line at www.harthosp.org/volsvc.

Trauma After-Care Volunteer Training

Volunteer program designed to offer neighborly support to families that lose a loved one unexpectedly. After training is completed volunteer work is done from home through phone calls or cards to the families once a month for two years. Attendance at two nights of training is mandatory and an interview is required prior to training. For more information or to register call Volunteer Services at 860-545-2448.

Reiki Volunteer Program

Provide gentle, hands-on relaxation sessions to patients, their families and employees. Requires Reiki Level 1, followed by two 2-hour follow-up sessions and two shifts shadowing a current volunteer. To apply for this program please call Eileen Pelletier, Volunteer Services Manager, at 860-545-2448 or e-mail eeppetel@harthosp.org.

WELLNESS/INTEGRATIVE MEDICINE PROGRAMS

Expressive Art classes

Registration required. Call 860-545-1888.

Monthly Soul Collage for Cancer Survivors

With Diana Boehnert, MFA. Create a multi-layered visual image from a variety of gathered materials that fit together like a puzzle. No previous art experience necessary. **Schedule:** From 7:00 to 9:00 p.m. in Glastonbury on 10/13, 11/10, or 12/8 (may attend 1 or all 3). FREE.

Monthly Soul Collage for Everyone

See description above. **Schedule:** From 7:00 to 9:00 p.m. on 10/14 in Wethersfield. FEE: \$25.

Restorative Yoga

With Cheryl Guertin, LMT, RYT. Encourages deep relaxation through gentle yoga, breath work, hands-on self-healing techniques and meditation. Patients, family and friends are welcome.

Schedule: Five-week sessions on Thursdays, 9/2 to 9/30 and 10/7 to 11/4 from 11:00 a.m. to 12:00 noon at the Avon Cancer Center, 80 Fisher Drive. Please bring yoga mat, water, and 2 blankets. Call 860-545-1888 to register. FEE: \$75.

Brain Fitness—Keeping Your Mind Fit

Mind exercises can strengthen attention, concentration, improve problem solving skills, increase the mind-body connection and stimulate brain activity. **Schedule:** Join Kathleen Kiley from 6:30 to 8:00 p.m. on 10/11 in Glastonbury. Registration required. Call 860-545-1888. FEE: \$15.

Dreams—Tapping into Your Inner Wisdom

Presented by Kathleen Kiley. Learn how to understand thoughts, feelings and sensations in your dreams, and get to know yourself better. **Schedule:** Three part series from 10:00 to 11:30 a.m. on 10/15, 10/22, 10/29 in Avon OR 11/5, 11/12, 11/19 in Glastonbury. Registration required. Call 860-545-1888. FEE: \$45/series.

"In the Flow" An Introduction to Feng Shui

With Krista Polinsky, CFSP, EMP. Learn about this ancient system developed by the Chinese for creating balance, harmony, and flow in our surroundings. **Schedule:** From 6:30 to 7:00 p.m. on 10/26 in Wethersfield. Registration required. Call 860-545-1888. FEE: \$25.

Clearing Your Clutter with Feng Shui

With Krista Polinsky, CFSP, EMP. Clutter represents obstacles and distractions in your life that can keep you from having the life you were meant to live. **Schedule:** From 6:30 to 7:30 p.m. on 12/11 in Wethersfield. Registration required. Call 860-545-1888. FEE: \$25.

Hula Hooping for Health

With Karla Kress-Boyle. With the use of a safety weighted Hula Hoop, this class integrates basic body mechanics from yoga and dance to create a low impact high cardio total body workout! Burn up to 600 calories in one hour while laughing and having fun! Wear comfortable clothing and sneakers (or go barefoot) and bring water. Hula Hoops provided. **Schedule:** From 5:45 to 6:30 p.m., on Wednesdays 10/13 to 11/17 at the Newington Campus gym. Registration required. Call 860-545-1888. FEE: \$75/6 sessions.

Hypnobirthing® Class

Five-week class for expectant parents/significant others to learn techniques for a safe and more comfortable birthing. **Schedule:** 5-week series on Mondays from 6:00 to 9:00 p.m., 10/11 to 11/8 in Wethersfield. Registration is required. Call 860-545-1888. FEE: \$225 (plus \$25 for textbook, practice CDs and handouts to be paid to teacher at first class).

Baby's First Massage Instructor Training

With Merrilyn Williams, LMT. Learn to instruct parents to massage their newborn babies. Upon registration you will receive all Baby's First Massage workshop home study materials (video and instructor's manual) that you must complete before attending the workshop. From 9:00 a.m. to 5:30 p.m. in Hartford. Call 860-545-4444 for schedule. Registration required. FEE: \$250. Nursing CEUs and Medical CMEs available.

Infant Massage for Parents

With Merrilyn Williams, LMT. This FREE 5-session class will teach you the science, benefits, and techniques of massage to share with your infant 0-3 months. **Schedule:** From 11:00 a.m. to 12:00 noon on 10/12, 10/14, 10/19, 10/21, and 10/26 in Wethersfield. Registration required. Call 860-545-1888. FREE.

Mindfulness Based Stress Reduction

Join Randy Kaplan, Ph.D. for this 8-week course modeled after the original, acclaimed program by Jon Kabat Zinn at UMass Medical Center. Covers breathing awareness, sitting and walking meditation, basic yoga, and techniques of daily living. **Schedule:** Tuesdays, from 5:15 to 7:15 p.m. starting on 10/12 (required orientation), 10/19 to 12/14 (except 11/23), plus all day retreat on 12/4. Registration required. Call 860-545-1888. FEE: \$250 (includes course workbook and 5 CDS).

Reiki Healing Touch—Level I

With Alice Moore, RN, MA, RMT. Learn a gentle, hands-on relaxation technique that can reduce stress, muscle tension/pain and accelerate the healing process. **Schedule:** From 9:00 a.m. to 5:30 p.m. on (choose one date) 10/14, 11/11 or 12/9 in Hartford. Registration required. Call 860-545-1888. Nursing CEUs and Medical CMEs available. FEE: \$160.

Basic Therapeutic Touch

With Karen Kramer, RN, MA. Learn an energy technique that can help you decrease pain and stress, accelerate healing, and enhance well-being for yourself and your loved ones. **Schedule:** From 12:30 to 8:00 p.m. on Sunday 10/1 in Avon. Registration required. Call 860-545-1888. FEE: \$160;

Intermediate Therapeutic Touch

With Karen Kramer, RN, MA. Expand and sharpen your basic Therapeutic Touch skills. TT helps decrease pain, stress, anxiety, and accelerates healing. **Prerequisite:** Basic Therapeutic Touch. **Schedule:** From 6:00 to 9:00 p.m. on Friday, 11/12 and from 12:00 noon to 8:30 p.m. on Sunday, 11/14 in Avon. Registration required. Call 860-545-1888. FEE: \$160.

Tibetan Bowls Practitioner Level II

With Marie Menut, R.N. **Prerequisite:** Level I. Expand on information gained in Level I using 3 Tibetan bowls plus tingshaws. **Schedule:** Mondays from 10/18 to 11/8 from 6:00 to 9:00 p.m. at the Newington campus room Seminar I. Registration required. Call 860-545-1888. FEE: \$150.

Yamuna® Body Rolling

With Sharon Sklar, Certified YBR Practitioner and Rolfer. This workshop promotes balance, builds core strength, and provides weight-bearing exercise, improving posture and stimulating bone. Wear close fitting yoga type clothes and bring a mat. **Schedule:** From 7:00 to 9:00 p.m. on 10/26 at the Newington campus gym. Registration required. Call 860-545-1888. FEE: \$40.

Yoga Fusion

Join Cynthia Ambrose, RYT, for this 10-week series (for all levels) that includes meditation, breath work, core strengthening and posture flows. Bring yoga mat, water, and optional (but recommended) blanket. **Schedule:** Meets 6:30 to 7:45 p.m. from 10/11 to 12/20 in the Newington campus gym. Registration is required. Call 860-545-1888. FEE: \$145.

Peggy Huddleston's Prepare for Surgery, Heal Faster™

Learn 5 steps, including guided imagery, proven by research to help you prepare emotionally and physically for surgery. Be calmer, experience less pain and recover sooner. Book and relaxation tape are available for \$25. Call 860-545-4444.

Nutrition Series

With Shoshana Levinson, dietician and nutritionist. Registration required. Call 860-545-1888.

The New Basics of Healthy Eating

Discussions will focus on the macronutrients, carbohydrates, proteins, fats, phytochemicals and anti-oxidants found in plant-based foods. **Schedule:** From 6:30 to 8:00 p.m. on 10/21 in Wethersfield. FEE: \$25.

Fall Cleansing for Your Kitchen and You

Learn about the foods to eliminate and the foods to eat more of to help you create a healthier, happier, lighter you. **Schedule:** From 6:30 to 8:00 p.m. on 10/28 in Wethersfield. FEE: \$25.

Embracing Menopause

Learn the major symptoms associated with menopause and how you can create more comfort and balance in your life. **Schedule:** From 6:30 to 8:00 p.m. on 11/2 in Wethersfield. FEE: \$25.

Mindful Eating: The Way to Permanent Weight Loss

This 2-week nutrition series will change your life as you learn techniques to rebalance body chemistry and eliminate cravings and overeating. **Schedule:** From 6:30 to 8:30 p.m. on 11/23 AND 11/30 in Wethersfield. FEE: \$100 for 2 classes.

WOMEN'S HEALTH ISSUES

El Grupo de Mujeres

Education and support for Latina women living with HIV or AIDS regardless of where they get their health care. Learn about HIV and how to remain healthy. Develop problem solving skills. Become an advocate for your health care needs. Arts, crafts, excursions. Bilingual (English and Spanish). Meets twice a month. For information call 860-545-2966 or 860-545-1001. FREE.

The Strong Women Program

An exercise program for middle aged and older women. Working with weights will increase strength, muscle mass and bone density while reducing the risk of numerous chronic diseases. 6-week or 12-week sessions meet twice a week for "no-impact" workouts. Call 860-545-1888 for the schedule and to register. FEE: \$160.

Fertility Yoga

Offers a holistic approach for women who are considering pregnancy or actively pursuing parenthood. Gentle yoga uses calming techniques that emphasize breath awareness, physical and mental relaxation. **Schedule:** Call 860-545-1888 for the schedule and to register. FEE: \$50 for 4 sessions.

DOMESTIC VIOLENCE

My Avenging Angel Workshop

My Avenging Angel Workshop has been sponsored by the Hartford Hospital Domestic Violence Prevention Program since 2001. The workshops have helped women who have been abused move from victims to survivors to "thrivers." **Schedule:** Two Saturday sessions from 10:30 a.m. to 4:30 p.m. in Wethersfield and Avon. For schedule, call 860-545-1888. FREE.

Parent Education Classes

Registration is required for all classes. Call 860-545-1888. Visit us on our website at www.harthosp.org/parented.

• *Preparing for Multiples*

This three part series will prepare families expecting multiples for late pregnancy, labor and birth, postpartum, infant feeding, care and safety, and managing at home. Class includes a tour of the Special Deliveries Childbirth Center and the Neonatal Intensive Care Unit (NICU). **Schedule:** 6:00 to 9:00 p.m. from 9/30 to 10/14 at Hartford Hospital. FEE: \$125.

• *Babycare*

Understand the unique needs of your newborn and learn great tips on diapering, bathing and general care. **Schedule:** From 6:30 to 8:30 p.m. FEE: \$25.

Avon: 9/23, 10/28, 11/18, 12/9

Glastonbury: 10/4, 12/6

West Hartford: 9/27, 10/18, 11/1, 12/13

Wethersfield: 11/10

• *Baby Care for Adopting Families*

Understand the unique needs of your adopted child and learn the essentials of feeding, diapering, bathing and injury prevention. The focus will be the care of babies up to 12 months and is appropriate for both domestic and international adoptions. **Schedule:** From 6:00 to 9:00 p.m. in West Hartford on 11/15. FEE: \$35.

• *Breastfeeding with Success*

Before the baby arrives, learn about the basics and benefits of breastfeeding. **Schedule:** From 6:30 to 8:30 p.m. FEE: \$25.

Avon: 10/7, 11/4, 12/2

Glastonbury: 11/1

West Hartford: 9/20, 10/4, 11/8, 11/29, 12/6

Wethersfield: 10/13, 12/8

• *Breastfeeding and Returning to Work*

Prepares breastfeeding moms to return to work or school while continuing to breast-feed. Topics include milk collection, storage, choosing the right breast pump and breastfeeding-friendly workplaces. Babies welcome. **Schedule:** From 6:30 to 8:30 p.m. in West Hartford on 8/25. FEE: \$25.

• *Childbirth Refresher Class*

This class provides an overview of the labor and birth process, a review of relaxation and breathing techniques, coping methods and pain relief options. **Not** recommended for first time parents. **Schedule:** From 9:00 a.m. to 12:00 noon on 10/16 in West Hartford. FEE: \$50.

• *Cesarean Birth*

If you are anticipating a cesarean birth, this class will prepare you for the experience from pre-admission through your recovery at home. We'll cover in detail what to expect during surgery and throughout your hospital stay, how your partner can help, and tips for a smooth recovery while caring for a newborn. Includes a maternity tour. **Schedule:** From 9:00 a.m. to 12:00 noon on 10/16, 12/11 at Hartford Hospital. FEE: \$50.

• *Expectant Grandparents Class*

Provides grandparents with an opportunity to talk with trained professionals about birthing changes, baby care, infant feeding and safety. **Schedule:** From 6:30 to 8:30 p.m. on 10/6 in Glastonbury. FREE.

• *Pups and Babies*

Concerned about your **dog** and your new baby? Join Joyce O'Connell, a certified animal behaviorist, for tips on preparing your pet for baby's arrival, introducing baby to your pet, creating safe spaces, and helping your pet understand his new place in the expanded pack. **Schedule:** From 7:00 to 8:30 p.m. in Glastonbury on 11/17. FEE: \$25.

• *Jewish Beginnings*

Explore the Jewish rituals and traditions to welcome a child into the community. **Schedule:** From 7:00 to 9:00 p.m. on 10/19 at the Avon Wellness Center. FREE.

• *Baby Signing: An Introduction*

Learn how to begin teaching your baby or toddler basic signs. Led by a pediatric nurse practitioner, this class will focus on how your child develops language and speech, and how sign language can enhance family communication. An interactive program for babies 6 to 24 months. Format includes songs, rhymes and play activities. **Schedule:** 6:00 to 7:30 p.m. on 11/13 in Wethersfield. FEE: \$25.

• *Maternity Tours*

A guided tour to acquaint you with our facility and maternity services. **Schedule:** Weekdays 6:00 to 7:00 p.m. or 7:00 to 8:00 p.m.; also some Saturdays from 11:00 a.m. to 12:00 p.m. or from 12:00 to 1:00 p.m. Tours available in English and Spanish. For schedule and to register, call 860-545-1888. FREE.

• *Neonatal Intensive Care Unit Tours*

Private tours for those expecting twins, triplets, etc. By appointment only. Please call 860-545-8987. FREE.

• *eLearning Childbirth Education*

When traditional childbirth education classes are not a possibility due to bed rest or time constraints, our interactive web-based program provides a solution. Covers the last trimester of pregnancy, labor & birth, medication choices and cesarean birth. An optional one-evening session provides a maternity tour and review of breathing/relaxation techniques, birth videos, and time for questions. **Schedule:** From 6:30 to 9:00 p.m. on 11/11 in Hartford Hospital's High Building room #685. Call 860-545-1888 to register. FEE: \$100.

• *Preparation for Childbirth Class*

All the essential information you need for labor and the birth of your baby. Topics include: stages of labor, relaxation, breathing techniques, pain management options and other coping skills. Learn to be an active participant in the birth of your baby. We offer a variety of options—one day or two week sessions. Classes meet in Avon, Glastonbury, West Hartford, Wethersfield and Windsor. **Schedule:** Call 860-545-1888 or go to www.harthosp.org/parented. FEE: \$100.

• *The Happiest Baby*

Learn an extraordinary approach to keeping babies happy by helping them sleep better and soothing even the fussiest baby in minutes. This approach was pioneered by Dr. Harvey Karp in his best-selling book and DVD, *The Happiest Baby on the Block*. **Schedule:** From 7:00 to 9:00 p.m. on 10/26 in West Hartford. FEE: \$65/couple includes class, Parent Kit, choice of Dr. Karp's DVD (or VHS) and *Soothing Sounds* CD.

• *Epidural Anesthesia for Labor*

Led by a Board-certified anesthesiologist, this class covers what an epidural is, how it is placed, the risks involved and what to expect for pain relief. This is an excellent opportunity for expectant parents to learn more about epidurals and to ask questions.

Schedule: From 7:00 to 8:00 p.m. on 10/7, 12/2 at Hartford Hospital. FREE.

• **Sibling Preparation**

A class to help children 3 to 9 years of age prepare for the arrival of a new baby brother or sister. **Schedule:** Hartford from 9:30 to 10:30 a.m. on the following Saturdays:

Pre-school—10/2, 11/6, 12/4

School-Age—9/18, 10/16, 11/13, 12/11

FEE: \$15 per child; \$25 for 2 or more children

Nurturing Connections

Nurturing Connections (NC) programs are under the umbrella of the Nurturing Families Network.

Telephone Support for New Parents

This program is for new, first-time parents. Volunteers and others are available to provide them by telephone with education and support as they adjust to the many demands of parenthood beginning while the mother is pregnant or while mother and baby are still in the hospital. Contact Leslie Escobales at 860-972-3201.

Home Support for New Parents

Intensive home visiting services are offered to first-time parents. Staffed by home visitors who may visit the homes weekly starting prenatally until the baby is 5 years of age. The home visitors act as teachers, supporters and advocates for the families and help them get the community services they need. Contact Leslie Escobales at 860-972-3201.

Prenatal Groups

Prenatal groups are offered in both English and Spanish depending on the number of participants. Meet once per week for ten weeks. Contact Damaris Rodriguez at 860-972-3131.

Parent–Baby Series

• **Time for Infants**

Led by a pediatric nurse practitioner, this six-week series is for parents and infants under 12 months. Learn fun, developmental activities for infants, participate in discussions and make new friends! **Schedule:** From 11:15 a.m. to 12:15 p.m. weekly from 9/15 to 10/20 and 10/27 to 12/8 in Wethersfield. FEE: \$50 for 6-week series.

• **Time for Toddlers**

Led by a pediatric nurse practitioner, this six-week series is for parents and toddlers, 12 to 24 months. Learn fun, developmental activities for toddlers and participate in discussions on parenting issues. **Schedule:** Meets 10:00 to 11:30 a.m. from 9/15 to 10/20 in Wethersfield. FEE: \$50.

• **Time for Infants & Toddlers—Saturdays**

This series is for parents and children under 24 months. Learn fun, developmental activities, participate in discussions and make new friends! **Schedule:** From 10:00 to 11:30 a.m. in Glastonbury on 9/25, 10/23, 11/20, 12/18. FEE: \$15/class.

Exercise for Expectant and New Moms

• **Prenatal Yoga**

Improve your strength and muscle tone, ease tension and relieve discomforts of pregnancy. **Schedule:** Meets 5:30 to 6:45 p.m. from 11/3 to 11/24 and 12/1 to 12/22 in West Hartford. Call 860-545-1888 to register. FEE: \$50/4-week session.

• **Stroller Fitness**

Enjoy beautiful Farmington Valley views along the Rails to Trails, beginning at Hartford Hospital Avon Wellness Center. Strength training and endurance will be incorporated into this fun stroller workout. Alternate activities will be planned in the event of inclement weather. Meets at the Avon Wellness Center. Call 860-985-7957 for schedule.

DIABETES LIFE CARE PROGRAMS

Diabetes Education Classes

Self-care education and support for adults with diabetes. Develop the self-management skills to improve blood sugar control, prevent and/or delay complications and improve daily quality of life with diabetes. Classes also available for women with diabetes during pregnancy. Classes in English or Spanish. For more information call 860-545-1888.

Day (8:30 to 11:30 a.m.)

Afternoon (1:00 to 4:00 p.m.)

Evening (5:00 to 8:00 p.m.)

Diabetes Support/Education Group

Continue your self-care education in diabetes and receive ongoing support from other adults with diabetes. Meetings held quarterly. **Schedule:** From 7:00 to 8:30 p.m. Registration is required. Call 860-545-1888. FREE.

10/4 in Windsor—“*The Stages of Change/How to Make Changes That Matter*”

12/7 in Wethersfield—“*Dealing With Your Diabetes Issues: A Personal Approach*”

Diabetes & Nutrition

(Meal Planning and Counseling)

Our dietitians provide individualized meal plans by addressing *your* concerns and desires concerning food preferences (likes, dislikes, allergies and intolerances), weight improvement issues and blood glucose control. Covered by most private insurance plans. Physician referral required. Call 860-545-3526 to schedule an appointment.

SAFETY EDUCATION

Car Seat Safety

Despite parents’ best efforts to keep their children safe, four out of five car seats are installed incorrectly. That’s why we offer a free Car Seat Safety class for expectant parents, hosted by Community Safety Officer David Cavedon. Space is limited and registration is required. **Schedule:** From 6:30 to 8:00 p.m. on 10/5, 11/30 in West Hartford. Call 860-545-1888 to register. FREE.

CPR for Family and Friends: Infants and Children

Recommended for new parents, babysitters and anyone who cares for infants and children who want basic first aid and CPR information but who do not need a course completion card. Call 860-545-1888 for schedule. FEE: \$45.

SCREENINGS/SUPPORT GROUPS

Look under specific topics for additional support group listings.

Blood Pressure/Sugar/Cholesterol

Conducted by VNA Health Care and scheduled throughout the Greater Hartford area. For more information call 860-246-1919.

Patient Support Groups

• **Mended Hearts Support Group**

For people who have had open-heart surgery or heart disease and their partners. **Schedule:** Meets 3rd Wednesday of each month at 7:15 p.m. at South Congregational Church, 277 Main Street, Hartford. Call 860-289-7422. FREE.

• **Heart Transplant Support Group**

Provides education, networking and social interaction for post-transplant patients and their families. **Schedule:** From 5:30 to 8:30 p.m. on 11/9 in Hartford Hospital’s Special Dining Room. *Light dinner provided.* To register, call Sue Podolski at 860-545-4339. FREE.

• **Transplant Patient Support Group**

Provides education, networking and social interaction for post-transplant patients and their families. **Schedule:** From 7:00 to 8:30 p.m. on 9/30, 10/28, 11/25 in Glastonbury. To register, call Sue Podolski at 860-545-4339. FREE.

• **Ostomy Support Group**

Support and education for anyone who has (or will be having) a colostomy, ileostomy, or urostomy. Program includes: self-help sessions of sharing helpful tips, ostomy care and management, medical speakers, and ostomy product representatives. Family and friends are welcome. **Schedule:** From 6:30 to 9:00 p.m. on 10/28, 11/18 at the West Hartford Senior Center. For more information, call 860-760-6862. FREE.

• **Kidney Transplant Orientation Class**

Open to all potential kidney transplant patients, donors and their families. Provides education to help in making the choice between dialysis and transplant, the eligibility and evaluation process, and UNOS listing vs living donor. Call 860-545-4368 for schedule or to register. FREE.

• **Farmington Valley Fibromyalgia/Chronic Fatigue and Immune Dysfunction Syndrome Support Group**

Find support, education and humor. Meets in the Wagner Room at the Simsbury Public Library, 725 Hopmeadow Street, Simsbury. **Schedule:** 3rd Tuesday of each month from 1:00 to 3:00 p.m. Registration is **not** necessary. Call Betty at 860-658-2453 for more information. FREE.

Visit our web site at www.harthosp.org

SURGICAL WEIGHT LOSS PROGRAMS

Surgical Weight Loss Education Session

Find out if weight loss surgery is right for you. Attend a session and meet Drs. Darren Tishler and Pavlos Papasavas from the Surgical Weight Loss Center. Learn about obesity, types of surgery offered, and whether you might be a candidate.

Schedule: From 2:30 to 5:30 p.m. on 9/21, 10/5, 11/2, 11/16, 11/30, 12/14, 12/28. To register, call 860-246-2071 and select option #2. Registration is required. FREE.

Surgical Weight Loss Support Group

Education and support for those who have had or are thinking of having bariatric weight loss surgery. Conducted by Nina Arnold and Sally Strange, Bariatric Nurse Coordinators. **Schedule:** 9/21, 10/12, 11/9, 12/14, from 6:00 to 8:00 p.m. at Hartford Hospital's Education and Resource Center, 560 Hudson Street, Hartford. For more information go to www.ctsurgical.com_swlp.php or www.harthosp.org/obesitysurgery or call 860-545-1888. Registration is NOT required. FREE.

Nutrition Classes for Post-operative Patients

Nutrition classes are available for patients who have had bariatric surgery for weight loss. For more information, schedule and to register, please call 860-545-2604.

Greater CT Walk from Obesity with local sponsorship by Hartford Hospital

Help raise awareness about obesity, a major public health issue that affects children and adults nationwide. Donations go toward research and prevention. **Schedule:** Saturday, 9/25 at Hubbard Park in Meriden. Register online at www.walkforobesity.com and select Join A Walk-Greater CT. On site registration begins at 10:00 a.m. Walk begins at 11:00 a.m. Registration Fee: \$25—includes T-shirt. Children 12 and under are free.

CLINICAL PROFESSIONAL PROGRAMS

EMS Education

Can't come to us? We'll come to you...

Hartford Hospital's Department of EMS Education will accommodate the needs of the business community by providing on-site instruction. A minimum number of participants is required. Call 860-545-2564 for more information or to make arrangements.

For more information on the following classes or to register on-line, visit our website at www.harthosp.org/ems.

Pediatric First Aid & CPR

This course teaches how to manage illness and injuries in a child in the first few minutes until professional help arrives. Approved by the State of Connecticut to meet the requirements for day care providers for first aid. Call 860-545-2564 for schedule and to register. FEE: \$75.

Adult First Aid & CPR with Automated External Defibrillation

Course content includes general principles of first aid, medical emergencies, injury emergencies, CPR and the use of the automated external defibrillator, and environmental emergencies. Call 860-545-2564 for schedule and to register. FEE \$90.

Adult/Child/Infant CPR with Automated External Defibrillator

The Heartsaver AED Course teaches CPR, AED use, relief of choking in adults and children, infant CPR and relief of choking, and use of barrier devices for all ages. Call 860-545-2564 for schedule and to register. FEE: \$75.

Basic Life Support for Healthcare Providers

Course fee includes textbook pocket mask and course completion cards. **Schedule:** Call 860-545-4158 for schedule. FEE: \$85.

Basic Life Support for Healthcare Providers—Refresher Class

Call 860-545-4158 for schedule and registration information.

CPR Instructor Course

Call 860-545-4158 for schedule and registration information.

EMT—Basic Course

For all pre-hospital emergency medical care providers who will ride on ambulance crews, serve on fire department rescue squads, or work in security or police departments. Course fee covers texts, equipment and supplies. Call 860-545-2564 for more information or for registration form.

EMT—Intermediate Course

Must present current copy of State of CT EMT-B certification and a current copy of CPR training in adult, infant and child. Registration is required. Call 860-545-2564 for schedule and registration form.

EMT—Recertification Course

For currently certified EMT-Basics. Includes the recertification practical and written examinations at no additional charge. Results for both exams are available at the end of the last class. Registration required. Call 860-545-2564 for schedule.

Core Instructor Program

For anyone interested in becoming a CPR, ACLS, or PALS instructor. Must have a current provider card in the topic in which they wish to become an instructor. Upon completing the Core Instructor program, the student will be eligible to take the discipline specific instructor training program. FEE: \$150. BCLS, ACLS, & PALS Instructor program: \$300. Call 860-545-2564 for schedule and to register.

Pediatric Advanced Life Support (PALS)

Provider refresher course. American Heart Association program offers 16 hours of instruction in patient assessment, shock management, and vascular access. Call 860-545-2564 for schedule.

Pediatric Education for Pre-Hospital Professionals

PEPP represents a comprehensive source of pre-hospital information for the emergent care of infants and children. It will teach the pre-hospital professional how to better assess and manage the ill or injured child. Call 860-545-2564 for schedule. FEE: \$150.

Advanced Cardiac Life Support (ACLS)

For providers, instructors and those who have a current card but need a refresher course. AHA program designed for health-care providers whose occupations demand proficiency in the knowledge and skills of ACLS. This course is designed to review, organize and prioritize the skills and didactic information needed to manage a cardiac arrest, and events that may lead to and follow a cardiac arrest. Call 860-545-2564 for schedule and to register.

PROFESSIONAL DEVELOPMENT

Radiation Therapy Program

Applications are currently being accepted for this 24-month full-time program. This program is accredited by the Joint Review Committee on Education in Radiologic Technology and prepares graduates for certification by the American Registry of Radiologic Technologists. For schedule and an application, visit our website at www.harthosp.org or call 860-545-2612.

Radiography Program

This 24-month full-time accredited program begins in September of each year and leads to eligibility for certification by the American Registry of Radiologic Technologists (ARRT). The Radiography profession combines the use of advanced radiographic imaging equipment with direct patient care. For schedule and an application, see our website at www.harthosp.org or call 860-545-2612.

Phlebotomy Training Course

In association with Hartford Hospital's Clinical Laboratory Education Program, this program is offered twice a year in the Spring and Fall for 15 weeks, to prepare students for jobs as phlebotomists. For schedule or more information and an application, visit our website at www.harthosp.org or call 860-545-3350.

HealthCare Toastmaster #2300

Learn to develop effective communication skills and to take control of your presentations and meetings through effective listening, thinking and speaking, which in turn foster self-confidence and personal growth. **Schedule:** 2nd and 4th Thursday of each month from 12:00 noon to 1:00 p.m. at Hartford Hospital, Jefferson Building conference room 118. FEE: \$39 for 6-month membership.

Visit our web site at www.harthosp.org

SPECIAL EVENTS AT HARTFORD HOSPITAL

REGISTRATION IS REQUIRED for each of the following events unless noted otherwise. Call Hartford Hospital's Health Referral Service at 860-545-1888 or toll-free at 800-545-7664 to register.

Obesity: Related Health Issues and Surgical Weight Loss Options

Presented by Dr. Darren Tishler and Dr. Pavlos Papasavas, Co-Directors of the Surgical Weight Loss Center and Board-certified in general and bariatric surgery.

Schedule: From 7:00 to 8:00 p.m. on Wednesday, November 3, in Glastonbury and from 10:00 to 11:00 a.m. on Saturday, November 13, at the Enfield Public Library. In this seminar, you will learn about:

- Obesity and related health issues
- Surgical weight loss options
- Who qualifies as a candidate
- The process for surgery



Dr. Pavlos Papasavas (on left) and Dr. Darren Tishler



Prevention Starts Now

Led by a registered dietician, certified in child and adolescent weight management. Researchers suggest that prevention of childhood obesity should begin as early as pregnancy. This class will give parents and their babies a head start for healthy habits, bodies and futures. **Schedule:** From 10:00 to 11:30 a.m. on Saturday, October 30, in the Education Room at the Gateway Medical Park, 300 Western Boulevard, Glastonbury.



Dr. Kiran Sachdev



Dr. David Chaletsky

Barrett's Esophagus: How Acid Reflux Can Cause Cancer

Learn how to identify common symptoms of acid reflux and how to prevent this potential cancer of the esophagus. Presented by Board-certified gastroenterologists Kiran Sachdev, M.D. and David Chaletsky, M.D., M.P.H. **Schedule:** From 7:00 to 8:00 p.m. on Wednesday, October 27, at The Gateway Medical Park in Glastonbury. Registration is required. Call 860-545-1888. FREE.



Dr. William Sardella

Stop Living in Pain – There is Help!

Hartford Hospital invites you to a free educational seminar with Kiran Sachdev, M.D., Board-certified gastroenterologist and William Sardella, M.D., Board-certified colon and rectal surgeon, to learn how to stop the pain of pelvic floor disorders. If you suffer from pelvic and rectal pain or constipation and fecal incontinence you must attend this free educational program. There is help! These disorders are very common and there are various treatment options ranging from nonmedical to surgical. Stop living in pain and improve your quality of life. **Schedule:** From 7:00 to 8:00 p.m. on Thursday, October 21, at the Enfield Senior Center, 299 Elm Street, Enfield. Registration is required. Call 860-545-1888. FREE.

The Fourth Annual FRED COHEN Memorial Symposium

Living with a Brain Tumor: Keeping Hope Alive

This program is for patients and families. The guest speaker will be Dr. Andrew Norden, M.D., Dana-Farber Cancer Institute, Boston, MA. Hartford Hospital experts will present on coping with fatigue. **Schedule:** From 9:00 a.m. to 1:30 p.m. on November 3 at Hartford Hospital's Education & Resource Center (Heublein Hall). The program is free but registration is required. For more information, call 860-545-2390.

Call the Health/Physician Referral Service at 860-545-1888 or 800-545-7664 for information about any program.

Address Service Requested

Cook's
 Circle

Banana Cream Pie

Ingredients	3 Tbs. all purpose flour
3 Tbs. boiling water	2 tsp. vanilla extract
1½ tsp. unflavored gelatin	2 c. banana slices (3 medium bananas)
2 egg yolks	Reduced-fat graham cracker pie crust
1½ c. 1% lowfat milk	
¼ c. sugar	

Combine boiling water and gelatin in a cup, stirring until dissolved. Set aside. Beat egg yolks and milk in a bowl. Whisk egg mixture, sugar and flour together in a saucepan until well mixed and sugar dissolves. Cook over medium heat, stirring continuously for 10 minutes until the mixture reaches a boil and becomes thick. Stir in gelatin mixture and vanilla extract.

Layer banana slices on pie crust and pour pudding over top. Cover and refrigerate for about three hours, or until pudding sets. Place additional slices on top of the pie just before serving. *Optional:* Garnish with apple slices and cinnamon. *Serves 8.*

(per serving)	<i>Cholesterol: 72 mg</i>
<i>Calories: 146</i>	<i>Fiber: 1.3 g</i>
<i>Protein: 5.6 g</i>	<i>Potassium: 241 mg (5% RDI, add bananas for garnish to raise potassium)</i>
<i>Carbohydrates: 23.5 g</i>	<i>Vitamin D: 60 I.U. (15% RDI)</i>
<i>Total Fat: 3 g (40% monounsaturated fat)</i>	<i>Vitamin B6: 20 mg (15% RDI)</i>
<i>Saturated Fat: 1 g</i>	

Recipe analyzed by Brunella Ibarrola, MS, RD, CD-N.



This low-calorie treat is low in both fat and carbohydrates, making it a heart-healthy choice for a holiday dessert. Bananas are cholesterol-free and are high in potassium and fiber. According to the American Health Association, an occasional egg can be part of a healthy diet. Eggs contain a nutrient called *choline*, protein, minerals, essential fatty acids and vitamins A, E, D, K, folate and riboflavin. “Two egg yolks for eight servings in this recipe is only a quarter of an egg per person,” says Brunella A. Ibarrola, M.S., R.D., CD-N, of Hartford Hospital’s Department of Nutrition Services. “Most people who are following general heart-healthy guidelines can enjoy, on average, three eggs per week.”

One egg contains about 213 milligrams of dietary cholesterol. The recommended cholesterol limit is 300 milligrams daily for people with normal LDL (“bad”) cholesterol levels. High levels of LDL—the result of genetics, diet and inactivity—trigger the buildup of fatty plaque, leading to chest pain and arterial blockages. Generally, those with high LDL levels or taking cholesterol-lowering medication should eat less than 200 mg of cholesterol per day.

Serving accessories can be purchased at the Hartford Hospital Auxiliary Gift Shop.