



ROUNDS

HARTFORD HOSPITAL'S WELLNESS MAGAZINE Autumn 2013

Tallwood Urology and Kidney Institute

New England's Premier Center



Also in this issue:

- New Options in Cardiac Care
- Enhancing the Patient Experience

...and more

ROUNDS

Hartford Hospital's Wellness Magazine

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

Hartford Hospital Designated "Comprehensive Stroke Center"

Hartford Hospital has been recognized by The Joint Commission and the American Heart Association/American Stroke Association with Comprehensive Stroke Center (CSC) Certification. We are the first such program in all of New England.

Certification means we are part of an elite group focused on complex stroke care. Comprehensive stroke centers are recognized as industry leaders and are responsible for setting the national agenda in specialized stroke care. "Hartford Hospital is thoroughly committed to providing our patients with the highest quality stroke care based on current scientific research to ensure continuous improvement in care," said Isaac E. Silverman, MD, the Stroke Center's co-medical director and vascular neurologist. "Comprehensive Stroke Center Certification has confirmed what we know. We offer exceptional, cutting edge stroke care to our patients, as we improve care overall for our community."

"By achieving this advanced certification, Hartford Hospital has thoroughly demonstrated the greatest level of commitment to the care of its patients with a complex stroke condition," said Mark R. Chassin, MD, FACP, MPP, MPH, president, The Joint Commission. "Certification is a voluntary process and The Joint Commission commends Hartford Hospital for successfully undertaking this challenge to elevate the standard of its care for the community it serves."



**American Heart Association
American Stroke Association
CERTIFICATION**
Meets standards for
Comprehensive Stroke Center



Hartford Hospital's Partnership for Breast Care Receives National Accreditation as a Breast Center



**NATIONAL ACCREDITATION PROGRAM
FOR BREAST CENTERS**

The Partnership for Breast Care, Hartford Hospital's comprehensive breast care program, has been awarded a three-year accreditation by the National Accreditation Program for Breast Centers (NAPBC). Receiving a perfect compliance score in 27 categories of breast care and program organization, this accreditation recognizes our commitment to providing the highest level of quality breast care.

Administered by the American College of Surgeons, the NAPBC is a consortium of professional organizations dedicated to the improvement of the quality of care and monitoring of outcomes of patients with diseases of the breast. The accreditation process includes a detailed application and full-day onsite visit. Hartford Hospital's breast care program, established in 2001, provides a single comprehensive resource for individuals with breast health issues. Patricia A. DeFusco, MD, medical oncologist, newly appointed medical director for the Partnership for Breast Care said, "I attribute our highly successful accreditation survey to the efforts of the entire breast disease team, the Cancer Registry staff, and to the excellent work of my predecessor, Dr. Andrew Ricci, and to Karen Weingrod, the program manager."

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Hartford Hospital Recognized in 9 Specialties by U.S. News & World Report

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HARTFORD, CT
RECOGNIZED IN 9 SPECIALTIES
2013-14

DIABETES & ENDOCRINOLOGY

GERIATRICS

NEPHROLOGY

PULMONOLOGY

UROLOGY

Hartford Hospital has been recognized by U.S. News & World Report as being the **Number One** hospital in the Hartford region and among the best hospitals in Connecticut in nine specialties—the most in our history.

The specialties are cardiology and heart surgery; diabetes and endocrinology; gastroenterology and GI surgery; geriatrics; gynecology; nephrology; orthopedics; pulmonology; and urology.

The U.S. News & World Report hospital rankings are extremely competitive, and our performance attests to the truly beyond-advanced care and services that Hartford Hospital provides. It is an honor to be ranked among U.S. News' Best Hospitals. Only about 15 percent of hospitals in the country are recognized for high performance and as among their region's best.

Hartford Hospital's Global Presence

Numerous Hartford Hospital physicians, nurses, dentists, physician assistants and other health care professionals have provided care in other parts of the U.S. and internationally throughout the years. Countries benefitting include Cape Verde, Costa Rica, Dominican Republic, Ecuador, Ethiopia, Guadalupe, Guyana, Haiti, Honduras, India, Indonesia, Israel, Jamaica, Kenya, Mexico, Nepal, Nicaragua, Nigeria, Paraguay, Peru, Philippines, South Africa, Switzerland, Uganda, Uzbekistan and Zambia.

The volunteering of these services has been through various organizations and charities rather than through one centralized effort. Many Hartford Hospital medical providers responded to a survey indicating that they would be interested in providing medical care in other geographies and joining a planning group for developing a global health program.

Hartford Hospital will now begin to integrate and coordinate these global health initiatives via an advisory group. The goal is to promote collaboration across disciplines and improve cost-effectiveness and ultimate sustainability, both domestically and abroad.



Tallwood Institute Provides World Class Urology and Kidney Care

Photo: Members of the Tallwood Medical Team

FRONT ROW (left to right): Joseph Wagner, MD (urology); Matthew G. Ely, III, MD (urology); Robert Oberstein, MD (endocrinology); Jarrod Post, MD (nephrology); Dawn Massey, APRN (urology); Jeffrey Kamradt, MD, (medical oncology); Christine LaSala, MD (uro-gynecology); Jeffrey Laut, MD (nephrology); Robert Spillane, MD (interventional radiology); Joseph U. Singh, MD (nephrology); Andrew Salner, MD (radiation oncology)

BACK ROW (left to right): Jean Wong, MD (urology); James Graydon, MD (urology); Arthur Tarantino, MD (urology); Kristina Johnson, MD (colorectal surgery); Fernando Abarzua, MD (urology); Douglas Viets, MD (urology); Maria Everhart-Caye, MD (nephrology); Timothy Curley, DO (nephrology); Steven Shichman, MD, chair of Tallwood Urology and Kidney Institute (urology); Stuart Kesler, MD (urology); John D'Avella, MD (nephrology); Jeffrey Morgenstern, MD (urology); Anoop Meraney, MD (urology); Howard Hochman, MD (urology); Richard Kershen, MD (urology)

NOT PICTURED: Christine Bartus, MD; Scott Benson, DO; Matthew Brown, MD; Matthew Carley, MD; Ryan Dorin, MD; Jonathan Earle, MD; Jill Peters-Gee, MD; Anne Lally, MD; Colleen Mellen, APRN; Richard Muller, MD; Terrance Oder, MD; Michael O'Loughlin, MD; Caroline Rochon, MD; Ralph Salvietti, MD; Adam Steinberg, DO; Steven Sussman, MD; Paul Thompson, MD; Kory Tray, MD; Paul Tulikangas, MD; Xiaoyi (Cheri) Ye, MD

The guiding principle of an “institute model” in medicine is to provide an exceptional patient experience by ensuring timely coordinated care that involves all pertinent specialties to address all medical needs. In 2012, Hartford Hospital received an anonymous gift of \$5 million to create the Tallwood Urology and Kidney Institute, joining cancer and transplant services as the third institute at Hartford Hospital. The donor’s generosity was integral to supporting the hospital’s vision: to provide excellence in clinical outcomes, research and the patient experience while being a national leader for comprehensive state-of-the-art urologic and kidney care.

The Institute handles all diagnoses associated with kidney and urologic function. Steven J. Shichman, MD, chair of the Tallwood Urology and Kidney Institute explained, “There are currently six interdisciplinary teams providing evidence-based care. Each team has a physician champion with all of the appropriate specialties participating to produce the best possible outcome for the patient.” Richard P. Garmany, another grateful patient of Hartford Hospital, made a gift to the Tallwood Institute via the Richard P. Garmany Fund at the Hartford Foundation for Public Giving. A portion of this gift will assist the teams by funding programming and patient and community education for disease management; community-based lectures will inform the general public with symptom awareness and prevention strategies for kidney, bladder and prostate cancers.

This team structure has had an immediate positive impact on patient care, as evidenced by the number of surgeries, length of stay, complication and readmission rates for patients of the Tallwood Institute surpassing nationally benchmarked data. (Source: Premier)

Experience Matters

Hartford Hospital was recognized by *U.S. News & World Report* as being the **Number One** hospital in the Hartford region and among the best hospitals in Connecticut in nine specialties, two of which are urology and nephrology.

In 2012

- Number 1 in volume in the state for inpatients with a primary diagnosis of bladder, kidney or prostate cancer

(Source: CHIME)

- 854 patients with stone disease treated; 1,010 patients with a primary diagnosis of chronic kidney disease (stage 1-6) treated

(Source: Hartford Hospital)

In 2013, compared to all hospitals

Patient Satisfaction for Patients under the Care of a Urologist:

- 97th percentile in satisfaction with “communication with doctors”
- 97th percentile in satisfaction with “doctors listen to you”
- 99th percentile in “overall rating of care”

(Source: Press Ganey)

Sixty-one percent of nephrectomies at Hartford Hospital were partial nephrectomies (meaning only a portion of the kidney was removed) compared to 32% nationwide.

(Source: The Journal of Urology, August 2013, 2010 data, the last year that data was benchmarked.)

Meet the Teams

The Centers for Disease Control and Prevention (CDC) states that one in 10 American adults, more than 20 million, have some level of chronic kidney disease. The **Chronic Kidney Disease Team**, led by Terrance Oder, MD, includes the services of endocrinology, dialysis, nephrology, medicine, nutrition, interventional radiology, and transplant surgery services. The team has two essential goals. First, patients treated early in their kidney failure or disease process have better outcomes, so the team is developing plans to navigate patients before they need dialysis. “Fostering a link with Hartford Hospital’s Transplant Institute’s team is paramount because if patients can receive a kidney transplant instead of life long dialysis, quality of life and survival rates improve dramatically,” said Jan Ruderman, MBA, director of the Tallwood Urology and Kidney Institute.

Second, patients who do require dialysis benefit from the work of this team. Because dialysis involves three times per week treatment, usually on a long term basis, complications for these patients can include failure of the access site (the way the patient is connected to the dialysis equipment) and infection. Team members explore ways in which certain materials and techniques will minimize these problems.

Stone disease is a condition that has been on the rise over the last two decades—approximately 8.8% of the population will have a kidney stone—frequently attributed to changes in diet and lifestyle. The **Stone Disease Team**, led by Jeffrey Morgenstern, MD, includes the disciplines of nephrology, urology and nutrition. In addition to treating patients with procedures such as lithotripsy, ureteroscopic stone removal and percutaneous nephrostomy, patients participate in a comprehensive approach to manage their stone disease.

An example of how the Institute develops pathways that set standards of care reflecting evidence-based medicine is a patient under the age of 25 years with a stone: not only is the stone treated, but because of the patient’s young age, this patient automatically becomes a candidate for a work-up that includes a specific set of tests and is then educated about controlling stone formation.

The National Overactive Bladder Evaluation program (NOBLE) estimated that 16.5 percent of its interviewed subjects have OAB—overactive bladder. Because accurately diagnosing the cause of incontinence is vital to effective treatment, the **Pelvic Health Team**, co-led by Richard Kershen, MD, from urology, and Christine LaSala, MD, from urogynecology, was developed. Urinary incontinence and bladder dysfunction are treated in conjunction with urology, urogynecology, colorectal surgery, physical rehabilitation and psychology services. Whether it’s an advancement in robotic surgery, reconstruction or another treatment technique, this team’s goal is to promote overall pelvic health with individualized comprehensive treatment plans.

Men are 24 percent less likely than women to visit a doctor annually according to Agency for Healthcare Research and Quality (AHRQ) data. In order to identify the health needs of men and get them to appropriate resources, the **Men’s Health Team** was developed. The team, led by James Graydon, MD, includes endocrinology, cardiology, urology and psychology. It is developing programs to maintain prostate health, assess endocrine and cardiac function as well as address infertility and erectile dysfunction.

Stuart S. Kesler, MD, who serves as the site director for the Urology Residency Program, leads the **Minimally Invasive Urologic Surgery Team**. These surgeons advance patient care through the use of innovative laparoscopic and robotic procedures, education and research.



Urological Oncology, part of both Tallwood and the Cancer Institute, led by Anoop Meraney, MD, treats patients who have cancer of the kidney, bladder, prostate or testes at the Helen and Harry Gray Cancer Center. Many of this team's surgeries are performed robotically to spare as much of the organ as possible, minimize blood loss and chance of infection and promote a quicker recovery via smaller incisions.

To support the coordination of care, oncology patients have a "navigator" assigned, a liaison who works with the patient to identify services and resources. "If the patient has questions or needs information, the navigator is the single point of contact for all of his or her needs," according to Ms. Ruderman. "This concept is being developed for all programs."

Case conferences are of vital importance in the Institute. They are especially beneficial for cases involving cancer care where complexity precludes the use of a specific treatment pathway. All specialties are represented when the case is presented and all disciplines confer so that there is a consensus on a plan of care. Recently, conferences have been set up so that all hospitals within the Hartford HealthCare system can be linked in.

Physician Education and Skill Enhancement is a Priority

In addition to outcomes surpassing national data, the setting of new standards in care is occurring through the strong educational initiatives of the Institute. In the past year, Tallwood surgeons and physicians have presented at multiple national conferences, such as the American Urologic



(Top photo) Jan Ruderman, MBA, director, and Steven Shichman, MD, chair, Tallwood Urology and Kidney Institute.

(Bottom photo) The Urology Oncology Team conducts an interdisciplinary case conference.

Association, and trained physicians from around the world in robotic surgery. The Tallwood team has also developed high-tech interventions at Hartford Hospital's Center for Education, Simulation and Innovation (CESI).

In addition to enhancing the knowledge and skills of experienced urologists, the Tallwood teams feel that interacting with the pipeline of new physicians during their residencies is critical. Dr. Shichman explained, "Hartford Hospital is a primary training site for the University of Connecticut's urology residents and oversees laparoscopic and robotic surgery for all of UConn's urology residents. Residents train every week at CESI." Dr. Shichman continued, "The Accreditation Council for Graduate Medical Education (ACGME) is mandating new milestones (competency-based developmental outcome

expectations), for resident performance; at Hartford Hospital we put those mandates in place on July 1, 2013, six months ahead of schedule.”

Tallwood physicians are dedicated to providing knowledge of best practices with primary care practitioners. A portion of the Richard P. Garmany Fund is earmarked for this initiative. “The Richard P. Garmany Lecture Series for Primary Care Physicians will provide updates on standards of care and increase primary care practitioners’ understanding of when a referral to a higher level of care should be made,” said Ms. Ruderman.



Examples of the 3-D images that the magnetic resonance imaging ultrasound fusion equipment will provide for prostate biopsies.



State-of-the-Art Equipment for Prostate Cancer

In prostate cancer care, the ability to make decisions about care is enhanced with state-of-the-art equipment. The latest addition to the Institute will be MRI (magnetic resonance imaging) US (ultrasound – high frequency sound waves) fusion equipment which will more accurately biopsy areas of the prostate suspicious for prostate cancer and identify disease progression.

According to the National Institutes of Health, there are approximately one million prostate biopsies done in the U.S. every year, with 240,000 men being told they have prostate cancer. Because current traditional techniques of biopsy don't involve full "sight," meaning there is some uncertainty as to exactly what tissue is being extracted, 23% of men with a negative biopsy actually have cancer. "This new imaging equipment will allow a precise diagnosis as it fuses ultrasound with MRI to create a 3-D image allowing the physician to see the entire biopsy area," said Dr. Merany. "Active surveillance is for patients who have prostate cancer that is being monitored and have not yet received treatment. Use of this equipment will increase the confidence of treatment decisions for these patients."

Hartford Hospital's Tallwood Urology & Kidney Institute and the Helen & Harry Gray Cancer Center invite you to a series of free educational programs. For details, see *Special Events listings* on page 23.

More New Options in Cardiac Care

Hartford Hospital continues to set the pace for advancements in cardiac care. Just last year the hospital introduced transcatheter aortic valve replacement (TAVR), which gives patients too frail for open heart surgery new hope for longer, healthier lives. Then it became the first in the United States—and only the eighth in the world—to implant a new device to support the right ventricle of a patient’s heart. Now the hospital has expanded its comprehensive cardiac care even further by adding two new therapies that offer critical options for certain patients.

ECMO: Advanced Care for the Gravely Ill

Multidisciplinary collaboration is a hallmark of cardiac care at Hartford Hospital and this certainly applies to the new therapy known as ECMO, extracorporeal membrane oxygenation. The therapy is designed to temporarily relieve the burden on a gravely ill patient’s heart and lungs. The patient’s blood is pumped from the body to an oxygenator, which adds oxygen and removes carbon dioxide. Blood is then pumped back to the body. It is similar to heart-lung bypass, but can be used for hours to days.

Jason Gluck, DO, director of Emergency Cardiac Care and a heart failure and transplant specialist, introduced ECMO at Hartford Hospital. He said the treatment is used when “the patient has a life-threatening condition where the chance of dying is 80 percent or more; has an acute, reversible problem; and we need to stabilize them for hours or days until they can heal through medication or surgery.” Examples include patients with acute complications from heart attack, those with a blood clot in the lung or patients who have had bypass surgery or heart transplant.

Patients receiving ECMO require constant, complex care. Hartford Hospital has an entire multidisciplinary team specially trained in caring for these very sick patients. Team members include physicians specializing in heart failure, heart surgery, cardiac critical care and clinical cardiology; perfusionists; cardiac critical care nurses; advanced practice clinicians; and respiratory therapists.

Those on ECMO “are our sickest patients,” said Cardiac Critical Care Nurse Educator Karen Freed, MSN, APRN. “The ICU staff and perfusionists have to manage and monitor carefully all aspects of patient care 24 hours a day.” The entire health care team rounds on ECMO patients daily. “The likelihood is that all of the body systems end up being supported in these patients because they are so sick,” said Michele Kolios, BSN, MS, nurse manager of the Cardiothoracic ICU and Coronary Care Unit. There are multiple assessments that need to be performed to assure there’s no compromise to the patient’s circulation while these measures are in place.”

Dr. Gluck stresses that while ECMO doesn’t cure any condition, “It buys us some time—hours or days—in which we can try to fix the problem.” He notes that a minority of hospitals nationwide offer adult ECMO and that Hartford Hospital is the only facility in northern Connecticut and western Massachusetts to offer it.

“Hartford Hospital has gone to great lengths to make sure we provide the full spectrum of care for patients

with cardiovascular compromise, extending from minimally invasive care to the most extreme and extensive form of support, which is ECMO therapy,” said Ms. Kolios. “I feel it completes an extensive list of offerings we can bring to the people of this region.”



Physicians monitor ECMO equipment while in use on a patient.

The “Mini Maze”: Surgical Treatment for Abnormal Heartbeat

The American Heart Association estimates that 2.7 million people in the U.S. have a condition called atrial fibrillation, or A-fib. The condition occurs when the electrical impulses that control the heart become erratic, causing the heart to beat abnormally. This “arrhythmia” can cause symptoms such as shortness of breath, palpitations, dizziness and fatigue. But that’s not all. Because it allows blood to pool in the heart’s left atrial appendage, clots can form and eventually cause stroke, which can lead to serious disability or death.

Treatment for A-fib can vary, depending on the individual case. For some people, medication is the solution. For others, a minimally invasive, catheter-based proce-

cedure can correct the problem. Now, under the leadership of Robert Hagberg, MD, chief of Cardiac Surgery, Hartford Hospital is offering a minimally invasive surgical treatment for A-fib called the “mini maze” procedure.

The mini maze is a team-based procedure performed by both a cardiac surgeon and an electrophysiologist. The surgeon makes small incisions on both sides of the patient’s chest and inserts a tiny camera and instruments. Because atrial fibrillation often originates in the pulmonary veins that lead from the lungs to the heart, Dr. Hagberg explained, “We deliver bipolar radiofrequency ablation to make a circular ‘burn’ where the vein meets the heart. The electrophysiologist is in the operating room and tests to be sure the block is present, just as they do with the catheter-based approach.” The team also locates and ablates ganglia—nerve bundles on the heart’s surface that can trigger atrial fibrillation—and surgically removes the left atrial appendage to reduce stroke risk.

Patients who have had the mini maze procedure typically spend two to four days in the hospital and are feeling back to normal within two to four weeks, usually with normal heart rhythm restored. “Depending on the type of atrial fibrillation, success rates vary,” Dr. Hagberg said. “But it is highly successful in patients with paroxysmal (intermittent) atrial fibrillation.” It’s also an excellent option for patients who can’t take the anticoagulant medications necessary for the catheter-based procedure.

“The focus of atrial fibrillation management is prevention of stroke, which often requires blood thinners,” said Jeffrey Kluger, MD, associate director of Cardiology and director of Heart Rhythm Management. “For people who have symptoms of atrial fibrillation, but for whom medication is not working, mini maze is potentially a procedure that can be curative in a large number of people.”

The mini maze builds on an earlier surgical treatment called the Cox maze IV procedure. This procedure is performed by opening the patient’s chest, just as in open-heart surgery. Once the heart is exposed, doctors take the same steps as in mini maze. While highly successful, Cox maze IV is major surgery, with associated blood loss, risk of complications and lengthy recovery. Today, with the mini maze and catheter-based procedures available, Cox maze IV is used only when the patient needs open-heart surgery for some other reason or has certain other conditions. The original maze procedure, which predates the Cox maze IV, was open surgery in which surgeons actually cut and re-sewed the heart’s surface to create a “maze” of scar tissue to block abnormal electrical impulses.

Dr. Hagberg, who introduced the mini maze at Hartford Hospital, has performed approximately 60 such procedures in his career. Hartford Hospital is the only center in the region offering this advanced treatment. “I think the mini maze is an important option we have for patients,” said Steven Zweibel, MD, director of Cardiac Electrophysiology. “It’s outstanding that electrophysiologists and Dr. Hagberg work together as a team to be sure we’re doing it the right way and that the electrophysiology service follows up with patients postoperatively to be sure they get state-of-the-art arrhythmia care.”



Tailoring Treatment to Each Patient

Massachusetts resident Daniel Driscoll had a problem. He had atrial fibrillation, but wasn’t able to tolerate blood-thinning medications. That not only put him at risk of stroke, but prevented him from having catheter-based ablation, which requires blood-thinners. His Boston electrophysiologist, Peter Zimetbaum, MD, recommended surgery and referred Danny to Dr. Robert Hagberg. Danny and his wife, Pauline, were glad to travel to Hartford Hospital. Pauline had known Dr. Hagberg at the Boston hospital where she is a cardiac catheterization nurse and where Dr. Hagberg pioneered the mini maze. It seemed Danny was a good candidate for the minimally invasive procedure, and now it was available only at Hartford Hospital. Dr. Hagberg reviewed Danny’s case, decided mini maze was right for him, and performed the surgery in April 2013. Danny and Pauline went home to Massachusetts five days after surgery, with Danny’s A-fib eliminated.

The Rev. William Veinot, of Rocky Hill, Conn., learned about the mini maze from Hartford Hospital electrophysiologist Eric Crespo, MD. Bill had gone to see Dr. Crespo because he continued to have debilitating A-fib, despite having had three catheter ablations. He was deeply disappointed when Dr. Hagberg explained that, because of very rare complications from the previous ablations, Bill was not a candidate for the mini maze. However, Dr. Hagberg assured Bill that the open, Cox maze IV procedure would resolve the A-fib and give him back the high quality of life he hadn’t enjoyed in years. Drs. Hagberg and Crespo collaborated on the procedure, which was done on Dec. 28, 2012. By Jan. 1, 2013, Bill was recovering at home, and he knew immediately that the A-fib he’d endured for 12 years was completely gone. “I almost wish I’d had this surgery years ago,” Bill said. “I’m arrhythmia-free, and I feel like I have my life back.” Referring to his lighthearted nickname as an Episcopal priest, Bill said “I’m ‘Father Joyful’ again!”

Hartford Hospital Continues to Go Green

Light and heat for Hartford Hospital is going to be supplied by a new 1.4-megawatt alternative-energy power generator that will operate on natural gas. Any excess steam not used by the hospital will be piped to the nearby Learning Corridor magnet school in the city's South End.

In one year, the fuel cell is expected to prevent the emission of more than 57,000 pounds of nitrogen oxide, a pollutant that causes smog. Additionally, the generator will offset the emission of more than 128,000 pounds of sulfur dioxide, more than 3,000 pounds of particulate matter from conventional power plants and prevent the emission of more than 6,700 tons of carbon dioxide.



The new employee parking garage on Hudson Street, which opened last winter, was built to be one of the greenest buildings in Hartford. The structure was made largely of recycled content. Currently, additional green projects are underway including the availability of electric charging stations, the restoration of green space and the addition of rain gardens which will surround the building for storm water management to ease the demand on municipal systems and restore natural aquifers.

Advancing Medicine: Stories of Hope and Healing

Hartford Hospital's continuing series, *Advancing Medicine*, airs on Hartford's CBS affiliate, WFSB Channel 3. Join us on September 27th at 7:30 p.m. for the next episode, which will focus on Living Miracles. After the show Hartford Hospital physicians will be live in the WFSB studio to take your calls and questions. Watch for upcoming shows by visiting www.harthosp.org/AdvancingMedicine.



Research "Cancer Avatars" to Assist in Developing Personalized Patient Treatment

Research mice called "cancer avatars" (patient stand-ins) may be tiny, but they will be a huge help to doctors and scientists working to treat and one day cure cancer. Doctors from Hartford Hospital and Connecticut Children's Medical Center will work with scientists from the world famous Jackson Laboratory in their new JAX Genomic Medicine facility in Farmington.

In a new project, these avatars will help doctors customize care for individual cancer patients. "Together, we can take the patient's own tumor cells, study them in the lab, and ultimately translate those findings into a personalized and effective treatment approach. It will be a giant leap forward in developing safe and effective cancer therapies," said Andrew Salner, MD, director of Hartford Hospital's Helen & Harry Gray Cancer Center.

The cancers to be studied are those with high risk of recurrence, including certain types of pediatric cancer and adult colon cancer. Patient participation will be voluntary. Over time, the study will establish a database that correlates cancer treatment results with the specific genomic variations observed in tumors. Using advanced tools to analyze the data, researchers expect to develop the ability to quickly and accurately predict the most effective treatment for each patient.

The Jackson Lab was established in 1929 as a nonprofit medical research institution and has been exploring the genetic basis of human diseases such as cancer, diabetes and neurological disorders such as autism, epilepsy, Alzheimer's, Parkinson's, muscular dystrophy and ALS (Lou Gehrig's Disease). In 2012 the lab founded the JAX Genomic Medicine facility in Farmington to discover precise genomic solutions for disease and develop individualized therapies for cancer and other diseases.

The new 250,000 square foot facility is being built on the lower campus of the UConn Health Center and is expected to be completed in 2014.



WFSB Channel 3

Viewers are invited to chat online with Hartford Hospital doctors after *Medical Rounds* airs on *Eyewitness News* on Wednesday evenings.

The Hartford Consensus

Hartford Hospital, a level one trauma center and the center for disaster preparedness for northern Connecticut, hosted a one-day meeting in the spring known as Hartford Consensus. The program is designed to help cities deploy resources during active shooter and mass casualty events. The goal is to employ common terminology and coordinated responses to increase the number of survivors. Lenworth Jacobs, MD, vice president of Academic Affairs and chief academic officer, chaired the program which included physicians from the FBI, the Navy, the Dallas SWAT team and the New Orleans Police Department.



Lenworth Jacobs, MD, vice president of Academic Affairs and chief academic officer, 4th from left, and the Hartford Consensus team.

Hartford Consensus was borne out of tragedies such as Newtown by the American College of Surgeons. Dr. Jacobs was the lead author of the Consensus' paper that was published in the Bulletin of the American College of Surgeons. The paper will be discussed with the Officer Safety and Wellness Working Group, an organization that is part of the U.S. Department of Justice.

In July, the follow-up Hartford Consensus II was held to bring the concepts to fruition. The focus was on policies and procedures, procurement of tourniquets and hemostatic dressings, education, and evaluation. The document prepared from the meeting will be given to each participant and then shared with each constituent's organization.

Volunteers Build a Better World

Hartford Hospital has great reason to celebrate our volunteers and the difference they make for our patients, families, staff and community.

During the past year, 1,380 volunteers contributed 150,533 hours of service to more than 200 different areas of Hartford Hospital. The total monetary value of this donated time is more than \$4 million. *Thank you volunteers!*

Randy Baggoo Named Employee of the Year



Randy Baggoo

Randy Baggoo, environmental services aide, was named Hartford Hospital's 2013 Employee of the Year. Randy has worked at Hartford Hospital since 2005. Born in Trinidad, he attended Fatima College in the Caribbean, and came to the United States in 1998.

Randy asked to learn the routines in all the different areas of Environmental Services so he can fill in anywhere he is needed. "I love my job because I can do a lot of different tasks," he said. Randy has been on the

HCAHPS Committee (Hospital Consumer Assessment of Healthcare Providers and Systems) for two years, where he works to improve patient satisfaction by promoting employee friendliness, institutional cleanliness, and

improved bed turnaround time. He believes all staff members can have a positive effect on patient satisfaction. "What I like most about our department is that we have a great diversity of people who speak a lot of different languages. We are often called to translate for patients who speak Russian or Polish or Greek."

As Employee of the Year, Randy received a \$2,000 check, recognition in the Hartford Courant, and a reserved parking space for one year. Randy is married and has a 10-year-old son.

Other staff members selected as finalists for Employee of the Year honors included: Jerry Belanger, Web Manager; Marie Edwards-Sturges, Central Sterile Tech; Richard Gannon, Clinical Pharmacist Specialist; Everton Grant, Public Safety Officer; Debra Hernandez, APRN; Linda Kingsbury, PCA; Kevin O'Shea, Psychiatry; Eric Parent, Metal Shop Mechanic; Angel Rentas, APRN; Hattie Roberts, Administrative Associate; William Roman, Clinical Research Associate; Laurie Shakun, RN; Joseph Spinetti, Radiology Support Associate; Joy Wilson Radiologic Technologist; Tracey Young, RN CB6. *Congratulations to Randy and all of the finalists who live our values every day!*

Enhancing the Patient Experience



In response to patient feedback, a redesigned food service system was one of the innovations implemented.

It's probably fair to say that no one really likes going to the hospital. Unless it's to welcome a new baby, anyone who's admitted to the hospital is having health problems, and that means probably feeling anxious and stressed, as well as physically uncomfortable. Hartford Hospital recognizes this and is determined to make each patient's experience the best it can possibly be. The hospital recently ramped up its efforts by creating a new position, director of patient experience, and appointing a seasoned professional to the post.

David Fichandler, MSPT, CLT, has co-lead the hospital's Patient Experience Team since it was created in 2009. The team's initial charge was to improve the hospital's performance on the HCAHPS (Hospital Consumer Assessment of Healthcare Providers and Systems) survey, which measures patients' perceptions of hospital care. They implemented innovations such as hourly rounding and trained more than 2,300 staff members in key points to remember when providing patient care. The team

soon realized that much more could be done to improve the patient experience, and the award-winning Team EXCEED was born. Co-led by Mr. Fichandler and Lynn Deasy, RN, BSN, MPH, the 24-member Team EXCEED was dedicated to an all-out effort to ensure that every encounter patients have with the hospital meets or exceeds their expectations.

Today, evidence of Team EXCEED's efforts can be seen and experienced inside and outside the hospital. They cover a broad range of areas, including hospital security, patient relations, valet operations, patient satisfaction initiatives and the on-campus accommodations for patients and families.

Creating the position of director of patient experience, Mr. Fichandler said, reflects the understanding of "the patient experience as something that happens before the patient even arrives on campus. When patients are coming in for care, their first impressions are not of the doctor, but of the garage, the valet parking person, security. We

want first and last impressions to set the tone, so when you come here for care, we're meeting or exceeding your expectations." Mr. Fichandler points out that there's a clinical component to these efforts. "Our goal is to reduce anxiety for patients and families. Patients with reduced anxiety and stress levels get better outcomes."

Highlights So Far

The hospital has made numerous innovations with an eye to creating a better patient experience. Campus facilities, including the public garage, were redesigned and refurbished. A new Professional Image Policy introduced color-coded uniforms and large-type name badges so patients and families could easily identify staff members' roles. Whiteboards were installed in patient rooms to enhance communication. Every patient who is admitted now receives a *Hartford Hospital Healthcare Guide and Journal*. The guide allows patients to understand their rights and responsibilities and what they can expect during their stay. The journal allows patients to better participate in their own care by writing down questions and concerns.

Nine Patient Advisory Boards—one overall and one for each of eight specific areas—have been instituted to help Team EXCEED make plans and monitor performance. "As we continue to evolve our culture and get better, we can't do it by ourselves," Mr. Fichandler said. "We need feedback from users to make sure we meet or exceed our customers' expectations while providing the highest quality care."

One aspect of the hospital experience that patients said needed improvement was the food—not that it wasn't nutritious or hot, but that it lacked flavor. In response, this spring the hospital completely redesigned the food service system. Patient feedback in the first month was "incredibly positive," according to Mr. Fichandler.

Statistics show that the team's efforts over the past several years are making a difference in patients' perceptions. The percentage of patients rating their experience as the "best possible" has grown from 54 percent in 2008 to 70 percent in 2012, putting Hartford Hospital's score above the national average. "For a hospital to get 16 percent improvement over four years is almost unheard of nationally," Mr. Fichandler said. "Other organizations are reaching out to us to see how we're doing it."

Looking Ahead

Team EXCEED currently has 17 initiatives on the drawing board. A major one focuses on communication. The hospital is using a methodology from a national health care consulting firm to train all physicians and staff in techniques aimed at ensuring clear, complete communication among providers, patients and families. Training is led by Team EXCEED members and staff from the hospital's Center for Education, Simulation and Innovation.

The team will soon launch a "Quiet at Night" campaign. This aims to reduce noise during nighttime hours to allow patients the restful sleep they need in order to heal.

Also on the horizon are innovations in patient education. The team is exploring ways to use web-based technology to engage and educate patients. This might be a web-based personal assistant who would allow patients to ask questions. Or it might allow a doctor to direct a patient to an educational module on, say, diabetes self-care, that he or she could do at home. "We're also looking to bring additional technology to the bedside," Mr. Fichandler said. "Imagine a future when the TV has a portal to allow patients to see lab results, X-rays or CT scans or Skype with their doctors or family. Only about 10 percent of hospitals nationally have this. We hope to pilot it at the end of 2013."

What's Going Around...News & Breakthroughs

NAFLD a Growing Problem

The NIH (National Institutes of Health) reports that non-alcoholic fatty liver disease (NAFLD) is on the rise, becoming the most chronic liver condition in the western world. Usually without symptoms, NAFLD is seen more frequently with diabetes and obesity. The good news is that NAFLD responds to weight loss, exercise and control of any other metabolic risk factors.

Take Concussions Seriously

Fall involves scholastic football and soccer, two sports that have their share of concussions. The CDC (Center for Disease Control and Prevention) has toolkits for health care professionals, coaches, parents and athletes. Visit www.cdc.gov/concussion. For concussion evaluation and treatment within Hartford HealthCare contact the Concussion Clinic at 860.545.5107.

More Exercise, Still Obese

The University of Washington's Institute for Health Metrics and Evaluation concluded that Americans are exercising more but obesity rates are basically unchanged. The CDC states that 35.7% of U.S. adults are obese; the rate is 22.5% in CT. This highlights the challenges of confronting and reversing this health care crisis. Visit www.cdc.gov/obesity for additional information.

Car Seat Safety

The American Academy of Pediatrics is recommending that children should be in rear-facing car seats until at least two years of age. Additionally, children should remain in a car seat with a five-point safety harness as long as possible; a booster seat using the car's adult seat belts should be used after children exceed the height and weight limit for the five-point harness.

Clinical Studies at the Institute of Living



Depression

Have you been diagnosed with major depression? Has your depression not improved with your current medication? John Goethe, MD, is offering screenings for participation in a clinical research study to assess whether an investigational drug may be useful, safe and well-tolerated for the treatment of major depression. Participants will receive a study-related psychiatric evaluation and the study drug at no cost.

Dr. Goethe is also conducting a trial using a new, non-invasive medical device for the treatment of depression known as transcranial magnetic stimulation. Inclusion criteria for the trial include a diagnosis of major depressive disorder with postpartum onset.

Schizophrenia

Have you been diagnosed with schizophrenia? If your symptoms have not improved with your current medication, you may want to consider this research study. We are currently enrolling patients for a clinical research study to assess whether a new drug in combination with your present medication may be useful for the treatment of schizophrenia.

Bipolar Disorder

The purpose of this study is to test the effectiveness of an investigational add-on medication to treat bipolar disorder in people who already take prescribed medication. All participants will be seen by a doctor and receive the study medication and all study related procedures at no cost.

For more information, please contact:

Sherri L. Post

phone: 860.545.7476

email: Sherri.Post@HCHHealth.org

Dr. Schwartz Attends President's Conference

Hank Schwartz, MD, psychiatrist-in-chief at the Institute of Living and vice president of Behavioral Health at Hartford Hospital, represented Hartford Hospital at the White House's one-day mental health conference in June. President Barack Obama delivered the opening remarks and Vice President Joe Biden delivered the closing remarks. The event was the kickoff for the president's "national dialogue on mental health," which was in response to gun violence and featured the topic of mental health. Health care and mental health professionals, patients, educators, and legislators were among the 150 invited attendees. Actors Bradley Cooper and Glenn Close were also in attendance. Bradley Cooper has become an advocate for mental health since his performance as a man with a bipolar disorder in the movie *Silver Linings Playbook*. Glenn Close spoke about the mental health challenges faced by her sister and nephew.

Does Your Mobile Device Carry Germs?

Have you ever wondered if your mobile devices are carrying dangerous germs? Jack Ross, MD, chief of Infectious Disease/Epidemiology, wondered, so he did some tests. His conclusion: the flat screens of our current smartphones and tablets are surprisingly clean. (Dr. Ross notes that this was not the case with old cellphones with key pads!) Dr. Ross and his team, which included Jabar Aslanzadeh, PhD, director of Microbiology, and student fellows, performed cultures on the smartphones of 100 caregivers last summer, and found that none grew MRSA (methicillin-resistant staphylococcus aureus). They then inoculated six iPhones/smartphones with MRSA, and found that none supported growth after several hours. The team also cultured the touch plates on approximately 50 Purell® dispensers on four intensive care units and nine nursing units, looking for VRE (vancomycin-resistant enterococci) and MRSA. All were negative.



A study from Sanford Health in North Dakota looked at 20 iPads. They showed none grew *C. diff* (*Clostridium difficile*), none grew gram negative rods (bacteria that have developed resistance to common antibiotics), and only three grew the bacteria Staph (*Staphylococcus*). Further testing showed that moist microfiber wipes removed the Staph effectively.

The take-away message? It's a good idea to wipe your mobile devices like smartphones and tablets with a moist cloth, as well as perform proper hand hygiene.

Welcome New Physicians

We welcome some of the newest members of our Hartford Hospital Medical Staff. For more information on these and other physicians, visit our website at www.harthosp.org or call the Health Referral Service at 860.545.1888.



Podiatry

Jennifer R. Decker, DPM

Dr. Decker has joined Hartford Hospital as a podiatrist. She is a graduate of the Dr. William Scholl College of Podiatric Medicine, completed an internship at Weil Foot & Ankle Institute-Thorek Hospital, did her residency at St. Joseph Hospital and a fellowship at The Center for Reconstructive Foot Surgery, all in the Chicago area.



Cardiology

Eric J. Oligino, MD

Dr. Oligino has joined Hartford Hospital as a cardiologist. He is a graduate of the University of Connecticut School of Medicine, completed a residency at Hospital of University of Pennsylvania and did his fellowship at Yale New Haven Hospital. He is board-certified in internal medicine.

Family Medicine

Khuram R. Ghumman, MD

Dr. Ghumman has joined Hartford HealthCare Medical Group and will be practicing in Enfield in the practice of family medicine. He graduated from Nishtar Medical College in Pakistan and completed his residency at Saint Francis Hospital of Wilmington in Delaware, and is board-certified in family medicine.



General Surgery

Rachel Raphael, MD

Dr. Raphael has joined Hartford Hospital as a general surgeon. She is a graduate of Temple University School of Medicine, completed her residency at the University of Connecticut School of Medicine and did a fellowship at Jackson Memorial Hospital in Miami. She is board-certified in surgery.



Family Medicine

Ryan M. Heffelfinger, DO

Dr. Heffelfinger has joined Hartford HealthCare Medical Group in Windsor in the practice of family medicine. He is a graduate of Midwestern University, Chicago College of Osteopathic Medicine. He completed his residency at Somerset Medical Center in Somerville, New Jersey, and is board-certified in family medicine. Dr. Heffelfinger is a Clinical Assistant Professor of

Family Medicine at the University of New England College of Osteopathic Medicine.



Pulmonary Medicine

Francoise J. Roux, MD

Dr. Roux has joined Hartford Hospital as a pulmonologist. She graduated from Joseph Fournier Medicine and completed a residency at Michallon Hospital, Cochin Hospital, all in France. Dr. Roux also completed a residency at Hospital of Saint Raphael and fellowships at Yale University School of Medicine. She is board-certified in pulmonary medicine.

Vascular Surgery

Akhilesh K. Jain, MD

Dr. Jain has joined Hartford HealthCare Medical Group as a vascular surgeon. He is a graduate of the University College of Medical Sciences in Delhi, completed his internship at Providence Hospital and Medical Center and his residency at Charleston Area Medical Center in West Virginia. He did his fellowship in vascular surgery at Yale School of Medicine.



Colorectal Surgery

Kristy Thurston, MD

Dr. Thurston has joined Hartford HealthCare Medical Group as a colorectal surgeon. She is a graduate of the University of Connecticut School of Medicine, where she also completed her residency. She did her fellowship at North Shore Long Island Jewish Hospital and she is board-certified in surgery.



Calendar



Hartford Hospital Programs & Events
From September 15 through December 31, 2013

Special Events at Blue Back Square

Hartford Hospital is hosting a series of free programs at our Blue Back Square location, 65 Memorial Road, West Hartford. REGISTRATION IS REQUIRED for the following FREE events. To register online go to www.harthosp.org/communityeducation or call 860.545.1888; toll free 1-800.545.7664.

Program	Presenter(s)
Rehabilitation	
9/12 Concussion in Young Athletes: Identification and Care	Jeffrey Brown, MD & Bill LaBruna, ATC/LAT
Cardiology	
9/17 Everything You Want to Ask Your Cardiologist	Paul Thompson, MD
Gastroenterology	
9/19 LINX: A New Minimally Invasive Procedure for Acid Reflux	Mario Katigbak, MD & Darren Tishler, MD
Tallwood Urology and Kidney Institute	
10/10 Understanding Kidney Stones	Jeffrey Morgenstern, MD & Jarrod Post, MD
Cancer Surgery	
11/7 A Diagnosis of Ductal Carcinoma in Situ (DCIS): Stage 0 Breast Cancer	Ramon Jimenez, MD
12/12 Breast Cancer 101	Rochelle Ringer, MD

Special Event in South Windsor

LINX: A New Minimally Invasive Procedure for Acid Reflux

Presented by Pavlos Papasavas, MD, & Juan Escalon, MD, on December 5 at 6:30 p.m. at the Windsor Health Care Center.

Diabetes LifeCare Programs

Diabetes Education Classes

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. A physician referral is required. Please contact your physician to make arrangements.

Diabetes & Nutrition (Meal Planning and Counseling)

Our dietitians provide individualized meal plans by addressing your concerns (likes, dislikes, allergies and intolerances), weight improvement issues and blood glucose control. Covered by most private insurance plans. A physician referral is required. Please contact your physician to make arrangements.

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.

Healthy Hearts

Stop Smoking for Life Program

For schedule and to register, call 860.545.3127 or email: stopsmoking@harthosp.org.

Breathe Easy Relapse Prevention Support Group—see page 22 for description

Resources for Smokers—Community Education Group

This monthly program is open to smokers, and anyone who wants to help someone quit. Topics include: treatment options, behavioral strategies, medication options and services available to people who want to quit. FREE.

Individual Cessation Counseling

Recommended for individuals who would benefit from a personalized, one-on-one treatment approach to learn about behavioral strategies, medication options and counseling support. Sessions are offered in West Hartford.

Stress Management for Cardiac Patients

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. 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 recovery. Sessions are offered in West Hartford.

Rehabilitation/Exercise/Wellness

Cardiac Rehabilitation Classes

EKG monitored exercise class, education and counseling for individuals who have recently experienced a cardiac event or require risk factor modification. Covered by most insurance plans. Physician referral is required. Locations: Hartford—860.545.2133; Glastonbury—860.633.9084; Avon—860.674.8509; West Hartford—860.570.4571.

Pilates Classes

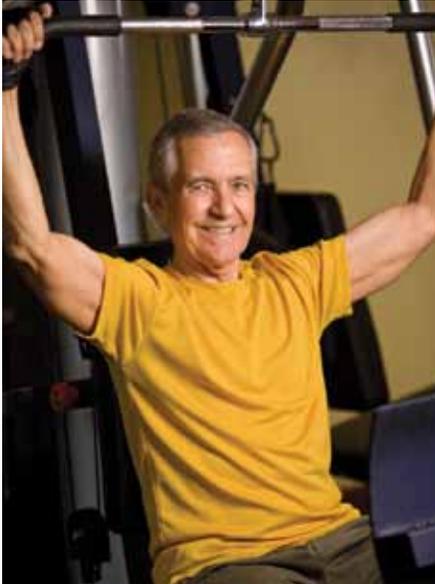
Conditioning program combines elements of yoga, weight training and gymnastics to improve posture, flexibility, coordination, muscle tone and strength. People of all ages and abilities can participate. Call Hartford Hospital Rehabilitation Network at 800.696.2500 for a location near you. FEE: \$150 for 10 mat sessions.

Parkinson's Exercise Classes

Studies show that patients who participate in regular exercise experience less disability. Learn strategies to improve your mobility, activities of daily living & communication while adapting your environment to work for you. **Schedule:** Sessions run for 6-weeks from 1:00 to 2:00 p.m. every Tuesday and Thursday in Glastonbury. Call 860.291.2789 for additional information. FEE: \$90/12 meetings.

Pulmonary Rehabilitation

Comprehensive multi-disciplinary program for people with chronic pulmonary disease such as asthma, emphysema, fibrosis or other breathing disorders. Primary goal is to restore the patient to the highest possible level of independent function as well as to help alleviate shortness of breath. Program meets Tuesday and Thursday afternoons for 10-week sessions. Valet parking available. Covered by most insurance plans. Physician referral is required. Call 860.545.3637 for more information.



Cancer Program

Cancer Program Support Groups

See page 22 for descriptions

- Brain Tumor Survivors
- Ovarian Cancer
- Prostate Cancer
- Advanced Prostate Cancer

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. **Schedule:** From 5:30 to 7:00 p.m. in Hartford. To register, call 860.545.6000. FEE: \$30/6 sessions.

New Beginnings

A six-week program for men and women during transition from an acute cancer battle to the challenges of survivorship. It will help patients take a pro-active approach to maintaining and improving their physical, nutritional and mental well-being. **Schedule:** From 5:30 to 7:00 p.m. in Hartford. To register, 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 online support and information. Computers are loaned, at no cost, to patients who do not have their own. Call 860.545.3781. FREE.

The Cancer Wellness Support Series

See description under *Integrative Medicine* on page 18.

Surgical Weight Loss Program

Surgical Weight Loss Support Group—See page 22 for description

Surgical Weight Loss: Nutrition Support Group

Whether you are 3 months or 3 years post-surgery, it can be difficult to stick to a healthy eating lifestyle. Get back on track with our nutrition class! Attend a monthly support group for people who have had weight loss surgery through Hartford Hospital's Surgical Weight Loss Program. To register call the Surgical Weight Loss Center at 860.246.2071, option #2.

Hartford: From 5:00 to 6:00 p.m. on 10/9

Glastonbury: From 5:00 to 6:00 p.m. on 9/11, 11/13

Surgical Weight Loss: General Education Session

A comprehensive, educational session focused on patients who are ready to start the program or just want to learn more about surgical weight loss. Registration is required. Call 860.246.2071 and select option #2. Parking will be validated—bring your ticket. FREE.

Enfield: From 5:00 to 6:30 p.m. on 9/10

Hartford: From 3:00 to 5:30 p.m. on 9/18, 10/1, 10/16, 11/20, 12/3, 12/18

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 your time, 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. Training and free parking are provided. For more information, call Volunteer Services at 860.545.2198 or visit us online at www.harthosp.org/volsvc.

Pet Therapy Volunteers

Certified Pet Therapy teams are needed as visitors on Hartford Hospital's inpatient units, in the lobbies as greeters and at the behavioral campus—Institute of Living and Grace Webb School.

Surgical Family Lounge

Looking for mature and organized volunteers with excellent communication skills and basic computer skills to serve as Family Liaisons. They update family members on their loved one's surgery, connect families with physicians and provide support for family members, patients and staff. (The lounge is covered Monday– Friday from 7:00 a.m. to 8:00 p.m.)

Wellness/Integrative Medicine

Most classes require pre-registration. Register online at www.harthosp.org/intmedclasses.

Expressive Art classes

No previous art experience necessary.

Expressive Art classes are FREE for cancer survivors. Pre-registration required at www.harthosp.org/intmedclasses or call 860.545.1888.

A Day of Creating Collages

(Diana Boehnert, MFA)

Bring copies of photos you would like to use or any other items suitable to mount on mat board. **Schedule:** From 9:30 a.m. to 3:00 p.m. on 12/7 at Hartford Hospital's ERC. FEE: \$75.

Expressive Painting: A 2-Day Retreat for Everyone

(Diana Boehnert, MFA)

Join us for an expressive-based painting experience as we explore the spiritual essence of our own nature. **Schedule:** From 9:30 a.m. to 4:00 p.m. on 10/26 & 27 at the Avon Cancer Center. Lunch included both days. FEE: \$150.

Our Faces Tell the Story

(Harriet Wimograd, MFA, ATR)

Create a 3-dimensional plaster cast of your face (or you may use a preformed mold). **Schedule:** From 1:00 to 4:00 p.m. on 10/8, 15, 22 at Wethersfield Health Care Center. FEE: \$75. Materials fee of \$20 includes frame.

Soul Collage for Everyone: Which Archetype Are You Living?

(Diana Boehnert, MFA)

Through the SoulCollage® process, visit with an archetype and learn what it has to teach us by emulating its most positive aspects. Bring a magazine or two. **Schedule:** From 6:00 to 9:00 p.m. on 10/16 at Wethersfield Health Care Center. FEE: \$25.

Soul Collage for Everyone: Honoring Our Community

(Diana Boehnert, MFA)

The SoulCollage® process allows us to explore the connections and meanings found in relationships. Bring a magazine or two. **Schedule:** From 6:00 to 9:00 p.m. on 11/20 at Wethersfield Health Care Center. FEE: \$25.

The Fine Art of Expressing Yourself— for Cancer Survivors

(Diana Boehnert, MFA)

This special class is designed for personal expression while learning a few how-to techniques. **Schedule:** From 9:30 a.m. to 4:00 p.m. on 11/16 & 17 at the Helen and Harry Gray Cancer Center in Avon. Lunch included both days. Class limited to 6.

Traditional Chinese Brush Painting Weekend for Cancer Survivors/Thrivers

(Linda Schultz, MSED)

Using a brush, ink stick, ink stone and rice paper, you will learn the techniques through demonstrations and individual attention. **Schedule:** From 9:00 a.m. to 1:00 p.m. on 11/9 and 11/10 at Hartford Hospital's ERC. Materials provided.

Baby Massage Class for Parents

(Kathy Glucksman, RN, BSN, HBCE)

This class is designed for newborns up to 8 weeks of age. You will learn to offer loving touch to your baby in very specific ways to enhance communication while learning to interpret baby's cues. **Schedule:** From 6:30 to 8:00 p.m. on 10/1 OR 11/5 at Wethersfield Health Care Center. FEE: \$45/session/couple and baby.



Cancer Wellness Support Series

(Ellen Dornelas, PhD; Alice Moore, RN, MA, RMT; Cheryl Guertin, RYT, LMT)

Learn strategies to clear your mind and improve your mood in *Introduction to Stress Management*, how to visualize healing and promote well-being with *Guided Imagery*, and experience *Gentle Yoga* while seated for a more relaxed body and mind. **Schedule:** From 2:00 to 3:00 p.m. in the Taylor Conference Room at the Helen & Harry Gray Cancer Center. FREE.

10/2 Gentle Yoga

11/6 Introduction to Stress Management

12/4 Guided Imagery

Change Your Eating, Change Your Life after Cancer

(Kathy Beach, MS, ATC)

We will talk about how to create a cancer fighting strategic health plan, discuss the best cancer fighting foods and how to easily incorporate them into your life, and also talk about practical ways to avoid exposure to environmental toxins. **Schedule:** From 7:00 to 9:00 p.m. on 11/5 at Avon Family Health Center. FEE: \$40 for all attendees.

Creating Forgiveness in Our Life

(Dory Dzinski, MAPC, LPC, NCC)

Inviting forgiveness into our life allows a place for more peace and happiness, as well as the release of stress and tension. **Schedule:** From 6:00 to 9:00 p.m. on 11/19 at Avon Wellness Center. FEE: \$30.

Divorced Women's Empowerment Group

(Dory Dzinski, MAPC, LPC, NCC)

Meet other women who are single again due to divorce and learn tips for self esteem, coping mechanisms, discovering your individuality, and have some fun. **Schedule:** From 6:00 to 8:00 p.m. on 2nd Tuesdays, 11/12, 12/10 at Avon Family Health Center. (Drop-in or attend all). FREE.

Experience a Powerful Energy Technique

(Lisa Zaccheo, MA, BCH, BCI, EFT & TAT)

Learn to clear some of the blocks that are causing your illness, whether on a mental, emotional, or physical level. **Schedule:** From 7:00 to 9:00 p.m. on 10/8 at the Avon Family Health Center. FEE: \$35.

Five Love Languages: Revitalize Your Communication

(Dory Dzinski, MAPC, LPC, NCC)

Learn five different love languages and examine what is being spoken by others in your life. This class is for everybody! **Schedule:** From 6:00 to 9:00 p.m. on 12/3 at Avon Wellness Center. FEE: \$35 for all attendees.

General Cancer Support Group

(Ellen Dornelas, PhD)

This general cancer support group addresses issues surrounding a cancer diagnosis as well as treatment and recovery for people with cancer and their loved ones. **Schedule:** From 3:00 to 4:00 p.m. on 10/23, 11/20 at Hartford Helen and Harry Gray Cancer Center, Taylor Conference Room. Parking at 85 Retreat Ave. FREE.

HypnoBirthing®

(Kathy Glucksman, RN, BSN, HBCE)

In this hands-on natural childbirth course for the expectant mother and her chosen birth companion, learn self-hypnosis, deep relaxation, simple breathing and visualization. Release fear and achieve a calm, peaceful, easy birth. *In addition to registration, please call the instructor at 860.875.4957 for more information.* **Schedule:** 5-week series from 6:30 to 9:00 p.m. on Thursdays, 10/3 to 11/1 at Wethersfield Health Care Center. FEE: \$250 (plus \$30 for textbook, practice CDs and handouts to be paid to teacher at first class).

Introduction to AROMA Acupoint Therapy

(Dr. Helene Pulnik, Licensed Naturopathic Physician, Acupuncturist)

Receive a free mini Aroma Acupoint Therapy treatment during this educational talk. All ages welcome. **Schedule:** From 6:00 to 7:00 p.m. on Monday 10/28 or Thursday 11/21 at Wethersfield Health Care Center. FREE.

To register online go to www.harthosp.org/classes.

Introduction to Emotional Freedom Technique (EFT)

(Cris Jacobs, Life Coach)

Come to this introductory class to learn the basic principles and benefits of EFT for personal use including stress reduction.

Schedule: From 6:00 to 7:30 p.m. on 10/8 at Avon Wellness Center. FEE: \$25.

Keeping Your Spirits Bright with Emotional Freedom Technique

(Cris Jacobs, Life Coach)

Learn to use Emotional Freedom Technique (EFT) to keep the stress of the holiday season from getting to you! **Schedule:** From 6:00 to 7:30 p.m. on 12/3 at Avon Wellness Center. FEE: \$30.

Law of Attraction; What's All the Buzz About?

(Dory Dzinski, MAPC, LPC, NCC)

You may have seen or read *The Secret*? Can you really change anything in your life and have anything you really want? Learn how the Law of Attraction works in all aspects of your life. We will be making a small Vision Board focused around one of your goals that you will begin to use immediately to create your life the way you want it to be! **Schedule:** From 6:00 to 9:00 p.m. on 10/22 at Avon Wellness Center. FEE: \$35.

Meet Your Inner Physician

(Lisa Zaccheo, BCH, BCI)

If you would like to meet your inner physician, join us on an inner journey and be amazed at the wisdom it has about your disease. **Schedule:** From 7:00 to 9:00 p.m. on 11/7 at the Avon Family Health Center. FEE: \$35.

Mindfulness Practice—Post MBSR

(Randy Kaplan, PhD)

Prerequisite: Basic 8-week Mindfulness Based Stress Reduction (MBSR) course or other mindfulness meditation instruction. Learn methods for managing common obstacles, revitalizing practice and sustaining it in daily life. **Schedule:** (Optional—from 9:30 a.m. to 12:00 noon on Saturday, 11/23), Wednesdays, from 6:00 to 8:00 p.m. on 10/30, 11/6, 11/20 at Hartford Hospital's Education & Resource Center. FEE: \$175.

Mindfulness Based Stress Reduction

(Randy Kaplan, PhD)

This 8-week course is modeled after the original, acclaimed program by Jon Kabat-Zinn at UMass Medical Center. Learn sitting and walking meditation, the "body scan," mindful yoga, loving-kindness practice, and techniques of daily living in a supportive group environment. **Schedule:** From 6:00 to 8:00 p.m. on 10/8 (required free orientation), then 10/15, 10/22, 10/29, 11/5, 11/12, 11/19, 11/26, 12/3, PLUS an all day retreat 11/23 from 9:30 a.m. to 3:30 p.m. at Hartford Hospital's ERC. FEE: \$300 (includes 8 weekly sessions, all day retreat, course workbook and course CDs).

Overcoming the Sugar Blues

(Richard Ruiz, Certified Health Coach)

This class explores how you can permanently change your relationship with sugar as we approach the feast-filled holiday season.

Schedule: From 6:00 to 7:00 p.m. on 10/10 at Avon Wellness Center. FEE: \$25.

Reiki Healing Touch-Level I

(Alice Moore, RN, MA, RMT)

Learn a gentle hands-on relaxation technique that can reduce stress, pain and accelerate the healing process. **Schedule:** From 9:00 a.m. to 5:30 p.m. on 10/31 OR 11/21 (choose one date) in Hartford Hospital's ERC. Nursing CEUs and Medical CMEs available. FEE: \$160.

Improving Self-Esteem/Self-Confidence

(Lisa Zaccheo, BCH, BCI)

Join a board-certified hypnotist and begin to clear disempowering beliefs using a number of powerful and totally safe tools and techniques. **Schedule:** From 7:00 to 9:00 on 12/3 at the Avon Family Health Center. FEE: \$35.

Tai Chi

(Ken Zaborowski, Tai Chi Instructor)

Improve overall fitness, balance, coordination, and agility and reduce the chance for a fall-related injury. **Schedule:** From 12:00 noon to 1:00 p.m. on October 1, 4, 8, 11, 15, 18, 22, 25; November 5, 8, 12, 15, 19, 22, 26, 29; December 3, 6, 10, 13, 17, 20, 27, 31 in Glastonbury at 300 Gateway Plaza. FEE: \$80/month if 2x/week; \$45/month if once a week.

The Natural HCG Weight Loss Program

(Helene Pulnik, Licensed Naturopathic Physician, MS Human Nutrition)

Learn about the natural homeopathic HCG Weight Loss Program in this educational seminar. **Schedule:** From 6:00 to 7:00 p.m. on 10/14 at Wethersfield Health Care Center. FREE.

Therapeutic Touch (Basic)

(Karen Kramer, RN, HNC, 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 12:00 noon to 8:30 p.m. on 10/11 at the Helen and Harry Gray Cancer Center in Avon. FEE: \$160.

Therapeutic Touch (Intermediate)

(Karen Kramer, RN, HNC, MA)

Enhance your Therapeutic Touch skills as you become more aware of the chakras, learn the use of colors, and treat simultaneously with another practitioner. **Prerequisite:** Basic Therapeutic Touch. **Schedule:** From 4:00 to 8:00 p.m. on 11/15 and from 12:00 noon to 8:30 p.m. on 11/17 at Avon Wellness Center. FEE: \$160.

Transforming Your Life with Emotional Freedom Technique (EFT)

(Chris Jacobs, Life Coach)

Whatever you want from life—love, fulfilling work, better health—learn this powerful 3-step process to start a new chapter in your life. **Schedule:** Two part series from 6:00 to 8:30 p.m. on 11/7 and 11/14 at the Avon Wellness Center. FEE: \$99.

Chair Yoga for People with Multiple Sclerosis

(Stacey Pepper Schwartz)

Designed specifically for people with MS although all people interested in chair yoga are welcome to attend. Learn postures that can help increase flexibility, range of motion, balance, and strength as well as breathing and relaxation techniques. *If you have a companion assisting you, he or she is welcome to join the class at no additional cost.* **Schedule:** Six-week series from 10:30 to 11:30 a.m. on Fridays from 10/4 to 11/1 or from 11/22 to 12/20 at Wethersfield Health Care Center. FEE: \$60/6 sessions.

Yoga for Breast Cancer Patients

(Cheryl Guertin, RYT, LMT)

A gentle practice that combines breath work, meditation, rehabilitative and nurturing poses that brings the body, mind, and spirit back into balance. **Schedule:** From 12:00 noon to 1:00 p.m. on 6 Mondays from 10/7 - 11/11 at the Helen and Harry Gray Cancer Center in Avon. FEE: \$60/6 sessions.

Restorative Yoga for Cancer Patients and Caregivers

(Cheryl Guertin, RYT, LMT)

This therapeutic yoga is a particularly effective practice for those recovering from, or living with, injury or illness. It blends restorative yoga (supported postures), gentle yoga, breath work, hands-on healing, and guided meditation techniques. The only requirement is the ability to move onto the floor. **Schedule:** From 10:00 to 11:15 a.m. on 6 Mondays, from 10/7 to 11/11 at the Helen and Harry Gray Cancer Center in Avon. FEE: \$60/6 sessions.

Yoga Therapy Sessions

(Cheryl Guertin, RYT, LMT)

This one-on-one session incorporates a combination of gentle yoga, hands on bodywork, breathing practices, guided imagery, meditation, aromatherapy, and "bolster-assisted" held postures. Its benefits include stress reduction, a boost for the immune system, and an increase in well being. No prior experience is necessary. **Schedule:** Sessions are by appointment with Cheryl by calling 860.545.4444. FEE: \$45.

Peggy Huddleston's Prepare for Surgery, Heal Faster™

Learn five 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.

Women's Health Issues

The Strong Women Program

An exercise program for middle aged and older women. Working with weights increases strength, muscle mass and bone density while reducing the risk of numerous chronic diseases. 12-week sessions meet twice a week for “no-impact” workouts. Classes held in Wethersfield and Glastonbury. Schedule and registration available online at www.harthosp.org/classes. FEE: \$160.

Parent Education Classes

Registration is required for all classes. Some classes may close registration 48 hours prior to the beginning of class so please register early. Register online at www.harthosp.org/ParentEd.

• Twin Preparation Class

Prepares 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:** From 6:00 to 9:00 p.m. on 10/10. FEE: \$125/3 sessions (may be pro-rated).

• Babycare

Understand the 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.

Glastonbury: 10/2, 11/6, 12/4
West Hartford: 9/16, 10/21, 11/18, 12/9
Wethersfield: 9/11

• 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.

Glastonbury: 9/5, 11/13
West Hartford: 9/9, 10/7, 11/4, 12/2
Wethersfield: 9/11

• Breastfeeding and Returning to Work

We'll help you by covering such topics as choosing the right breast pump, collecting and storing milk and setting a routine. This class may be taken prenatally or after your baby arrives. Babies are welcome. **Schedule:** From 6:30 to 8:30 p.m. on 10/28. FEE: \$25.

• Cesarean Birth

This class prepares you for the experience from pre-admission through recovery at home. Learn 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 10/26 or 12/14 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 10/23 in Glastonbury. FEE: \$5/person.

• Pups and Babies

(Joyce O'Connell, certified animal behaviorist) Are you concerned about your dog and your new baby? Get 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 9/4, 11/20. FEE: \$25/couple.

• Baby Signing: An Introduction

Learn how to begin teaching your baby or toddler basic signs. Led by a pediatric nurse practitioner, this class focuses 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:** From 6:00 to 7:30 p.m. on 11/14. 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, visit www.harthosp.org/ParentEd. 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. **Schedule:** Call 860.545.1333. FEE: \$100.

• Preparation for Childbirth

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 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 and Wethersfield. Go to www.harthosp.org/ParentEd for schedule and to register. FEE: \$100.



• The Happiest Baby

Learn approaches 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 10/29. 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, 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 10/3, 12/5 in Hartford. FREE.

• Comfort Measures for Labor

Led by a certified labor doula/licensed massage therapist, this interactive class will help expectant couples practice and master hands-on techniques to address the discomforts of labor, including relaxation, positioning, movement and touch. **Schedule:** From 10:00 to 11:30 a.m. on 3/23, 9/28, 11/23. FEE: \$35.00.

• Sibling Preparation

A class to help children prepare for the arrival of a new baby brother or sister. **Schedule:** From 9:30 to 10:30 a.m. on 9/7, 10/26, 11/9, 12/14 in Hartford. FEE: \$15 per child; \$25 for 2 or more children.

Nurturing Connections

(Provided by the Nurturing Families Network)

• Telephone Support for New Parents

Volunteers provide education and support when 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 for first-time parents. Starting prenatally until the baby is 5 years of age, home visitors act as teachers, supporters and advocates, and help families obtain community services. Contact Leslie Escobales at 860.972.3201.

To register online go to www.harthosp.org/classes.

Lactation & Feeding Consultant

The goal is to offer mothers the information, confidence and skills needed to successfully initiate and continue breastfeeding their babies or feeding formula safely. Contact Mary A. Marshall-Crim at 860.545.1313.

Prenatal Groups

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.

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. beginning 9/4, 10/2, 11/6 in West Hartford. **FEE:** \$50/4-week session.

Parent-Baby Series

Enjoying Infants Together

Led by a pediatric nurse practitioner, this six-week series is for parents and infants younger than 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. Wednesdays in Wethersfield. Call for dates. **FEE:** \$50 for 6-week series.

Time for Toddlers

Led by a pediatric nurse practitioner, this series is for parents and toddlers, 12 to 24 months. Learn fun, developmental activities for toddlers and participate in discussions. **Schedule:** From 10:00 to 11:00 a.m. Wednesdays in Wethersfield. Call for dates. **FEE:** \$50 for 6-week series.

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. **FEE:** \$15/class.

Safety Education

Car Seat Safety

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 Sargent Tom Field. Space is limited and registration is required. **Schedule:** From 6:30 to 8:00 p.m. on 9/23, 11/25 in West Hartford. **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. **Schedule:** From 6:00 to 9:30 p.m. on 9/11, 9/25, 10/9, 10/30, 11/6, 11/20, 12/4, 12/18 in Hartford. This is a non-certification informational class intended for home use only. **FEE:** \$45.

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 additional information.

Registration is required for the following classes. For more information, visit our website at www.harthosp.org/ems or call 860.545.2564.

- Pediatric First Aid & CPR (call 860.545.1888)
- Adult First Aid & CPR with Automated External Defibrillation
- Adult/Child/Infant CPR with Automated External Defibrillator
- EMT—Basic Course
- EMT—Intermediate Course
- EMT—Recertification Course
- Core Instructor Program
- Trauma Nursing Core Course (TNCC)
- Pediatric Advanced Life Support (PALS)
- Pediatric Education for Pre-Hospital Professionals
- Advanced Cardiac Life Support (ACLS)

Registration is required for the following classes. For more information, visit our website at www.harthosp.org/ems or call 860.545.4158.

- Basic Life Support for Healthcare Providers
- Basic Life Support for Healthcare Providers—Refresher Class
- CPR Instructor Course



Anxiety Disorders Center

Anxiety Disorders Group

Group cognitive behavioral therapy for children and adolescents with anxiety concerns such as panic attacks, social anxiety and excessive worrying. Learn strategies to manage anxiety in a supportive and respectful environment. Facilitated by licensed psychologists with expertise in anxiety treatment. **Schedule:** Call 860.545.7685, option #3 for schedule. Registration is required. Billable to insurance and co-pay.

Mental Health

The following free programs 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 indicated otherwise. Registration is not required unless noted. For additional information or directions, call Mary Cameron at 860.545.7665.

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. By appointment only. Contact Gina at 860.545.4500. **FREE.**

Bipolar Disorder—An Introduction

This program is for family members and friends of individuals who have bipolar or a related disorder. Learn about this disorder and its treatment with specific suggestions to help family and friends cope. **Schedule:** From 5:15 to 6:30 p.m. on the third Tuesday of each month. Call Mary Cameron at 860.545.7665 for information. Registration not required. **FREE.**

Schizophrenia—Introduction to the Disorder

Learn about schizophrenia and its treatment, with specific suggestions to help family and friends cope. Content repeats and family members may attend any session. **Schedule:** From 5:15 to 6:30 p.m. on the first Tuesday of each month. Call Mary Cameron at 860.545.7665 for information. **FREE.**

Introduction to Mental Health Benefits and Services for Severe Mental Illness

Overview of benefit programs available for individuals with mental health disabilities. **Schedule:** From 5:15 to 6:30 p.m. Contact Mary Cameron at 860.545.7665 for more information and dates. **FREE.**

Depression: An Introduction to the Disorder

This program is for family members and friends of individuals who suffer from depression. It will present a basic understanding of major depression, its treatment, and ways in which family members might better cope with the illness. **Schedule:** From 5:15 to 6:30 p.m. Contact Mary Cameron at 860.545.7665 for more information and dates. **FREE.**

Managing Schizophrenia

This presentation will discuss the impact that symptoms of schizophrenia have on everyday activities, and provide tips on what you can do to make things better at home. **Schedule:** From 5:15 to 6:30 p.m. Contact Mary Cameron at 860.545.7665 for more information and dates. **FREE.**

Support Groups—See page 22 for descriptions

To register online go to www.harthosp.org/classes.

Screenings/Support Groups

Grief Support Group

Grief can be a very confusing and difficult road. Come join others who are traveling the journey of grief. **Schedule:** From 6:00 to 8:00 p.m. on 3rd Mondays, 10/21, 11/18, 12/16, at Avon Family Healthcare Center. (Drop-in or attend all). Led by Dory Dzinski, MAPC, LPC, NCC. FREE.

Epilepsy Support Group

This support group is open to anyone affected by epilepsy to gain mutual support, share experiences and to gain knowledge of epilepsy. Sponsored by The Epilepsy Foundation of Connecticut and the Epilepsy Center. **Schedule:** Last Thursday of each month. Call 800.899.3745 to register. FREE.

Cancer Program

Brain Tumor Survivor Support Group

Provides brain tumor patients and families with education and support. **Schedule:** First Thursday of each month from 5:30 to 7:00 p.m. Light dinner provided. Registration is required and should be received at least 48 hours in advance. Call Erin Williams, RN at 860.545.5808 to register. FREE.

Prostate Cancer Support Group

Provides education and support for patients and families to understand and deal with this disease. Call 860.524.2715 for schedule. FREE.

Advanced Prostate Cancer Support Group

Provides education and support for men in the advanced stages of prostate cancer and their families. Call 860.524.2715 for schedule. FREE.

Cardiology

Mended Hearts Support Group

For people who have had open-heart surgery or heart disease and their partners. **Schedule:** Meets third Wednesday of each month at 7:00 p.m. at South Congregational Church, 277 Main Street, Hartford. Call 860.289.7422. FREE.

Gastroenterology

Ostomy Support Group

Support and education for anyone who has (or will be having) a colostomy, ileostomy, or urostomy. Programs include self-help sessions with ostomy nurses, ostomy care and management, medical speakers, and ostomy product representatives. Family and friends are welcome. **Schedule:** From 6:30 to 8:30 p.m. on 9/26, 10/24, 11/21 at the West Hartford Senior Center, 15 Starkel Road. For more information call 860.760.6862. FREE.

Healthy Hearts

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 in Hartford and West Hartford. Call for schedule. FREE.

Mental Health

Dementia Support/Educational Group Meeting

Please join us as we bring together experts and those who want guidance, direction, and support through this journey. Let's work together, help each other and exchange ideas. **Schedule:** From 11:30 a.m. to 12:30 p.m. on the first Tuesday of each month in the Staughton Williams Building – Clarke Social. Space is limited. Reservations are required at 860.545.7665. FREE.

Mental Health Peer Support Group

Provides support, encouragement and positive momentum for people in recovery from mental health issues and substance use. **Schedule:** Every Wednesday from 12:30 to 1:30 p.m. at The Institute of Living's Carolina Cottage, basement level. Call 860.545.7202 for more information. FREE.

Support Group for Families Dealing with Major Mental Illness

Share your successes and struggles in loving and living with someone who has schizophrenia, bipolar or other related disorders. **Schedule:** From 5:15 to 6:30 p.m. on the first and third Thursday of each month. 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 Thursday from 5:30 to 6:30 p.m. in the Center Building, First floor. FREE.

Social Support Group – L.G.B.T.Q. Issues (Lesbian/Gay/Bisexual/Transgender/Questioning)

Support group for 16-23 year-olds who identify LGBTQ issues as being prominent in their lives. The goal is to discuss support strategies to manage life challenges. **Schedule:** From 5:00 to 6:15 p.m. on the second & fourth Wednesday of each month. FREE.

Un Grupo De Apoyo Para Las Familias Hispans

El segundo martes de cada mes de 5:00 to 6:00 p.m. Este es un grupo de apoyo para las familias que hablan español y que estan preocupados con los asuntos de la salud mental. (Este no es un grupo de tratamiento sino un grupo para los amigos y las familias de una persona que esta sufriendo con una enfermedad mental.) A group geared toward supporting and educating friends and family members of those dealing with mental health issues and is not a treatment group. Second Thursday of the month from 5:00 to 6:00 p.m. in the Center Building, 1st Floor.

Surgical Weight Loss Program

Surgical Weight Loss Support Group

Education and support for those who have had or are thinking of having bariatric weight loss surgery. Conducted by Sally Strange, RN, Bariatric Coordinator at Hartford Hospital's Education & Resource Center, 560 Hudson Street, Hartford. Registration is NOT required. FREE.

Hartford: From 6:00 to 8:00 p.m. on 9/26, 10/16, 11/19, 12/18

Enfield: From 6:00 to 7:30 p.m. on 9/10, 11/13

Transplant Program

Heart Transplant Support Group

Provides education, networking and social interaction for pre and post-transplant patients and their families. From 5:30 to 8:30 p.m. in Hartford. Light dinner provided. For schedule and to register, call Kathy Turner, 860.545.1212. FREE.

Transplant Patient Support Group

Provides education, networking and social interaction for post-transplant patients and their families. Meets at the First Church of Christ, Congregational, Glastonbury. Call Shajuana Carter at 860.545.4219, Option #4, for schedule and to register. 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. For schedule or to register call 860.545.4368. FREE.

Professional Development

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:** Second and fourth Wednesday of each month from 4:00 to 5:00 p.m. at Hartford Hospital, Jefferson Building conference room 118. FEE: \$39 for 6-month membership.

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.

Special Events at Hartford Hospital

REGISTRATION IS REQUIRED for the following FREE events. To register online go to www.harthosp.org/communityeducation or call 860.545.1888; toll free 1-800.545.7664.

Hartford Hospital's Tallwood Urology & Kidney Institute and the Helen & Harry Gray Cancer Center invite you to the following free educational programs:

Understanding Bladder Cancer

Thursday, September 19
6:30 to 8:00 p.m.
Hartford Hospital Family Health Center
100 Hazard Avenue, Enfield
Education Room—2nd Floor

Educational seminar presented by Dr. Anoop Meraney.



Localized Prostate Cancer: Detection and Treatment

Wednesday, October 16
7:00 to 8:00 p.m.
Helen & Harry Gray
Cancer Center
80 Fisher Drive, Avon



Dr. Joseph Wagner



Dr. Kenneth Leopold

Hartford Hospital invites you to a free educational seminar on prostate cancer screening and treatment. Presented by Dr. Joseph R. Wagner and Dr. Kenneth Leopold.

Life after Prostate Cancer



Dr. Richard Kershen



Dr. James Graydon

Wednesday, October 9
6:30 to 8:00 p.m.
Helen & Harry Gray
Cancer Center
80 Fisher Drive
Avon

Attend a question/answer session regarding your quality of life after prostate cancer. Presented by board-certified urologists Dr. James Graydon and Dr. Richard Kershen.

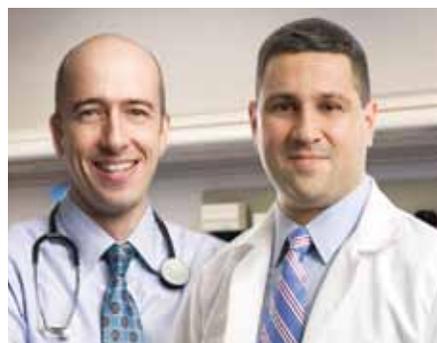
Are You at Risk for Breast Cancer?

Wednesday, October 2
6:30 to 8:00 p.m.
Hartford Hospital Family Health Center
100 Hazard Avenue, Enfield
Education Room—2nd Floor

This free educational seminar will provide you with valuable information on major risk factors for breast cancer including: age and reproductive factors, risks resulting from benign conditions such as various atypias, family history and genetics. Presented by Dr. Patricia DeFusco.



Surgical Weight Loss: General Education Session



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

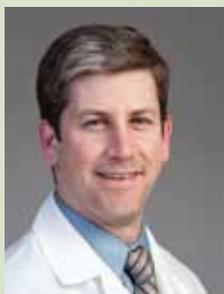
Monday, October 7;
Tuesday, December 10
5:00 to 6:30 p.m.
Hartford Hospital Family
Health Center
1559 Sullivan Avenue
South Windsor
Education Room #223

Join Drs. Pavlos K. Papasavas and Darren S. Tishler for a comprehensive, educational session focused on patients who are ready to start the program or just want to learn more about surgical weight loss. The presentation covers the first step to post-operative follow-up. Includes an open question and answer session with the surgeons.

Overcoming Female Urinary Incontinence

Wednesday, November 13
6:30 to 8:00 p.m.
Helen & Harry Gray Cancer
Center
80 Fisher Drive, Avon

Learn about solutions for female urinary incontinence and overactive bladder. Presented by Dr. Richard Kershen.



Understanding Kidney Cancer

Tuesday, October 22
6:30 to 8:00 p.m.
Hartford Hospital Family Health Center
100 Hazard Avenue, Enfield
Education Room—2nd Floor

Educational seminar presented by Dr. Stuart Kesler.

To register online go to www.harthosp.org/communityeducation.

Creative Cook

Butternut Squash Soup



Ingredients

- 1 large onion, chopped
- 2 large apples, peeled and chopped
- 1 (2 to 3 pound) butternut squash, peeled and seeded (or 2 packages frozen butternut squash)
- 2 tablespoons olive oil
- 6 cups chicken stock
- nutmeg and/or cinnamon to taste
- sage to taste
- salt and freshly ground black pepper to taste

Put olive oil in a large pot; add apple and onion and cook until soft. Add squash and stock and cook until squash is cooked. Use a potato masher, immersion blender or blender and puree. Season with salt, pepper, nutmeg and/or cinnamon and sage to taste. *Optional:* Garnish with dollop plain Greek yogurt and fresh herbs. Makes 9 cups of soup.

This healthy, hearty soup is just right for the cooler days of Autumn. Pair it with a crusty whole grain bread and green salad for an easy, light dinner. Butternut squash soup is an excellent source of Vitamin A.

Serving size: 1 cup
Calories: 165
Protein: 6 g
Fat: 5 g (unsaturated)
Fat: 1 g (saturated)

Carbohydrates: 24 g
Fiber: 2 g
Sodium: 231 mg
Potassium: 396 mg
Cholesterol: 5 mg

Recipe analyzed by Mary
Noon, MS, RD, CD-N.