

Picture of Health

JOHNSON HEALTH NETWORK'S SEMI-ANNUAL REPORT TO THE COMMUNITY VOL. 1 / SUMMER 2001

When a Good Night's Sleep Doesn't Come Easy

Do you feel tired during the day, even after a full night's rest? Do you snore, wake up with headaches or stop breathing in your sleep? If you answered "yes" to any of these questions, you may be one of many Americans suffering from a sleep disorder. The consequences of such disorders, which vary depending on the severity, can range from reduced productivity and lowered cognitive performance to increased likelihood of accidents and worse. At the very least, they can have a major impact on decreasing the quality of your daily life. Thankfully, many steps can be taken to eliminate or control sleep disorders, some of which only entail a simple lifestyle change. What's more, determining the nature of your problem is now easier and more convenient than ever before thanks to the opening of Johnson Memorial Hospital's brand new, fully expanded Sleep Laboratory.

Although JMH has been conducting sleep studies since 1993 and was, in fact, one of the first hospitals in eastern Connecticut to begin doing so, it is now able to provide an even higher level of services, including sleep staging, sleep latency testing and "quality of sleep" summary. The two patient rooms included in the new Sleep Laboratory are tastefully decorated to create a homelike



atmosphere, thus contributing to the ease and comfort of patients as they settle into sleep. While they sleep, multiple channels of

pertinent information are measured and a polysomnography technician monitors them from an adjacent room. The information is then compiled by the technician and carefully interpreted by the Hospital's Director of Sleep Laboratory, Younus F. Masih, M.D., before being forwarded to each patient's physician.

As a pulmonary specialist with 20 years of experience, Dr. Masih is well versed in sleep disorders. He worked closely with the Hospital to initiate the sleep study program back in

1993 and has seen it grow through the years. The new Sleep Laboratory enables him to provide a more in-depth interpretation of sleep study results. "The equipment we now have is state-of-the-art," he explains. "Because it is so advanced, it provides a much higher level of detail."

In addition to providing an interpretation of results, Dr. Masih also utilizes the information gathered to make recommendations for follow-up treatment.

While the expanded Sleep Laboratory is an important development in the treatment of sleep disorders here in north central Connecticut, it is just one component in evaluating and treating patients with sleep-related problems. Very often, patients found to be suffering

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"Moms in Motion"

Program Can Enhance Childbirth Experience

Ensuring that women enjoy their pregnancy, birth and the days that follow to the fullest extent possible is one of the primary goals at Johnson Memorial Hospital's Family Birth Suites at the Nirenberg Center for Women & Infants. In keeping with this mission, the Center recently launched an exciting new program aimed at giving prenatal and postpartum women an opportunity to increase their level of strength and cardiovascular fitness, which, in itself, can greatly enhance the childbirth experience. The program, entitled "Moms in Motion," is taught by Jackie Murphy, R.N., a Family Birth Suites nurse who is also a certified Moms in Motion prenatal/postpartum aerobics instructor. While the first series of programs took place earlier this spring, more programs are currently being planned for the summer.

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A Message to the Community from the President and Chairman of the Board

It's hard to believe that six months have already passed since the first edition of *Picture of Health*, Johnson Health Network's new Semi-Annual Report to the Community. As mentioned in that edition, this publication has been developed in lieu of our traditional annual report. With so many exciting changes taking place within Johnson Health Network, it is important to keep our friends and neighbors informed. And, that is exactly what we plan to do! You can now look forward to receiving these reports twice a year — in January and June. Our first edition was extremely well received, and we will strive to maintain that enthusiastic response to future publications.

In the pages to follow, you will have the opportunity to learn more about each of the members of Johnson Health Network, including Johnson Memorial Hospital; Evergreen Health Care Center; Home & Community Health Services, Inc.; Johnson Development Fund, Inc.; Johnson Occupational Medicine Center; Johnson Professional Associates; Johnson Surgery Center and, last but certainly not least, Phoenix Community Cancer Center. Among topics highlighted in this



Left: Alfred A. Lertz, President and CEO
Right: Silvio S. Da Dalt, Chairman of the Board

issue are the new Sleep Laboratory at Johnson Memorial Hospital, Orthopaedic Services provided at Johnson Surgery Center, and recent festivities at Evergreen Health Care Center. You will also find information about upcoming events such as our Annual Golf Tournament and Cancer Walk, details on a Prenatal and Postpartum Fitness Program now offered by Family Birth Suites at the Nirenberg Center for Women & Infants, and

much more. We have made every effort to include a selection of articles that offers something of interest for everyone. With so many exciting things taking place within our Network, there's no shortage of news to share!

Please take a few moments to look through this publication and get to know more about us. Please also feel free to share your comments by calling our Development & Community Relations office at (860) 684-8235 or (860) 749-2201, extension 8235. You may also e-mail us at johnson@jmhosp.org. We would be glad to hear your suggestions for future articles, as we continue tailoring this publication to meet the needs of our community.

“Moms in Motion”

Program Can Enhance Childbirth Experience

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Unlike some prenatal fitness classes, which are restricted to women between the 13th and 30th week, Jackie points out that Moms in Motion classes “are safe for women at any time in their pregnancy, as long as their physician gives the OK.” The program focuses on muscle development and endurance. Studies have shown that this type of exercise can have many physical benefits before, during and after

childbirth, including shorter labor times, more comfortable delivery, easier recovery, increased energy, more restful sleep, improved balance and posture and a quicker return to pre-pregnancy weight. The emotional benefits of exercise can be equally beneficial. Prenatal and postpartum women who exercise tend to enjoy an enhanced feeling of well-being and an improved self image. Exercise has also been shown to have a major

impact in reducing tension, anxiety and fatigue, thus leading to a much more enjoyable childbirth experience.

While the Moms in Motion Program leads women through a variety of safe exercises tailored specifically to meet their needs, it also provides participants with an opportunity to learn more about pregnancy and childbirth. In each class, Jackie takes time to answer questions that participants may have and to address such topics as the changing body of pregnancy, labor, nutrition, the postpartum period, breastfeeding and many others. In addition, the classes are an

opportunity for women to get to know other prenatal and postpartum women who share the same interests and concerns.

The cost to participate in the Moms in Motion Program is just \$5 per class. A new schedule of programs will be available in the weeks ahead. If you would like more information, please call Family Birth Suites at **860-684-BABY (2229) or 860-684-8119.** ■

Johnson Memorial Hospital's Family Birth Suites at the Nirenberg Center for Women & Infants, located at 201 Chestnut Hill Road in Stafford, is a beautiful, home-like birthing center featuring six private suites equipped to accommodate patients throughout the birthing experience — for labor, delivery, recovery and postpartum care. Phone: (860) 684-BABY, (860) 684-8119 or (860) 749-2201, extension 8119.

ELDER WELL CARE CONTRIBUTES TO

Active, Healthy Lifestyles



The Fit for Life Exercise Class, like this one at the Ellington Senior Center, is just one of the many events and activities included in H&CHS' Elder Well Care Program.

Although most people think of visiting nurse agencies solely in terms of providing at-home care to those who are ill or disabled, there's another side to Home & Community Health Services that may surprise you. While it's true that the agency has been providing quality home-based services for more than 90 years, it is also very active in providing community education and screening aimed at enabling local residents to continue enjoying active, independent lifestyles long into their senior years.

Since 1998, H&CHS has offered an extensive Elder Well Care Program aimed at educating participants and identifying potential health concerns. The Program, which sprang out of the philosophy that an educated, informed adult will enjoy a healthier lifestyle and require fewer, less costly healthcare services, continues to grow with each passing year. As many as ten percent of participants in the Elder Well Care Program classes and screenings have been referred to their physicians for follow-up concerning previously unidentified health issues.

The Elder Well Care Program features a variety of programs and activities for those with different learning styles or preferences. One of the most popular

components is the "Fit for Life" exercise class, which has shown a marked improvement in the strength, flexibility and activity levels of many participants. Some participants have even admitted that this low-impact exercise program has inspired them to adhere more strictly to lifestyle changes recommended by their physicians, including diet, exercise and medication compliance. "Fit for Life" classes take place at senior centers in Bloomfield, East Windsor, Ellington, Enfield, Stafford and Windsor on a regular basis and are well attended.

Another successful Elder Well Care Program is the "Lunch and Learn" Series, which consists of monthly luncheons featuring various educational speakers. Some lunch presentations are followed by a related health screening. Others offer attendees an opportunity to interact one on one with guest speakers.

Several Elder Well Care programs and support groups focus on special needs such as diabetes management, weight management and bereavement. Support Groups are also offered for caregivers, stroke survivors and others. In addition, for individuals with ongoing needs, the

Elder Well Care Program includes monthly

Adult Consultation Hours. During these times, individuals can schedule private appointments with a nurse who monitors such things as blood pressure, glucose, pulse and weight; reviews medications; and answers any questions the individual may have.

H&CHS attributes the success of the Elder Well Care Program to the fact that today's "mature adults" are younger, stronger, more active and more outspoken than earlier generations. They are eager to take proactive measures to ensure the continuance of their healthy, independent lifestyles. Recognizing their desire to educate themselves and to aspire to good health, H&CHS looks forward to continuing to enhance and expand the Elder Well Care Program in the years ahead, both in terms of the number of participants and the variety of programs offered.

If you would like more information about H&CHS' Elder Well Care Program, please call (860) 763-7600. ■

Home & Community Health Services, Inc., is a home healthcare agency providing high-quality, personalized care 24 hours a day, 7 days a week by registered and licensed practical nurses, home health aides, therapists, nutritionists, social workers, homemakers and other support staff. The agency has offices in Enfield, at 140 Hazard Avenue, and in Somers, at 24 Battle Street. Phone: (860) 763-7600.

Learning to Cope

PCCC Strives to Meet the Emotional Needs of Cancer Patients



Members of the Cancer Support Group gather in the PCCC Conference Room on the second and fourth Wednesday of every month from 6:30 to 8 p.m.

Those who have journeyed through the cancer experience know that there are two very important elements in dealing with cancer. The first, of course, is the physical element, which often includes treatment options ranging from surgery to radiation therapy to chemotherapy. While these medical advances work to treat the cancer itself, another very important task lies at hand — treating the emotional needs that inevitably arise as you and your loved ones learn to cope.

Although newly diagnosed patients naturally turn to their physicians and other healthcare professionals to guide them through treatments, they often feel as though they are on their own in coping with the emotional challenges of cancer. This can lead to even deeper feelings of isolation and frustration. Fortunately, Phoenix Community Cancer Center of Enfield can help alleviate some of these feelings. In addition to offering a full spectrum of medical services for cancer patients, the Center also offers a variety of educational programs and support groups to help patients come to terms with their cancer.

Since shortly after its opening in 1998, PCCC has been home to a General Cancer Support Group that meets twice a month on Wednesday evenings. On these occasions, as many as ten to fifteen individuals at various stages of cancer gather together, along with PCCC Coordinator and Social Worker Patty Shannon and Psychiatric Nurse Carolyn Blume, R.N., to share feelings of fear and hope, to celebrate victories for some, and to offer consolation to others who may be going through an especially difficult time. A few members are currently undergoing treatment, while others are in remission but continue to attend as they cope with fears of the cancer returning. All are familiar with and understand the broad range of emotions and the many challenges surrounding the cancer experience.

Initially, joining any kind of a support group can be intimidating, but members of the PCCC General Cancer Support Group seem to agree that it is much easier and more comfortable than one may think. Sally Coffey joined the group after participating in another PCCC program sponsored by the

American Cancer Society. “I was undergoing treatment at the Center, and Patty Shannon approached me and asked if I wanted to take part in the Look Good, Feel Better Program. I was hesitant, but I decided to go at the last minute. That was the first time I was with a group of cancer patients. It was such a positive experience that I decided to join the Support Group.” Sally has since found the group to be richly rewarding. “Everyone can relate to one another, and there’s such a strong feeling of camaraderie,” she says.

Sue Fairbanks, another member of the Support Group, says that although she, like others, has many family and friends to turn to, there is still something beneficial about attending the Support Group meetings. “The Support Group has really helped me a lot... I don’t feel like I have to hold anything back. There are some feelings that I don’t even want to share with my family, because I don’t want to worry them. For these things, it helps to talk to the group. I can tell them my biggest fears.”

The benefit of the Support Group meetings comes as much from members sharing their own feelings as from just

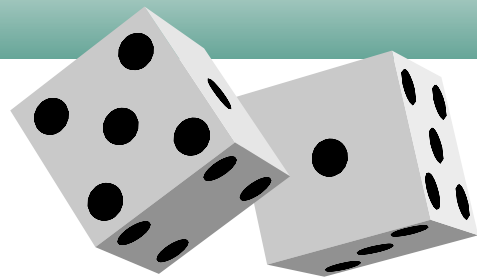
listening to what others have to say. Matthew Miranda, who has been a member of the Support Group since its inception, says that for him, the sense that he can help other members is also very rewarding. Because he is one of few males in the group and is the youngest member, he often brings a different perspective. Having been cancer free for four years, Matthew has also been through the many stages of cancer and has a bank of knowledge that he is eager to share. “I have a lot of information to pass on to others,” he says. “I enjoy the opportunity to help people.”

Members of the group encourage those coping with cancer to consider giving the Support Group a try. “Even if you only come once or twice and then find it’s not for you,” says Matthew, “nothing lost.” Although there may be nothing to lose, a great deal can be gained, as all members will testify.

Anyone coping with cancer is welcome to attend the PCCC Support Group meetings, as are their loved ones. If you would like more information, please call Patty Shannon at (860) 272-3030. ■

Phoenix Community Cancer Center, located at 142 Hazard Avenue in Enfield, is a state-of-the-art facility offering a full range of cancer care services including radiation therapy, medical oncology, dietary consultation, educational programs, pastoral care consultation, social work services, support groups, visiting nurse services and more. The Center also houses an office of the American Cancer Society and an oncology resource library. The phone number for the Center’s Radiation Therapy Program is (860) 272-3000. For all other services, please call (860) 272-3030.

EVERGREEN ENJOYS



“Casino Fun” During Annual Celebration

Each year, beginning with Mother's Day, long-term-care facilities throughout the state and nation join the American Health Care Association in celebrating National Nursing Home Week. This special occasion is an opportunity to educate the public about the rich, full life that our beloved elderly lead in America's nursing homes and to salute the many inspiring individuals who staff and reside in these facilities. At Evergreen Health Care Center, this week-long recognition is an eagerly anticipated event, with special festivities planned for each day. This year was no exception.

From May 13 - 19, 2001, residents and staff at Evergreen engaged in a broad range of exciting events starting with the Annual Mother's Day Tea on Sunday. Family members were invited to join residents for an afternoon of piano music, singing, and indulgent desserts prepared by the facility's dietary department. On Monday, the celebration kicked into high gear, as Evergreen's Formal Dining Room was magically transformed to convey a "Casino Fun" theme. Throughout the days to follow, residents and staff enjoyed a variety of casino-related activities, including a Casino Scavenger Hunt; a Bingo Bonanza; a Casino Game Room featuring roulette, a prize wheel, blackjack and token slot machines; and a Casino Nightclub, complete with



Evergreen residents enjoy a game of blackjack during National Nursing Home Week festivities.

lounge entertainment, hors d'oeuvres, and "mocktails." In addition to these activities, residents and staff enjoyed an ice cream social and an afternoon of musical entertainment provided by the seventh-grade chorus from Stafford Middle School.

At the heart of all of the National Nursing Home Week Festivities was the latest addition to Evergreen — a brand new 1950s-style jukebox complete with popular hits from the twenties through the fifties. The jukebox, which

was purchased with funds raised through the facility's recent "Touching the Spirit with Song" Giving Appeal, was inspired by last year's National Nursing Home Week, which featured a fifties theme. A rented jukebox was the highlight of the week, providing residents with endless hours of enjoyment as they sang, danced and simply relived memories of the past. Now, with the purchase of its own jukebox, Evergreen can offer residents these enjoyable moments throughout the year.

With the 2001 National Nursing Home Week now over, organizers are already beginning to brainstorm ideas for next year's event. It's hard to imagine how they can continue to top the previous year's festivities, but somehow, much to the delight of residents and staff alike, they always do. ■

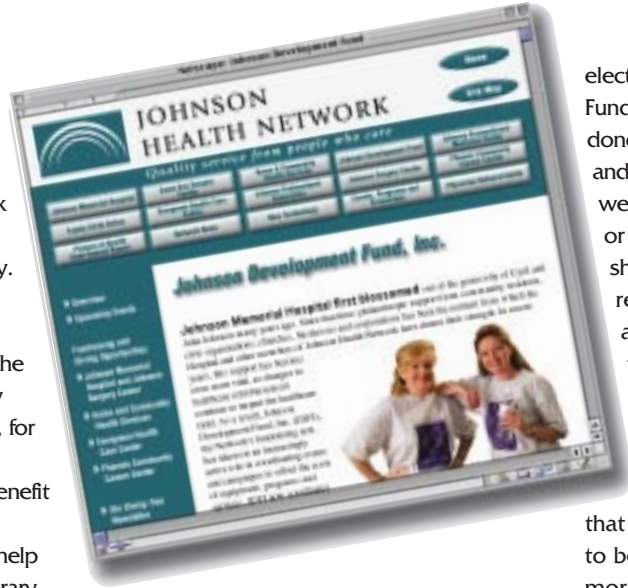
Evergreen Health Care Center, located at 205 Chestnut Hill Road in Stafford, is a 150-bed skilled nursing and rehabilitation facility recognized for its superb clinical, therapeutic and recreational programs. The Center's Subacute Rehabilitation Unit is the only one of its kind located on a hospital campus in this region. Phone: (860) 684-6341.

Online Option

MAKES CHARITABLE GIVING EVEN EASIER

Each year, the members of Johnson Health Network are fortunate to benefit from the support of many generous individuals, businesses and organizations whose gifts to the Network enable them to continue bringing new and enhanced services to the community. At any given time, several major fundraising efforts may be taking place, giving donors the opportunity to select the facility, program or service to which they would like their gifts allocated. Currently, for example, Johnson Memorial Hospital is conducting a special Giving Appeal to benefit the refurbishing of patient rooms in its medical/surgical units. Funds raised will help to create a more cheerful and contemporary atmosphere for the comfort of patients and their visitors. Other fundraising initiatives now taking place will benefit Evergreen Health Care Center, Home & Community Health Services, Phoenix Community Cancer Center and Johnson Surgery Center. All such efforts are coordinated by Johnson Development Fund, the Network's fundraising arm.

While gifts to the Network have traditionally been made via regular mail or



phone, Johnson Development Fund recently announced that donors now have the option to make gifts online via its secure server at www.johnsonhealthnetwork.com. By logging on to the Network's website and visiting the Johnson Development Fund page, donors can quickly and easily access information regarding all of the current fundraising efforts, fill out a donation form using their MasterCard or Visa, and send their form

electronically to the Johnson Development Fund office. The easy-to-use form gives donors the option to select the organization and program they would like to support as well as to designate their gift "in memory" or "in honor" of a friend or loved one, should they choose to do so. All gifts received through the online form are acknowledged by e-mail as well as by traditional mail.

While donors are certainly welcome to continue making gifts through traditional methods, the staff at Johnson Development Fund hopes that some may find the new online option to be more convenient. If you would like more information or have suggestions for improving the Johnson Development Fund web page, please call (860) 684-8109 or (860) 749-2201, extension 8109, or e-mail development@jmhosp.org. ■

Johnson Development Fund, Inc., located on the grounds of Johnson Memorial Hospital, 201 Chestnut Hill Road in Stafford Springs, is the fundraising arm for Johnson Health Network, supporting Johnson Memorial Hospital, Evergreen Health Care Center, Home & Community Health Services, Johnson Surgery Center and Phoenix Community Cancer Center. Phone: (860) 684-8109 or (860) 749-2201, extension 8109.

JDFI Announces Upcoming Events

Johnson Development Fund coordinates a wide variety of fun and exciting events in an effort to raise funds for the members of Johnson Health Network. Below is a list of events taking place in the months ahead. For more information or to receive a registration brochure in the mail, please call (860) 684-8109.

Johnson Health Network's 20th Annual Benefit Golf Tournament Thursday, August 23, 2001

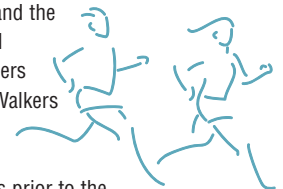
Elmcrest Country Club
East Longmeadow, Massachusetts
An 18-hole tournament to benefit Phoenix Community Cancer Center and the refurbishing of patient rooms at Johnson

Memorial Hospital. Features a double shotgun scramble format with starts at 7:30 a.m. and 1 p.m. (afternoon tee times reserved for major sponsors). The entry fee is \$140, which includes a tax-deductible donation, greens fee, a golf cart, an open driving range, lunch, snacks on the course, door prizes and an evening banquet.

A Reason for HOPE Walk/Run for Cancer Saturday, September 22, 2001

Phoenix Community Cancer Center
Enfield, Connecticut

A 5K Walk/Run to benefit Phoenix Community Cancer Center. The Walk will take place at 7:30 a.m., followed by a certified, timed run at 9:30 a.m. Airline tickets will be awarded to the top fundraiser in the Walk and the top male and female finishers in the Run. Walkers will be asked to seek sponsorships prior to the event and to bring the donations they raise with them to the Walk. Runners will be asked to pay a pre-registration fee of \$15 (\$18 on race day).



INTRODUCING

Susan L. Abend, M.D., F.A.C.P

Vice President of Medical Quality, Johnson Memorial Hospital

Continuous Quality Improvement, or "CQI" is a phrase heard often in many major industries today. By continually monitoring performance, setting new goals, updating procedures, providing education to staff members, and engaging in other improvement initiatives, many businesses and organizations work hard to deliver the most efficient and highest quality products and services. Johnson Memorial Hospital is no exception. With this in mind, JMH has recently welcomed a new member to its team — Susan L. Abend, M.D., F.A.C.P., Vice President of Medical Quality.

Since January of this year, Dr. Abend has become an integral part of the JMH family. In her newly established role, she works closely with medical staff, the professional staff, and the senior management team to develop and implement various quality improvement initiatives. She is responsible for monitoring the credentialing process to assure the JMH Board of Trustees and our community that JMH physicians provide excellent, state-of-the-art healthcare. She works to facilitate communication between the medical staff departments, the administration, and the Board, and she has been working with the Hospital's consultants to ensure that JMH has a fair and effective peer review process. She also collaborates closely with the Hospital's Information Management

team to generate and analyze accurate information about the quality of medical staff and Hospital processes. Through all of these efforts and many others, Dr. Abend carries forward the

JMH mission to continually improve services for the residents of north central Connecticut.

With her broad range of experience and expertise, Dr. Abend is certainly well qualified for her new role. She is an Assistant Professor of Medicine and Psychiatry at the University of Massachusetts Medical School and is board-certified in internal medicine, endocrinology, metabolism and diabetes. She has been the author of many papers in both basic and clinical research in endocrinology. From the knowledge she acquired through her background in science, she has developed information systems used by community hospitals, skilled nursing facilities and home care agencies to monitor quality processes. She has served as a consultant to a variety of healthcare organizations, including the Interqual Products Group, the worldwide leader of utilization review criteria for the healthcare industry. She is also a fellow of the American College of Physicians.

In the coming year, JMH officials and medical staff members look forward to working more closely with Dr. Abend as she continues to explore avenues of quality improvement for JMH. ■



Susan L. Abend, M.D., F.A.C.P., Vice President of Quality Improvement at Johnson Memorial Hospital

Renovations **NOW** Underway

The Emergency Department at Johnson Memorial Hospital has recently undertaken an ambitious effort aimed at streamlining patient flow and increasing comfort and safety for its patients. By the end of 2001, the Hospital will boast a completely renovated, state-of-the-art Emergency Department featuring several major improvements. The most eagerly anticipated change will be the addition of a new "Urgent Care" area for those patients not presenting with critical or life-threatening illness. Treating these patients in a different area from

those suffering from severe medical conditions will greatly reduce wait times. In addition, a separate area is being created for those patients who are in crisis or have substance abuse problems.

Many other new features will also be implemented in the Emergency Department. Watch for further details on this exciting endeavor in coming months. In the meantime, please be assured that the Emergency Department will continue to offer patients only the highest quality of care while renovations are in progress.

JOHNSON OCCUPATIONAL MEDICINE CENTER

“An Urgent-Care Facility for Industry”

In 1993, Johnson Health Network opened the doors to a brand new facility in Enfield known as Johnson Occupational Medicine Center. In years hence, the Center has enjoyed great success in providing high quality care to workers throughout north central Connecticut and beyond. Despite this success, JOMC has remained shrouded in mystery for many local residents who are unaware of the broad range of services and the clinical expertise that are available through this fine facility.

“When I tell people that I work at JOMC, they usually don’t understand what we do at first. They tend to confuse occupational medicine with occupational therapy,” says Vincent Alvaro, P.A., the lead caregiver at JOMC. “When I explain that we are an urgent care facility for industry, the light goes on, and they say, ‘Oh! What a great idea!’”

While the term “occupational medicine” does encompass occupational therapy in some instances, Vincent explains that it also includes a great deal more. Occupational medicine is, by definition, a medical subspecialty dedicated to promoting and protecting the health of workers through preventive services, clinical care, research, and educational programs. Physicians, nurses and other professionals trained in occupational medicine have in-depth knowledge when it comes to treating work-related injuries and conducting health services required by the Occupational Safety and Health Administration (OSHA).

“Occupational medicine specialists are to industry what cardiologists are to hearts and ophthalmologists are to eyes,” says Vincent. “When you have specific healthcare needs, who better to go to than the experts.”

The benefits to businesses that utilize the

services of JOMC rather than sending employees to their own physicians, the emergency room or other walk-in clinics are immense. The cost savings, in itself, can be tremendous. Tests conducted at JOMC are significantly less expensive than the same tests conducted in an emergency room. And, while an emergency room refers patients to their physician for follow-up, JOMC sees patients through from beginning to end, ensuring that

workers are safely returned to work in the most efficient manner possible. This continuity of care also enables members of the JOMC staff to develop stronger relationships with their clients. The opportunity to establish such relationships with both the

employers and employees at the businesses he works with is one of the things that Vincent says he enjoys most in his position.

Yet another major benefit of utilizing the services of JOMC is that it offers effective management of workers’ compensation cases. Center representatives understand the terminology and operations of insurance, medicine and business, enabling them to effectively bring about clear understanding among employers, employees, insurers and medical providers. These factors, and others, can greatly reduce the stress on businesses as they cope with work-related injuries and other healthcare matters. ■

Johnson Occupational Medicine Center, located at 151 Hazard Avenue in Enfield, is an urgent-care facility providing occupational and industrial medicine expertise and treatment by specialists in the field. The Center provides a broad range of services including work-related injury treatment, physical exams, drug specimen collection and/or testing, medical surveillance for hazardous material handling, and much more. Phone: (860) 763-7668.

JOMC at Your Service

Among the many services offered by Johnson Occupational Medicine Center are the following:

- * Asbestos Exposure Testing (OSHA)
- * Audiometry
- * Blood Lead Level Testing (OSHA)
- * Breath Alcohol Testing
- * Cardiovascular Fitness Testing
- * Cholesterol Screenings
- * Department of Transportation Mandated Exams
- * Drug Awareness Testing
- * Drug Specimen Collection and/or Testing
- * Educational Programming on a Variety of Topics
- * Ergonomic Evaluations
- * Flu Vaccination Clinics
- * Hepatitis A Immunizations
- * Hepatitis B Surveillance
- * Influenza Immunization
- * Laboratory Services
- * Lift Assessment
- * Lymex Vaccination Clinics
- * Medical Surveillance for Hazardous Material Handling
- * Occupational Therapy
- * On-site Medical and Nursing Services
- * OSHA Compliance Education Programs
- * Physical Examinations
- * Physical Therapy
- * Public Service Exams
- * Pulmonary Function Testing
- * Respirator Clearance Exams (OSHA)
- * Spirometry Testing
- * Travel Immunizations
- * Tuberculosis (TB) Surveillance
- * Work Hardening
- * Work-Related Injury Treatment
- * X-Ray Services



The JOMC team includes (left to right): Bob Grant, Medical Assistant; Kathleen Heim, R.N., Occupational Health Coordinator; Donna Hanks, Business Services; Sandy Morin, Medical Assistant/Business Services; and Vincent Alvaro, P.A.

When a Good Night's Sleep Doesn't Come Easy



Johnson Memorial Hospital's state-of-the-art Sleep Laboratory enables polysomnography technicians to measure multiple channels of pertinent information.

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 from a sleep disorder will be referred to an otolaryngologist (ear, nose and throat specialist) for further evaluation and treatment. One such specialist, Michael Bernstein, M.D., of Enfield, is a member of the Johnson Memorial Hospital medical staff and frequently sees patients coping with sleep disorders. While Dr. Bernstein prefers to see patients prior to their undergoing a sleep study, they are sometimes referred to him afterwards. In either event, he says, it is important that patients be examined by an otolaryngologist to help gain further information about the nature of their problem. This exam, combined with the interpretation of the sleep study, is very helpful in determining the most effective course of treatment.

Many treatment options now exist for those with sleep disorders. For some, Dr. Bernstein says, the answer is as simple as changing sleeping position or losing weight. This is especially true for those with sleep apnea, a condition that causes sufferers to stop breathing in their sleep. Another very common treatment for sleep apnea is continuous positive

airway pressure, which requires patients to wear a special mask to bed. The mask delivers air, creating just enough pressure to keep the airway open when the patient inhales. Devices such as oral appliances also work for some patients. Surgical intervention is yet another option and has been shown to have a high success rate. The type of surgery varies,

depending on the cause and severity of the problem. Surgical procedures commonly used to treat sleep apnea include nasal, septal and adenoid surgery; tonsillectomy and uvulo-palato-pharyngoplasty. Dr. Bernstein conducts these surgeries, and others, at JMH and at Johnson Surgery Center in Enfield, a same-day surgical facility that is affiliated with the Hospital.

With forty million Americans now chronically ill with various sleep disorders and an additional twenty to thirty million experiencing intermittent sleep problems, it's good to know that help is locally available. Johnson Memorial Hospital, its affiliates, and its medical staff can help find solutions for those coping with sleep disorders, enabling them to sleep restfully and reclaim their lives. If you think you may have a sleep disorder, talk to your doctor about the symptoms you are experiencing. A physician referral is required for sleep studies, and most major insurance companies will cover the cost of this service. For more information about the Sleep Laboratory at Johnson Memorial Hospital, please call the Hospital's Pulmonary Department at (860) 684-8240 or (860) 749-2201, extension 8240. ■

Johnson Memorial Hospital, located at 201 Chestnut Hill Road (Route 190) in Stafford, is an 89-bed general, acute-care facility offering a full range of inpatient and outpatient services, including medical and surgical, obstetrics and gynecology, pediatrics, mental health, emergency and intensive care, oncology, rehabilitation, pain management and more. A number of outpatient services are also offered in Enfield. Phone: (860) 684-4251 or (860) 749-2201. TTY: (860) 684-8441.



The two rooms in the new Sleep Laboratory have been decorated to create a warm, homelike atmosphere.

Quality

Orthopaedic Care, *Close to Home*

Anyone who has experienced difficulty with a bad back, chronic pain in the knees and hips, or other problems relating to the muscles, bones or joints knows that these types of injuries can really hamper an otherwise active, healthy lifestyle. While some individuals affected by such conditions may find themselves sitting on the bench during athletic events, others may find that they have difficulty enjoying their favorite leisure time activities or even completing basic job responsibilities. As frustrating as this may be even on a temporary basis, a good orthopaedic specialist and today's technology can often help get you back on your feet and enjoying life.

Orthopaedics — a medical specialty devoted to the diagnosis, treatment, rehabilitation and prevention of injuries and diseases of the body's musculoskeletal system — is just one of the many surgical specialties offered at Johnson Surgery Center of Enfield. Since its opening in 1986, thousands of orthopaedic procedures have been



Orthopaedic Surgeon Ronald Leavitt, M.D., pauses for a quick snapshot following an orthopaedic procedure at Johnson Surgery Center.

performed at this technologically advanced, same-day surgical facility.

While JSC is equipped with all of the latest technology to perform orthopaedic surgery, it is also fortunate to enjoy the support of a number of highly skilled orthopaedic surgeons on its medical staff. Ronald Leavitt, M.D., a hand surgeon at Enfield Orthopaedics, regularly performs procedures at JSC. He says that many of his patients enjoy the convenience of being able to get the care they need right in Enfield, rather than having to travel. In addition, he finds that the facility has a high patient satisfaction level. "Patients always feel as though they have been well taken care of at JSC — I have never gotten a complaint," he says. "In general, people tend to be more at ease at a facility such as this than they are at a hospital. And since most orthopaedic surgeries are now done on a same-day basis, almost everything we do can be done at JSC."

Patient convenience and comfort is, indeed, a major factor in determining where to perform surgery, but from the perspective

of a surgeon, technology is also key. "The equipment at JSC is very good," Dr. Leavitt says. "The operating microscope and Mini C-Arm, in particular, are excellent." He frequently uses the Mini C-Arm, a state-of-the-art imaging system, to perform small joint surgery such as the repair of fractures in the fingers, hands and wrists. Among other procedures that Dr. Leavitt commonly performs at JSC are carpal tunnel surgery, releasing trigger fingers and arthroscoping wrists and elbows.

At this time, the JSC Medical Staff boasts a total of four orthopaedic surgeons in addition to Dr. Leavitt. These physicians have different sub-specialties and, therefore, offer different types of procedures. Jay Kimmel, M.D., for example, another member of Enfield Orthopaedics, specializes in knees, shoulders and sports medicine injuries. He utilizes JSC on a regular basis to perform such procedures as knee and shoulder arthroscopies.

For those patients who find it more convenient to receive services in Stafford or who require more serious procedures that cannot be performed on a same-day basis, a full range of orthopaedic surgery is also

"In general, people tend to be more at ease at a facility such as this than they are at a hospital. And since most orthopaedic surgeries are now done on a same-day basis, almost everything we do can be done at JSC." — Ronald Leavitt, M.D.

offered at Johnson Memorial Hospital, where Dr. Leavitt serves as President of the medical staff. Providing services at both locations ensures that local residents never have to travel far from home to access the care they need. ■

Johnson Surgery Center is a freestanding facility, located at 148 Hazard Avenue in Enfield, equipped with highly advanced surgical and diagnostic equipment. The facility houses same-day surgery, medical laboratory and radiology services, including magnetic resonance imaging (MRI) and computerized axial tomography (CAT scanning). Phone: (860) 763-7650.

Orthopaedic Surgeons at Johnson Surgery Center

The following orthopaedic surgeons serve on the Johnson Surgery Center Medical Staff:

Jay Kimmel, M.D.*

Enfield Orthopaedics, Enfield and Stafford

Ronald Leavitt, M.D.*

Enfield Orthopaedics, Enfield and Stafford

Barry Messinger, M.D.

Sports Medicine & Orthopedic Surgery, P.C.
Manchester and South Windsor

Renee Prince, M.D.*

Orthopaedic Associates of Northern Connecticut, P.C., Enfield and Stafford

Scott Tarantino*

Windham Orthopaedics, Willimantic

*Also members of the Johnson Memorial Hospital Medical Staff

JMH Auxiliary Announces New Fundraising Initiative

In keeping with their ongoing mission to help continue enhancing healthcare services for the residents of north central Connecticut, members of the Johnson Memorial Hospital Auxiliary recently committed themselves to fulfilling a new \$60,000 pledge to JMH. These funds have been earmarked towards two very important causes. While \$50,000 will go towards the upcoming refurbishing of patient rooms on the Hospital's Medical/Surgical Unit, the remaining \$10,000 will be used to purchase a Fetal Pulse Oximeter for the Hospital's Family Birth Suites at the Nirenberg Center for Women & Infants. This state-of-the-art equipment offers a much less invasive, yet highly effective method of measuring fetal oxygenation compared to previous methods. When used in conjunction with fetal monitoring, it is an effective means of assuring fetal well-



The JMH Auxiliary Women's Golf Tournament, held in early June, was one of the first events to raise funds towards the purchase of the Fetal Pulse Oximeter. Members of the Tournament Committee included: (back, left to right) Lois Schaneman, Diane Lerz, Chairperson Mary Ann Olsen, Ann Kirkpatrick, Jane LaMorte, (front, left to right) Susan Olsen and Auxiliary President Carmela Brennan. Not shown: Candice Bell, Cindy Miller, and Carol Palomba.

being, allowing more mothers to continue to labor, rather than undergo a cesarean section.

"We are excited to be able to support both of these efforts," commented Carmela Brennan, President of the Auxiliary. "When we heard that the Hospital was raising funds to refurbish rooms, we knew that it was something we wanted to be able to help with. The changes that are planned will have a major impact on the comfort of patients, which is important to us. And, because most of us have children or grandchildren of our own, we naturally have a soft spot for obstetrical and pediatric services. Knowing that our donation will contribute to the well-being of babies born at JMH is very gratifying."

The Auxiliary plans to meet their pledge through a variety of fundraising events and activities. Proceeds of their Annual Women's Golf Tournament, held June 8 at Grassmere Country

Club in Enfield, were specifically earmarked towards the Fetal Pulse Oximeter. This nine-hole tournament and luncheon is one of their most highly anticipated events of the year. Other events now in the planning stages include a Fashion Show in the fall and a Holiday Boutique in December. In addition, the Auxiliary continues to operate the Gift Shop at JMH, one of its most successful fundraising endeavors. The Shop features a variety of unique gift items, stuffed animals, flowers, cards, candies and more.

As always, the JMH Auxiliary is happy to welcome new members. Involvement in this group is a wonderful opportunity for local residents to show their support of healthcare services while enjoying a variety of fun and exciting social activities. If you would like more information about the Auxiliary, please call (860) 684-8109 or (860) 749-2201, extension 8109. ■

Aquatic Physical Therapy Now Available

Johnson Memorial Hospital recently joined forces with Bigelow Commons of Enfield to provide an exciting new healthcare service to residents of north central Connecticut. The Hospital's Physical Medicine Department now offers Aquatic Physical Therapy at Bigelow Commons' indoor pool.

Aquatic Physical Therapy is designed to improve specific aspects of a patient's functional abilities through the use of a pool environment. The buoyancy and density of water, as well as the resistance and support it provides, make it highly effective in helping patients increase muscular strength, endurance and range of motion. Aquatic Therapy also helps to decrease pain and muscle spasm and promote relaxation. It can be used to help patients recover following surgery and to treat a variety of conditions, including arthritis, musculoskeletal injuries, neurological problems, back and neck injuries and many others.

A physician's prescription is required for participation in the Aquatic Physical Therapy Program, and most insurance companies will reimburse for the costs of this treatment. If you would like more information, please call (860) 763-7625.

2001 JMH Auxiliary Officers

Carmela Brennan

President

Diane Lerz

First Vice President

Vicki Palermo

Second Vice President

Barbara Brownlee

Secretary

Sandi Lydecker

Treasurer

Florence Demars

Lucy Hatch

Members-at-Large

JHN Volunteers

Exemplify the Spirit of Caring

Central to the mission of Johnson Health Network and its subsidiaries is the goal to provide “quality service from people who care.” While this certainly applies to the employees at each of the JHN facilities, it also applies to another very special group of individuals — the JHN volunteers. Several JHN members, including Johnson Memorial Hospital, Phoenix Community Cancer Center, and Home & Community Health Services, benefit from the

support of a dedicated body of volunteers who selflessly give of their time on a regular basis to serve these facilities, and their fellow community members, in a broad range of capacities.

The largest group of volunteers serving JHN can be found at Johnson Memorial Hospital. In the past year alone, 66 adult volunteers and 37 teen volunteers spent a combined total of 18,482 hours at the Hospital, assisting 25 different departments with tasks ranging from filing and sorting paperwork to delivering patient meals, from staffing the Gift Shop to conducting Hospital tours and much more. The abundant energy, heartfelt compassion and cheerful attitudes exhibited by these individuals are a constant source of joy to the many employees, patients and visitors whose lives they touch.

Recently, Johnson Memorial Hospital hosted its Annual Adult Volunteer Recognition Dinner, at which time 25 individuals were recognized for milestone achievements in volunteering. Jane Pierz, a resident of Enfield, was recognized for 30 years of volunteer service, while Mary Alsing of Somers was recognized for 25 years. Two volunteers were recognized for 11,000 hours of service: Mary Guglielmo of Stafford and Ernie Hertenstein of Somers.

Alfred A. Lerz, President and CEO of Johnson Memorial Hospital, is the first to offer his gratitude to the JMH volunteers for their dedication and commitment. “These

individuals are an integral part of the Johnson Memorial Hospital family,” he says. “I can’t tell you how many times patients have commented to me on the volunteers they encountered during their stay here. I know I speak for the entire JMH family when I say we’d be lost without them.”

The Hospital is always happy to welcome aboard new volunteers, as are other members of JHN. If you would like more information about volunteer opportunities at Johnson Memorial Hospital, please call the Volunteer Services office at (860) 684-8216 or (860) 749-2201, extension 8216. For more information about volunteer opportunities at Home & Community Health Services, please call (860) 763-7600. For information about volunteering at Phoenix Community Cancer Center, call (860) 272-3030. ■

The following volunteers received milestone awards at Johnson Memorial Hospital’s recent Adult Volunteer Recognition Dinner:

30 Years
Jane Pierz

25 Years
Mary Alsing

11,000 Hours
Mary Guglielmo
Ernie Hertenstein

3,000 Hours
Virginia Hoyle

2,000 Hours
Florence Demars
Cindy Meyer
Cindy Violette

1,000 Hours
Jean Datoli
Carol Lillis
Toni Pieczarka

500 Hours
Britta Halpin
Pat Morton
Ben Schwanda
Thom Yakoubian

100 Hours
Helen Austin
Charlie Bagley
Dennis Balsewicz
Linda Balsewicz
Donna Duffy
Charles Janeczko
Maureen O’Connor
Madine Parakilas
Karin Spencer
Daniel Wright

Accreditations

Johnson Health Network is proud to hold the following accreditations:

- Accreditation Association for Ambulatory Health Care, Inc.
- American Association of Blood Banks
- American College of Radiology Mammography Accreditation Program
- College of American Pathologists
- Joint Commission on Accreditation of Healthcare Organizations
- Medicare and Medicaid
- Medicare Hospice Benefit
- State of Connecticut Department of Health Services

The members of Johnson Health Network participate with most major insurance carriers and managed care companies.



**JOHNSON
HEALTH NETWORK**

Quality service from people who care

Members of Johnson Health Network include the following:



Picture of Health, Johnson Health Network’s Semi-Annual Report to the Community, is created by the Network’s Community Relations office. If you have comments or suggestions about this publication that you would like to share, please call (860) 684-8235 or (860) 749-2201, extension 8235. Your feedback will be appreciated.