

Picture of Health

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

Johnson Memorial Hospital Celebrates Millennium with New Technology

The year 2000 brought a number of new advances in technology to the members of Johnson Health Network, most notably to Johnson Memorial Hospital.

Several new, state-of-the-art pieces of equipment are now available through JMH and can be found at the Hospital itself, located in Stafford, or at JMH Outpatient Services in Enfield.

Offering services in both towns provides convenient access to residents throughout north central Connecticut.

Most recently, you may have heard that the Hospital has expanded its **MRI services** to include a total of three different types of scanners. This expansion is in recognition of the fact that not all patients are alike — some have special needs that require different types of care.

Among the three MRI scanners now available is the **GE 1.5T Horizon LX System**, which has already proven to be popular amongst patients and physicians. This system maximizes patient comfort with faster scan times and a wider body design than traditional MRI systems. It is able to effectively scan the renal

arteries, carotid and peripheral arteries, abdomen and chest, and is also able to provide many of the procedures offered on the Hospital's pre-existing **GE .5T Scanner**. In addition to these systems, the Hospital also boasts a newly acquired **GE .2T Profile Open MRI System** for use with pediatric, geriatric and claustrophobic patients, as well as other individuals whose condition inhibits them from being examined with more traditional MRI scanners. With the three scanners now in place, all of which offer excellent imaging capabilities for a wide variety of different procedures, the Hospital is able to provide MRI services Monday through Friday and every other Saturday

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Offering Three State-of-the-Art Choices in MRI Services:

GE 1.5T Horizon LX Scanner

Offers faster scan times and a wide-body design, maximizing patient comfort. Capabilities include scanning the renal arteries, carotid and peripheral arteries, abdomen, chest and more.

GE .2T Profile OPEN MRI System

Ideal for pediatric and geriatric patients, claustrophobic patients or other individuals whose condition inhibits them from being examined with a traditional MRI. Offers superior operator access, reassurance to patients and advanced imaging capabilities designed for the head, spine, pelvis, abdomen and extremities.

GE .5T Scanner

This system, which has been in use at JMH for several years, offers fast, high-quality, whole-body imaging.

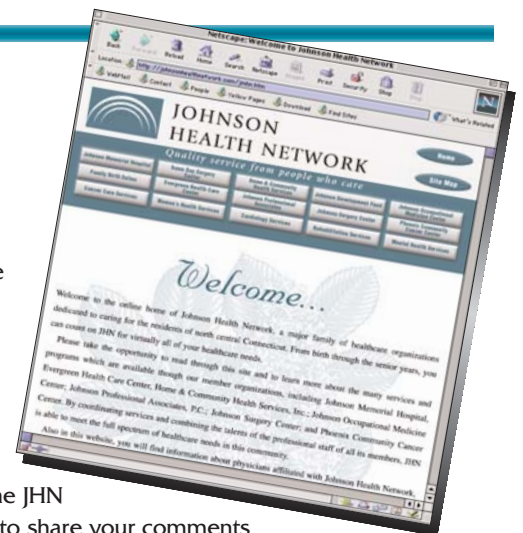
Johnson Health Network Goes online

Looking for a physician, health screening or class, or information about locally available healthcare services? Look no further than www.johnsonhealthnetwork.com, Johnson Health Network's comprehensive new website, featuring page after page of useful information for you and your family. Because the site is constantly evolving, be sure to add it to your "favorites" folder for future visits.

Among the many special features included in the website are pages for each member of JHN's family of healthcare organizations, career opportunities and an online resume, listings of programs and events with online registration, updates on new technology, a physician referral guide, a site map for easy navigation, easy-to-follow driving directions and maps to each of the JHN facilities and

much more. The site also features publications such as this newsletter and others.

If you would like more information about the JHN website, would like to share your comments or have suggestions for new features, please call the Network's Development & Community Relations office at (860) 684-8235 or (860) 749-2201, extension 8235. You may also e-mail your comments or suggestions to johnson@jmhos.org. ■



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

Welcome to the premier issue of *Picture of Health*, Johnson Health Network's semi-annual report to the community. This newsletter replaces our traditional annual report, which you may remember receiving in January of previous years. Now, you can look forward to receiving a report from us twice a year — in January and in June. This is just one of several new initiatives aimed at enhancing our communication with local residents. Our decision to make this change was based on feedback from many of your fellow community members who expressed a sincere desire to learn more about healthcare issues, new technology and locally available resources.

As you will see as you read through this first issue, *Picture of Health* includes special feature articles about each of the members of Johnson Health Network, including Johnson Memorial Hospital, Inc.; Evergreen Health Care Center; Family Birth Suites at the Nirenberg Center for Women & Infants;



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

Home & Community Health Services, Inc.; Johnson Development Fund, Inc.; Johnson Occupational Medicine Center; Johnson Professional Associates; Johnson Surgery Center and Phoenix Community Cancer Center. Also included are health tips, information about upcoming events and programs, a listing of physicians and more. We hope that you will enjoy all that this new publication has to offer and that you will look forward to

receiving your second issue in the spring.

Before closing, we would also like to encourage you to log on to our new website at www.johnsonhealthnetwork.com. This is yet another effort to enhance our communications and to provide you with the most up-to-date information possible with regards to our fine family of healthcare organizations, programs and events, medical staff members and more. Please take advantage of this opportunity to get to know more about us.

Johnson Memorial Hospital Celebrates Millennium with New Technology

continued from cover
— good news to those patients with busy schedules.

Other new technology acquired by the Hospital in recent months includes a **DEXA® Bone Densitometer**, the premier device used to identify patients' risk for developing osteoporosis. This equipment measures the density of the spine, hip, and other bones, which are the most frequent sites of fracture for those suffering from osteoporosis. A **Mammotome Breast Biopsy System** has also been acquired, enabling the

accurate diagnosis of breast abnormalities through an outpatient procedure that can be performed in less than one hour, requires no stitches, and allows women to return to their normal routine immediately afterwards.

At the end of Fiscal Year 2000 in October, JMH was on the brink of introducing another exciting new effort — a fully expanded **Sleep Laboratory**. You can look forward to reading more about the Hospital's enhanced Sleep Study Services in the June edition of *Picture of Health*. ■

Know the Facts...

About Osteoporosis

Education is the best weapon against developing conditions such as osteoporosis. The more you know, the more you can protect yourself! Here are a few simple facts to help you prevent osteoporosis:

- Eat a balanced diet rich in calcium and vitamin D
- Participate in weight-bearing exercises to strengthen your bones
- Enjoy a healthy lifestyle with no smoking or excessive alcohol use
- Ask your doctor about bone density testing, such as that done with the DEXA® Bone Densitometer

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.

Family Birth Suites Welcomes First Nurse-Midwife

Recent years have seen a growing trend towards midwifery services in women's health. As licensed healthcare practitioners, nurse-midwives are skilled in providing primary care to women of childbearing age, including prenatal care, labor and delivery care, postpartum care, gynecological exams, newborn care, assistance with family planning decisions, preconception care, menopausal management, and counseling in health maintenance and disease prevention. In short, they provide many of the services offered through obstetricians and gynecologists. This, combined with their women-centered philosophy, emotionally supportive nature and belief that healthcare should be safe and satisfying, makes them the caregiver of choice for many of today's women.

Recently, Johnson Memorial Hospital's Family Birth Suites at the Nirenberg Center for Women & Infants welcomed the opportunity to offer nurse-midwifery services to their patients for the first time. After ten years as a registered nurse, Donna Lowney, who worked full-time at the Center since its opening in 1994, decided to pursue her dream of becoming a nurse-midwife. She underwent extensive education and training through the State University of New York at Stony Brook before becoming nationally certified through the American College of Nurse Midwives in October 1999. Since that time, she has developed a large clientele throughout the greater Stafford and Enfield area and has delivered babies exclusively at Family Birth Suites, which features private, home-like birthing suites accompanied by the latest technology.

"Having worked as a labor and delivery nurse in both a tertiary care facility and one other community hospital prior to coming to Family Birth Suites, I believe that JMH offers such a positive birth experience that I would not think of delivering my mothers anywhere else," Donna explains. "The nurses on the unit are some of the best that I have worked with...their skilled nursing care in emergent situations allows me to remain confident, knowing that this unit can handle unexpected emergencies should they arise."

Donna is in private practice with Cheryl Vu, M.D., who, she says, is one of the most caring physicians that she has had the pleasure to work with. "Dr. Vu sees pregnancy as well as



Donna Lowney, C.N.M. (left), Family Birth Suites' first nurse-midwife, is in private practice with Cheryl Vu, M.D. (right) in Stafford.



menopause as normal stages in women's lives. She is very supportive of her patients and encourages them to make informed decisions regarding their care. She is also very supportive of midwifery care, practicing with much of the same philosophy. Because of our mutual approach to women's

healthcare, we make a great team, so we have been told...and I couldn't agree more."

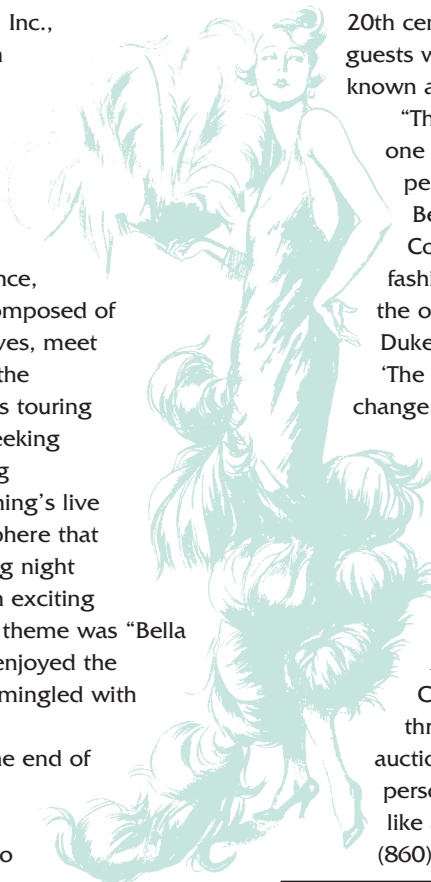
Donna and Dr. Vu's practice, Associates for Women's Wellness, is located at 72-II West Stafford Road in Stafford and can be reached at (860) 684-5770. When one or the other is not in the office, however, they can often be found caring for patients at Family Birth Suites. ■

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) 684-8119 or (860) 749-2201, extension 8119.

JHN Spring Gala Provides Exciting New Experience Each Year

Each year, Johnson Development Fund, Inc., the fundraising arm of Johnson Health Network, sponsors a wide variety of special events and campaigns to raise money in support of healthcare services. One of the most highly anticipated events of the year is the Annual Spring Gala, a spectacular black-tie affair typically held in March or April. For months in advance, members of the Spring Gala Committee, composed of local business and community representatives, meet regularly to ensure that this event will top the previous year's. They spend countless hours touring banquet facilities, brainstorming themes, seeking sponsors, selecting dinner choices, planning entertainment, gathering items for the evening's live and silent auctions, and creating an atmosphere that elicits the enthusiasm of guests once the big night finally arrives. Each Spring Gala provides an exciting new experience. In 2000, for example, the theme was "Bella Notte," meaning "beautiful night." Guests enjoyed the tastes, sounds and sites of Italy while they mingled with friends amidst a lovely Italian courtyard.

As fiscal year 2000 drew to a close at the end of September, members of the Gala Planning Committee were already immersed in the details of the next Spring Gala, scheduled to take place **Saturday, March 31, 2001, at the Sheraton Hotel at Bradley International Airport.** While last year's Gala took guests to a new landscape, this Gala will take them back in time to one of the most explosive decades of the



20th century — "The Roaring Twenties." For one night only, guests will enjoy all the best of this intriguing period, also known as the Jazz Age.

"The image that most of us have of the twenties is one of energy and excitement, which makes it a perfect theme for our Spring Gala" says Michael Bernstein, M.D., Chair of the Gala Planning Committee. "We think of flappers — and the youthful fashions that characterized the time. We think about the outbreak of jazz with artists like Bessie Smith and Duke Ellington. Although it was a time of conservatism, 'The Roaring Twenties' were also a time of great social change. We are having a lot of fun with this theme — as I am sure our guests will, too."

While members of the Spring Gala Committee strive to create the most enjoyable event possible for guests, they have an even greater purpose at hand — to raise funds for healthcare services.

All proceeds of the upcoming Gala will benefit Johnson Memorial Hospital's 2001-2002 Giving Appeal as well as Phoenix Community Cancer Center. The goal is to raise a total of \$52,000 through corporate sponsorships, the evening's auctions and raffle, and ticket sales. Tickets are \$100 per person. If you would like more information or would like an invitation mailed to you, please call JDFI at (860) 684-8109 or (860) 749-2201, extension 8109. ■

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.

New Members Welcome to JMH Auxiliary

Since its beginnings, Johnson Memorial Hospital (JMH) has enjoyed the support of a special group of community members known as the JMH Auxiliary. Though the members have changed through the years, the Auxiliary continues to flourish, sponsoring a wide variety of events and activities in support of healthcare services. The year 2000 was no exception, as Auxiliary members worked diligently to raise funds towards the purchase of a Mammutome Breast Biopsy System, a state-of-the-art piece of equipment that enables

breast biopsy to be done quickly and easily through a minimally invasive procedure.

Among the many activities sponsored by the Auxiliary during the past year were a fashion show, women's golf tournament and holiday boutique. In addition, the Auxiliary continued to operate the Gift Shop in JMH's main lobby. The shop features a variety of unique gift items, stuffed animals, flowers, cards, candies and more and has proven, through the years, to be tremendously successful. Not only is it one of the Auxiliary's best fund-raisers,

but it is very much appreciated by JMH's many employees and visitors.

The Auxiliary offers a wonderful opportunity for local residents to show their support of healthcare services while enjoying a variety of fun and exciting social activities. New members are always welcome and can participate in any number of ways. For example, participants may attend meetings (held eight times a year), staff the Gift Shop, sign up for special events committees, become officers or help to recruit new members. Each of these roles is equally important to the Auxiliary's ongoing success.

If you would like more information about joining the JMH Auxiliary, please call (860) 684-8109 or (860) 749-2201, extension 8109.

Special Care in Times of Need



Stephen Haglund (center) is shown with his parents and a few members of the H&CHS team who have provided care for him and his grandmother. Back, left to right: Betsy Finnan, a Hospice Aide; Patricia Ripish, R.N., a Hospice Nurse; Roy Haglund; Lindsley Mordasky, R.N., Stephen's nurse; and Carol Haglund.

Anyone who has ever served as the caregiver for a loved one who was ill or injured knows that it's one of the most challenging jobs you will ever do. Not only does it require a lot of time and personal attention, it also takes a great deal of inner strength. Coping with the emotions, developing confidence in your ability to provide the appropriate care, and trying to maintain a balanced life all at the same time can be difficult. Carol Haglund of Enfield knows, first hand, just how difficult. For the past seventeen years, Carol has served as the primary caregiver for her son, Stephen, who was injured in a car accident. This summer, while still caring for Stephen, she also became the caregiver for her mother-in-law, Elizabeth Haglund, who was terminally ill with cancer and, sadly, passed away this fall. While Carol's story is troubling, it is, as she herself states, "life's reality."

Fortunately, assistance is available for Carol and her family and the many others who find themselves in similar situations. For the past fifteen years, the Haglund's have called upon the services of Home & Community Health Services, Inc., Johnson Health Network's visiting nurse agency. Since Stephen's accident, members of H&CHS' highly skilled and compassionate team, including registered nurses, nurses aides and others, have helped to meet his healthcare needs and to assist Carol in her efforts to become the most effective caregiver possible. With their ongoing support, Carol has learned to handle many aspects of his care herself. "You'd be surprised at how much you can do when you need to," she says.

This summer, Carol and her family also came to rely upon H&CHS' Hospice Program to help care for Elizabeth (better known as Betty), who moved in with the family on July 16. The

very next day, Stephen underwent surgery that would lead to the need for additional care in the following weeks.

"It was a very difficult time for us as a family," Carol says, recalling that after Stephen's surgery, he needed to have antibiotics administered via IV every day, which took nearly 2 1/2 hours. At the same time, Betty's condition worsened quickly.

"When she first came to live with us she was able to walk,"

explains Carol. "Within a month she relied on a wheelchair, and for the last weeks of her life she was confined to her bed."

In addition to providing care to her son and mother-in-law, Carol also needed to remain strong to help the rest of her family cope with what was happening. She says that she derived a great deal of emotional support from the hospice nurses who cared for her mother-in-law, including Patricia Ripish and Angela Atchinson. Referring to the assistance she received through the Hospice Program, as well as the assistance provided for her son, she comments, "I couldn't have done this without the help of H&CHS. We have met some very nice people through the agency. They have all been very kind."

While Carol is generous in expressing her gratitude to the professionals who have helped her family, representatives at H&CHS applaud Carol herself for the outstanding job she has

Hospice Nurses Earn National Certification

All four of Home & Community Health Services' hospice and palliative care nurses recently became certified by the National Hospice and Palliative Care Organization, an accomplishment which serves as testimony of their commitment to provide the best possible care to terminally ill patients and their families. The nurses spent weeks working together to prepare for the certification exam, which, they say, brought them even closer together as a team.

done in caring for her son and mother-in-law. In 2000, the agency worked collaboratively with Fleet Bank to honor Carol, along with several other individuals, during the United Way's Annual Day of Caring. Representatives of both Fleet Bank and H&CHS delivered special baskets, prepared by Bank employees, to Carol and the others as a means to celebrate the enormous strength and tenderness with which they have cared for their loved ones. ■

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, Enfield: (860) 763-7600. Phone, Somers: (860) 763-8490.

JOMC Offers Onsite Health and Safety Training

In addition to caring for the residents of north central Connecticut, Johnson Health Network strives to provide high quality care to those who work in this region as well. This is made possible through the dedicated team of professionals who work at Johnson Occupational Medicine Center. Located in Enfield, this facility offers a wide variety of occupational and industrial health services ranging from physical exams to drug specimen collection, work-related injury treatment to hazardous material handling and more. In recent years, one service provided by JOMC has gained more and more attention from clients — health and safety training.

On a regular basis, representatives of JOMC visit businesses and companies from throughout the region to present groups of employees with various health and safety training programs. Dottie Gozzo, R.N., an occupational health nurse, works under the direction of Kathleen

Heim, R.N., JOMC's Occupational Health Coordinator, to prepare and conduct many of these programs. The list of health issues that they have researched for this purpose is extensive and includes diabetes, nutrition, cholesterol risk factors, carpal tunnel syndrome, travel immunizations and travel safety, tuberculosis, OSHA compliance and many others.

One of the most popular health and safety programs that JOMC offers is "Strains and Sprains vs. Your Choices in Safety," a program which covers four important topics that can prevent worksite injury: 1) safe attitudes, 2) safe behaviors, 3) safe conditions, and 4) safety off the job. In her presentations, Dottie spends a great deal of time reviewing each of these topics and helping employers and employees develop a mindset geared towards preventing accidents. By following the guidelines that she presents, it is estimated that companies can prevent 85 to

99 percent of accidental injuries.

The Rockbestos-Surprenant Cable Corporation of East Granby, which manufactures high-performance wire and cable, is one of the many companies that have taken advantage of JOMC's health and safety training programs to educate employees. Dawn Smith, the company's Human Resources Administrator, says that the presentations have been very helpful. "Dottie has been terrific. We have invited her back a number of times over the past two years to speak to our employees on such topics as safety, stress, nutrition and more. Her presentations have been very well received."

In addition to health and safety training programs, JOMC offers onsite screenings and vaccinations, another effort aimed at maintaining the health and safety of its clients. At the Rockbestos-Surprenant Cable Corporation, Dottie has conducted both cholesterol screenings and flu vaccinations. "I can tell you from personal experience that she is the best at giving flu shots," says Ms. Smith. "You never even feel it!"

Representatives of JOMC look forward to conducting more and more health and safety programs in the future. The programs are an excellent opportunity, they say, to get to know more about the companies they work with and to prevent problems before they ever even arise. ■

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.

At Your Service

This edition of *Picture of Health* features a full listing of Johnson Memorial Hospital Medical Staff members. The physicians included represent a broad range of specialties, as outlined below:

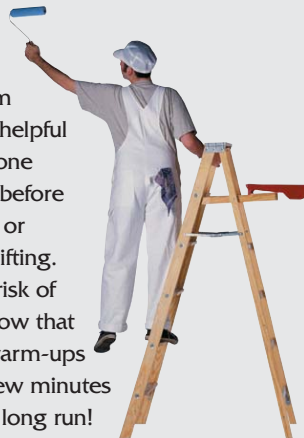
- Anesthesiology
- Cardiology
- Dermatology
- Diagnostic Imaging/Radiology
- Ear, Nose and Throat (Otolaryngology)
- Emergency Medicine
- Endocrinology
- Family Practice
- Gastroenterology
- Gynecology & Reproductive Endocrinology
- Infectious Diseases
- Internal Medicine
- Nephrology
- Neurology
- Obstetrics and Gynecology
- Occupational Medicine
- Oncology/Hematology
- Ophthalmology
- Pathology
- Pediatric Pulmonology
- Pediatrics
- Physical Medicine and Rehabilitation
- Podiatry
- Proctology
- Psychiatry
- Pulmonary Medicine
- Radiation Oncology
- Reproductive Endocrinology
- Rheumatology
- Surgery
 - General Surgery
 - Hand Surgery
 - Plastic & Reconstructive Surgery
 - Oral and Maxillofacial Surgery
 - Orthopedic Surgery
 - Thoracic Surgery
 - Vascular Surgery
- Urology

For assistance in locating a primary care physician or a specialist in any of the categories listed above, please call the **JMH Physician Referral Line** at (860) 684-8272 or (860) 749-2201, extension 8272. You may also find the information you are looking for online at johnsonhealthnetwork.com.

Avoiding "Strains and Sprains"

Johnson Occupational Medicine Center's "Strains and Sprains" health and safety training program includes a variety of tips that are helpful in everyday life. One thing everyone should remember is to warm-up before engaging in any form of exercise or strenuous activity such as heavy lifting. Doing so can greatly reduce the risk of injury. Although many people know that they should do this, they forgo warm-ups for the sake of saving time. The few minutes saved may not be worth it in the long run!

The use of proper lifting techniques is also important, as is the use of a stool or ladder in situations that require reaching.



LASIK Laser Debuts at Johnson Surgery Center

Amanda Zepke of East Longmeadow, MA, is thrilled to be able to wake up at night and read the numbers on the alarm clock clearly from across the bed. Thanks to her recent LASIK Laser Vision Correction Surgery, she no longer needs to search in the dark for her glasses just to see what time it is, as she has since she was eleven years old. While Amanda's enthusiasm about such a simple task may seem odd, those who wear glasses or contact lenses can appreciate the new-found freedom that Amanda, now 26, is experiencing.

"I can see when I wake up at night, and when I play sports, I don't have to worry about my glasses bumping around my face as I run."

— Amanda Zepke

"It's very exciting," she says. "I can see when I wake up at night, and when I play sports, I don't have to worry about my glasses bumping around my face as I run. I am so glad that I decided to have this done. It is something I have been considering for the past two years."

Amanda was among the first patients to undergo this technologically advanced procedure at Johnson Surgery Center of Enfield. Since July 2000, JSC has been contracted to serve as a site for the LASIK Laser, which was not previously available in this region. JSC is also the closest facility to offer this service for those, like Amanda,



Ophthalmologist Alan E. Solinsky, M.D., pauses for a quick snapshot following a LASIK Laser procedure at Johnson Surgery Center.

who live in neighboring Massachusetts towns. Many local residents have already successfully undergone the procedure at JSC and are now enjoying improved vision.

Alan E. Solinsky, M.D., the West Hartford-based ophthalmologist who conducted the procedure on Amanda, explains that the LASIK Laser boasts the highest level of precision, control and safety in performing laser vision correction procedures such as Photo-Refractive Keratotomy (PRK) and Laser in-Situ Keratomileusis (LASIK). These techniques are intended to reduce or eliminate patients' dependency on corrective lenses by reshaping the cornea to conform to their glasses or contact lens prescriptions. Excellent results are usually realized sooner than with other types of vision correction procedures. This, combined with faster recovery benefits, make LASIK Laser the procedure of choice for ophthalmologists from

throughout the region who perform this procedure at JSC. These ophthalmologists, all of whom have undergone extensive training and certification in the use of the LASIK Laser, include Abdul Khaliq, M.D., of Enfield; Peter Donshik, M.D., of Bloomfield; and Richard Manganello, M.D., of South Windsor.

In an effort to help area residents who are considering laser vision correction make an informed decision, JSC hosts laser vision lectures on a regular basis. If you would like information about upcoming program dates, please call JSC at (860) 763-7650. For more information about the LASIK Laser itself, please call JSC's Director of Clinical Operations at (860) 763-7665. ■

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.

Common Refractive Errors

The LASIK Laser can be used to correct a full range of refractive errors, including Myopia, Hyperopia or Astigmatism. For your information, below is a brief explanation of each of these three types of common refractive errors:

Myopia

(Nearsightedness)
Myopia, otherwise known as nearsightedness, occurs when light rays are focused in front of the retina instead of directly on the retina.

Hyperopia

(Farsightedness)
Hyperopia, or farsightedness, occurs when light rays are not bent enough to focus on the retina.

Astigmatism

Regular astigmatism occurs when light rays are focused at more than one point on the retina.

Volunteers Bring New Element of Care to PCCC Patients

NOW IN ITS SECOND YEAR, PHOENIX COMMUNITY CANCER CENTER OF ENFIELD HAS CHANGED THE LIVES OF THOSE COPING WITH CANCER IN MANY WAYS. THE CENTER'S FULL SPECTRUM OF SERVICES, RANGING FROM RADIATION THERAPY TO MEDICAL ONCOLOGY AND MORE, ENABLES PATIENTS TO RECEIVE VIRTUALLY ALL OF THE CARE THEY NEED RIGHT IN THEIR OWN COMMUNITY. AND, WITH THE CENTER'S STATE-OF-THE-ART TECHNOLOGY AND HIGHLY SKILLED PROFESSIONALS, THESE PATIENTS CAN REST ASSURED THAT THE SERVICES THEY RECEIVE EQUAL THE HIGH QUALITY FOUND IN METROPOLITAN HOSPITALS.

Indeed, PCCC has revolutionized cancer services in this community. When asked what they appreciate most about the Center, however, patients will tell you that it's much more than the high technology and clinical expertise. What they appreciate most is the soft touch — a sense of being cared for that goes beyond treatments and medication. Patients at PCCC know that the people they encounter during their visits — from the doctors and nurses to the social worker and receptionists — are committed to meeting their emotional needs as much as their medical needs.

In the past year, PCCC has taken this commitment one step further by creating a special program through which trained volunteers are available

to visit with chemotherapy patients before and/or during treatments, which generally last an hour or longer. These volunteers, who can typically be found in the office of North Central Oncology Hematology, a medical oncology practice located within PCCC, listen to patients concerns and, when necessary, direct them to the appropriate staff or resources to ensure that their needs are met and their questions are answered. Already, the program has proven to provide a great deal of comfort to patients during an emotionally difficult experience.

To date, four volunteers have completed training for this program, all of whom have either had cancer themselves or have had a close family member or loved one who has had cancer. Their dedication to



James Lawless of Somers, a patient at North Central Oncology Hematology, located within PCCC, appreciates the support of Volunteer Bobbi Collyer, also of Somers.

the program is evidenced by the compassion with which they reach out to patients.

The volunteers spend at least four hours of their time

each week in the chemotherapy area. The support they offer, coupled with the genuine care expressed by PCCC employees and physicians, is cherished by patients and their families alike. ■

Oncology Resource Library Open to the Community

Phoenix Community Cancer Center and the American Cancer Society (ACS) invite local residents to take advantage of the books, videos, pamphlets, and computer access available at the ACS Resource Library located within the Center. Books and videos may be borrowed. If you would like more information about the Library, please visit during regular business hours or call 1-888-511-3311.

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.

JPA Offers Support Through the “Tough Times”

Many circumstances in life can be very difficult to cope with and can leave us feeling lost and alone. For these times, it's reassuring to know that help is available. Johnson Professional Associates' caring and experienced team of board-certified mental health professionals offers a full range of psychiatric and substance abuse services. Last year, as in years past, the practice continued to grow and to prosper, ensuring that local residents are able to access all of the support they need in a location that is convenient to home.

Working in conjunction with the mental health staff at Johnson Memorial Hospital, the JPA team offers a wide variety of services and programs, including inpatient and outpatient care, partial hospitalization, crisis counseling, intensive outpatient services and medication management. Treatment and counseling are available for a full range of diagnoses such as attention deficit disorder, mood and anxiety disorders, women's health issues, marital and family issues, psychotic disorders, addictive disorders, post-traumatic stress disorder

and others. Whether you are coping with grief, marital difficulties, or any other issue, you can trust JPA to provide the support you need.

The JPA team consists of specialists in psychiatric care for all age groups. Ronald Davidoff, M.D., specializes in child and adolescent psychiatry, while Lola Robins, M.D., specializes in adolescent and adult psychiatry. The team also includes Steven Kessler, M.D., a specialist in adult and geriatric psychiatry, and Lawrence C. Peters, M.D., Ph.D., also a specialist in adult and geriatric psychiatry.

In the coming year, JPA looks forward to continuing to grow, with a new physician expected to join in the months ahead. You can look forward to learning more about this individual in the next edition of *Picture of Health*. In the meantime, rest assured that JPA's team of mental health professionals, all of whom are accepting new patients at this time, offer all the support you need, no matter what circumstances life may bring. ■

The Johnson Professional Associates Mental Health Practice is affiliated with Johnson Memorial Hospital. The office is conveniently located in Enfield at 151 Hazard Avenue. Phone: (860) 763-8040. From outside the local calling area, the toll-free phone number is: (800) 786-3333.

Johnson Professional Associates' Team of Mental Health Professionals



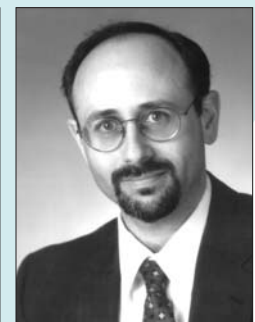
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Lola Robins, M.D.,
Specialist in Adolescent
and Adult Psychiatry



Lawrence C. Peters, M.D., Ph.D.
Specialist in Adult and
Geriatric Psychiatry



Steven Kessler, M.D.,
Specialist in Adult and
Geriatric Psychiatry

Leading the Way in Healthcare for North Central Connecticut

The members of Johnson Health Network are fortunate to boast a skilled team of senior managers as well as many active trustees and board members. Below, for your information, is a listing of these individuals, all of whom play an important role in JHN's continued success.

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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 Memorial Hospital Medical Staff

Johnson Memorial Hospital and the residents of north central Connecticut are fortunate to benefit from the support of more than 200 highly skilled physicians representing a broad range of specialties (see page 6). Whether you are looking for a family physician for general care or a specialist for more specific healthcare issues, you can always count on the JMH Medical Staff to ensure that all your needs are met.

In addition to offering only the highest quality of care possible, members of the JMH Medical Staff demonstrate their commitment to this community in many different ways — through participation in educational programs and screenings to increase community wellness, through instrumental efforts to help bring new and expanded services to Johnson Health Network on an ongoing basis, and through generous monetary support of many fundraising campaigns and events sponsored by the Network for the sake of enhancing services.

Below, for your reference, is a listing of physicians who serve on the JMH Medical Staff. Still more physicians serve on the medical staffs of the Hospital's sister corporations, which include Evergreen Health Care Center, Home & Community Health Services, Johnson Occupational Medicine Center, Johnson Surgery Center and Phoenix Community Cancer Center. A listing of all of these physicians, including office addresses and phone numbers, can be found on the Johnson Health Network website (johnsonhealthnetwork.com). In the spring of 2001, this website listing will be further enhanced to include biographical information and photographs, an effort intended to help community members select the physicians who best meet their needs.

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Paul Salva, M.D.
William Waldman, M.D.¹

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Sebastian George, M.D.
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John Gittzus, M.D.
Syed Hazratji, M.D.
Ronald Josephson, M.D.
Arnold Klipstein, M.D.
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Robert Levitz, M.D.
Jacqueline Lyon, M.D.
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Richard Slater, M.D.
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Dale Toce, M.D.
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² Department Representative*

* Please note that although the above listing of Medical Staff members is current as of this printing, the officers, department chairpersons and department representatives who are recognized served in these positions during fiscal year 2000 (November 1, 1999 - October 31, 2000).

Spirit of Community Thriving at Evergreen

Most people like feeling as though they are part of a community. Knowing that we are among those who care, share common interests and support one another is a great comfort. With this in mind, Evergreen Health Care Center, Johnson Health Network's long-term care and subacute rehabilitation facility, has made every effort to foster a sense of community amongst its staff and residents. This community is nurtured through special programs and activities — recreational, spiritual and educational in nature — designed to maximize the quality of life and to bring the residents closer together. The facility is also fortunate to benefit from the ongoing support of a number of organizations from Stafford and other surrounding towns, enabling staff and residents to maintain strong relationships in the outside community as well.

This past year, Evergreen residents had the opportunity to participate with local community organizations on a number of occasions. One especially exciting program has given them the opportunity to work with students at Stafford High School who have graciously volunteered their

time to teach computer skills. In 1999, Evergreen received sixteen computers from Hamilton Sundstrand of Windsor Locks. Now, thanks to the students' assistance, residents are able to put this generous donation to good use. While they have enjoyed learning to use the computers, the opportunity to spend time with the students has, in itself, been very meaningful. The program has shown both residents and students alike the value of intergenerational communication.

Other community organizations were also active within Evergreen this year. Staff and residents looked forward to monthly visits from members of both the Stafford Rotary Club, who delivered Balloon-o-grams to those celebrating birthdays, as well as the Stafford Lions Club, who eagerly donated time to play Bingo. The Stafford Women's Club assisted with Saturday morning coffee socials for residents and also paid special tribute to one Evergreen resident, Josephine Schwanda, as the oldest member of their organization at age 105. In addition, staff and residents enjoyed visits from the Stafford and Ellington Friendly Volunteers Group, girl scouts,



In recent months, residents of Evergreen Health Care Center have enjoyed learning computer skills from students at Stafford High School. The students visit the facility each week.

local churches, and the many individuals who turned out to participate in special events such as Evergreen's Annual Old Fashioned Country Fair.

While Evergreen staff and residents enjoy the interaction with outside organizations, they know that being part of a community involves as much giving as receiving. To give back to those around them, they frequently sponsor fundraising programs and activities in support of various community efforts. Among the activities that they sponsored this year were a candy sale for breast cancer awareness programs through Phoenix

Community Cancer Center and a Valentine's Day sale to benefit the American Heart Association. They have also been known to share proceeds of events like their Country Fair to help support such efforts as Stafford High School's Safe Graduation Party. These activities, and others, foster a feeling of fellowship amongst those at Evergreen as well as the community-at-large. ■

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.



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HEALTH NETWORK

Quality service from people who care

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.