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Quilts donated page 7

Backus Hospitell

JANUARY 16, 2009

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A weekly newsletter for employees, volunteers, patients and friends of The William W. Backus Hospital, 326 Washington St., Norwich, CT 06360. Published by the Public Relations Department, first floor Annex.



William Richeimer, MD, an orthopedic surgeon on the Backus Medical Staff, and Rachel Massey, Chief Physician Assistant of Surgical Services at Backus, perform an OtisKnee replacement in January.

Patients rave about custom knee replacements

When Hope Miner found out that a knee could be custom made for her, she decided an OtisKnee replacement was the procedure she wanted at Backus Hospital.

"I've had arthritis in my joints for quite a few years," said the 54-year-old Uncasville resident. "My knee went out and the bones weren't even matching up anymore. So Dr. (William) Richeimer gave me a couple options to consider. I decided to go with the Otis, because it is made especially for me, which means there is less cutting and it fits better."

A May 2008 study from the University of Alabama at Birmingham indicates that the OtisKnee replacement system may have a positive impact on length of hospital stay, range of motion, pain level and patient satisfaction immediately following total knee replacement surgery.

"While total knee replacement has been a successful surgery historically, studies have shown that nearly 14% of patients have reported being dissatisfied or very dissatisfied with their surgery," according to the study.

"Preliminary results with OtisKnee indicate that this unique, custom-fit approach may lead to a more predictable, reproducible and optimal result

See OTISKNEE, page 6

Event to bring awareness to quiet healing

Like every hospital, Backus is contending with the issue of noise on patient floors. Some hospital noise is simply unavoidable: alarms that beep and buzz; the rolling of chairs and beds to transport patients; carts that provide medication and equipment. But a surprising amount of noise can be eliminated or reduced, and that is the goal of the HUSH Committee.



"As caregivers, we know that rest promotes healing, and quietness promotes rest," said Debbie Dolan,

See HUSH, page 3



Peter Gale, Maintenance, and member of the HUSH Committee, demonstrates new noise monitoring items.

NUMBERS TO KNOW

■ **Human Resources:**
Ext. 6314 or 2362



■ **Benefits Specialist:**
Ext. 2357

■ **Corporate Compliance:**
Ext. 2740 or 1-888-925-9924

■ **Employee Assistance Program:** Ext. 4294



■ **Employee Representative:**
Kelly Schenking,
Ext. 6967



■ **Environmental Health and Safety Director:**
Jim Loughery,
Ext. 6927



■ **Director of Patient Safety:**
Bonnie Thompson,
APRN,
Ext. 7402

PATIENT EXPERIENCE

As part of our HCAHPS survey, we ask our inpatients: *“Would you recommend Backus Hospital to your friends or family?”* This week’s results, based on 160 returned surveys for the 4th quarter:



Patient-Centered Care

75% said “Definitely.”

↑ from last week’s score:
73.8% with 145 surveys

↑ from our goal of **72.5%** for this question.

ABOUT HOSPI TELL

HospiTell is published each Friday by the Public Relations Department of The William W. Backus Hospital.

- **E-mail:** publicrelations@wwbh.org
- **Fax:** (860) 892-6964
- **Deadline:** Wednesdays at noon

Prostate cancer topic of next cancer services dinner

The next Cancer Services Dinner at Backus, on March 11 from 5 – 8 p.m., will review recent advances in the treatment of prostate cancer.

Speakers include welcome and introductions by Mark Tramontozzi, MD; presentation on new surgical options with the da Vinci robot by T. Casey McCullough, MD, Urologist; technological advances in radiation therapy treatment by Sheida Mani, MD, Radiation Oncologist; medical management of prostate cancer by Dennis Slater, MD, Medical Oncologist; and Kathy Turner from the American Cancer Society.

Call 823-6379 to register.

Auxiliary vendor sale Jan. 16



One vendor will be on hand for the next Backus Auxiliary vendor sale held **today, Jan. 16**, from 7 a.m. to 4 p.m. in the entry level conference rooms.

Alexander’s Uniforms will feature uniforms and shoes.

Cash and credit cards are accepted.

All Auxiliary sales benefit the hospital.

Gift Shop Item of the Week



***Faithful Guardian Angels,
a new addition to the Gift Shop.***

***With themes like Birthday,
Daughter, Grandma, Happiness,
Congratulations, Friendship
and more.
\$12.95 each.***

Backus receives international marketing and PR awards

Backus Hospital's communications efforts have received seven awards from the Association for Marketing and Communications Professionals, which judges the international MarCom awards.

Among them were three platinum awards — the highest honor — for the Healthy Living column (newspaper placement category) in the *Norwich Bulletin*, Annual Report cover design and Annual Report writing for the 2007 annual report. The Platinum Awards are presented to entries “judged to be among the most outstanding in the competition, recognized for their excellence in terms of quality, creativity and resourcefulness.”

Healthy Connections, the hospital's monthly health magazine, won a Gold Award for magazine marketing, and the ongoing “bracket” ad series won a gold award for corporate branding. Gold awards recognize entrees that “exceed high standards in the industry,” according to MarCom.

HospiTell, the hospital's employee newsletter, and website, backushospital.org, received honorable mentions.

The MarCom Awards is an international creative competition that recognizes outstanding achievement by marketing and communications professionals. Winners include media conglomerates, Fortune 500 companies and major advertising agencies and PR firms.

Judges are industry professionals who look for companies and individuals whose talent exceeds a high standard of excellence and whose work serves as a benchmark for the industry.

Look for this Backus ad in local newspapers

Backus
The William W. Backus Hospital

da Vinci: Man and Machine

Italy. 500 years ago.

Backus Hospital. Today.

**Backus Hospital announces the da Vinci Surgical System
— the first robot-assisted surgical technology in eastern Connecticut.**

This technology combines the skills of a specially trained surgeon and the precision of the world's most advanced surgical system.

For many prostate cancer patients, this means smaller incisions, less pain, less scarring, less blood loss, shorter hospital stays and faster recovery.

The William W. Backus Hospital
326 Washington Street | Norwich, Connecticut 06360

Choose Wisely. Choose Backus.
For learn more visit: backushospital.org/davinci
or call (860) 886-1956.

HUSH, *from page 1*

RN, Nursing Supervisor, who chairs the HUSH Committee, which formed a year ago. “We need to reinforce this message, and be mindful about the importance of reducing noise as we go about our jobs every day.”

On patient experience surveys, about 50% of patients say it is always quiet enough around their rooms. That's also the average for the state and the nation. “But our goal is always to be better than average,” Ms. Dolan said.

To raise awareness about noise, which Ms. Dolan said has increased steadily over the past few years, the committee will be in the cafeteria Wednesday, Jan. 21, from 6:30 a.m. to 6:30 p.m.

From a special menu featuring “hush puppies” and other quiet items, to a very visible “Yacker Tracker,” everyone is invited to experience demonstrations that contribute to a quieter healing environment.

A preview of the Care Channel, programming that offers the sights and sounds of a healing environment, will be available, and is expected to roll out to all patient rooms this year, courtesy of The Center for Healthcare Integration.

HUSH awareness day

Wednesday, Jan. 21

6:30 a.m. to 6:30 p.m.

In the cafeteria

Thanks E-4 nurses and PCTs

Your dedication and professionalism to your patients are second to none! I was amazed and appreciate the wonderful care this past week.

— Janice Luppert



Former patient creates Obama painting



Jack Allen, a former patient at Backus who received radiation and chemotherapy last year, shows a painting he created after the election and which he hopes to send to President-elect Barack Obama.

He is a familiar face around the center where he will stop in from time-to-time to show his latest art project. In the past he has donated paintings to the hospital to be given away at different events.

Mr. Allen has been involved with art for most of his life.

"When I was in kindergarten I drew a picture of Santa that the teachers liked so much they showed it to all of the other classes."

He was drafted during his senior year of high school at Norwich Free Academy and served during World War II at a Naval dry dock in Puerto Rico. After the war he attended art school and eventually landed a teaching job in the north end of Hartford where he says he learned very quickly about the teaching profession.

He is probably best remembered for his 33 years of teaching art in the Windham school system where he taught students in the younger grades as well as junior high and high school.

Mr. Allen, who is 83, hopes to be able to send his painting to the President-elect. He has been in contact with State Senator Edith Prague's office and hopes to contact Congressman Joe Courtney.

As he explained different aspects of the painting he pointed to the small globe near the top.

"I included the world because we are not a singular nation, we are all part of this world," he said.

Around the time of the presidential election last November, former art teacher Jack Allen of South Windham was planning on painting another of the beautiful scenic views he is so fond of.

But he was so inspired by the election of Barack Obama that he changed gears and by the end of November had produced a beautiful painting he calls "Liberty."

The painting depicts President-elect Barack Obama, his wife Michelle, Martin Luther King, Jr. and President Abraham Lincoln. In the background are the Statue of Liberty and the American flag.

"All of the elements or people in the painting mark significant and historic events," said Mr. Allen during a recent visit to the Radiation Therapy Center in the Medical Office Building at Backus.

Mr. Allen is a former patient who received radiation and chemotherapy treatments at the hospital last year.

Healthy eating photo gallery

Visit backushospital.org/photogallery for a serving of healthy food ideas, photos, and a recipe using millet, a versatile wheat alternative, from the recent Head to Toe educational series sponsored by Nursing and Community Health Education.



Learn about the new 403(b) plan

Representatives from Hooker & Holcombe Retirement Services, Inc. (HHRs) will be holding informational sessions on the new 403(b) plan beginning Monday, Jan. 12.

All employees who are interested in investing in a 403(b) should plan on attending one of these informational sessions. Each information session will last approximately 30 minutes.

Attend any one of the information/enrollment sessions and meet the 403(b) representatives. During these sessions, you will receive enrollment kits and have the chance to enroll online. Remember to bring your employee ID number (it is on your pay stub next to your name). Looking forward to seeing you there.

Sessions will be held during the following times and locations:

Monday, Jan. 19

12:30 p.m. — BOCC Conference Room
1:30 p.m. — BOCC Conference Room
2:30 p.m. — BOCC Conference Room
4 p.m. — Conference Room 1-2-3
5 p.m. — Conference Room 1-2-3

Wednesday, Jan. 21

7 a.m. — Conference Rooms 1-2-3
8 a.m. — Conference Rooms 1-2-3
9 a.m. — Conference Rooms 1-2-3
10 a.m. — Conference Rooms 1-2-3
3:30 p.m. — Conference Rooms 1-2-3
4:30 p.m. — Conference Rooms 1-2-3

5:30 p.m. — Conference Rooms 1-2-3

Friday, Jan. 23

12:30 p.m. — Conference Rooms 1-2-3
1:30 p.m. — Conference Rooms 1-2-3
2:30 p.m. — Conference Rooms 1-2-3
3:30 p.m. — Conference Rooms 1-2-3

QI Corner: Congestive Heart Failure, part II

HF3 — ACEI or ARB PRESCRIBED FOR LVSD (left ventricular systolic dysfunction):

What this means:

ACEI (angiotensin converting enzyme inhibitors) and ARBs (angiotensin receptor blockers) are medicines used in heart attack, high blood pressure and heart failure.

They are also frequently used for a condition called “systolic dysfunction” which is a decrease in the function of the left side of the heart (one measure to indicate LVSD is an ejection fraction of < 40%).

This measure shows the percentage of CHF patients with LVSD that are prescribed these drugs at discharge from the hospital. CHF patients are prescribed this medicine to help improve the pumping of the heart.

Why this is important:

Patients who have CHF can have better results if they take this medicine.

Where do we find this? This is located on the “Discharge Home Medication List.” “Cont” MUST be checked and this MUST be signed by the discharging physician.

HF4 — SMOKING CESSATION ADVICE/COUNSELING

What this means:

This measure shows how well a hospital documents the education given to CHF patients regarding smoking cessation.

Why this is important:

Smoking is known to cause damage to the heart, the



lungs and the circulatory system. Smoking makes heart disease worse.

Where do we find it? There is an admission assessment that asks “Do you smoke now or have you smoked within the past 12 months?” This should be documented upon admission for every visit.

If the patient has smoked in the past 12 months or currently smokes now, the answer is “Y.” If the patient has not smoked in the past 12 months, the answer is “N.” If the patient quit many years ago, the answer should still be no.

Any comments should be documented in the comments section of the assessment. If the question is answered YES, the patient is considered a current smoker regardless of the comment.

Example: “Yes, patient quit 20 years ago.” The answer should be “No”, with a comment that the patient was a prior smoker if necessary.

If the answer is “yes”, we must also document on the assessment “Smoking Cessation Counseling.” The W-10 states DO NOT SMOKE, which is an acceptable documentation for this measure as long as it’s signed.

Having both the electronic documentation and the signed W-10 is preferable.

View last week’s HospiTell on the Intranet to read about heart failure measures one and two.

Play it safe during cold weather days

We are experiencing some pretty cold weather this week. When out there driving during the day or night keep in mind that there are some extra “winter tips” to keep in mind while behind that wheel.

- **Clean headlights** and your windshield often.
- **Keep snow away** from all lights to include those important tail lights.
- **Keep the fuel tank closer to full** than you may normally do. This prevents condensation from forming in the gas tank. Condensation can form in near empty tanks and freeze your fuel line.
- **Consider purchasing the better grade windshield wash** for your vehicle. The better grade will not freeze in the reservoir tank of your vehicle.
- **Bring along clothing** that will keep you and all vehicle occupants warm should the engine fail and the vehicle becomes disabled.
- **Make sure to have a working** flashlight, gloves, warning flashers, road flares, or safety reflectors available.
- **Never drive with a frosted** over windshield. Don’t drive until the windshield and front windows are frost free.
- **Don’t tailgate!** Whether during dry or slippery conditions, please, don’t tailgate.
- **Wear your safety belt** and make sure the other occupants do the same regardless of where they are seated.
- **Don’t drink and drive** or let others do so.
- **If you must stop** to clean your windshield of accumulating ice and snow, pull way off the roadway to do so.
- **Watch your speed.** Driving the posted speed limit is a good idea for safety and fuel conservation.



OTISKNEE, *from page 1*

for patients.”

Since its limited U.S. launch in June of 2007, the OtisKnee technique has been performed by more than 400 surgeons on more than 7,000 patients.

Dr. Richeimer, an orthopedic surgeon on the Backus Medical Staff, explained that with the OtisKnee procedure an MRI is taken of the patient's knee, which is electronically sent to the company. The company creates a model of the knee, so the size and placement of the implant is patient-specific and the surgery can be done accurately and quickly.

“It is going well, we have done 15 of the procedures so far,” Dr. Richeimer said.

Daniel Glenney, MD, an orthopedic surgeon on the Backus Medical Staff also is doing the procedures.

Rachel Massey, Chief Physician Assistant of Surgical Services, said the surgery is faster, recovery is quicker and the results are better overall. At a recent open house at the hospital, people were able to find out more about the procedure. Ms. Massey said at least three patients of Dr. Richeimer who weren't sure if they wanted to use the OtisKnee system attended and then decided to do it.

Because the tray of tools also is specific to the patient, only one tray is needed, as opposed to eight or nine trays in other procedures.

Sue Simmons, 55, of East Lyme, had the procedure done on her right knee on Dec. 30, and was scheduled for Jan. 20 to have her left knee done. “I am feeling much better,” she said one week after the procedure.

Physical therapists are doing a series of 13 exercises with her to strengthen and increase motion in her knee.

Dr. Richeimer said he usually sees patients about three to four weeks after the procedure and many are able to walk well without assistance by then. In the past, he would expect to see 75 to 80 degrees range of motion, but now most are at 95 to 110 degrees.

Mrs. Miner said she is at 115 degree range of motion about a month after her surgery on Dec. 9. She stayed for a little more than two weeks at a special care facility, then had physical therapy at home and now is able to drive to her physical therapy.

She said she would recommend the procedure to others who qualify for it.



Above, a model of the knee, created from an MRI. Custom-fit knee replacements are now available at Backus.

Junior Volunteer Program now accepting applications

Applications are now being accepted for this summer's Junior Volunteer program.

Open to high school students, all applications must be submitted by April 1.

Applications, which contain all eligibility requirements, are available online at www.backushospital.org; may be picked up in the Volunteer Services office, or can be mailed to your home.

Contact Mary Rahaim, CAVS, Director of Volunteer Services, at ext. 6320 with any questions.

Healthy bites coming right up ...



Registered dietitian Renee Frechette, right, answers questions during the first of four classes in the Food For Life cooking series. Dietitian and lecturer Wendy Lewis, left, prepares one of the vegetarian dishes that were served to those who attended Thursday evening.

Psych lecture

The next Psychiatric Services lecture, “Principles of Drug Metabolism — Focus on Antipsychotics,” will be presented by Dean Najarion, PharmD, Senior Scientific Liaison, Janssen Pharmaceuticals on Thursday, Jan. 22 from 3 – 4:30 p.m. in conference rooms 1-2.

The program, provided by an educational grant from Janssen Pharmaceuticals, will review basic pathways of drug metabolism; review how medical issues can change drug metabolism; and cover how polypharmacy can impact drug metabolism and effectiveness.

It is a non-CME event, and light refreshments will be provided.

Jan. 23 is deadline to submit Nightingale nominees

Now is the time to submit nominations for the annual Nightingale Awards for nurses who go beyond the call; demonstrate clinical excellence; are committed to the community; and support the nursing profession. If you would like to nominate a nurse for this award, simply fill out the form below and return it to Dena Whatley, Patient Care Services or e-mail the form found on the Backus Intranet to Mary Bylone (mbylone@wwbh.org) in Patient Care Services. The deadline to submit is Jan. 23. Nominees will be asked to participate in an interview, and provide a short biography. A committee then chooses 10 recipients. They are selected using objective criteria that demonstrates the nominees' clinical excellence; experience; community involvement; education; teamwork; and patient satisfaction efforts. The gala will be held April 30.

The Nightingale Award Nomination Form

Name of Nominee _____ Unit / Department _____

Nominator's Signature _____ Shift _____

COMMENTS:

Please return completed form to Dena Whatley, Patient Care Services

Thanks, ED

Dear Susan and friends in the Backus Emergency Department,

Thank you very much for your donation of \$370 to St. Vincent de Paul Place on Monday, Dec. 22, 2008. Please know that this donation is most appreciated and much needed.

St. Vincent de Paul Place exists to provide a nutritious meal in a family atmosphere for our brothers and sisters who are homeless, alone, or in need of companionship.

Please know that you are one of our most faithful friends and I want to tell you that your support is the backbone of our efforts to help those most in need.

We encourage you to visit our new website located at sbdpp.org.

You are warmly remembered in our hearts and prayers for your faithful kindness for your thoughtful gesture. Thank you for continuing to take such great care of our community.

— Gratefully, Jillian Corbin,
Executive Director

Quilts to benefit young patients



Hand crafted quilts were donated by 7th grade fabrics classes at Jared Eliot Middle School in Clinton, under the direction of teacher Dawn Paradis. These quilts will be distributed for comfort and available for children who undergo surgery in the Backus Same Day Surgery Unit to take home. Thank you Jared Eliot Middle School for thinking of our young patients! Left to right, Linda Kyle, RN, Clinical Coordinator; Lisa LaPorte, RN; and Marcy Nelson, RN, look at a few of the quilts.

Mock hyperthermia drills to take place

During January, April and August, simulated malignant hyperthermia code drills will be announced via the overhead announcement. The drills will be held on behalf of the Perioperative Department, as ongoing education and skill enhancement training for staff. All staff should review the malignant hyperthermia policy and be aware of their roles. Contact Dawn Hydes, RN, BN, CGRN, Clinical Educator Perioperative Department, with any questions.

Physician/Nurse Partnership in Continuing Education


Jami Tyska, Hospital Development Specialist from Life Choice Donor Services, will hold a presentation on

“Organ and Tissue Donation” on Tuesday, Jan. 20 from 11:30 a.m. to 12:30 p.m. in the entry level conference rooms.


The presentation is sponsored by the Medical Staff and Patient Care Services.

All hospital staff are invited to attend. Lunch will be provided.

1.0 contact hour provided. Backus Hospital is an approved provider of continuing nursing education by the Connecticut Nurses' Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.



Because we care.



Backus Hospital now offers patients, their families and friends free access to **CarePages.com**, healthcare's largest social network that enables those involved in health events to create private web sites for sharing health updates, photos and supportive messages.

Choose Wisely. Choose Backus.
The William W. Backus Hospital | backushospital.org

Troop donations appreciated

I would like to take a moment to thank my co-workers in CCU for thoughtful and generous gifts given to our troops for Christmas. It's never easy being separated from our families, and the holidays make it that much harder. The soldiers deeply appreciated your act of generosity, and I remain touched by your support. Again, thank you.

— Sheila Sabolesky

The Center for Healthcare Integration (CHI)

New Year; New You! Do something good for yourself in the New Year.

I Can! Hypno-Oncology: Complementary Cancer Care with Jane Percy, Certified Hypnotherapist

A dynamic four-week series providing support for people challenged with cancer and the side effects of treatment. The program incorporates instruction in self-hypnosis, Emotional Freedom Technique, Guided Imagery and art as medicine, evidence-based techniques that help to reduce pain, nausea, fatigue and anxiety while supporting recovery and well-being. The series is made possible by the generous support of the Backus Foundation's Breast Cancer Survivors Fund.

- Wednesdays, 5 - 6:30 p.m., on Feb. 4, 11, 18, 25
- Backus Hospital Medical Office Building Conference Room
- Each four-week series \$60, or \$15 each week
- Registration is required and space is limited.



Breathe Easy: Letting Go of Smoking with Martha Briggs

Looking for a few committed individuals who want to kick the smoking habit! Backus will be offering a new smoking cessation program combining the benefits of acupuncture, hypnosis, and stress management. Be ready for great changes and new commitments. Experience subtle internal shifts that awaken your path to healing and wholeness. The 4-week program will be offered in a small group setting. Space is limited.

- Mondays, Feb. 2, 9, 16, 23, from 6:30 - 8 p.m.
- Backus Center for Healthcare Integration, 115 Lafayette St. (across from the hospital)
- The four-week program fee is \$140. Registration is required and space is limited

Heart to Sole: A Reflexology workshop for everyone with Elysia Bates

Reflexology is the ancient therapeutic practice of applying pressure and gentle stimulation to sensor reflexes on the feet. In the science of Reflexology, the feet are mirror images of the body with reflex points corresponding to the organs, glands, structures and vital systems of the body. This workshop will focus on the heart and lungs. Come learn basic Reflexology techniques to induce a natural state of deep relaxation that will help to improve the flow of energy and promote the healing process. Come alone or with a partner.

- Saturday, Feb. 14 from 1 – 4 p.m. in the Backus Hospital Entry Level Conference Rooms
- Workshop fee is \$40/person. Space is limited.

To sign up for classes, or for more information, please call CHI at 425-3877 or 889-8331, ext. 2483.

Nursing and Community Health Education (*located on Annex 2*)

January 2009

Clinical Staff Education

Jan. 24 — ACLS Renewal Class at the Backus Outpatient Care Center. Call ext. 2495 for information or to register.

Community Education

Jan. 21 — Community blood pressure clinic from 1 – 2 p.m. in conference room 3. No registration required.

Jan. 19 and 26 — Mobile Health Resource Van and Generations at the Norwich Soup Kitchen from 8:30 a.m. – noon.

2009 CPR Schedule

Feb. 6 — Renewal	Aug. 10 — Renewal
March 9 — Renewal	Aug. 31 — Renewal
March 20 — Renewal	Oct. 12 — Initial
April 13 — Initial	Nov. 9 — Renewal
May 29 — Renewal	Nov. 30 — Renewal
June 29 — Renewal	Dec. 14 — Renewal
July 13 — Initial	

Registration for class should be discussed with your immediate supervisor so that your absence from your department can be accommodated. Adequate preparation is essential to successfully complete the skills and written test.

Renewal class times will be held at 8 a.m.; 10 a.m.; noon and 2 p.m. Initial classes will be held at 8 a.m. or noon. A Heart Saver class will be held on March 9 at 2 p.m. All classes will be held in conference rooms 1-2-3.

Registration must be done in advance through Nursing Education; e-mail gbellotti@wwbh.org or call ext. 2495.

2009 ACLS Schedule

Initial	Renewal	
Feb. 27 and 28	Jan. 10	May 9
June 5 and 6	Jan. 24	July 25
Sept. 11 and 12	March 28	Sept. 26
Dec. 11 and 12	April 18	Oct. 17

Register by e-mailing gbellotti@wwbh.org or by calling ext. 2495. Please notify and obtain approval from your immediate supervisor prior to registering.

Participants should obtain an ACLS Provider Manual prior to the scheduled class date, available in the Nursing Education Department.

Healing Touch

Healing Touch is a relaxing, nurturing energy therapy. Techniques that are taught will help to reduce pain and anxiety as well as supporting your body's natural ability to heal.

This Level 1 class is great for anyone who is a caregiver, or for anyone who wants to learn self-care techniques.

The class will be held Saturday and Sunday (Feb. 7-8), both days from 9 a.m. to 6 p.m. in Bozrah. Registration fee is \$275 and 18 contact hours will be given. For more information, please call Kathy Noyes at 886-1960 or e-mail kathynoyes@snet.net.

Polish culture

The next presentation from the Cultural Diversity Committee's series on caring for people from different cultures will focus on the Polish culture and will be held on Feb. 3 from 1:30-2:30 p.m. in the entry level conference rooms.

Presented by Maja Ciesielska, Joanna Tylińska and Andrzej Porebski, MD, the talk will discuss customs, traditions, and issues surrounding: Pregnancy and Birth; Dietary practices, food preferences and intolerances; Pain Control and Medication Compliance; Mental Health and End-of-Life Issues.

Homemade Polish-inspired snacks will be provided.

Programs are free and pre-registration is required by calling 823-6313.

The William W. Backus Hospital is an Approved Provider of Continuing Nursing Education by the Connecticut Nurses' Association, an Accredited Approver by the American Nurses Credentialing Center's Commission on Accreditation.

Cultural video CEUs

Sponsored by Nursing and Community Health Education Department, video presentations will take place in conference room B100 on Wednesdays from 6:30 – 7:30 p.m. on the dates listed below:

Jan. 21: Haitian/African American	April 1: Chinese- American Culture
Feb. 4: Jewish Religion	April 15: Chinese- American Culture
Feb. 18: Jewish Religion	May 6: Cape Verde Culture
March 4: Hindu Culture	May 20: Cape Verde Culture
March 18: Hindu Culture	

One (1) contact hour provided. For information call ext. 2495.

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National Pie Day

Friday, Jan. 23, is National Pie Day. To celebrate, Food and Nutrition is offering slices of pie (two kinds to choose from will be available) for only 65 cents.

New cafe items

Check out these new items in the Café:

Lifewater from Sobe, Fuji Apple Pear or Yumberry Pomegranate — \$1.75

Muscle Milk, chocolate or banana crème — \$2.50

Fizz ED fruit drinks, apple, mango, pomegranate cherry, or raspberry — \$0.95

Soy Milk, chocolate or vanilla — \$0.95

Neurology talk

Anthony Alessi, MD, Chief of Neurology, will give a talk on Neurologic Assessments as part of the Nurse Residency Program on Friday, Jan. 23 from 8 - 9 a.m. in E260. All staff are invited to attend.

For more information contact Cindy Arpin, R.N., Stroke Program Coordinator at ext. 7925.

Blood drive

Backus Hospital will host a blood drive on Friday, Feb. 20 in the hospital's entry level conference rooms.

To schedule a time to donate, stop by the cafeteria on these dates:

■ **Thursday, Feb. 12**, and **Friday, Feb. 13**, from 11 a.m. – 1 p.m.

You may also sign up by calling 889-8331, ext. 6381.

Broker visits

Employees who have existing accounts with the following 403(b) brokers are reminded that they will be available in the cafeteria on these dates:

■ **Jan. 16** — Elizabeth Linderman from noon to 4 p.m.

■ **Jan. 22** — Alan Hughes

Please note that no new payroll deductions can be processed through these vendors effective Jan. 1, 2009.

Backus Cafeteria Menus

Saturday, Jan. 17 – Friday, Jan. 23, 2009

Saturday: Hot meatball grinder, Italian wedding, fiesta corn, mashed potatoes

Sunday: Rotisserie chicken, seven bean, broccoli, roasted potato

Monday: Healthy You: Baked salmon with tomato basil crust, country ham with red-eye gravy and greens, Blue Plate: beef stew with biscuit

Soups: Beef barley, cream of broccoli

Sides: Collard greens, buttered corn, red skin mashed potato, wild rice

Hot Panini: Chicken feta panini

Cold sandwich: Santa Fe turkey

Hot deli: Breaded mushrooms

Pizza special: Taco

Tuesday: Healthy You: Veggie burger crumble wrap, BBQ meatloaf with gravy, Blue Plate: baked macaroni and cheese

Soup: Tomato florentine, chicken noodle

Sides: Fiesta corn, San Francisco blend, mashed potato, French fries

Hot Panini: Swiss alpine ham

Cold sandwich: Croissant roast beef

Hot deli: Jalapeno poppers

Wednesday: **HUSH DAY.** Healthy You: "Quietly" carved plank steak with onion gravy, "restful" herb talapia with florentine sauce, Blue Plate: "cautious" chicken pot pie

Soup: "Mellow" chicken corn chowder, "napping" vegetable rotini

Sides: Key Largo, Prince Edwards blend, roasted potato, harvest rice blend

Hot Panini: Montana smokehouse

Cold sandwich: Genoa Italian sub

Hot deli: "Hush puppies"

Pizza special: Bacon mozzarella

Thursday: Healthy You: Cajun chicken Caesar salad, eggplant roulade with red pepper coulis, Blue Plate: pork chop with stuffing and gravy

Soup: Stuffed green pepper, split pea with ham

Sides: Broccoli, balsamic beets, curly fries, traditional stuffing

Hot Panini: Roast beef and blue cheese

Cold sandwich: California Cobb club

Hot deli: Tempura vegetable

Friday: Healthy You: Chicken chili in bread bowl, fish n' chip cheddar wrap, Blue plate: baked stuffed rigatoni

Soup: Manhattan clam chowder, tomato bisque

Sides: Peas/carrots, green beans, steak fries, white rice

Hot Panini: Three cheese and tomato

Cold sandwich: Roasted vegetable wrap

Hot deli: Spring rolls

Pizza special: Spinach and feta

Backus Auxiliary to award scholarships

The Backus Hospital Auxiliary will award a total of \$6,000 to a minimum of two and a maximum of three qualified applicants, according to Fran Leta, Chairperson of the Auxiliary's Scholarship Committee.

Other committee members include Jamie Block, Jean Carnaghan and Betty Buckley.

To be eligible for a scholarship, an applicant must:

- Be an employee or volunteer at Backus or the child, grandchild, stepchild of same
- Be a high school graduate, a former Auxiliary scholarship winner, or a previous applicant
- Enroll in an accredited post-secondary school
- Plan to pursue study in a health-related field
- File an application between Jan. 15 and March 30, 2009
- Provide all required credentials (transcript, letters of reference, essay)
- Appear before the Scholarship Committee for a personal interview
- Agree to verify to the Scholarship Committee how the grant has been used.

Applications are now available in the Gift Shop or by calling 889-8331, ext. 2259.

Volunteers needed

The Nurturing Connections program at Madonna Place is looking for volunteers to help first-time parents who deliver at Backus Hospital adjust to parenthood.

During their hospital stay, new parents are paired with volunteers, who provide emotional support, educational materials, and resources/referrals to community agencies. More volunteers are needed to keep up with the ever-increasing number of new families in the community.

"Volunteering is easy, and the staff of the Nurturing Connections program will work around any schedule," said Jessica Basilica, Nurturing Connections Coordinator. "Training, ongoing support, and social events for volunteers and families are offered. The rewards are great, and the time commitment is small."

For more information, call Ms. Basilica at 889-8331, ext. 2598.

News and notes from the EAG



Outing Club

The "Unofficial Big Billy B Outing Club" invites Backus employees to get together for some family friendly, low budget fun. Visit <http://groups.yahoo.com/group/BigBilbyBOutdoors>.

Knitting Group

The Knitting Group meets the third Tuesday of every month from 5-7 p.m.

Movie tickets

Lisbon Landing movie tickets are available at the credit union for \$7.50.

EAG prize winners

Jan. 16

- Mary Smutnick — Non Mat. Float
- Joyce Cyr — Pulmonology
- Eric Arlia — Pharmacy

Congratulations!

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

It's time to start thinking about the Basket Raffle

The annual EAG Basket Raffle will take place Feb. 25-27 in the conference rooms.

Anyone interested in selling tickets or volunteering at the Basket Raffle should contact Stephanie Malia at ext. 7815 or e-mail smalia@wwbh.org

Baskets:

- Central Processing Dept. — "Shop 'til you drop"
- Corporate Communications — "B' Green"

Bowling scores: Week 20

1. 3 Stooges
2. Wishful Thinking
3. Alley Oops

4. Believers
5. Here Stills

High Scratch Game Male — Tryon Lathrop, 223

High Scratch Game Female — Pauline Sekula, 182

GENERAL STORE

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

We welcome your submissions by the hospital Intranet, fax (892-6964), mail or by e-mailing publicrelations@wwbh.org. The deadline for submissions to be included in each Friday's *HospiTell* is **Wednesday at noon**. We do not accept ads for real estate, firearms or personal ads. "Services Offered" appear on a space-available basis. Please do not list hospital phone numbers or hospital e-mail addresses for responses. You must submit your item weekly if you want it to appear more than one week.

To have *HospiTell* e-mailed to you, or for questions about the General Store, please call Shawn Mawhiney, Director of Communications, at ext. 2312, or e-mail him at smawhiney@wwbh.org.

FREE TO GOOD HOME — Grey tiger cat, neutered, three-years-old. Owner relocating and needs to find a home for Leo ASAP. Call **564-3184**.

WANTED — Side by side washer/dryer in working condition. Call **889-4543**, leave a message.

WANTED — Medium or large baskets for a local school basket raffle. Must be in excellent condition. Please call Terry at **908-0774**.

FOR SALE — 1995 Ford Taurus, body good, interior good, good tires. Bad transmission. Has not been running for a couple of months and has a pinhole in the gas tank. Good for parts. Will take any reasonable offer. Call Bill at **884-0780**.

FOR SALE — Two tickets to see Jesus Christ Superstar at the Garde Arts Center on Jan. 29. Seats in are the Orchestra section, row CC. Will sell for \$88/pair. Call **889-9887** or **886-9292**.

FOR SALE — Handmade mittens, hats, fleece shawls to keep you warm for the very cold winter. We also have Lisa's chocolates, yum! Many unique items in the store. For the month of January, Backus employees will receive an additional 10% off at Trinkets to Treasures in Canterbury. Call **546-1100**.

FOR SALE — 2002 Jeep Wrangler Sport; 4WD; black hardtop; runs like new; AC, AM/FM/CD, recent emissions, 153K miles, value \$6,800. Call **204-9753**.

FOR SALE — 1994 Ford Econlin ST WAG van, full handicap accommodations, eight cylinder with 35,000 miles. Full motorized doors and lift from inside and outside van. Wheelchair accessible. Steering wheel and brake can be controlled by foot/or by hand. \$15,000. Call **860-463-7323**.

FOR SALE — Horse for sale. Black and white paint, 15.1 hand. Eight-years-old, bought for the kids and we no longer have the time. Needs some work. Asking \$2,000. Call **537-9775**.

FOR SALE — The Original Snow Village: Snow Carnival Ice Palace. Paid \$75, asking \$50. Call **445-9475**.

FOR SALE — Girl's boots: Stride Rite brand, size 13M. Excellent Condition. White with light blue and green trim to send your little one out to play in the snow in style! \$10. Call **639-9026**.

FOR SALE — Girl's ballet items: one pair of slippers, several pairs of tights, and several leotards, like new, sizes 4 to 6. Everything your ballerina will need for just \$15. Call **639-9026**.

FOR SALE — Fine kids clothes at half the cost. We have many name brand items in stock, some still with tags on them. We carry kids toys, books and furniture as well at Canterbury Kidz at **546-9429**.

FIREWOOD — Delivered locally, \$175 for a cord of seasoned wood; \$150 for a cord of green wood. Call **376-3556**, leave a message.

FOR SALE — Computers, laptops, services. Visit sethscomputerservices.com or call Seth at **536-4268**.

FOR SALE — Firewood, seasoned or green, cut, split and delivered. Call **234-5660**.

EVENTS

DEDICATION — Central Baptist Church in Norwich will hold a Nursery Dedication after their 10:30 a.m. services this Sunday, Jan. 18. The nursery underwent renovations recently to upgrade facility. The public is invited to come and see the finished project.

LEARN TO SPIN — Six Paca Farm has openings in its class for anyone with the desire to learn how to spin starting Jan. 21 at 2 p.m. The classes will be weekly for four weeks minimum and last an hour each session for \$30. Please bring your own wheel that the instructor will help you set. Roving is available on site. Coffee, tea and cocoa will be provided along with lots of good company. Call to let us know you are coming at **204-0386**.

GRINDER SALE — At VFW Post 594, 30 Connecticut Ave., Norwich, on Friday, Jan. 23 from 11 a.m. - 2 p.m. and 4 - 8 p.m. Your choice of salami, ham, turkey, or tuna with provolone cheese, lettuce and tomato. Open to the public, no phone orders please. Eat in or take out.

SILENT AUCTION — Connecticut Defenders to host a Hot Stove and Silent Auction on Thursday, Jan. 29 from 6 - 9 p.m. at the Wauregan Ballroom in Norwich. Event includes a silent auction with sports memorabilia that will benefit the Mayor's Food Pantry; buffet dinner; cash bar; special sports dignitaries; and Q&A with Ed Randall. Tickets are \$40, limited number available. Reserve your seat by calling **887-7962**.

SPANISH FOR THE HEALTHCARE PROFESSIONAL — This 16-hour course focuses on building employee-patient communications while enhancing the employee's professional skills. Open to Any healthcare worker i.e. nurse, physician, technician, interviewer or related staff. Held Feb. 4 - March 25 at Three Rivers Community College. Call **885-2608**.

STUDENT CONTEST — The Richard E. Hourigan VFW #594 Ladies Auxiliary is holding the "Outstanding Young Volunteer of the Year" award contest for students between the ages of 12-15. Contact the chair at **886-1715** for the form and rules. Deadline is Feb. 1.

FAMILY EDUCATION PROGRAM — Offered by National Alliance on Mental Illness, 12-weekly sessions offering support and education to family members of individuals with mental illness. Begins Tuesday, March 24, from 6:30 - 9 p.m. at SMHA Community Room, 401 West Thames St. in Norwich. Contact Donna Holman with questions at **449-0282**. For more information about the Family-To-Family educational course, please email familyeducation@namict.org.

STUDENT CONTEST — The VFW #594 Ladies Auxiliary is holding the "Young American Creative Patriotic Art contest open to 9-12th grade private, public and home-schooled students. First place is a \$100 bond at the local level; national level is a \$10,000 scholarship. Call **886-1715** for the entry form and information. Deadline is March 31.

SERVICES OFFERED

TAX PREPARATION — Professional income tax preparation, special offer for hospital employees and senior citizens, 25% discount. Free state return and free e-file. Call George's Tax Service at **885-0800**.

FREE TAX PREPARATION — Volunteer Income Tax Assistance (VITA) is available through TVCCA for individuals with an income limit of \$50,000. IRS-trained and certified volunteer tax preparers provide assistance locally at CorePlus Federal Credit Union, 30 Norwich Ave., Norwich, from 5:30 - 8:30 p.m. on Thursdays starting Feb. 2. Other locations are in Groton, New London and Pawcatuck. For more information, including materials you need to bring with you, go to www.tvcca.org/news/vita.html, or call **425-6570**.

TAX PREPARATION — Don't go to H&R BLOCK; authorized IRS preparer and e-filer offering one-on-one service, basic returns, including federal and state. Call

David at **908-5175**.

SEAMSTRESS WORK — Hems, zippers, curtains, etc. Call **464-9995**.

HOUSECLEANING — Tired after the holidays and your home is in need of cleaning? Look no further. We have excellent references and will clean your house so you don't have to. Call Kathy at **456-7103**.

LICENSED ELECTRICIAN — Need to get those projects out of the way but are short on money and need electrical work done? Dependable electrician is willing to negotiate labor and expertise in exchange for other items of interest, bartering or services. Call to discuss **334-4352**, please leave message.

CARPENTER — Finish carpentry, 12-years experience. Specializing in trims, doors, columns, and kitchens. Call **203-536-8204**.

SNOW PLOWING — Griswold area, dependable and reasonable. Call Tim at **617-3604**.

SNOW REMOVAL SERVICE — Driveways, sidewalks, low prices, free estimates. Call Jeff at **912-9237**.

SNOW PLOWING — Norwich area, low prices, free estimates. Call **908-8101**.

SNOWPLOWING — Preston and Norwich area. Call 887-6000, please leave message.

HOME IMPROVEMENT — Need a helping hand? All phases of construction including excavation, framing, siding, roofing, additions, windows and doors, decks, interior painting and more. Call Eric Field Carpentry at **462-5186** or e-mail at jungfield@gmail.com. No job too big or small. Call for free estimates.

PHOTOGRAPHY — Reasonable prices on wedding, engagement, family photos and senior portraits. References available. Please call Kara at **860-655-5248**.

ODDS AND ENDS — Odd jobs; junk removal; floor covering. Call Dave at **860-204-2721**.

TOP GYM / TRAINING CENTER — We teach fitness, karate, Thai and kickboxing, Jiu Jitsu, MMA, self-defense for all ages. Special kids programs. Two locations: Baltic and Willimantic. If interested, call Peter Rogers at **860-373-8996**.

BREWSTER HOME IMPROVEMENTS — Kitchens, baths, additions, electrical, carpentry, and painting. Call Ron at **442-9955**.

HOSPITAL DISCOUNT — Employees and volunteers receive 20% off on all services including Botox, fillers, laser, and facial treatments at Renewal Medical Day Spa, Suite 410, MOB. Call **886-7546** for more info.

TREE SERVICE — Tazmanian Tree Devil Service, from a branch to a tree, cutting, trimming, removal, stump grinding; insured licensed arborist. Call **564-1936**.

GLUCK LANDSCAPING — Mowing, spring and fall cleanup, landscaping, free estimates, insured. Call **234-5660**.

DUMPSTERS FOR RENT — Lowest rates, good for yard, house, garage and basement cleanup. Call **234-5659**.

STONEWALLS — Built, repaired or rebuilt. Call **234-5659** or **564-3745**.