Advanced Care for ACHING HEADS

ALSO:
Bone & Joint Institute Takes Shape
Philanthropy Paving the Way for Innovation
And More
Welcome to Rounds Magazine

Thank you for taking the time to read Rounds and learn about Hartford Hospital and some of the outstanding programs, services and educational opportunities we offer. Staffed by more than 7,000 highly skilled physicians, nurses and other healthcare professionals, Hartford Hospital is a regional destination for innovative and complex care. Each year, thousands of patients are transferred to our hospital from other hospitals to receive the very high level of care our staff provides.

Our hospital has a long legacy of healing and serving our community. Hartford Hospital was founded in 1854 by community members who believed their city needed a hospital to provide a higher level of care than could be provided at home. Our hospital performed the first successful heart transplant in the state; pioneered the use of robotics in surgery; and established the state’s first air-ambulance service, LIFE STAR. We operate the region’s only Level One trauma center, and our Institute of Living, a psychiatric hospital, is known worldwide for its research and innovative treatments. And our cancer center is an integral part of the Hartford HealthCare Cancer Institute, the first member of the Memorial Sloan Kettering Cancer Alliance, bringing world-class standards of cancer care and clinical trials to our patients.

Our hospital has been recognized for excellence by U.S. News & World Report, the National Cancer Institute, Healthgrades, Becker’s Hospital Review, the American Heart and Stroke Associations, Anthem, Aetna and many more prominent organizations.

In this issue of Rounds, you’ll learn about our Headache Center, directed by one of the most experienced headache specialists in the nation, as well as the progress of our Bone & Joint Institute, which will be a national destination for musculoskeletal care. You’ll also read about our renovated labor and delivery rooms, which provide a more soothing environment for new mothers and their babies.

We hope this issue of Rounds gives you a feeling for the exceptional expertise and compassion of the Hartford Hospital team.

Sincerely,

Stuart K. Markowitz, MD
President, Hartford Hospital &
Senior Vice President, Hartford HealthCare

Hartford Hospital
80 Seymour Street • Hartford, CT 06102-5037
860.545.5000 • www.hartfordhospital.org
Advanced Care for ACHING HEADS

The Hartford HealthCare Headache Center is unique in the region, offering advanced, personalized care and — most important — relief from chronic pain.

Many of us experience minor headaches from time to time and think little of it. But roughly 45 million Americans suffer from severe, chronic, recurring headaches. For these people, the pain is a burden that affects every aspect of their lives, and relief can be hard to find. Fortunately, effective headache relief is available right now, right here in Connecticut, at the new Hartford HealthCare Headache Center.

The Hartford HealthCare Headache Center, which is part of Hartford HealthCare’s Neuroscience Institute, opened in fall 2015 under the leadership of Medical Director Dr. Brian Grosberg.

“Our mission is to create and grow a state and nationally recognized, comprehensive, multidisciplinary headache program that provides highly individualized care,” Grosberg says. “Our passion is taking care of people.”

Grosberg came to Hartford HealthCare from the world-renowned Montefiore Headache Center in New York City, where he served as co-director. He also served as program director of its Headache and Facial Pain Fellowship, educating physicians planning to specialize in headache medicine. He is board-certified in neurology by the American Board of Psychiatry and Neurology and board-certified in headache medicine by the United Council for Neurologic Subspecialties.

Continued on page 4
Grosberg has been the recipient of several prestigious awards for his work, including the Clinical Headache Fellowship Award from the American Headache Society.

Grosberg has applied his expertise and experience to assemble and personally train a team of headache specialists who also see patients at the Hartford HealthCare Headache Center. They include Dr. Abigail Chua, physician assistant Sheena Doyle and nurse practitioners Renee Kane and Andrea Murphy. Other clinical team members include infusion and triage nurses Sarah Fiedler and Christina Fraley. Grosberg describes all of them as “nothing short of superb — the most compassionate, knowledgeable and patient-oriented specialists I’ve ever worked with.”

Plans call for the Hartford HealthCare Headache Center to become recognized as a one-of-a-kind center and a regional and national destination site for headache treatment and prevention. A significant number of patients already are traveling from a number of other states to obtain care at the center.

**Headache Care: It’s Personal**

Before their first visit, patients complete a detailed questionnaire about their health and headache history, lifestyle and more. Grosberg and his team of specially trained headache specialists review the completed questionnaires in advance and again on the patient’s first visit.

The questionnaire, Grosberg says, helps ensure that “patients will experience a comprehensive approach, with an explanation of the type of headache they have and a treatment plan tailored just for them, because no two people have the same type of headache.”

A priority is involving patients in their own care. When it comes to developing an individualized treatment plan, Grosberg says, “The other headache specialists and I always look to partner with patients. I tell patients, ‘If you’re not comfortable with the plan, neither am I.’”

The team also looks at the whole person, not just the headache. The individualized treatment plan takes into consideration all aspects of the person’s life to maximize treatment effectiveness.

People who suffer from chronic headaches may experience stress, anxiety and depression as a result. The center also has a licensed psychologist, Dr. Brooke Walters, who is specially trained in both headache medicine and sleep medicine. One of only a handful of psychologists with such expertise, Dr. Walters helps patients deal with emotional issues and works with them on nonpharmaceutical ways to reduce pain.

**A Full Range of Treatments**

The center offers an array of therapies, some of which are offered at only a few places in the country. One is intravenous (IV) therapy. Patients with headaches that are particularly difficult to treat — or pregnant patients who can’t take oral medications — can come into the office and receive IV medication to help break the headache cycle and offer rapid relief.

“We are the only facility in New England with the capacity to offer it in this fashion,” Grosberg says.

The center is one of only 60 sites in the country able to prescribe transcranial magnetic stimulation, or TMS, for headache. TMS is a painless, noninvasive treatment that uses a hand-held device to deliver magnetic pulses believed to create electronic currents in the brain that help treat migraine. Studies have shown that TMS may also be effective in preventing headache and reducing headache frequency and severity.

Biobehavioral treatments such as biofeedback, cognitive behavioral therapy, relaxation training and stress management are also available. These treatments have proven effective both on their own and as adjuncts to medication.

Depending on the patient’s individual needs, Grosberg and his team may recommend injection therapies. These are administered in the center. They include Botox, which is effective in treating chronic migraines; nerve blocks, which use local anesthetics and sometimes steroids to provide immediate relief from headaches; and trigger point injections, which treat headaches, neck and shoulder pain by relaxing muscles that contribute to pain.

These treatments and a variety of oral medications give the center’s providers and patients a range of choices for relieving pain. Treatment is adjusted over time based on the patient’s response. Each patient keeps a detailed headache journal so his or her experience can be reviewed at each visit.

**Looking Ahead**

Grosberg sees the center continuing to grow as a hub of provider education and headache research. Additional locations will be established late this year to make the center’s exceptional care more readily available to patients throughout Hartford HealthCare’s service area, something no other program in the country has done. Grosberg’s collaboration with a leading researcher at Harvard Medical School will enable patients to receive
Sarah Hughes began suffering severe headaches when she was a junior in college.

“The pain was extreme and absolutely debilitating,” Hughes recalls. “When I’d been in bed for three days straight, my roommates decided to drive me home to my parents.”

For the next 20 years, Hughes sought relief from the pain that plagued her and disrupted her life. Diagnosed with migraine, she saw specialists, had numerous tests and was given different combinations of medications, but nothing worked.

She noticed patterns. When the pain came, it was as a constant, burning headache punctuated by intermittent, stabbing pain, all on the right side of her head. Weather was a trigger.

“During the same week in October, for the last 20-plus years, I go down,” Hughes says. “The change from summer to fall is crippling.”

When she learned about the new Hartford HealthCare Headache Center in October 2015, she called for an appointment, completed the headache questionnaire and saw Dr. Brian Grosberg and his colleague, headache specialist Andrea Murphy.

“I was utterly amazed, and so thankful, because I knew I just couldn’t take it anymore,” Hughes says. “They spent a good three hours with me, explaining what they thought was going on. It was like Neurology 101. And Dr. Grosberg’s bedside manner is the best I’ve ever seen.”

For decades, Hughes had been treated for migraine or cluster headaches. Grosberg determined that what she actually had was a less common type of headache called hemicrania continua. With the correct diagnosis, Hughes and Grosberg were able to develop a targeted treatment plan.

A combination of nerve block injections and oral medications has given Hughes the relief that eluded her for more than 20 years. When she does experience a baseline headache, the intensity on a pain scale is a manageable 1 or less, instead of the 8 or 9 it used to be. She has more days when she’s completely headache-free.

The change has made a dramatic difference in Hughes’s life. She can listen to her car radio without cringing at the sound. She can brush her hair in the morning. She no longer dreads the change of seasons. And she can sleep through the night without being awakened by pain.

Hughes has high praise for the center’s entire team, describing them as “super-responsive” and “caring.” “But what’s really different there,” she adds, “is the level of personalized care.”

Today, Hughes is a business analyst with a major insurance company. The headache journey she began as a college student has been long and difficult. Thanks to the Hartford HealthCare Headache Center, she hopes to be able to use her allotted vacation days, not to deal with headaches, but to enjoy her life.

At Long Last, Relief

Philanthropy will play a significant role in the growth of both the Headache Center and the Neuroscience Institute it is part of. As Carol Garlick, vice president of philanthropy, says, “Through Dr. Grosberg’s personal, compassionate care, he has developed a network of grateful patients who understand the unique value of the center and are interested in supporting his vision to build, enhance and expand the center to be recognized nationally for exemplary and innovative care.”
Transplant Team Performs Extraordinary Feat: 12 Transplants in 10 Days

When an organ becomes available, there's no limit to the lengths that Dr. Patricia Sheiner and her team will go to locate a patient in need of a transplant. They've had patients paged in movie theaters and grocery stores and have called local police departments to track them down.

“Getting an organ is like winning the lotto,” said Sheiner, director of transplant for Hartford Hospital. “If you miss one, the next one available may not be yours.”

Sheiner and her team perform extraordinary feats. Over 10 days in April, they performed five liver and six kidney transplants as well as a heart transplant. The transplant staff usually performs about 60 kidney, 20 liver and 15 heart transplants a year.

Transplantation includes the work of the whole hospital, including the operating room, social workers, psychologists, quality specialists, the blood bank, the tissue lab, anesthesiologists — a host of departments and people.

“Transplants can’t be done without an entire hospital supporting them,” Sheiner said. “It really takes a village. We have tremendous support here, and our patients become part of our family.”

Hartford Hospital again has been ranked by U.S. News & World Report as among the nation’s best hospitals

The hospital was recognized as No. 1 in the Hartford metro area and “high performing” in several specialties, including diabetes and endocrinology (new for 2016), gastroenterology and GI surgery (new for 2016), nephrology, orthopedics, and pulmonology (new for 2016). “High performing” in the 12 data-driven specialties is much harder to achieve now than in years past. A hospital previously could be rated high performing in a data-driven, complex-care specialty even if the hospital wasn’t in the top 50 but scored high enough to be in the top quartile of all hospitals that received scores. Beginning July 21, only hospitals in the top decile in those specialties are recognized as high performing. The 12 specialties are cancer; cardiology and heart surgery; diabetes and endocrinology; ear, nose and throat; gastroenterology and GI surgery; geriatrics; gynecology; nephrology; neurology and neurosurgery; orthopedics; pulmonology; and urology. To be among the best regional hospitals, a hospital must provide communities with high-quality care across the broad spectrum of consumer health needs. Only hospitals that deliver a wide range of clinical services are candidates for recognition as best regional hospitals.

Academics and Research

Chest Pain Center First in New England with Dual Accreditation

Hartford Hospital’s Chest Pain Center has received Chest Pain Center with PCI accreditation from the Society of Cardiovascular Patient Care (SCPC), an international not-for-profit organization that focuses on transforming cardiovascular care by assisting facilities in their effort to create communities of excellence that bring together quality, cost and patient satisfaction.

The PCI designation means the center uses a specialized treatment called percutaneous coronary intervention (PCI) as the primary treatment for acute heart attacks. This ensures that patients experiencing an acute heart attack receive rapid treatment in the cardiac cath lab to minimize damage to the heart muscle. One in four heart attack victims will have a severe enough heart
Institute of Living Begins Peripartum Mood Disorder Program

Hartford Hospital’s Institute of Living has established a Peripartum Mood Disorder Program to treat women with postpartum depression and anxiety disorders. Postpartum depression is the most common complication of childbirth, affecting about 15 percent of all mothers. Every woman is at risk, regardless of her age, race, education, or financial status. Unrecognized and untreated, the ripple effect of postpartum depression and anxiety disorders affects the health and well-being not only of mothers, but also their babies, partners, families and the community as a whole.

Hartford Hospital obstetricians recognized a critical need for mental health services for post-partum issues. The program, funded by a grant from the Hartford Foundation for Public Giving, was established as a result of collaboration among the Institute of Living, Women’s Health at Hartford Hospital and OB/GYN community physicians.

The Peripartum Mood Disorders Program is here for you and your family. Whether you are a mother or father in need of support, or a family member feeling that something is just not right, please contact your physician or call 860.545.7104 for help.

Symptoms that women (and some men) describe that require evaluation:
- Trouble sleeping or being exhausted but being unable to sleep
- Frequent crying
- Feelings of loneliness, sadness, helplessness
- Frequent mood swings
- Anxiety, panic, excessive worry
- Lack of interest in life, feeling sluggish, fatigued, exhausted
- Having too much energy
- Fidgety or restless; cannot sit still
- Repetitive or suspicious thoughts that won’t go away
- Thoughts of hurting yourself or your baby
- Difficulty bonding with or lack of feeling towards the baby
- Fear of being left alone with baby
- Hearing voices or sounds that other people don’t hear

Heather’s Story
My name is Heather, and I suffered postpartum psychosis with my second child.

The birth of my first son was wonderful and everything I felt it should be. The birth of my second son was not, right from the beginning. Postpartum depression almost took the life of my newborn child, my life and my marriage. For most women, their experience of postpartum depression is a deep, dark secret. For me, it is my survival story.

I am part of a steering committee responsible for creating this resource for moms and their families, and I want to share my story in the hopes that you will know that you are not alone. I remember my husband and I wanted to get help and struggled to find support. We went through it completely alone. I wish there were a resource like the Peripartum Mood Disorders Program that my husband and I could have called for help.

If something doesn’t feel right, if you feel isolated and sad, are having obsessive or strange thoughts, impulses to hurt yourself and your baby, please know that these symptoms are more common than you think and that there is help to make things better. All you need is the courage to ask. Call 860.545.7104.

(Heather is an employee at Hartford Hospital.)

attack to require PCI to open clogged arteries and restore blood flow to the heart.

Hartford Hospital is the first center in North Central Connecticut to achieve this accreditation and is only one of two existing centers in the state.

To become an Accredited Chest Pain Center, Hartford Hospital engaged in rigorous re-evaluation and refinement of its cardiac care processes to integrate the healthcare industry’s successful practices and newest paradigms into its cardiac care processes. Protocol-based medicine, developed by leading experts in cardiac care, to reduce the time from onset of symptoms to diagnosis and treatment are part of Hartford Hospital’s overall cardiac care processes.
care service. As an Accredited Chest Pain Center with PCI, Hartford Hospital ensures that patients who arrive at the hospital complaining of chest pain or other symptoms of a heart attack receive the treatment necessary during the critical window of time when the integrity of the heart muscle can be preserved. By becoming an Accredited Chest Pain Center, Hartford Hospital has enhanced the quality of patient care and demonstrated its commitment to higher standards.

**Cardiology Chief Provides Expertise on Risks of Exercise**
Dr. Paul Thompson, chief of Cardiology at Hartford Hospital and co-physician director of the Hartford HealthCare Heart and Vascular Institute, was visiting professor at Duke Medical Center and lectured at the third annual Duke Sports Cardiology Summit in April. He met with faculty and cardiology trainees and lectured on the new American College of Cardiology Guidelines for Sports Participation and the cardiac risks of exercise. Dr. Thompson also was one of four international speakers at the Rio De Janeiro 2016 Sport and Exercise Cardiology Symposium. He delivered three lectures: “The Boston Marathon as a Research Laboratory,” “How Should We Reduce Sudden Death During Exercise and Sports,” and “Does Regular Exercise Increase or Decrease Atrial Fibrillation?”

**New Approach to Implanting Pacemakers Studied**
Hartford Hospital’s clinical research team has been working with the hospital’s Cardiac Electrophysiology group to test a new approach to implanting pacemakers for better patient outcomes. The trial will determine if using an antibacterial mesh around the pacemaker reduces the risk of infections following surgery. The team’s clinical enrollment success has achieved designation as a top performer in an international clinical trial, WRAP-IT (Worldwide Randomized Antibiotic EnveloPe Infection PrevenTion). The team has enrolled more than 60 patients, placing Hartford HealthCare in the top five highest-enrolling study sites in the world. The trial could establish evidence that will provide access to the most innovative therapies in cardiology and the best healthcare options.

**Institute of Living Establishes Child and Adolescent Program**
The Child and Adolescent Day Treatment Program at the Institute of Living has introduced a program titled “Connecting Adolescents with Psychosis” (CAP), which provides early intervention services for 13- to 18-year-olds with psychotic spectrum disorders. This specialty includes group psychotherapy to foster connections and promote socio-emotional growth; community trips to engage youth in rehabilitation activities; and cognitive remediation aimed at improving functioning and processing speed. CAP offers a low-stimulation, therapeutic treatment setting for adolescents, as well as psycho education and support services for families. It also offers collaboration with schools and community providers to help meet the needs of young people dealing with psychosis.
years new treatment options come out. We have a lot to offer and great optimism that there is a lot more to come.”

One of the things the center offers is dance.

“The value of exercise for Parkinson’s disease and other neurodegenerative disorders has been documented in more than 250 studies,” de Marcaida said. “The common finding is that any form of exercise is potentially beneficial, but it needs to be done regularly and strenuously enough to increase the basal heart rate. The beauty of dance as an exercise form is that it incorporates the cardio benefits of exercise with flexibility, balance and endurance. And there is a social aspect of dance and a joyful expression to dancing that provides incomparable psychological and mental benefits. I am a particular fan of the Argentine Tango as therapy because partnered dancing is another aspect of dance as exercise that lends itself to other additional benefits.”

David Popick, 34, of Ellington, was diagnosed with Parkinson’s disease a year ago. He added dancing to his regimen of exercises that benefit patients with Parkinson’s. He came to the center for the first time in May and plans to continue with the program.

“I feel differently when I dance,” Popick said. “It’s like I can move again like I used to.”

Dancing seems to make her patients happier, de Marcaida said. “The music is an integral part of this program, it activates neuronal connections in different parts of the brain,” she said.

She acknowledged that dancing is not a cure for Parkinson’s, but said it can enhance the quality of life for people living with the disease. With a prescription for dancing, de Marcaida said, “We can give a treatment that’s not $100 a pill.”

The Hartford Hospital Movement Disorders Center is at 35 Talcottville Road, Suite 6, Vernon. The phone number is 860.870.6385.

Dr. de Marcaida is a board-certified neurologist and fellowship-trained subspecialist in movement disorders and experimental therapeutics. Also practicing at the center in Vernon, as well as at the Hartford HealthCare Medical Group offices in Cheshire, is Dr. Duarte G. Machado, one of the region’s most renowned specialists in movement disorders.

Awards and Accolades

Distinguished Hospital Award
Hartford Hospital has been named a recipient of a 2016 Healthgrades Distinguished Hospital Award for Clinical Excellence. The award is given to 260 hospitals throughout the United States for performing in the top 5 percent for at least 21 of 32 common inpatient conditions and procedures. The award is based on mortality and complications data from various sources, including Medicare records, for nearly 4,500 acute-care hospitals nationwide. Hospitals that won the award had a 27 percent lower in-hospital mortality rate compared with all other hospitals for 19 procedures and conditions.

Among America’s Top Hospitals
Hartford Hospital was named by Healthgrades as one of America’s 100 Best Hospitals for gastrointestinal care, general surgery, prostate surgery, critical care and pulmonary care. Hospitals selected for the honor are those that go beyond government requirements; emphasize evidence-based decision making to improve patient outcomes; and have strong communication and collaboration among departments.

A First for LIFE STAR
LIFE STAR, Hartford Hospital’s award-winning air-ambulance service, has been named the first air-medical, critical-care transport team in the nation to receive the prestigious American Association of Critical Care Nurses (AACN) Beacon Award for Excellence. The award traditionally is given to hospital ICUs. LIFE STAR received silver recognition. The award recognizes critical-care units that demonstrate excellence in all facets of patient/family care, including leadership structures and systems; appropriate staffing and staff engagement; effective communication; knowledge management, learning and development; use of best practices; and outcomes measurements.
**The Consumer’s Choice**
Hartford Hospital is a recipient of the National Research Corporation’s Consumer Choice Award. The award honors hospitals selected by consumers as having the best quality and image, based on a national study of more than 300,000 households.

**Tops in Stroke Treatment**
Hartford Hospital has been recognized by the American Heart Association and American Stroke Association as a Get with the Guidelines®-Stroke GOLD PLUS Achievement Award and as a Target: Stroke™ Program for 2016.

**Rehab Accredited for Excellence**
The Hartford Hospital Rehabilitation Network received three-year accreditation from the Commission on Accreditation of Rehabilitation Facilities (CARF). The accreditation recognizes commitment to excellence in clinical and business practices. CARF is an independent, nonprofit organization focused on advancing the quality of services for the best possible patient outcomes. Providers that meet CARF standards must demonstrate their commitment to being among the best available.

**Hartford Hospital Achieves Platinum Award For Raising Awareness of Organ Donorship**
Hartford Hospital is among a select group of hospitals nationwide recognized for promoting enrollment in state organ donor registries in a national campaign sponsored by the U.S. Department of Health and Human Services’ Health Resources and Services Administration (HRSA). The campaign has added 400,000 donor enrollments to state registries nationwide since 2011.

Hartford Hospital conducted awareness and registry campaigns to educate staff, patients, visitors, and community members about the critical need for organ, eye and tissue donors and, by doing so, increased the number of potential donors on the state’s donor registry. The hospital earned points for each activity implemented between May 2015 and April 2016 and was awarded the platinum recognition through the HRSA Workplace Partnership for Life Hospital Campaign.

Nearly 1,000 hospitals participated in the campaign. Of those, 280 achieved the platinum level. More than 120,000 people in the United States are waiting for life-saving transplants.

**Connecting Communities to Healthier**
Hartford Hospital recently held a ribbon-cutting ceremony for the Hartford Hospital Family Health Center in Vernon. The center houses the Hartford HealthCare Movement Disorders Center, primary and specialty care through Hartford HealthCare Medical Group, rehabilitation services, and Hartford HealthCare at Home. The center offers free classes by Hartford Hospital specialists on a variety of topics. Hartford Hospital’s Family Health Centers bring high-level care into the communities we serve.

**Eye Surgery Center Offers Complete Spectrum of Care**
If you need eye surgery and want the most-advanced technology available, look no further than Newington, where the Hartford Hospital Eye Surgery Center offers state-of-the-art outpatient surgical eye care. The center, located at 505 Willard Ave., was designed, built, equipped and staffed to provide the highest-quality care.

The center, which is Medicare-certified and accredited by The Joint Commission, was the first in New England to use innovative laser technology to perform cataract surgery with unprecedented precision — and without a scalpel. The laser’s sophisticated capabilities allow surgeons to use three-dimensional imaging to customize surgery to each patient’s unique eyes.

More than 40 physicians perform surgery in the center’s four state-of-the-art operating rooms, including glaucoma laser and surgical procedures, ocular plastic procedures, cornea procedures, and others. All physicians are board-certified. The Eye Surgery Center’s staff members were specifically trained by the center’s physicians and have many years of experience. The center has patient satisfaction scores of 98 percent, not only for technology and innovation but also thanks to the friendly, compassionate staff. More information is available at www.eyesurgerycenter.org
They’re the windows to the soul.
And when they need surgery, our doctors treat them that way.

Trust your eyes to Connecticut’s most skilled eye surgeons.

Your eyes are precious. So why take chances with anyone but the most experienced surgeons and the most advanced technology? Our 40 board-certified ophthalmologists perform more cataract and glaucoma surgeries than anyone in Connecticut. And we’re just as proud of our outstanding patient satisfaction ratings. To learn more, take a look at EyeSurgeryCenter.org.

505 Willard Avenue, Building #3, Newington
With three construction projects dramatically transforming the footprint of Hartford Hospital’s campus, the needs of a multiphase master facilities plan to address the current and future healthcare results of the region are becoming more obvious every day. What may not be so obvious to passers-by is the role that philanthropy is playing.

With gifts from generous donors, the Campaign for Hartford Hospital is helping to support construction of the Hartford HealthCare Bone & Joint Institute at Hartford Hospital, which will be a regional destination for musculoskeletal care; the expansion of the Center for Education, Simulation and Innovation (CESI), which will enhance the hospital’s medical training; and construction of a new home on Jefferson Street for some programs of the Brownstone Ambulatory Care Clinic, which serves those in our community with the greatest need.

Since 2013, when the first phase of the Campaign for Hartford Hospital took root, more than $50 million in donations and pledges has helped move the master facilities plan forward.

“Because we are a non-profit institution, Hartford Hospital donors play a vital role in supporting our efforts to offer the highest-quality care,” says Stuart Markowitz, MD, president, Hartford Hospital and the Hartford Region, and senior vice president, Hartford HealthCare. “In these challenging economic times, with drastic state budget cuts, generous donors are more important than ever.”

While new state-of-the-art buildings designed to help improve the hospital’s delivery of care are its most public manifestation, the Campaign for Hartford Hospital also includes plans to enhance other services and programs, including:

- Development of the Hartford HealthCare Neuroscience Institute and the anchor programs and services based at Hartford Hospital.
- Enhancing the Institute of Living’s Suicide Prevention Program.
- Establishing a multidisciplinary clinic at the Hartford HealthCare Cancer Institute at Hartford Hospital.
- Increasing the hospital’s critical care capacity.
- Establishing a multidisciplinary clinic for the Tallwood Urology and Kidney Institute.

These investments are critical as the hospital adapts to the way that care is delivered in today’s demanding healthcare environment, where the focus is on improving the quality of care while reducing costs.

“We are extremely grateful to all of our generous supporters and advocates,” Markowitz says. “Their dedication ensures that Hartford Hospital will continue to be the hospital the region can rely on for an exceptional level of care and world-class technology.”

Campaign for Hartford Hospital Steering Committee

Philanthropic support will be instrumental to the success of all the projects included in the master facilities plan. Given the extent of the investment required, Hartford Hospital is asking the community to help support its efforts in continuing to provide high-quality, technologically advanced healthcare for the region. With George Estes as chair, a campaign steering committee is working with the hospital’s development staff to ensure the Campaign for Hartford Hospital is a success. Members of the steering committee include:

Jeffrey Flaks  
President & Chief Operating Officer, Hartford HealthCare

Stuart Markowitz, MD  
President, Hartford Hospital and Hartford HealthCare’s Hartford Region  
Senior Vice President, Hartford HealthCare

Doug Elliot  
Chair, Hartford HealthCare Hartford Region Board of Directors  
President, The Hartford Financial Services Group

George Estes  
Chair, Campaign for Hartford Hospital

Marla Byrnes  
Berkshire Hathaway HomeServices
Hartford HealthCare Bone & Joint Institute at Hartford Hospital

As the centerpiece of the hospital’s master facilities plan and the Campaign for Hartford Hospital, the Bone & Joint Institute was the beneficiary of the 2016 Black & Red, which was held in February. At a check presentation in front of the institute building being constructed at Retreat Avenue and Seymour Street are, from left, David Santoro, director of operations, Bone & Joint Institute; Carla Burgess, director of development, Hartford Hospital; Eric Silverstein, MD; Kim Hayes, director of nursing, Bone & Joint Institute; Ross Benthien, MD, medical director, Bone & Joint Institute; Mark Shekhman, MD; Timothy Taylor, CEO, Orthopedic Associates; Pietro Memmo, MD; Meghan Bianco, associate director of special events, Hartford Hospital; and Courtland Lewis, MD, physician-in-chief, the Bone & Joint Institute.

The Brownstone Clinic

The Brownstone Ambulatory Care Clinic, currently located on Retreat Avenue, receives on average 250 patients and approximately 450 medical calls a day. The clinic also provides a dynamic setting for medical education and clinical experiences as one of the largest teaching hospitals in New England. With all that it does, the busy clinic has outgrown its current location, which was built in 1922 for maternity care. The new building at 132-138 Jefferson Street will be a highly efficient facility, featuring multi-use exam rooms, offices, common areas, and procedure and treatment rooms. It will also allow improved patient flow and safety.

The Center for Education, Simulation and Innovation

With the addition of a three-story building and at least 25,000 square feet, the Center for Education, Simulation and Innovation will expand to include four private patient rooms in a medical/surgical training unit, high fidelity training rooms, debriefing classrooms, and the potential for helicopter transport training. A cadaveric training lab is also planned. Construction of the three-story addition, which has the capabilities of expanding six stories, is expected to be completed in the fall.

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Kathanne Fowler
Column Partners LLC

Jonathan Gengras
Chief Financial Officer
Gengras Motor Cars, Inc.

Ross Hollander
Hartford Distributors, Inc.

I. Bradley Hoffman
Co-Chairman,
Hoffman Auto Group

Jeffrey Hoffman
Co-Chairman,
Hoffman Auto Group

Roger Klene

Stacy Nerenstone, MD
Oncology Associates

Jeffry Nestler, MD
Connecticut GI and Medical Associates

Thomas Sargent
Principal and Executive
Vice President
Bradley, Foster & Sargent

Harold Schwartz, MD
Psychiatrist-in-Chief, Vice President,
Behavioral Health, Institute of Living

William Thomson
Doune Capital, LP
If you’ve driven near the Hartford Hospital campus recently, you can’t miss the newly constructed Bone & Joint Institute, which has won awards for its sleek, patient-centered design. However, the actual bricks and mortar of the building are not what will define this great Institute, which opened its doors to patients in mid-December.

“In short, this is not your father’s knee and hip surgery center,” said Dr. Stuart Markowitz, president, Hartford Hospital and senior vice president, Hartford HealthCare. “This institute is about bringing together, under one roof, all aspects of musculoskeletal care, from prevention to recovery, to help those we serve live healthier lives. Our vision has been to develop a premier, nationally recognized Institute. We believe we have an unbeatable team when it comes to orthopedics and musculoskeletal treatment.”

Gifts to Hartford Hospital are playing an instrumental role in realizing the vision for this world-class facility staffed by exceptional specialists. The Institute is the focal point of the Hartford Hospital capital campaign chaired by George Estes. Currently in its early phase, the campaign has raised nearly $13 million for the Institute. Support to date has come from physician groups, individuals, corporations and the net proceeds of $1 million from the hospital’s Black & Red 2016.

The Bone & Joint Institute will offer patients the most advanced surgical and medical treatments available, as well as convenient and easy access to imaging (X-rays, CT scans, MRIs), pain management, rheumatology and orthopedic subspecialties — all in one place. In addition, the Institute will include rehabilitation and sports medicine, including a motion lab to analyze the cause of injuries and prevent them, helping both weekend warriors and gifted athletes perform better and stay healthy.

The Bone & Joint Institute will work closely with Hartford Hospital’s Center for Education, Simulation and Innovation, one of the nation’s premiere medical training centers, to develop innovative treatments that are unique to each patient.

“We are committed to education and research aimed at developing and deploying advanced biotechnology and the best clinical practices to give patients greater access to proven, effective treatments for their bone and joint conditions,” said Dr. Courtland Lewis, physician-in-chief of the Institute. “We expect to be among the best institutes in the country. We should not expect anything less.”

The Institute is designed around patient care pathways with the main focus on the total, complete, coordinated care of the patient. It is a hospital within Hartford Hospital with its own dedicated staff of nurses, technicians, therapists, a supply team, patient care associates, quality and research staff, and specialty physicians.

“Every aspect of patient care was carefully considered.
and the buildings reflect this,” Lewis said. “The Institute is much more than a building. It is people. It is expertise. It is people coming together to provide that expertise.”

When the Institute opens its doors, patients will be able to see different specialists as needed, in a single setting, and will have quick access to diagnostic services. Physicians will have quick access to the results of those tests.

In addition, the Institute will offer programs to help community members keep their bones and joints healthier. This includes instruction on healthy eating and screenings for osteoporosis. A patient found to have osteoporosis won’t just get a diagnosis. He or she will have the option of participating in a fragility, fracture-prevention clinic geared toward strengthening bones and joints.

“Did you know that if you break your hip, you’re 25 times more likely to break the other one?” Lewis said, noting that more than 1 million total joint replacements are performed each year in the United States, and that number is expected to grow significantly in the coming years as the baby boomers continue to age.

“We are living longer, working harder, exercising less, and not always caring for our bodies as we should,” Markowitz said.

Hartford Hospital’s Community Health Needs Assessment showed that the community needs to increase its focus on improving physical activity, nutrition and weight status — problems that the Bone & Joint Institute is committed to working to improve and to do that in new and innovative ways.

The Bone & Joint Institute’s inpatient building consists of:

- 5 floors
- 130,000 total square feet
- 8 operating rooms, with the capacity to expand to 10
- 48 inpatient beds with the capability of expanding to 60 beds
- diagnostic services
- outpatient rehabilitation and wellness areas, including a Motion Analysis Laboratory
- public space

The ambulatory and medical space consists of:

- 4 floors
- 75,000 total square feet
- offices for orthopedics, rheumatology and musculoskeletal specialty care programming
- 3 ambulatory surgery rooms – with space for two additional operating rooms

“When populations are healthier, the cost of healthcare goes down … fewer repeat hospitalizations, fewer injuries … and most important, a better quality of life,” Markowitz said.

“The Institute’s staff will work with patients to design specific programs to meet their individual … and often unique … needs,” Lewis said. “We will be different, a leader, a regional destination for care … and a national model.”
Cancer treatment is difficult for patients and their families. The Avon center of the Hartford HealthCare Cancer Institute at Hartford Hospital makes receiving treatment a little easier by providing the highest level of care in the community, close to where patients live. The full-service center includes radiation oncology, medical oncology, other cancer-related specialties, and integrative medicine. In many cases, patients see the same physicians in Avon as they would at Hartford Hospital downtown.

“We provide the same level of care in Avon as we do at Hartford Hospital,” said Dr. Timothy Boyd, clinical chief of Hartford Hospital’s Department of Radiation Oncology. “My home base is Hartford, but I see patients in Avon as well; it’s a great place to practice, along with my partners.

Radiation oncology services include intensity-modulated radiation therapy and image-guided radiation therapy, which enable expert delivery of treatments for patients with prostate cancer, head and neck cancer, brain tumors, breast cancer, and most other cancer sites.

“Avon is integral part of the Hartford HealthCare Cancer Institute at Hartford Hospital,” said Abbi Bruce, RN, director of the cancer institute at Hartford Hospital. “It’s a beautiful center that provides innovative technology and expertise close to home. Patients who live in the Farmington Valley and Litchfield County have truly appreciated the ability to receive highly sophisticated care in Avon without needing to travel into Hartford.”

“We’ve long recognized the need to be closer to patients in our community,” said Dr. Stacy Nerenstone, “and we’ve been in the Farmington Valley for more than 20 years. We recognize that for the patient, being close to home means a mother can put her kids on the bus or pick them up in the afternoon while undergoing treatment, for example,” Nerenstone said.

An added bonus to the Avon center is that patients can walk down the hall from radiation or chemotherapy treatments to Hartford Hospital’s Integrative Medicine Department, which has its main outpatient treatment site in Avon. The department’s homey treatment rooms quickly make patients feel relaxed, according to Eric R. Secor, ND, PhD, MPH, LAc, integrative medicine physician and associate medical director of the department.

“People say when they walk in and sit down, they feel better,” he said.

Integrative medicine focuses on reducing pain and stress; helping patients manage anxiety and insomnia; and supporting the immune system, which is the body’s own defense against disease. Dr. Erika Cappelluti, medical director, pointed out that all the integrative medicine physicians are board-certified and practice evidence-based medicine. With input from their physicians and treatment team, patients receive comprehensive, individualized care plans that could include massage, acupuncture, yoga, and other services and classes.

“A big advantage of this center for the patient is the ease of getting treatment,” Boyd said. “You don’t have to drive downtown; there’s no traffic hassle; it’s very easy access; and there’s hardly any wait. This is not a stand-alone facility. It is part of Hartford Hospital.”

Another big advantage, he added, is that the center has a “soft touch.” “The staff here is very in tune with what our patients need.”

The center is located in a picturesque setting in Avon Park North, 80 Fisher Drive, just off Route 10 and less than a mile north of Route 44. The entry to Fisher Drive is across the street from the Hartford Hospital Avon Wellness Center. Parking is easy and free. For more information, call 860.696.1000.
Hartford Hospital is now among the few hospitals in Connecticut to offer nitrous oxide, otherwise known as “laughing gas,” to women in labor to relieve pain and help them relax.

Nitrous oxide is commonly used in dental offices but is used in a different concentration for women in labor. The gas is odorless, tasteless and provides a mild analgesic effect for labor pain. It’s used throughout the world for labor pain and is very effective for many women.

“During labor, the patient inhales the nitrous oxide through a mask or mouthpiece that she holds over her nose and mouth,” said Janice Cousino, nurse director, Inpatient Women’s Health and Ambulatory Care Services. “The gas only flows when she inhales from the mask or mouthpiece, so she has control.”

Cousino was instrumental in bringing that option to the hospital. She worked with staff from anesthesia, OB, biomedicine, infection control, respiratory therapy, nursing leadership and other departments to move the idea forward. The hospital Auxiliary provided funding for four nitrous oxide pumps.

“We’ve had patients use it very successfully,” she said.

The advantages of using nitrous oxide include:

- It may enable limiting, postponing or avoiding narcotic or epidural pain medication.
- It can be used at any time during labor right up to the baby's birth.
- It increases the sense of personal control because the mother decides when to use it.
- It can help ease anxiety during labor.
- It does not appear to interfere with the progression of labor.
- It doesn’t appear to affect the baby at birth.
- It leaves the body more quickly than other types of pain medication used in labor.
As part of the Hartford HealthCare Cancer Institute’s pioneering membership in the Memorial Sloan Kettering (MSK) Cancer Alliance, an increasing number of MSK’s leading-edge cancer clinical trials and protocols are now being offered to cancer patients who receive care within the Institute, including at Hartford Hospital.

This means promising and potentially groundbreaking advances in cancer research and treatment are being made available to patients without requiring them to go to New York City, where MSK is located and where patients previously had to travel to gain access to MSK’s bank of trials and protocols. The rollout of MSK clinical trials to patients within Hartford HealthCare is a cornerstone of the Institute’s membership in the Alliance.

As of July 2016, the Institute had made numerous MSK-originated clinical trials and research protocols available to patients who are being cared for at any of the five cancer centers that make up the Cancer Institute — Hartford Hospital, Backus Hospital, Windham Hospital, The Hospital of Central Connecticut and MidState Medical Center. Additional trials and studies are expected to be opened to patients over the next several months.

So far, MSK trials have been opened to patients for the treatment of a variety of cancer types, including breast cancer, bladder cancer, pancreatic cancer and ovarian cancer as well as multiple myeloma. Upcoming studies are expected to be opened for patients with colorectal and lung cancer as well as Hodgkin and non-Hodgkin lymphoma. An increasing number of the studies and trials are being made available at sites across the Institute.

Among the newly opened research studies is a genomic sequencing study sponsored by both the Institute and MSK which aims to determine the frequency of “actionable” oncogenic mutations in patients with advanced solid or hematologic tumors being evaluated for a therapeutic protocol. Whole genome sequencing for cancer has undergone an evolution and with every passing year, there are an increasing number of somatic mutations that are linked to specific tumor types.

The MSK trials are an addition to a wide array of promising trials and research protocols now being offered to patients as part of the Institute’s Cancer Clinical Research Office, and are conducted by physicians and research specialists at the various cancer centers within the Institute.

“Our goal is to add to our existing portfolio of studies and to offer a comprehensive array of clinical trials for patients with common and uncommon cancers treated at the Hartford HealthCare Cancer Institute,” said Ellen Dornelas, PhD, director of the Cancer Clinical Research Office.
We welcome some of the newest members of our Hartford Hospital medical staff.
For more information on these and other physicians, visit www.hartfordhospital.org or call 1.855.HHC.HERE.

Jonathan D. Gates, MD, MBA, FACS, has joined Hartford Hospital as the new chief of the Department of Surgery. Dr. Gates brings more than 25 years of surgical, research and teaching experience to Hartford Hospital. He came to Hartford from Brigham and Women’s Hospital in Boston, where he served in several leadership positions. Dr. Gates received his Bachelor of Science from Trinity College in Hartford, his MD from Cornell University Medical College and his MBA from Babson College in Wellesley, Mass. He was instrumental in establishing trauma programs at several Brigham and Women’s affiliated hospitals and has served as a consultant to the Bermuda Hospitals Trauma Program, as well as to numerous hospitals in Massachusetts that wish to become verified trauma centers. He is board-certified in critical care surgery, general surgery and vascular surgery.

Sabet W. Hashim, MD, FACS, has joined Hartford Hospital and Hartford HealthCare as chairman of Hartford Hospital’s Cardiac Surgery Department and surgeon-in-chief of the Hartford HealthCare Heart and Vascular Institute. Dr. Hashim is best known for his expertise in mitral valve repair. For the past decade, he served as director of cardiac valve surgery at Yale-New Haven Hospital, where he performed New England’s first mitral valve repair in 1984. Dr. Hashim has consistently maintained the largest mitral valve practice in Connecticut and has performed more than 1,500 mitral valve repairs and 10,000 open-heart procedures. Dr. Hashim completed his MD at Saint Joseph University School of Medicine, his internship at St. Luke’s Hospital Center, and residencies at St. Luke’s and Yale-New Haven Hospital. He is board-certified in general surgery and thoracic cardiovascular surgery.

Jeremy Isaacscon, DO, has joined Hartford Hospital in family medicine. He earned his Doctor of Osteopathic Medicine (DO) at the Touro College of Osteopathic Medicine in New York and completed his internship and residency at Nassau University Medical Center in East Meadow, N.Y. Dr. Isaacscon is board-certified in family medicine.

Lori Lerner, DO, has joined Hartford Hospital in family medicine. She earned her Doctor of Osteopathic Medicine (DO) at the Arizona College of Osteopathic Medicine, part of Midwestern University and completed her residency at West Suburban Hospital and Medical Center in Oak Park, Ill. Dr. Lerner is board-certified in family medicine.

Kulsoom Maudoodi, MD, has joined Hartford Hospital in internal medicine. She completed medical school at the American University of Antigua College of Medicine and did her residency at NYU Lutheran Medical Center. She is board-certified in internal medicine.

Duarte Machado, MD, has joined Hartford Hospital’s Department of Neurology, specializing in movement, as well as other neurological, disorders. He came to Hartford from Yale, where he was lead neurologist and associate professor of neurology. He has a subspecialty in movement disorders and has extensive clinical experience in recognizing, diagnosing and treating patients suffering from involuntary movements, including those suffering from Parkinson’s disease. Dr. Machado completed his Bachelor of Science at Trinity College in Hartford, his MD at the University of Connecticut School of Medicine, and his residency and internship at the Yale University School of Medicine. He is board-certified in psychiatry and neurology.

James Piorkowski, MD, has joined Hartford Hospital, specializing in orthopedic hand surgery, orthopedic surgery, general surgery and plastic surgery. He completed his undergraduate degree at the College of the Holy Cross, his MD at Georgetown University, his internship at the University of Connecticut School of Medicine, and residencies at the University of Alabama at Birmingham and the University of Missouri at Columbia. He is board-certified in general and plastic surgery.

Ed Sauter, MD, PhD, has joined Hartford Hospital and Hartford HealthCare as the director of the Breast Surgery Program for the Hartford HealthCare Cancer Institute. Dr. Sauter came to Hartford after serving as director of the Cancer Treatment and Prevention Center at the University of Texas Health Science Center at Tyler, where he built an international reputation as a world-class surgeon, scientist, medical educator and physician administrator. He has been practicing in the field of breast surgery for more than 25 years, and as a leader in clinical research, he has referred more than 4,000 women to active clinical trials while conducting more than 70 clinical research trials himself. Dr. Sauter completed his MD at the Louisiana University School of Medicine in New Orleans and his residency at the Ochsner Clinic Foundation in New Orleans. He is board-certified in general surgery.

Shannon Short, DO, has joined Hartford Hospital in family medicine. She earned her Doctor of Osteopathic Medicine (DO) at the Arizona College of Osteopathic Medicine, part of Midwestern University. Dr. Short completed her internship at the Naval Medical Center in San Diego and her residency at the Naval hospital at Bremerton, Wash. She is board-certified in family medicine and has trained in both family medicine and pediatrics.
Cancer Support, Integrative Medicine and Exercise
www.hartfordhospital.org/Cancer/Classes

Cancer Education and Support
• Bladder Cancer, Kidney Cancer: held quarterly at rotating locations. Contact Amy Reynolds, 860.490.9127.
• Brain Tumor: held monthly at rotating locations. Contact Erin Mangan, 860.972.5808.
• Lung Cancer: held monthly at rotating locations. Contact Barbara Gaughan, 860.972.5807 or Noa Mencher, 860.696.4814.
• Prostate Cancer: held monthly at rotating locations. Contact Amy Reynolds, 860.490.9127.

Look Good, Feel Better
For women undergoing cancer treatment, offered in English and Spanish. Learn supportive techniques on skin, makeup, and hair care from a licensed cosmetologist. Free, non-medical, product-neutral program offered in partnership with the American Cancer Society. Contact Mary Ann Vanderjagt, 860.972.4184.

Healthy Steps Lebed Method
An effective therapeutic program of exercise and movement to music for women who have experienced breast cancer or other cancers. Meets weekly at multiple locations. Contact Sharon Mulcahy, 860.652.0868.

Integrative Medicine
Integrative Medicine offers massage therapy, yoga, acupuncture and Reiki on-site at multiple locations throughout Hartford HealthCare Cancer Institute. Contact 860.972.4444.

Surgical Weight Loss Programs
www.hartfordhospital.org/Obesity/Classes

Surgical Weight Loss: General Education Session
An information session for individuals who are ready to start the program or want to learn more about surgical weight loss. You will meet the bariatric surgeons and other members of the team. Several locations are available. Registration is required. To register, call 860.246.2071, option #2 or see schedule online at www.hartfordhospital.org/obesity/classes. FREE.

Surgical Weight Loss: Support Group
Education and support for those who have had or are thinking of having bariatric weight loss surgery. Facilitated by members of the surgical weight loss program. Offered in Hartford and Enfield. Registration is not required. Schedule is available online at www.hartfordhospital.org/obesity/classes. FREE.

Women’s Health Issues

The Strong Women Program
Working with weights increases strength, muscle mass and bone density while reducing the risk of numerous chronic diseases. Sessions meet twice a week for “no-impact” workouts. Schedule and registration available online at www.hartfordhospital.org/events.
Parent Education Classes
www.hartfordhospital.org/ParentEd

Registration is required for all classes. Some classes may close registration 48 hours prior to the beginning of class so please register early.

• Twin Preparation Class
This three-part series will cover the unique needs of parents delivering and caring for multiples. Expectant parents may invite extended family members to attend any of the classes. FEE: $125/3 sessions (may be prorated).

• Baby Care
Understand the needs of your newborn and learn great tips on diapering, bathing and general care. FEE: $25/couple.

• Breastfeeding with Success
Before the baby arrives, learn about the basics and benefits of breastfeeding. FEE: $25.

• Breastfeeding and Returning to Work
We’ll help you by covering such topics as choosing the right breast pump, collecting and storing milk and setting a routine. Babies are welcome. FEE: $25.

• Cesarean Birth
This class prepares you for the experience from pre-admission through recovery at home. Learn what to expect during surgery and throughout your hospital stay, how your partner can help, and tips for a smooth recovery while caring for a newborn. Includes a maternity tour at Hartford Hospital. FEE: $50.

• Expectant Grandparents Class
Provides grandparents with an opportunity to talk with trained professionals about birthing changes, baby care, infant feeding and safety. FEE: $5/person.

• Pups and Babies
Get tips on preparing your pet for baby’s arrival, introducing baby to your pet and helping your pet understand his new place in the expanded pack. FEE: $25/couple.

• Baby Signing: An Introduction
Led by a pediatric nurse practitioner, this class focuses on how your child develops language and speech, and how sign language can enhance family communication. For babies 6 to 24 months. FEE: $25.

• Maternity Tours
A guided tour to acquaint you with our facility and maternity services. Tours available in English and Spanish. For schedule and to register, visit www.hartfordhospital.org/ParentEd. FREE.

• Neonatal Intensive Care Unit Tours
Private tours for those expecting twins, triplets, etc. By appointment only. Please call 860.545.8987. FREE.

• eLearning Childbirth Education
When traditional childbirth education classes are not a possibility due to bed rest or time constraints, our interactive web-based program provides a solution. Call 1.855.HHC.HERE. FEE: $100.

• Preparation for Childbirth
Topics include: stages of labor, relaxation, breathing techniques, pain management options and coping skills. Learn to be an active participant in the birth of your baby. Go to www.hartfordhospital.org/ParentEd for schedule and to register. FEE: $100.

• The Happiest Baby
Learn approaches to keeping babies happy by helping them sleep better and soothing even the fussiest baby in minutes. FEE: $65/couple includes class, Parent Kit, choice of Dr. Karp’s DVD (or VHS) and Soothing Sounds CD.

• Epidural Anesthesia for Labor
Led by a board-certified anesthesiologist, this class covers what an epidural is, the risks involved and what to expect for pain relief. FREE.

• Comfort Measures for Labor
Led by a certified labor doula/licensed massage therapist, this interactive class will help expectant couples practice and master hands-on techniques to address the discomforts of labor, including relaxation, positioning, movement and touch. FEE: $35.

• Sibling Preparation
A class to help children prepare for the arrival of a new baby brother or sister. FEE: $15 per child; $25 for two or more children.
### Nurturing Connections
(Provided by the Nurturing Families Network)

- **Telephone Support for New Parents**
  Volunteers provide education and support when the mother is pregnant or while mother and baby are still in the hospital. Contact Leslie Escobales at 860.972.3201.

- **Home Support for New Parents**
  Starting prenatally until the baby is 5 years of age, home visitors act as teachers, supporters and advocates and help families obtain community services. Contact Leslie Escobales at 860.972.3201.

- **Lactation Feeding Consultant**
  The goal is to offer mothers the information, confidence and skills needed to successfully initiate and continue breastfeeding their babies or feeding formula safely. Contact Mary A. Marshall-Crim at 860.972.1313.

- **Prenatal Groups**
  Offered in both English and Spanish depending on the number of participants. Meet once per week for ten weeks. Contact Damaris Rodriguez at 860.972.3131.

### Parent–Baby Series

- **Enjoying Infants Together**
  Led by a pediatric nurse practitioner, this six-week series is for parents and infants younger than 12 months. Learn fun, developmental activities for infants, participate in discussions and make new friends. FEE: $50 for 6-week series.

- **Time for Toddlers**
  Led by a pediatric nurse practitioner, this series is for parents and toddlers, 12 to 24 months. Learn fun, developmental activities for toddlers and participate in discussions. FEE: $50 for 6-week series.

### Exercise for Expectant and New Moms

- **Prenatal Yoga**
  Improve your strength and muscle tone, ease tension and relieve discomforts of pregnancy. FEE: $50/4-week session.

### Safety Education

#### Car Seat Safety
Four out of five car seats are installed incorrectly. That’s why we offer a free Car Seat Safety class for expectant parents, hosted by a Community Safety officer. Space is limited and registration is required. West Hartford. FREE.

#### CPR for Family and Friends: Infants and Children
Recommended for new parents, babysitters and anyone who cares for infants and children who want basic first aid and CPR information but who do not need a course completion card. This is a non-certification informational class intended for home use only. FEE: $50.

#### Mental Health
[www.hartfordhospital.org/InstituteOfLiving/Events](http://www.hartfordhospital.org/InstituteOfLiving/Events)

The following free programs are conducted by staff from the Family Resource Center at the Institute of Living. Meetings take place at 200 Retreat Avenue on the first floor of the Center Building unless indicated otherwise. Registration is not required unless noted. For additional information, directions or dates, visit www.hartfordhospital.org/InstituteOfLiving/Events.

- **Myths, Minds and Medicine Exhibit**
  A permanent exhibition on the Institute of Living’s history and the treatment of psychiatric illnesses. Self-guided tours Monday through Friday, 9:00 a.m. to 5:00 p.m. FREE. By appointment only; contact Gina, 860.545.7665.

- **Anxiety Disorders Group**
  Group cognitive behavioral therapy for children and adolescents with anxiety concerns such as panic attacks, social anxiety and excessive worrying. Facilitated by licensed psychologists with expertise in anxiety treatment. Call 860.545.7685, option #3 for schedule. Registration is required. Billable to insurance and co-pay.

- **Bipolar Disorder — An Introduction**
  This program is for family members and friends of individuals who have bipolar or a related disorder. Registration not required. FREE.

To see a complete listing of classes, or for more details, please visit [www.hartfordhospital.org/events](http://www.hartfordhospital.org/events).
**Schizophrenia — Introduction to the Disorder**
Learn about schizophrenia and its treatment, with specific suggestions to help family and friends cope. FREE.

**Introduction to Mental Health Benefits and Services for Severe Mental Illness**
Overview of benefit programs available for individuals with mental health disabilities. FREE.

**Depression: An Introduction to the Disorder**
This program is for family members and friends of individuals who suffer from depression. Contact Mary Cameron at 860.545.7665 for more information and dates. FREE.

**Managing Schizophrenia**
This presentation will discuss the impact that symptoms of schizophrenia have on everyday activities and how to make things better at home. FREE.

**Dementia Support/Educational Group Meeting**
Please join us as we bring together experts and those who want guidance, direction and support through this journey. Let’s work together, help each other and exchange ideas. Space is limited — reservations are required, 860.545.7665.

**Support Group for Families Dealing with Major Mental Illness**
Share your successes and struggles in loving and living with someone who has schizophrenia. FREE.

**Social Support Group — LGBTQ Issues**
(Lesbian/Gay/Bisexual/Transgender/Questioning)
Support group for 16-23 year-olds who identify LGBTQ issues as being prominent in their lives. The goal is to discuss support strategies to manage life challenges. FREE.

**Support Groups**
Visit www.hartfordhealthcare.org/supportgroups for a full listing of support groups with dates, times and locations.

**Volunteers**
www.hartfordhospital.org/Careers/Volunteer

If you are interested in giving your time and talent, we offer a wide variety of opportunities to serve our patients, families, visitors and staff. Applications are available online. Training and free parking are provided. For more information, call Volunteer Services at 860.972.2198 or online at www.hartfordhospital.org/careers/volunteer.

**Bone & Joint Institute**
**Lobby Greeters/Wayfinders** — Greet visitors and assist with escorting to desired location. Should have excellent interpersonal skills, professional demeanor and appearance. Ability to stand and walk for long periods of time. Shifts are 4 hour blocks from 8 am – 8 pm weekdays and weekends.

**OR Family Lounge** — Liaison for family members while loved one is in surgery. Excellent interpersonal and communication skills. Bilingual Spanish helpful. Shifts are 4 hour blocks 8 am – 8 pm weekdays.

**Radiology** — Department assistant including clerical duties, errands, patient greeter, etc. Shifts are 10 am – 2 pm weekdays.

**Inpatient Runner/Transporter** — Patient transport via wheelchair (discharge), assists with transport to other departments. Runner for lab, blood bank, pharmacy. Must be able to stand and walk for long periods of time, push and pull equipment, wheelchairs, etc.

**Peri-op Transport/Runner** — Assist with patient transports via stretchers and beds. Runner for lab, blood bank, pharmacy. Must be able to stand and walk for long periods of time, push and pull equipment, wheelchairs, etc.

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Our new online health news site delivers lively, informative and useful health news in a whole new way. Look for print, video and audio stories as well as timely tips on nutrition, fitness, health and wellness.

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Eggplant Rounds with Goat Cheese and Herb Salsa

Ingredients
1 medium eggplant
2 tablespoons olive oil
olive oil spray
salt and pepper
2 medium tomatoes, diced
1/3 cup crumbled goat cheese

For Herb Salsa*
2 green onions, finely chopped
½ cup parsley, minced
½ cup basil, minced
2 tablespoons capers, rinsed
2 teaspoons lemon zest
1 garlic clove, minced
fresh ground pepper
½ cup extra virgin olive oil
1 tablespoon lemon juice, freshly squeezed

*Recipe makes approximately 1 cup. Save leftover salsa for other vegetable and meat dishes.

Directions
• Slice eggplant into 3/8th inch thick rounds. Sprinkle with salt and set aside for 30 minutes.
• Combine all salsa ingredients together, reserving the lemon juice to add just before serving. Remove goat cheese from refrigerator.
• Blot dry the eggplant after 30 minutes. Line a large sheet pan with foil and spray with olive oil. Brush both sides of eggplant with 2 tablespoons of olive oil, and season with ground pepper. Arrange in a single layer on the pan. Broil in oven for approximately 5 minutes turning, once lightly marked. Turn over and broil other side for 5 more minutes. Eggplant should be tender.
• Arrange warm eggplant on a platter, sprinkle with crumbled goat cheese. Add chopped tomatoes and top with a generous amount of herb salsa.

Serves 4. Nutrition per serving: Calories 284; Total Carbohydrate 11g; Protein 6g; Fat 24g; Saturated fat 6.5g; Polyunsaturated fat 1.8g; Monounsaturated fat 14g; Fiber 3.5g; Sodium 180mg; Potassium 383mg