NOTICE: Improper use of portable generators, charcoal grills lead to hospitalizations and deaths each year.

Hartford – With cold weather approaching, the Connecticut Department of Public Health (DPH) reminds residents of the dangers of carbon monoxide (CO) and encourages residents to have their heating systems serviced and carbon monoxide detectors installed in their homes. DPH also warns against the improper use of portable generators during power outages.


**SELECTMEN BOARD/COMMITTEE DATES:**

HES Drinking Water Remediation – Monday, January 7, 2019 at 6:30 p.m. – HES (Collins)
CIP – Special Meeting – Monday, January 7, 2019 at 7:00 p.m. – Town Office Building (O’Brien)
Economic Development Commission – Monday, January 7, 2019 at 7:00 p.m. – TOB (Collins)
Planning & Zoning Commission – Tuesday, January 8, 2019 at 7:00 p.m. – Town Office Building
WPCA – Tuesday, January 8, 2019 at 7:30 p.m. – Douglas Library (O’Brien)
CIP - Special Meeting – Wednesday, January 9, 2019 at 7:00 p.m. – TOB (O’Brien)
Conservation Commission – Thursday, January 10, 2019 at 7:30 p.m. – Town Office Building
CIP – Site Visits – Saturday, January 11, 2019 at 9:00 a.m. – (O’Brien)

**COMMISSION/COMMITTEES:**

Town of Hebron Health and Safety:

We have worked 20 days without a work related injury or accident.
DEPARTMENT NEWS:

PUBLIC WORKS DEPARTMENT:

This week the Public Works Department conducted tree removals and trimming on Charles Lane and Basket Shop Road. A drainage culvert was cleared and re-stoned on East Street. Road Side mowing continues as we push back the woody vegetation throughout town. The crew responded to icing conditions and salted as needed. The crew provided two days of sewer mark outs for CBYD on Wall Street.

FIRE DEPARTMENT:

This week the fire department responded to 8 EMS, 1 MVA and 1 service call.

PARKS & RECREATION:
ZUMBA®
classes
every Wednesday
6:30–7:30
jan 8– feb 12
Gilead Hill School
860-530-1281

BARRE
$12 FOR WALK-INS
$60 FOR 6 CLASSES

HEBRON’S GOT TALENT!

When: Friday, February 8th 2019
Where: RHAM High School Auditorium
Time: 6:30 pm
Snow Date: Friday, March 8th 2019

Tickets: $8.00 Individual, $25 Family of 4
Tickets can be purchased at the Fairfield Supermarket, AHM Youth & Family Services, Hebron Parks & Recreation, and Gilead Congregational Church starting January 7th, or at the door.

$250 Grand Prize & Trophies!
Winner will be chosen by the audience!
Door Prizes and Refreshments

All proceeds to benefit the children’s scholarship program of AHM Youth & Family Services, and Hebron Parks & Recreation.

For more information contact the Gilead Congregational Church at (860) 276-3077.
Lianna Noelle Robin was Backus Hospital’s first baby of 2019, arriving at 3:19 a.m. New Year’s Day. She is the daughter of Alexandra and Stephen Robin of Dayville. They posed for a photo with big sister Vera, who will soon be 3 and followed up with a kiss for her new baby sister Tuesday afternoon at the hospital. Mom said that they chose the baby’s middle name, Noelle, as a way of recognizing the Christmas holiday and the “magical time of year.”
Hospitell is published every other Friday by the Communications Departments of The William W. Backus Hospital and Windham Hospital. Employees, medical staff and volunteers can have Hospitell emailed to their homes by sending a request to hospitell@hhchealth.org

To submit news:
Email: steve.coates@hhchealth.org
Fax: 860.892.6964
Deadline: Wednesdays at noon

Windham Auxiliary now accepting scholarship applications

The Auxiliary to Windham Hospital is accepting applications for its Anne L. Card Memorial Scholarship. Each year, the Auxiliary awards a $1,000 scholarship to a graduating high school student pursuing a degree in the healthcare field, and one to a current staff member who is furthering his/her education in healthcare.

High school students must live in one of the 19 towns within the hospital’s service area. Eligible staff members must be enrolled in, or accepted to, a health professional program and work at Windham Hospital.

“Supporting students pursuing healthcare careers is part of the mission of the Auxiliary to Windham Hospital,” said Judith Grenier, Chair, Anne L. Card Memorial Scholarship Committee. “This scholarship also pays tribute to one of the hospital’s long-time volunteers.”

For more information, contact Rebecca Putnam at 860.456.6700 or rebecca.putnam@hhchealth.org. An application form can be found on the hospital’s website.

Windham’s Go Red for Women event Feb. 1

The 2019 Go Red for Women event at Windham Hospital will be held on Friday, Feb. 1, 2019 (snow date Feb. 2), 5:30 – 9 p.m. in the Atrium and Education Center. For more details, contact Kristine Fletcher at 860.456.6085 or kristine.fletcher@hhchealth.org.

Windham’s Go Red for Women event Feb. 1

The 2019 Go Red for Women event at Windham Hospital will be held on Friday, Feb. 1, 2019 (snow date Feb. 2), 5:30 – 9 p.m. in the Atrium and Education Center. For more details, contact Kristine Fletcher at 860.456.6085 or kristine.fletcher@hhchealth.org.

Backus: Indesign Fundraising
Kitchen will be the featured dealer for the next Backus Auxiliary vendor sale on Thursday, Jan. 10, and Friday, Jan. 11, from 7 a.m. to 4 p.m., in the MOB/cafeteria alcove. Items include jewelry, scarves, handbags, cell phone accessories and more.

Windham: Alexander’s Uniforms will be the featured dealer for the next Auxiliary to Windham vendor sale on Thursday, Jan. 24, from 9:30 a.m. to 4:30 p.m., in the atrium at Windham Hospital.

All auxiliary sales benefit the host hospital!

Gift Shop
Items of the Week

BACKUS

The Naked Bee collection
Moisturizing creams for the winter months.

WINDHAM

The adventures of Corduroy
Follow the tale of this charming and curious bear. Collection includes an assortment of bears in different sizes, a story book and bookmarks.

About Hospitell

General Store listings and cafeteria menus are now found exclusively on the HHC Connect intranet site at: https://intranet.hartfordhealthcare.org/news-events/backus-hospital and https://intranet.hartfordhealthcare.org/news-events/windham-hospital
Backus welcomes region’s first baby of 2019

Backus Hospital’s first baby of the new year arrived a little later than mom and dad expected but just in time to be the first born in New London County in 2019.

Little Lianna Noelle Robin was due on Dec. 26.

“We wondered if she’d be a Christmas baby and we had a tiny silver tree ready to put in the car in case we were going to be in the hospital on Christmas Day,” said mom Alexandra Robin.

Lianna was born at 3:19 a.m. on Jan. 1, weighing in at 8 pounds, 3 ounces and 21 inches long. She’s the second child of Alexandra and Stephen Robin of Dayville.

Three-year-old big sister Vera was happy to plant a few kisses on her new sibling just a few hours after they met for the first time in the hospital.

Alexandra and Stephen, who say Lianna’s middle name was inspired by her original due date, aren’t worried that their new little one’s birthday will ever get lost in the hustle and bustle of the holiday season.

“I think it’s just such a magical time of year. I think she’ll appreciate all of the festivities around her birthday,” Alexandra said.

At the time of publication, Windham Hospital had not yet delivered its first baby of the new year.

Thank you to all who attended one of our town hall meetings in the East Region last month. Our leadership team continues to work to answer your questions and follow-up on your suggestions and concerns. And, we will continue to answer some of your questions here in HospiTell. More town hall sessions are being scheduled for late winter/early spring. Hope to see you there. If you have any feedback before then, feel free to email me directly at Handley3@hhchealth.org.

Sincerely,

Donna

Q. As we strive for 100 percent compliance for hand hygiene, we’ve become very reliant on the automatic Purell dispensers. Is there an alternative hand sanitizer available that will cause less skin irritation?

A. We get this question a lot. Yes, there is an alternative hand sanitizer only available in pump bottles that can help reduce skin irritation. Staff can ask their managers to order it through PeopleSoft for their employees. Staff can also contact Employee Health for help in ordering if necessary. For staff using Purell on a regular basis, we suggest washing with soap and water every few times to get the buildup of Purell off of their hands to minimize irritation.

Thank you for your continued compliance as we work together to keep our patients, their families and your fellow staff members safe and healthy.
On a recent weekday, a patient was brought into The Windham Hospital Emergency Department overdosing on opioids; doctors diagnosed him with Opioid Use Disorder and asked if he wanted to start recovery.

When he agreed, he was given a dose of Suboxone, a medication that eases what can be painful withdrawal symptoms and stops cravings for the drug. He was then sent to HealthCare's Medication Assisted Therapy Close to Home (MATCH) Program at Sachem House at Natchaug Hospital in Mansfield to work on his sobriety in an outpatient setting.

Providers at Windham and Backus hospitals’ Emergency Departments, along with other system EDs, can now administer Suboxone for willing patients who want to begin on the road to recovery.

“Being able to initiate Suboxone in the emergency department allows us to take advantage of a crucial moment in that patient’s path of drug abuse,” said Mark Dziedzic, MD, medical director of the Windham Hospital Emergency Department. “When a patient comes to us seeking detox and is in active withdrawal, we can treat their symptoms completely with Suboxone. In the past, we only gave symptomatic treatment which is not very effective.”

Kyle McClain, MD, medical director of the Backus Emergency Department, said being able to administer Suboxone is a crucial tool on the road to recovery.

“Medication assisted therapy in the follow up/outpatient arena is the most successful opiate use disorder treatment currently available,” said McClain. “Induction with Suboxone in the ED for appropriate patients is a key start to the process. HHC has taken great strides to increase the availability and referral mechanism to these programs, and they are the true key to reducing opiate deaths.”

J. Craig Allen, MD, is medical director at Rushford and co-chair of the Hartford HealthCare Opioid Management Council, which recently identified a need for providers to administer Suboxone in system emergency departments across the state.

The move, he said, was prompted by a state Medical Examiner’s Office report that there were more than 1,000 opioid-related overdose deaths in Connecticut in 2017.

“We saw this as a huge opportunity,” Dr. Allen said. “Research supports identification and intervention as a path to decreasing opioid overdose deaths. Screening for misuse and providing harm reduction education, naloxone prescriptions (the opioid overdose reversal medication) and referrals for medication-assisted treatment are considered ‘best practice’ to beat this crisis and improve public health.”

He added, “Optimal treatment is starting buprenorphine medication such as Suboxone as soon as possible with patients in the emergency department. This shows improved engagement and patients are more likely to remain in outpatient treatment 30 and even 60 days after discharge.”

Dziedzic agreed. “Patients in active withdrawal are uncomfortable and could be more likely to use again even if they want to quit. By initiating Suboxone, we can...”
Vote Backus in The Day’s Readers’ Choice Awards

It’s time to show that Hartford HealthCare is the best when it comes to providing patient care in Southeastern Connecticut. Show your pride and vote or encourage your patients and their families to do so in the The Day’s “Best of Readers’ Choice Awards” for 2019 recognizing the best of Southeastern Connecticut and Southern Rhode Island.

This year, there are more than 250 categories that you can nominate your favorite people, places and businesses including health and wellness. Nominations are open until Feb. 4. The top five nominated people, places, and businesses in each category will advance to the voting round; from there, the top three and winner for each category will be determined.

Winners will be announced in the Best of Magazine — published on Sunday, April 21, in The Day. To make a nomination, visit TheDay.com, click on the “Readers’ Choice” icon on the left, in the middle of the page.

Skybox seats available for Blake Shelton

Special skybox tickets are now available for the March 22 Blake Shelton concert at Mohegan Sun Arena, with proceeds to benefit the Backus Volunteer Bridge Program.

The tickets, graciously donated by the Mohegan Tribe, are $150. They can be purchased by contacting Mary Brown at backus.

A retirement party for Material Specialist Tim Merchant will be held today — Friday, Jan. 4, from 1-4 p.m. in the Backus main lobby conference rooms. Please stop by to wish Tim well and thank him for his 30 years of service to Backus. Snacks and refreshments will be served.

No smoking on hospital grounds

A reminder to all staff. Smoking is not permitted anywhere on our hospital campuses or adjacent parking lots. Smoking on hospital grounds is a violation of hospital policy and can result in disciplinary action. Thank you for your cooperation.

Auxiliary announces scholarship criteria

The Backus Hospital Auxiliary will begin accepting applications for its annual Merit Scholarship in January, for high school graduates pursuing post-secondary study in a medical field. Using a minimum pool of $10,000, the auxiliary will award at least two scholarships to qualified applicants.

To be eligible, an applicant must:
- Be an employee or volunteer at Backus Hospital, or the child, grandchild, stepchild or foster child of same.
- Enroll in an accredited post-secondary school.
- Plan to pursue study in a health-related field.
- Be a high school graduate by June of this current academic year, or a high school graduate, or a former scholarship winner, or a previous applicant.
- File an application between now and Friday, March 29, before 5 p.m. Applications are available online at backushospital.org and in the Backus Hospital Gift Shop.
- Provide all required credentials (official 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.

All received applications remain the property of The Backus Hospital Auxiliary and cannot be returned.
Blanket drive has oncology patients covered

More than 70 blankets were recently collected in the Radiation Therapy department at Backus and will be offered to cancer patients in the hospital who request them. Helping to organize the collection were, left to right, Jessica Vanase, Backus Oncology Nurse Navigator; Rebecca Spaulding, RN, also an oncology nurse navigator; and Sarah Winchester, oncology social worker.

Backus family mourns Dr. Chakrabarti

It is with great sadness that we inform you of the unexpected death of longtime Backus medical staff member Jai Chakrabarti, MD who passed away suddenly on Christmas Day.

Dr. Chakrabarti has been a member of the cardiology staff at Backus since 1999, when he joined Cardiology Associates. Since 2012, he has been in private practice with Norwich Cardiac Medicine in Norwich and New London.

Board-certified in cardiovascular medicine and nuclear cardiology, Dr. Chakrabarti was dedicated to his patients and his hospital. We express our sympathy to his family, medical partners, his many patients and his colleagues.

Please take a moment to remember this dedicated physician who served our community for so many years.

Cardiac support group meets Thursdays

The Backus Cardiac Disease Support Group will host its next session on Thursday, Jan. 10, from 3-4 p.m., in room E-260.

The group is open to anyone who needs support in managing cardiac disease. If you have questions, please call 860.889.8331, ext. 2128. The group meets on the second Thursday of every month.

New cancer support class meets monthly

The Hartford HealthCare Cancer Institute at Backus Hospital now offers a free support class for patients and their families called “Navigating the Cancer Journey” on the second Friday of each month in the Backus Hospital Medical Office Building in the ground floor conference room. Upcoming dates include Jan. 11, Feb. 8, March 8 and April 12.

The program will focus on several topics including:

- Communicating with your medical team
- Understanding your diagnosis and its treatment
- Emotional support and complementary therapies
- Coping with transportation and financial concerns
- Local resources and programs to help you in your journey

Please call 860.425.3870 to register or for more information.

HHC TV brings news to staff

- The December edition of HHC TV, a monthly news program created just for HHC employees, is available for viewing on HHC Connect at https://intranet.hartfordhealthcare.org/news-events/hhc-tv.
‘The Plow Guy’ offers winter safety tips

Now that winter is upon us and the snow shovels are out of the shed, HospiTell had a chance to chat with John Grenier, a.k.a. “The Plow Guy,” about the work ahead and what it takes to keep our parking lots safe and ready.

■ What type of equipment is used for snow removal at Windham?
We have three plow trucks — one of them has a sander on it, and one multipurpose tractor that we plow and move snow with has a seven-foot snowblower on the back. We also have two smaller tractors to clear the sidewalks.

■ Sometimes we see you out there putting down salt product on the sidewalks and stairs and it isn’t even snowing. Why is that?
Great question. That’s called pre-treating. This is done when we are expecting precipitation to start around a “peak” hour (when a lot of foot traffic is coming and going) or when it may start out as freezing rain when areas can ice up quickly.

■ How do you know when it's the right time to plow and sand, especially when there's mixed precipitation?
We follow local news and weather apps faithfully and when snow is slated to change to a wintry mix and then rain, it’s better to leave snow on the ground and have the icy precipitation fall on top of the snow.

If we plow down to bare pavement as the changeover is occurring this will cause instant freezing which will make slippery conditions extreme. We wait until the snow is a slushy mix, then we clear it away and treat with a sand/salt mix.

■ Is there any way employees can help during a storm?
Yes, please use extra caution on the property especially during extreme weather. Also, try to avoid parking where it hasn’t been plowed and be mindful of the plows as you walk or drive on the grounds. As always, please wear proper footwear during inclement weather. And, it’s always a good idea to have a shovel, bucket of sand, flashlight and blanket stored in your vehicle in the event you get stranded on the roadway.

Donations welcomed

The Patient Access Department, with help from Public Safety at Windham Hospital, collected donations of cold weather gear, as well as, personal care items which were donated to the Windham Region No Freeze Hospitality Center. From left are Windham Hospital Patient Access Associates Kelly Cardosa, Nicole Fitzpatrick and Jessica Averett.

Parkinson’s group returns to Windham

The Windham Parkinson’s Support Group has returned to the hospital campus. The next meeting will be on Wednesday, Jan. 9, at 1 p.m. in the Bernard/Desrosier Room.

Meetings are slated for the second Wednesday of each month from 1-2:30 p.m. If you have questions, contact Susan Munroe at 860.942.5090 or susan.munroe@hhchealth.org.

Tutorial sessions planned for new time-off requests

In anticipation of the upcoming change to the My Requests function for submitting electronic time-off requests, tutorials will be offered at the following times:

■ Wednesday, Jan. 9, 7-8:30 a.m. and 2-4 p.m.
■ Thursday, Jan. 10, 6:30-8:30 a.m.
■ Friday, Jan. 11, 7-8:30 a.m. and 2-4 p.m.
■ Tuesday, Jan. 15, 7-8:30 a.m. and 2-4 p.m.

Sessions are appropriate for any staff who will need to request time off, and for managers who will need to approve time off.

All tutorials will take place in the Computer Training Room at Windham and will cover how to submit all types of time off requests, including PTO, regular days off, bereavement, jury duty, legal holiday, and education. Also covered will be time off request due dates, guidelines for submitting prime-time requests, and, for managers, how to approve time off requests.

Any questions can be submitted to Maria Stevenson at 860.456.6791, or email at maria.stevenson@hhchealth.org.
TREATMENT, from page 4

bridge them for the time it will take for them to get to the medication-assisted treatment program as opposed to having them suffer,” said Dziedzic.

In order to start Suboxone in the ED, there has to be an outpatient clinic the patient can go to receive therapy and continue their prescription. Without the medication, which is called opioid replacement therapy, the patient will experience withdrawal symptoms and cravings leading to a high risk of relapse. In the past, the lack of outpatient programs has been a barrier to inpatient or ED induction of Suboxone. However, at Hartford HealthCare, the Behavioral Health Network (BHN) has developed 11 (soon to be 12) locations (Avon, Backus Hospital, Charlotte Hungerford Hospital, Cheshire, Dayville, Glastonbury, Groton, The Hospital of Central Connecticut, Mansfield, Meriden and Middletown).

“Our goal is to create a seamless system to help people with opioid use disorder receive first-line, evidence-based care regardless what Hartford HealthCare ‘door’ they enter. The emergency departments are our initial focus given the large number of high-risk patients, but soon we’ll be treating opioid use disorder in all our acute care hospital settings and primary care clinics,” Dr. Allen explained.

A three-day, broadly focused quality improvement project called a “Kaizen” was held last summer, bringing all BHN programs offering medication-assisted treatment for opioid use disorder into alignment. The workgroup established five areas or “pillars” they felt were essential for substance use disorder treatment. All programs working toward meeting these goals will be considered Medication Assisted Treatment Close to Home (MATCH) clinics. The goals are:

- Foster shared understanding and education. All staff, clients and involved family members receive standardized education on substance use disorder and its treatment.
- Create a single point of contact for all MATCH programs. Regardless of a person’s location, one phone call will connect them to the closest MATCH clinic or other community treatment resource.
- Establish same-day access to clinicians and Suboxone prescribers.
- Create financial transparency so there is a clear understanding of insurance coverage and the client’s financial responsibility.
- Expand recovery capital by placing a priority on engaging the family and community support services in the treatment and recovery process.

“The expansion of our medication provider network now allows us to treat more people with first-line, evidence-based, FDA-approved medications because we can safely transition them to outpatient MATCH settings,” Dr. Allen said.

For more information on the MATCH program at HHC, go to hartfordhealthcare.org/match.