

HEALTH MATTERS



YOU'RE 26 – NOW WHAT?
Insurance Tips for Millennials

HEALTH: A FULL-TIME JOB
Employers Try Wellness Programs

LEARN YOUR 'ALPHABET'
The Basics of Medicare

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Our Health Care Council is proud to present to you our 25th edition of HealthMatters. The mission of the Health Care Council is to provide healthcare resources and information to our employers, employees, individuals and healthcare professionals; to provide networking opportunities for Chamber members and prospective members; to educate professionals within the healthcare industry; to act as a resource for individuals and companies new to the industry or the region; to identify issues and establish a healthcare legislative agenda for presentation to the Public Policy Committee of the Waterbury Regional Chamber.

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Waterbury Regional Chamber Health Care Council's
HEALTH MATTERS

2018 SPRING EDITION



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To Your Health



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Waterbury Regional Chamber
driving business to business

The Waterbury Regional Chamber's Health Care Council is pleased to bring you this 25th edition of **HealthMatters**, marking more than 12 years for the Council. This newspaper supplement is intended to provide you with useful information about health-related matters now affecting our region and the nation.

This edition highlights a variety of issues affecting a range of ages. For Millennials, we provide information on what to do about health insurance when they reach the age of 26 and can no longer remain on a parent's or guardian's policy. For seniors and the disabled, we look at the latest information on Medicare and help sort out the alphabet soup of programs. For those facing end-of-life issues, we discuss the important decisions that should be made long before they become critical. We also highlight the latest from both Saint Mary's and Waterbury hospitals, and the Waterbury Department of Public Health reports on an effort by the city's school nurses to fight asthma. We also showcase a variety of community events, listed on page 32. You are encouraged to become aware of what our community has to offer and how you can help spread the word.

In this publication we also recognize our members who have positively affected our community with new businesses and initiatives, which in turn help the region's economy to grow. We are privileged to have about 1,000 local businesses as Chamber members; if your business is not a member, reach out to us to see how you can get more involved and gain exposure.

HealthMatters is also a great referral source. Please be sure to look through the directory of our nearly 170 local healthcare-related Chamber members, with whom you can connect and do business.

This publication is the result of hard work by our Health Care Council's Public Relations and Programs Committee, and we thank them for their efforts. We also thank the Republican-American for supporting the Health Care Council and this supplement.

We, the Waterbury Regional Chamber and our Health Care Council hope you enjoy this edition of **HealthMatters**, and we hope to see you at our coming events.

William J. Pizzuto, Ph.D.
Chairman of the Board
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specific policy details that describes the plan design, so you have dates and specific coverage. Each plan is different from each other, so instead of comparing 'apples to apples,' it is usually more like comparing 'apples to oranges.'"

Once you know when your current coverage ends, you can begin planning your next steps. Typically, you can enroll in health insurance options only during specific enrollment periods. The normal renewal period each year is Nov. 1 to Dec. 15, and in 2017 the enrollment period was extended to Dec. 22. However, losing your parents' coverage qualifies you to enroll in a plan outside of specified open enrollment periods, as this is considered a "life-changing event." This special enrollment can be done from 60 days before you lose coverage to 60 days after you lose coverage.

Young Adults Face Health Insurance Decisions

By JULIE DONATO

COMMUNICATIONS DIRECTOR
WATERBURY REGIONAL CHAMBER

In the health insurance industry, 26 has become a magic number. Under the Affordable Care Act, young adults are permitted to stay covered under their parents' health insurance policy until their 26th birthday. This rule has given millennials some extra time and money in their early 20s to focus on gaining steady employment and, perhaps, paying down some student debt.

But 26 can sneak up fast on young adults, and health

insurance coverage is not likely to be top of mind for many.

"To be honest, I haven't thought about getting health insurance very much up until now, but I know it's something I have to start paying attention to very soon," says Donato Pesce of Waterbury, who will turn 26 this year.

The task of choosing the right coverage can be daunting, but there are plenty of resources available to help find the plan that works for you.

When Does the Search Begin?

The first step is determining when you will age out of your parent's

coverage based on their current health plan. At least 6 months before your 26th birthday, ask your parent or guardian to contact their employer's human resources department and find out when your coverage will end. Often, the policy will cover you until the end of the calendar year of your 26th birthday, unless the company your parent works for changes providers earlier.

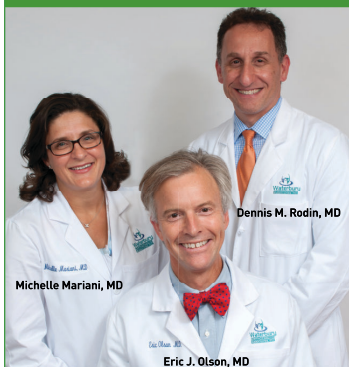
"Make sure you know all of the dates before you decide to investigate all of your options, so you can take advantage of any deals you may find along the way," says Lois Krause, practice leader of HR Compliance at KardasLarson, LLC. "Ask to see the

What Does Your Employer Offer?

If you're employed at the time you turn 26, the first place you'll probably look for coverage is through your employer. Here are some things to keep in mind when considering an employer-provided plan:

- Typically, employers can offer better rates for insurance because their employees can be underwritten as a group; some employers may even take on more of the cost due to tax incentives. Employers are required to cover at least 50 percent of the employee's premium.
- Although employers may be able to offer employees only a few coverage options, there are many ways to customize coverage

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- When utilizing insurance through an employer, premium payments are automatically deducted from your paycheck. This means you have one less bill to keep track of, and changes in your income do not need to be reported and will not affect your coverage.
- If you'd prefer to keep a specific doctor that you see, you'll want to make sure the doctor is in-network before signing onto your new plan.

What Are Your Other Options?

If you're unemployed, underpaid, or not thrilled with the options presented through your employer, you can look at options through Connecticut's insurance marketplace, Access Health CT. To explore the kind of coverage you qualify for, visit www.accesshealthct.com and plug in some basic personal information, such as age and income. A few things to keep in mind about health insurance through the marketplace:

- You may have a greater variety of options to choose from when you're not being insured through an employer. It can be overwhelming, but take the time to find the coverage that makes the most sense for you. Access Health offers about 20 plans with two insurance carriers.
- With more options there may be a temptation to choose the plan with the cheapest premiums. When considering this route, make sure you would be able to cover any high deductibles or out-of-pocket expenses in an emergency.
- Getting health insurance through the marketplace means that if you change jobs, you won't necessarily have a change in your health insurance coverage. That's a plus for some young adults who might be on the move in their careers.

- If you do change jobs, or your salary changes, you'll have to update your income levels with Access Health CT within two months of the change. Changes in income could result in premium changes. This is different than being insured through an employer, where you are not required to report a change in income.
- Just as with insurance through your employer, make sure any preferred doctors would accept your insurance plan before signing on.

Do You Really Even Need Health Insurance?

Many young, healthy, almost-26-year-olds may wonder whether they even need health insurance, especially considering the cost. Under the Affordable Care Act, any adult not on an ACA-approved plan faced penalties on their federal tax return, either a fine of 2.5% of their modified adjusted gross income (MAGI), or a \$695 per adult, whichever was higher, up to \$2,085. However, the recently approved federal tax bill signed into law by President Trump has removed this penalty beginning in 2019.

Tax penalties aside, there are many reasons to invest in health insurance. Regular doctor visits and preventative care can make a big difference in long-term health. Unexpected health changes and emergency

costs could take a huge chunk out of your wallet if you're uninsured. If a young, healthy couple chooses to start a family, prenatal doctor's visits, tests and hospital stays will add up quickly.

"It is extremely important to find the right plan for your family's needs, or you can find yourself filing for bankruptcy or starting a Go-Fund Me page to pay for medical bills," says Marc Figlar, of Figlar Insurance. "Understand your options and do not get caught off-guard during a time of crisis.

Consulting with a local insurance broker does not cost you anything in fees, nor do you pay extra for your premiums."

Don't Go It Alone

Whether you're ready to take on the work of obtaining health insurance or feel overwhelmed by

the task, you don't have to take this step alone. Many local health insurance professionals are available to share their expertise, get to know you, and offer advice specific to your needs. Take charge of your health and start thinking about coverage well before your 26th birthday, so the only thing you have to worry about is blowing out those candles.

What Does It All Mean?

There is a lot to consider when choosing the right health coverage, and confusion can mount when you encounter unfamiliar terms. Here are some health insurance terms you might run into during your search (terms from healthcare.gov):

- **CO-INSURANCE:** The percentage of costs of a covered healthcare service you pay after you've paid your deductible (only if your plan has an upfront deductible with that service).
- **CO-PAYMENT:** A fixed amount you pay for a covered healthcare service after you've paid your deductible (only if your plan has an upfront deductible with that service).
- **DEDUCTIBLE:** The amount you pay for covered healthcare services before your insurance plan starts to pay. For example, with a \$2,000 deductible you pay the first \$2,000 of covered services yourself. After you pay your deductible, you usually pay only a copayment or coinsurance for covered services; your insurance company pays the rest.
- **HEALTH SAVINGS ACCOUNT (HSA):** a tax-advantaged medical savings account for those enrolled in a high-deductible health plan (HDHP). The money contributed to an HSA is not subject to federal income tax at the time of deposit nor at the time of withdrawal, as long as the money is spent

on your health care. By using the untaxed funds in an HSA to pay for expenses before you reach your deductible and other out-of-pocket costs such as copayments, you reduce your overall health care costs.

- **HEALTH MAINTENANCE ORGANIZATION (HMO):** A health insurance plan that usually limits coverage to care from doctors who work for or contract with the HMO. An HMO may require you to live or work in its service area to be eligible for coverage.

- **INSURANCE PREMIUM:** The amount you pay for your health insurance coverage every month. When shopping for a plan, keep in mind that the plan with the lowest monthly premium may not be the best match for you. If you have a lot of healthcare needs, a plan with a slightly higher premium but a lower deductible may save you a lot of money.

- **OUT-OF-POCKET COSTS:** Your expenses for medical care that aren't reimbursed by insurance. Out-of-pocket costs include deductibles, coinsurance, and copayments for covered services, plus all costs for services that aren't covered, including prescriptions. Check to see what your insurance plan's Out-of-Pocket Maximum is.

- **PREFERRED PROVIDER:** A provider who has a contract with your health insurer or plan to provide services to you at a discount.

The Power of WE: Introducing Waterbury HEALTH



Associated Women's Health Specialists, an obstetrics/gynecology practice with five providers, joined Waterbury Hospital's organization in January. The providers are, from left: Lesley Gustafson, CNM, and Drs. Richard Holden, Ian Cohen, and Monica Modi, who focus on obstetrical and gynecologic care, and Dr. Janet Vodra, who practices only gynecology.

By **PETER ADAMO**
PRESIDENT/CEO, WATERBURY HEALTH

It's an exciting time for Waterbury Hospital and our affiliate organizations.

On Oct. 1, 2016, Waterbury Hospital and Waterbury HEALTH joined the Prospect Medical Holdings family. Prospect, which owns hospitals and outpatient centers throughout the country, became our strategic/capital partner to help us invest in and grow our services to meet the ever-evolving needs of our community.

In the last 16 months, Prospect has invested nearly \$8 million in our hospital and our community — and this is just the beginning. These monies have been invested in restoring and upgrading the outside of the hospital campus; bringing new services to our patients; expanding health and wellness programs for our community; renovating hospital floors; opening new locations, and taking major steps toward expanding the Emergency Department.

We're now into another new chapter, with the recent launch of a "rebrand" of our organization — from the Greater Waterbury Health Network to Waterbury HEALTH. The hospital and all of our affiliates — Access Rehab Centers, Alliance Medical Group, Cardiology Associates, and VNA Health at Home — comprise Waterbury HEALTH.

We're taking this opportunity to reintroduce ourselves and remind our community about the vast network of services we offer, which includes our hospital, our 200-physician medical group, our cardiology group, our 11 Access Rehab sites, our VNA Home Health agency, and our various imaging and specimen collection centers. Under the umbrella of Waterbury HEALTH, we are excited to be introducing new physicians, services, and facilities, some of which are described here.

Waterbury HEALTH is being rolled out as the "Power of WE," focusing on the strength of our organization — working together — to provide comprehensive, high-quality care and to coordinate healthcare services for our patients and community members — from primary and specialty medical care, to acute and emergency care, to home health and rehabilitation services. It represents how WE are working together to provide outstanding care locally.

New and Expanding Services

In January, we welcomed two established physician groups to the Alliance Medical Group and the Waterbury HEALTH family.

Associated Women's Health Specialists, a very active obstetrics/gynecology practice with five providers, joined our organization in January.

Located at 140 Grandview Ave., this practice has served Waterbury and the surrounding areas for the past 40 years.

Drs. Ian Cohen, Richard Holden and Monica Modi, as well as Lesley Gustafson, CNM, focus on obstetrical and gynecologic care, while Dr. Janet Vodra practices only gynecology. Associated Women's Health Specialists offers comprehensive obstetric, gynecologic and surgical care for women of all ages. The office offers on-site certified laboratory, mammography, ultrasound and bone-density testing.

Dr. Marc Raad, an internal medicine physician with an office in Wolcott, also joined our team. He has been practicing medicine in Wolcott and Greater Waterbury for more than two decades. Dr. Raad has served as Medical Director in long-term care facilities for many years, focusing on management of chronic conditions and geriatric care.

These new physicians are helping us expand access to world-class care in Greater Waterbury.

This spring our new, multi-specialty practice office will open in Southbury, at 690 South Main St. Located in the new Southbury Village Square, next to the recently opened movie theater, Waterbury HEALTH will provide primary care and specialty services (such as cardiology, orthopedics, urology and women's health), x-ray, and laboratory services in one location. We're looking forward to serving the Southbury community.

The Waterbury Hospital Emergency Department (ED) is on track for a complete renovation and expansion. We have outgrown our existing ED space. The architects have been working on a plan, with a multi-disciplinary group of physicians and hospital employees, to design and build a bigger, state-of-the-art ED to meet the needs of our patients — not only for today, but into the future.

Growth in Community Wellness and Education Programs

As a health system, Waterbury HEALTH is creating and sponsoring programs to help keep our community healthy and well. Over the last year, our physicians and other staff members were engaged in more than 60 community programs, either hosted by the hospital in the community or in partnership with a community organization — and we are planning more in the coming year (see the Community Calendar on the Waterbury Hospital website). Wellness talks by physicians on key healthcare issues, exercise programs (Pilates, Zumba, and Strength Training), and healthy cooking demonstrations are among the programs available to our community.

It's an exciting time for all of us. Together we can shape a better community through the Power of WE and Waterbury HEALTH.



Dr. Marc Raad

Waterbury School Nurses Focus On Asthma



Waterbury school nurses and public health aides celebrated School Nurse Day together in Waterbury City Hall in May 2017. The nurses work to ensure that Waterbury’s 23,000 school children are safe, healthy, and ready to learn.

By CYNTHIA VITONE, MPH
ASSISTANT DIRECTOR OF PUBLIC HEALTH
WATERBURY DEPARTMENT OF PUBLIC HEALTH

In 1904, the City of Waterbury was among the earliest in the state to adopt the then-innovative notion of school nursing. Since then, Waterbury school nurses have developed a significant track record of innovation, ensuring that Waterbury students are safe, healthy and ready to learn.

Over their 114-year history, Waterbury school nurses have been actively engaged in dealing with outbreaks and epidemics of smallpox, scarlet fever, influenza, tuberculosis, measles, and polio. In recent years they have been involved in public health preparedness for Ebola, and in August 2017 were trained and equipped with Narcan for the possibility of dealing with an opioid overdose in the school setting. In 2018, Waterbury school nurses are taking on a new area for innovation — the all-too-common, chronic illness of asthma.

Asthma is the number one chronic illness among the 23,000 students in the Waterbury school district, according to Lois Mulhern, RN, who manages the Waterbury School Nursing program. There currently are 3,291 students diagnosed with asthma in the 40 Waterbury public, private and parochial schools served by the Waterbury Health Department’s 43 school nurses and 16 public health

aides. Last year, Waterbury school nurses administered asthma rescue inhalers to students 10,241 times and nebulizer treatments 260 times, for children ranging from pre-K/age 3 through age 21. The nurses identified that they were missing needed information to ensure best-practice asthma care for school children.

Missing Link in Asthma Info

According to the Centers for Disease Control and Prevention (CDC), all people with asthma should have an asthma action plan (also called a management plan), which is a written plan developed by the doctor or other healthcare provider to help control asthma. The asthma action plan outlines daily treatment, such as the kind of medicines to take and when to take them. The plan describes how to control asthma long-term and how to handle worsening asthma, or attacks. It explains when to call the doctor or go to the emergency room.

“If your child has asthma, you need to have a written asthma action plan for your use at home to manage your child’s asthma,” Mulhern said. “You also need to share a copy of that asthma action plan with all the people who care for your child — including your school nurse, babysitters and workers at daycare centers, schools, and camps, and family members who care for your child. All of your child’s caretakers can help your child follow his or her action plan, and they need this

information to care for your child with asthma.”

Waterbury school nurses, however, have insufficient asthma action plans on file for students diagnosed with asthma. In fact, during a count in October 2016, the nurses had a total of 3,687 students diagnosed with asthma, but only 81 asthma action plans. Additionally, some students had a physician’s order for prescription medications for asthma on file in their schools, but the parents and/or guardians never supplied the medication to the schools.

“This is not acceptable, this is not best practice, and we must all work together to improve this, to take better care of our children with asthma – including families and healthcare providers,” Mulhern said.

3 New Measures Used

The Waterbury School Nursing program has introduced the following three measures to better care for students with asthma:

1. New Standard Forms — Asthma Medication Authorization & Asthma Action Plan: Waterbury school nurses have adopted new

See Waterbury School Nurses Tackle Asthma on Page 8

Caring for Kids

“The Waterbury School Nurse program has been a jewel in the crown of Waterbury city services since it was established within the Waterbury Department of Public Health more than 114 years ago,” said William Quinn, MPH, Waterbury Director of Health, “and it continues to be one of the Health Department’s most important public health services, caring for countless children over these many generations. Our school nurses are true public health practitioners, addressing both the individual and population health needs of the children, as well as being key parts of public health response in the city.”

As demonstrated in the following annual school-year statistics, Waterbury school nurses provide a high volume of complex procedures for Waterbury school children:

Treatment Provided	Total # for School Year 2013-2014	Total # for School Year 2014-2015	Total # for School Year 2015-2016	Total # for School Year 2016-2017
Daily Medications	24,752	28,991	32,262	27,811
PRN Medications (Including Asthma rescue medications)	10,309	10,753	14,207	15,207
Gym Medications (Asthma)	4,841	4,387	4,444	4,241
Nebulizer Treatments (Asthma)	236	159	321	260
Tube Feedings	1,669	2,425	2,915	2,023
Catheterization	1,879	1,235	874	1,020
Blood Glucose Testing	20,105	18,930	21,834	18,619
Illness/First Aid Visits	187,253	187,204	197,054	189,658
# Returned to class	177,594	177,748	185,767	178,020
# Excluded	11,581	9,311	11,176	11,535
911 Initiated	91	99	115	98
Pediculosis Inspections (Head Lice)	9,446	9,353	5,953	5,708
# Excluded	704	392	381	315
W136 Initiated/DCF Referrals	37	46	42	26

Waterbury Department of Public Health

Waterbury School Nurses Tackle Asthma

Continued from Page 7

standardized forms developed by the state Department of Education and the state Department of Public Health specifically designed to help provide proper, quality care for students with asthma. The new forms combine authorization by the student's healthcare provider for up to three asthma medications in school with an asthma action plan.

"If your child has asthma, please be sure that your healthcare provider uses one of these forms when prescribing asthma medications for use by your child in Waterbury schools," Mulhern said. "Either form may be used. Each form will provide the Waterbury school nurses with a full understanding of your child's asthma — information needed to provide your child with quality care while at school."

"This asthma-specific form replaces the generic form that is still in use for non-asthma medications," she said. "This is a win for everyone — most

NEW ASTHMA FORMS

The two new forms healthcare providers may use — Asthma Medication Authorization and Asthma Action Plan — are available from:

- Waterbury School Nurses offices
- At www.waterburyct.org/health
- www.waterbury.k12.ct.us/Content2/92

importantly the child with asthma, of course, and also encompassing everyone who is caring (for) that child, including the family, caregivers, the physician and the school nurse."

These new forms and all school health forms are available on the new Waterbury School Nursing webpage on the City of

Waterbury website, and in each school nurse office.

2. Easy Breathing for Schools:

Waterbury school nurses are implementing the Easy Breathing for Schools Program, which was developed by asthma experts at the Connecticut Children's Medical Center. The program is designed to identify students with asthma who are at high risk for adverse outcomes and to assist school nurses in better managing those students, including by means of an asthma action plan.

The goal is to improve asthma control and reduce asthma-related school absenteeism. The Easy Breathing for Schools program focuses on four main components:

- Identifying students at risk for asthma problems during the school year by using a student asthma survey;
- Assessing asthma control by implementing an Asthma Control Test;
- Assessing the technique students are using with their inhalers by incorporating an inhaler technique checklist, and
- Communicating with clinicians and families through an asthma referral checklist.

3. Putting on AIRS Home Visit Program for Asthma: Waterbury school nurses are the leading source of referrals for the Putting on AIRS asthma home-visiting program, which is also part of the Waterbury Health Department. Putting on AIRS provides free one-on-one visits by a respiratory therapist to reinforce understanding of the asthma action plan, management

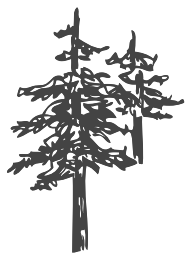
of asthma medications, and effective use and cleaning of asthma devices, as well as a Healthy Homes assessment to identify asthma triggers such as mold.

Mulhern noted that in addition to the three new measures of care, "Waterbury school nurses are fortunate that we have such good partners in our local Greater Waterbury Health Partnership, including Waterbury Hospital, Saint Mary's Hospital, and Stay Well Health Center. They are joining into our school nurse initiative to help our students with asthma."

"Moving forward," she added, "Waterbury school nurses will be contacting the families of children with asthma, especially those with inhaler orders, to urge them to get this important information from their healthcare provider, and to bring the supply of prescription medications for asthma to their child's school."

Waterbury Health Director William Quinn, MPH said asthma is a significant health problem in Waterbury.

"Poorly controlled asthma leads to overuse of healthcare resources, and yet many times we still see poor outcomes, lost work and school days, in part because the asthma may be complicated by environmental triggers," Quinn said. "This new, multi-faceted approach introduced by the Waterbury school nurses is really going to help our school children with asthma, by positioning the school nurses at the hub to better link the healthcare system, the home and the school around the needs of the child with asthma."



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Wellness at Work: 5 Simple Tactics to Supercharge Your Workday



Staff of the Waterbury Regional Chamber participate in a yoga class at work presented by Tanya Sage, foreground, of Balanced Body Chiropractic Center of Naugatuck. Chamber staff participate at least once a month in Wellness Hour classes presented by Chamber-member businesses.

By JULIE DONATO

COMMUNICATIONS DIRECTOR
WATERBURY REGIONAL CHAMBER

When most people are at work, their focus is on the tasks at hand.

Wellness can become the last thing on someone's mind.

Wellness, though, is not a "sometimes" concept; it's a lifestyle to be incorporated into every aspect of your day — even your workday. Working wellness into your daily routine doesn't have to be complicated, and can be done in a variety of ways. Try these simple tips and tricks to see which options work best for you!

Hydrate

One easy and effective way to boost your wellness is to hydrate! Recent research reported by CBS News suggests that 75 percent of Americans are chronically dehydrated, and drinking water is a simple way to boost your wellness.

Schedule water breaks, utilize an app, such as the Daily Water Drink Reminder App, or invest in a motivational water bottle that indicates how much you should drink throughout the day. Being

dehydrated can cause headaches, irritability, digestive problems, weight gain, and fatigue, all of which can negatively impact your workday.

Stand

Those who work in an office environment must combat a seemingly harmless danger: sitting too much. Study after study has highlighted the slew of health problems that can accompany a sedentary lifestyle, not to mention a correlation to a shorter lifespan.

"The body is amazing and responsive to every stress we place upon it," says Brian Reynolds, owner of Thunder Sports and Fitness in Naugatuck. "Every action, or in this case lack of action, is guided by the SAID principal (Specific Adaptations to Imposed Demands). When we sit for prolonged periods of time muscles become inflexible and weak, joints stiffen, circulation and blood flow reduce, heart disease risk increases, the list goes on and on."

The solution seems simple — Stand up! — but old habits die hard. Set a reminder to stand at least once every hour, or take a quick walk around the office. Consider investing in a standing

desk so you can be productive while on your feet, as well as in your seat, and burn twice as many calories while you work.

"When we move throughout the day and limit sitting to no more than a couple hours at a time, we can significantly reduce the severity of those negative effects, and the best part is, it only takes a few minutes of activity at the time!" Reynolds said.

Move

Take the standing concept one step further and move around the office as much as possible. When you need to connect with a coworker, make a conscious effort to deliver a message or ask a question in person instead of through an email or phone call.

Consider changing the format of a meeting and have attendees stand, or even walk around, instead of sitting around a table. Not only is this option better for your health, it can also prompt a shorter and more productive meeting by cutting out distractions and creating a heightened sense of importance to get things accomplished.

Meal Planning

It's no secret that what we choose to eat has an enormous impact on our body, weight and overall health. Many of us have great intentions to eat healthy, but find ourselves reaching for the doughnuts or muffins left in the breakroom in the midst of a hectic workday.

Meal prepping takes a bit of work at the beginning of the week, but is a great way to keep your eating habits on track and can actually help save you money at the grocery store by sticking to a list.

"Preparing yourself for the week ahead is going to ensure that you can stick to your goals of healthier eating," said Sara Bye, a wellness and weight-loss coach

who owns the company Smarter With Sara. "Spend a few minutes on the weekend to plan out your lunch and dinner menus, go to the grocery store and only purchase what is on your list, and prepare the necessities."

Going the extra mile on the weekend by preparing your meals for the coming week makes lunch and snacking during the workday more convenient, more consistent, and much healthier. You won't have to scramble to assemble something for lunch every morning or order takeout that could include extra add-ons, toppings and calories.

Not sure where to start? A quick internet search for "meal prep recipes" will have you fed for weeks without having to repeat meals.

"These days there are also so many conveniences to make it even more possible from bagged salads, to spiralized vegetables and vegetable platters that can easily be bagged into snacks, that it is easier than ever to prepare for a week of successful healthy eating!" Bye said.

Wellness Programs

Taking ownership of your health at work is important, but that doesn't mean you have to go it alone! See if your company has a wellness program in place; if it doesn't, reach out to your Human Resources Department to see if one can be implemented.

Not only do these programs benefit the individual, but a happy, healthy staff of employees is great for the organization as a whole and can potentially cut healthcare costs down the line.

"Teaching employees that both food and correct supplementation could ward off chronic diseases but can also be their best defense to the common cold and flu will certainly help them have improved attendance at work and better output of the work expected,"

See Wellness at Work on Page 10

Benefits of Physical Therapy Can Improve Your Life in 5 Ways



Erin Walsh, Partner & Director of PTSMC Waterbury, stretches out a racer at last year's Griskus Triathlon.

By PETE CATUCCIO
PARTNER, PHYSICAL THERAPY
& SPORTS MEDICINE CENTER

When you think of physical therapy, what comes to mind? Most people tend to think of major injury rehab or post-operative recovery – the serious stuff – but there are other benefits to PT treatment you may not know about that can greatly improve your quality of life. After all, you visit your dentist for dental health, and you go to your physician for general health and wellness; physical therapy can help you maintain your musculoskeletal health to address muscle pain and mobility issues.

Physical therapists are doctors trained in a variety of musculoskeletal issues (i.e.: the way your body moves), and in Connecticut, you can see a

physical therapist (PT) without a referral. Take advantage of these PT benefits and you can save time and money by preventing expensive medical fees and treating problems at their source:

Pain Relief: Sometimes pain can become so constant you resign yourself to just living with it — even if it greatly decreases your quality of movement, sleep and overall life. You don't have to wait for a major injury to see a physical therapist. If you have nagging muscle aches or joint pain, a physical therapist can diagnose the problem and provide hands-on therapy to treat it, along with exercises and information to help you avoid re-aggravation.

Stay Active and Prevent Injury: As the “body experts,” physical therapists can educate you about how and why your body moves the way it does and identify muscle imbalances

and other issues to help you move optimally. Whether you're an athlete, a weekend warrior or someone who just wants to keep moving to remain independent, Physical therapy can ensure that you're getting the most out of your activity while avoiding pain and injury.

Alternative to Opioids: The Center for Disease Control (CDC) recently noted that PT is an effective alternative to opioids, specifically as treatment to reduce pain and improve function for those suffering from hip or knee osteoarthritis, low back pain and fibromyalgia. Even better, you'll save

money on expensive medication and avoid the dangers of opioid addiction, all while treating the cause of the pain instead of just masking it.

Vertigo and Balance Disorders: Most people think that dizziness, vertigo and other problems with balance are the same, but there are a number of factors that may be to blame. An evaluation and customized physical therapy program can diagnose and treat problems with your vestibular system (inner ear) or muscle imbalances and educate you on ways to prevent dizziness and dangerous falls in the future.

Alleviate Arthritis Pain: Physical therapy can help maintain the strength and use of your joints, which can alleviate painful symptoms of arthritis and even slow down the onset of arthritis.

With 20 locations around Connecticut, including locations in

Naugatuck, New Milford, Southbury, Waterbury and Watertown, Physical Therapy & Sports Medicine Centers (PTSMC) and its affiliate, PT for Life, are close by and ready to be your go-to physical therapists for everything from major rehabilitation to every day issues. We pride

ourselves on providing one-on-one, customized care for every patient, and our clinicians are skilled doctors dedicated to providing the most effective and enjoyable PT experience possible. Don't wait for your symptoms to get worse — make an appointment today. In most cases, you can schedule an appointment for PT without a doctor's prescription, and most insurances are accepted. It's the best way to live pain free and remain active!

For more information, or to schedule an appointment online, visit www.PTSMC.com.



Bryan O'Neill, Partner & Director of PTSMC New Milford

Wellness at Work

Continued from Page 9

Bye said. “In my experience, just telling a client what to eat or what supplements they need will only have compliance for a short period of time; however, when you empower them with the education behind the ‘what,’ they understand the ‘why,’ making for a more sustainable plan.”

The Waterbury Regional Chamber recently started a wellness program, incorporating different Chamber member businesses to educate and

empower employees to take charge of their well-being.

“If you're healthy, you're happier and more productive in your job,” said Mackenzie Marsella, the Chamber's finance manager and coordinator for the wellness program. “Our staff has learned so much from our Wellness Hours on a wide variety of topics, including stress management with Ready to Exhale, simple exercises and stretches with Thunder Sports and Fitness, yoga with Balanced Body Chiropractic, self-defense with

Jane Do No More's Escape Alive program, and body language with Carolyn Finch.”

The Chamber's small staff of 11 highlights that wellness programs aren't just for large corporations. Whether the staff at your company is two or 2,000, a wellness-at-work program can positively impact your work environment. Since we spend a lot of time with our co-workers, it can help motivate and influence our health habits in the workplace, and their support can play a powerful role in the group's success.

Take Charge of Your Wellness

Whether all these tips can be incorporated into your workday or only one is possible, remember that your wellness is crucial to being successful, engaged, and productive. If you think you don't have time to add wellness into your workday, consider that you'll lose more worktime being out sick or even being at work but unwell and unfocused. Consider which wellness tactics will work for you and take charge of your health at work.

Naugatuck Valley Surgical Center Always Ahead of the Curve



The Naugatuck Valley Surgical Center at 160 Robbins St. in Waterbury is the first outpatient facility in New England to offer same-day robotic-assisted surgery.

By **STEPHANIE VALICKIS**
CORPORATE COMMUNICATIONS SPECIALIST
TRINITY HEALTH OF NEW ENGLAND

Forty years ago, people needing surgery often faced long waits for an appointment, hospital stays for days, and several weeks of recovery. Over the years, thanks to medical and technological advancements, many surgical procedures that once required a hospital stay were able to be done in an outpatient setting.

Today, more than 70 percent of surgeries in the United States are performed in an ambulatory center, becoming the preferred choice of patients and providers.

Back in 1986, when Naugatuck Valley Surgical Center (NVSC) in Waterbury first opened, ambulatory surgery was a rather new concept. The facility, located in the old French's Mill tubing factory at 160 Robbins Street, started with four operating rooms in its original 11,200-square-foot space and was only the fourth ambulatory surgical center in Connecticut.

As the demand for ambulatory

surgery grew, so did NVSC's footprint. Today, the facility fills 31,000 square feet and boasts seven modernized operating rooms with a 21-bed post-anesthesia care unit (PACU); three endoscopy procedure rooms with a 12-bed PACU, and a pediatric recovery unit. NVSC is a multi-specialty surgical facility providing a variety of surgical procedures, including ophthalmology; orthopedic; oral surgery; plastic surgery; podiatry; pain management; ear, nose and throat; gastroenterology; general and breast surgery; neurosurgery, and gynecology.

"WE ... ATTEMPT TO TREAT PEOPLE THE WAY THEY WANT TO BE TREATED: AS IF EACH PATIENT WAS A FAMILY MEMBER ENTERING THE FACILITY FOR A PROCEDURE."
- JOAN THOMPSON

Surgeon Alexander Palesty, M.D., of Franklin Medical Group has been performing surgeries at NVSC for years. "The facility is gorgeous, has advanced technology and operations are run very well," he said.

NVSC, now owned and operated by Saint Mary's Hospital, a member of Trinity Health of New England, has made



Dr. Alexander Palesty

significant upgrades and investments to the facility. Most notably, Saint Mary's has installed one of its state-of-the-art da Vinci robotic surgery systems, making NVSC the first outpatient facility in New England to offer same-day robotic-

assisted surgery.

The da Vinci system provides a natural extension of the surgeon's eyes and hands. A highly magnified, 3D HD vision field ensures that the surgeon sees the surgical site with true depth perception and crystal-clear vision. Wristed instruments that bend and rotate give the surgeon range of motion that is far beyond that of the human hand. For patients, robotic surgery means smaller incisions, less pain and a faster, safer recovery.

Dr. Palesty performed the first robotic-assisted surgery at NVSC on Dec. 1, 2017. He said NVSC "has always been ahead of the curve. They're consistently trying to improve and try new things. That open-mindedness

allows for great things to happen."

For patients like Anthony Dalessandro of Naugatuck, who has undergone several procedures at NVSC, having the latest technology is not the only thing that makes the facility stand out. "The staff is great," he said. "Everyone is always very nice."

After his latest procedure in January, he added, "I was relaxed. I woke up from my surgery and, boom, I was raring to go."

While the average satisfaction of patients utilizing an ambulatory surgery center is typically high due to the convenience, quality of care, shorter wait times, and lower overall costs, at NVSC the patient satisfaction scores regularly exceed 95 percent. According to Joan Thompson, RN and operations manager, the high satisfaction rate is because the staff is very dedicated.

"We take a lot of ownership," Thompson said, "and make a deliberate attempt to treat people the way they want to be treated: as if each patient was a family member entering the facility for a procedure."

Orthopedic surgeon Erik Carlson, M.D., who performs 75 percent of his surgeries at NVSC, said the facility "is extremely efficient and patient- and surgeon-friendly."

Dr. Carlson says he's heard only

positive feedback from patients, and that many have referred friends and family members based on their overall experience.

"The facility is very professional, but also has a community atmosphere to both surgeons and patients," he said. "I

think that, in a small city such as Waterbury, this is very important. It lends a sense of comfort, especially to patients who may be anxious about undergoing a surgical procedure."



Dr. Erik Carlson

Healthcare Training Grant a Success

By THE NORTHWEST REGIONAL
WORKFORCE INVESTMENT BOARD

The Northwest Regional Workforce Investment Board (NRWIB) once again is administering the Health Profession Opportunity Grant, or HPOG, which offers income-eligible participants the opportunity to pursue a career in the fields of Patient Care Technician, Emergency Medical Technician,

Certified Nurse's Aide, Phlebotomy Technician, Medical Administrative Assistant and Pharmacy Technician.

Through this federal grant, support services are available for the employment barriers participants may face, including childcare assistance, transportation assistance (such as bus passes or gas cards) and assistance with obtaining training and/or job-related clothing.

HPOG is part of a study conducted by the federal

government to determine how these training opportunities and support services help participants improve their skills and find better jobs. All new applicants are selected by lottery to participate in the program and are either randomized into treatment or into the control group.

In collaboration with the Eastern Workforce Investment Board, the NRWIB has been successful in conducting several "boot camps" so far. The boot camps are organized by Program Coordinator Genny Fonseca and conducted in Waterbury by an Eastern Connecticut State University instructor.

According to Fonseca, 48 people have successfully completed the boot camps, and of those, 44 have gone on to successfully complete a job-training program through



Naugatuck Valley Community College and the Academy of Medical Training, both in Waterbury.

Of those who have completed the job-training

program, 25 have been placed with employers. The program also has executed four on-the-job training contracts with employers from the area. Job placements have been made with assistance from Ray Sullivan, the dedicated job developer and manager of workforce programs.

For information on the Health Profession Opportunity Grant, contact HPOG Career Navigator Evelyn Lumfuakiadi at (203) 574-6971, Ext. 435, or by email at mailto:anglin@careerresources.org. Information is also available through the Waterbury Regional Chamber at (203) 757-0701 or dkrechevsky@waterburychamber.com.

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Dan Laffin: Veteran job candidates; Veteran hiring incentive programs; tax credits

(203) 859-3412, or Daniel.laffin@ct.gov

Keri Lamontagne: Apprenticeship

(860) 263-6085, or dol.apprenticeship@dol.gov

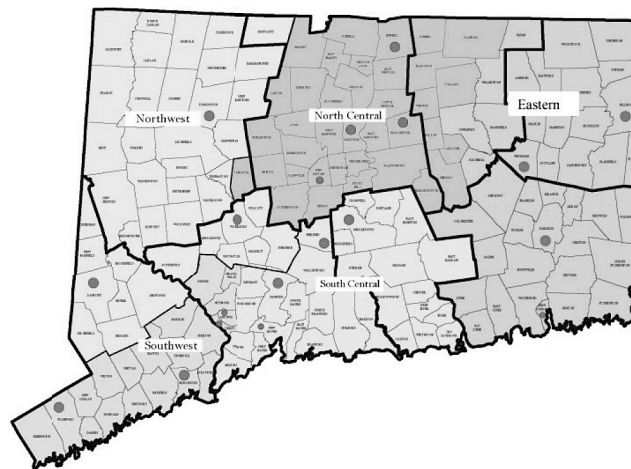
Steven Gray: NRWIB Business Services Representative

(203) 574-6971, ext. 464, or steve.gray@nrwib.org

Cheryl Olmstead: NRWIB Business Services Representative

(203) 574-6971, ext. 459, or cheryl.olmstead@nrwib.org

Map of Connecticut American Job Centers by Region



Or visit the American Job Center
249 Thomaston Avenue, Waterbury, CT 06702

Big Change to ACA Coming — in 2019

By JULIE DONATO

COMMUNICATIONS DIRECTOR
WATERBURY REGIONAL CHAMBER

President Trump campaigned on the promise to “repeal and replace” the Affordable Care Act (ACA), and many news outlets have speculated as to how consumer health insurance could be affected. After several attempts to make changes to the ACA, a few key changes are starting to gain traction. Here are two ways health insurance will change in the next year.

No More Tax Penalty Starting in 2019

The most significant change to the ACA thus far has come through the federal tax reform bill, which President Trump signed in January. Under the new law, beginning in 2019 consumers will no longer have to pay a tax penalty if they opt out of purchasing health insurance. Under the Affordable Care Act,

adults not on an ACA-approved health insurance plan were fined 2.5 percent of their modified adjusted gross income (MAGI), or paid a \$695-per-adult penalty on their federal tax returns, whichever was higher, up to \$2,085. Under the new tax law, this penalty is eliminated beginning next year. Although this may seem like a simple tax cut, it could have significant implications on the future of the health insurance industry.

Without the mandate, many people — especially the young and healthy — may choose to not sign up for coverage. According to the Congressional Budget Office, the number of uninsured Americans is projected to increase by 13 million over the next 10 years. Fewer healthy people signing up for health insurance could have a significant impact on the cost of premiums. In addition,

CONNECTICUT IS
ONE OF SEVERAL
STATES CONSIDERING
IMPOSING A HEALTH
INSURANCE MANDATE

serving a smaller and sicker group of people could prompt some insurance companies to stop participating in state insurance exchanges, where all applicants must be accepted.

“Any time you see the repeal of a mandate, some portion of the population will decide to no longer participate in any given program,” said Jason Madrak, vice president of Connecticut Regional Market for Harvard Pilgrim Health Care. “Something to consider, though, is that many participating through the Health Insurance Marketplace or Exchange are eligible for the premium tax credit. So, despite a repeal in the mandate, the premium tax credit might entice them to stay on because they’re getting insurance at a fantastic value.”

Although the mandate has been repealed at the federal level, Connecticut is one of several

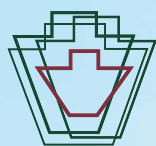
states considering imposing a health insurance mandate. In his final “State of the State” address in early February, Gov. Dannel P. Malloy called for a state individual mandate; legislation proposing that, House Bill 5039, has been introduced in the General Assembly and was referred to the Joint Committee on Insurance and Real Estate.

Association Health Plans for Small Businesses

Although eliminating the tax penalty is a major change to the ACA, more changes wait on the horizon. Earlier this year, the U.S. Department of Labor proposed revising its rules on small businesses buying insurance from trade associations, opening the door for more businesses to go this route.

This strategy could allow small businesses and individuals to band together and obtain insurance plans

See Tax Changes on Page 20



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The ABCs of Medicare

A guide to the basics of the federal health insurance program



Michael P. Regan, owner-operator of G.S. Regan Associates Inc. in Waterbury, holds a 2018 Enrollment Guide for Medicare Part D, a prescription drug plan.

Part B is medical insurance that covers certain doctors' services, outpatient care, preventive services, and medical supplies.

Part C, or Medicare Advantage plans, are offered not by the federal government but by private insurance companies that contract with Medicare to provide Part A and B benefits. Medicare Advantage plans may also offer prescription drug coverage.

Part D is prescription drug coverage for original Medicare.

There is also Medicare Supplement Insurance, or Medigap, which is sold by private insurance companies and can help pay some of the health care costs not covered by original Medicare, such as copayments and deductibles.

How to Enroll

If you receive Social Security retirement benefits or Railroad Retirement benefits, you do not need to enroll in Medicare -- you will be automatically enrolled in both Parts A and B when you turn 65. Three months before your 65th birthday, you'll receive a package in the mail with your Medicare card and information about how the program works.

Some who turn 65 may choose to delay receiving their Social Security retirement benefits or may not yet be eligible for them; these people will not be automatically enrolled and must contact their local Social Security office or Railroad Retirement Board office to sign up for Medicare.

Whether you are automatically enrolled or must sign up, one of your first big decisions is whether to delay enrolling in Part B. Unlike Part A, which is free for most recipients, Part B comes with a \$134 monthly premium (\$1,608 per year; some who receive Social Security Benefits pay slightly less, about \$130 per month on average).

Generally, you should not delay signing up for Part B unless you have health insurance from your or your spouse's employer, and that serves as your primary insurance. If you don't have that, you will incur a

By DAVID KRECHEVSKY
PUBLIC POLICY DIRECTOR
WATERBURY REGIONAL CHAMBER

Millennials about to turn age 26 aren't the only people who need to make decisions about their healthcare.

If you're about to turn 65, you need to understand the alphabet soup of programs provided under Medicare -- the federal health insurance program -- as well as the choices offered by Medicare Advantage plans. This is also true if you are disabled (for at least 24 months or longer) or have End-Stage Renal Disease (permanent kidney failure), either of which also makes you eligible for Medicare.

The Basics

As explained on the Medicare.gov website, Medicare has different parts that cover different services:

Part A, or original Medicare, is hospital insurance that covers inpatient hospital stays, care in a skilled nursing facility, hospice care and some home health care.

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penalty for opting out of Part B. You also face a penalty if you choose not to sign up for Part D, the prescription drug coverage.

Michael Regan, owner and operator of G.S. Regan Associates, an insurance agency in Waterbury, says opting out is not a good idea for most seniors.

“You may choose not to purchase drug coverage because you’ve never taken a prescription medication and you’re perfectly healthy and you don’t want to buy it,” he said. “You will be penalized 1 percent per month of the national average (premium cost), which works out to about \$4.80 per month. And that stays with you for life,” even if you later enroll in Part D.

Medicare Supplement, Advantage

For Medicare Supplement coverage, Regan said the benefit of enrolling in such a plan is you retain original Medicare, which pays 80 percent of your medical bill, while the supplement pays the rest. “The seniors still call it ‘gap’ coverage because it covers the 20 percent gap,” he said.

Medicare Supplement plans are purchased from private insurance companies, and premiums vary. Medicare.gov also cautions that a supplemental plan, by law, may cover only one person. So if you and your spouse each want a gap-coverage plan, you’ll each pay separately for one.

Medicare Advantage plans, on the other hand, are offered by private insurance companies that provide you with Part A and Part B benefits, which means that your bills are not paid for under original Medicare.

Regan said Medicare Advantage plans come in three varieties: Health Maintenance Organization (HMO) plans, Preferred Provider Organization (PPO) plans, and Point

of Service (POS) plans. Most plans include prescription drug coverage, but offer additional coverages not provided for under original Medicare, Regan said. “With a Medicare Advantage plan, you get podiatry visits you get chiropractic visits that Medicare will not cover. You get Silver Sneakers (a senior exercise program) at your YMCA. You get vision benefits that Medicare doesn’t cover.”

He said advantage plans also offer access to a broader range of doctors than are covered under Medicare.

Medicaid

While the names are similar, Medicaid is not Medicare. Medicaid is a government health insurance program, but it is funded jointly by the federal and state governments and has income limits.

You can have both Medicare and Medicaid, because Medicaid can cover services that Medicare does not, such as extended long-term care. It can also cover Medicare’s out-of-pocket costs, like deductibles and coypays.

According to Regan, three income thresholds are used to determine eligibility for Medicaid:

Qualified Medicare Beneficiary (QMB), which pays premiums, deductibles and co-pays for both Medicare Parts A and B;

Special Low-Income Medicare Beneficiary (SLMB), which pays Medicare Part B premiums, and

Additional Low-Income Medicare Beneficiary (ALMB), which also pays Medicare Part B premiums.

(For income limits, see box.)

This review of Medicare and Medicaid just scratches the surface of the information that is available, so when making decisions on your coverage it is best to seek assistance from an insurance agent. You can also find information at www.medicare.gov.

Income limits

The monthly income limits in Connecticut for Medicaid through July 1, 2018:

Threshold	Married	Single
Qualified Medicare Beneficiary (QMB):	\$2,854	\$2,120
Special Low-Income Medicare Beneficiary:	\$3,125	\$2,321
Additional Low-Income Medicare Beneficiary:	\$3,328	\$2,472

Source: State Department of Social Services

The Fix is In
Legislature Delays Cuts to Medicare Aid

By DAVID KRECHEVSKY
PUBLIC POLICY DIRECTOR
WATERBURY REGIONAL CHAMBER

A state Medicare assistance program that helps approximately 110,000 elderly and disabled patients will be spared cuts — at least until July. Gov. Dannel P. Malloy had vetoed legislation to delay the cuts, but the state General Assembly voted overwhelmingly in January to override that veto.

By votes of 131 to 4 in the state House and 30 to 1 in the Senate, legislators temporarily saved the program that helps pay healthcare costs not covered by Medicare.

According to a report by CTMirror.org, lawmakers included in the state budget new eligibility limits for the Medicare Savings Program that were projected to save \$54 million in the current fiscal year and about \$130 million next year. The new limits were to take effect immediately, but by overriding the governor’s veto the new limits now won’t take effect until July 1.

Rep. Stephanie Cummings, R-74th District and a member of the legislature’s Public Health Committee, said delaying the cuts was important because those affected by them are among the state’s most vulnerable people, most of whom live on fixed incomes.

“We didn’t have the budget on time, and by the time we got a budget, the change would have taken place almost immediately,” she said. “It gave no planning time to seniors and the long-term disabled to be able to adjust for the amount (of assistance) they would no longer be receiving.”

Cummings said the issue involved changing the income threshold for eligibility for the program. “Five years ago, we took the income threshold level, which had been set at the federal poverty level, and we doubled it,” raising it from \$12,000 to about \$24,000, she said, adding that Connecticut is one of just five states that set the income level over the federal threshold.

“When we were doing the budget, we looked at reducing the range back to the federal level,” she said. “And when we initially inquired about how many people that would affect, we were told it would be a relatively small number.”

Instead, legislators found out later it would affect about 110,000 people.

“We got phone calls from people being kicked off the program,” Cummings said.

The flood of calls in part was a result of the fact that the state sent letters about the change to everyone using the program, not just those who would be affected by the reduction in the income eligibility threshold, she said.

To approve the temporary extension of the current income threshold level, the legislature had to petition to hold a special session, and then voted with veto-proof margins to approve it. Gov. Malloy kept his promise to veto the bill, prompting the override vote.

Pushing back the changes to the next fiscal year does not solve the problem, but it gives the legislature and others time to find some solutions, Cummings said.

“There are many different organizations that are looking for alternatives to this,” she said. “Funding the program to end of fiscal year gives us time to go into regular session to see if we have a more sustainable fix.



Rep. Stephanie Cummings

Health Care Council Board of Directors

Council Chairs



John Koliani, CPA, ABV
Partner, CohnReznick, LLP

Chairman: Health Care Council Board of Directors

Co-Chair Program Committee

Xhemil (John) Koliani, CPA, ABV, is a partner with CohnReznick with 24 years of experience and a member of the firm's Medical Industry Practice. In this role, John assists

medical practices with compensation structures, buy/sell agreements, business valuations, profitability analysis, and strategic planning ideas. Medical practices today face heightened patient expectations, challenging economics and an uncertain regulatory environment. To succeed, they need experienced advisors who can provide strategic guidance on profit optimization and other business issues so they can focus their energies on providing excellent care. CohnReznick's Medical Industry Practice works with sole proprietorships, group specialty practices (including dental practices), large multi-specialty practices, surgery-centers, imaging centers and independent practice associations.



Jason Van Stone
Director of Marketing,
OptiCare Eye Health Centers, Inc.

**Vice Chairman
Health Care Council**

Jason Van Stone is the Director of Marketing at OptiCare Eye Health Centers, Inc. in Waterbury. He has been with the company for more than 15 years, helping grow the state's largest medical and surgical

eye health provider to the level it is today. Outside his work at OptiCare, the father of two also serves the residents of Waterbury as a Commissioner on the city's Board of Education. In addition to his work with the Greater Waterbury Chamber, he has donated his time to causes like Easter Seals, Waterbury PAL, and Unite for Sight, among others. Jason is a graduate of Southern Connecticut State University in New Haven and Sacred Heart High School here in Waterbury.



Brian Emerick
President, Access Rehab Centers
**Immediate Past Chairman
Health Care Council**

Access Rehab Centers is the largest provider of Physical, Occupational and Speech Therapy services in the Greater Waterbury area. The company was formed by Waterbury Hospital and Easter Seals of Greater Waterbury to better serve therapy

needs throughout the extended community. Access Rehab Centers has grown to include outpatient clinics located in Waterbury, Wolcott, Middlebury, Naugatuck, Southbury, Oxford, and Thomaston. The company also provides all therapy services for Waterbury Hospital, Birth to Three services for Easter Seals of Greater Waterbury, staffing/management of therapy services to over 30 area schools and another area clinic. Access Rehab Centers is the only CARF certified provider of its kind in the area.



Kristie Balisciano

Marketing & Communications Specialist
Easterseals of Greater Waterbury

Kristie Balisciano is the Marketing and Communications Specialist at Easterseals of Greater Waterbury. Kristie is a graduate of Quinnipiac University with a degree in Communications. She earned her Masters from QU in 2015 with an MS in Interactive Media. Kristie's

role at Easterseals is to promote awareness and grow the agency from a marketing perspective. For nearly 60 years, Easterseals has been an indispensable resource for people and families facing disability. We believe that anyone facing a disability can reach their potential and our diverse programs and services support this belief. Throughout the Greater Waterbury, Central and Northwest CT communities, we strive to provide a broad network of services including school readiness education, early intervention, rehabilitation services, vocational services and audiology services. These services assist children, adults and their families to live, learn, work and play as integral members of the community. Easterseals is changing the way the world defines and views disabilities by making profound, positive differences in people's lives every day.



Amy Cole

Associate Grants Manager
StayWell Health Care, Inc.

Amy Cole, Associate Grants Manager at StayWell Health Center, studied at the University of Connecticut and majored in English Literature. Amy started work at StayWell

Health Center in 2008 as an Administrative Assistant in the Grants

and Development department. Amy was promoted to Associate Grants Manager in 2014. In her new role, Amy is responsible for identifying potential new funding sources and developing funding resources for existing and proposed programs and services. Due to StayWell Health Center's growth and expansion in recent years, her new role will be critical to the organization's ability to fund much needed programs and services within the city of Waterbury.



Michelle Diaz, RN, SAFE

Director of Emergency Services
Waterbury Hospital

Michelle Diaz, RN, SAFE, has served as the Director of Emergency Services at Waterbury Hospital since April 2017. Before that, she was Assistant Director of Emergency Services for two years. She has worked at the hospital as a Registered Nurse since July 1989. Michelle served as a Sexual Assault

Forensic Examiner for the state Office of Victim Services from October 2014 through September 2016. She received an Associate of Science in Nursing degree from Mattatuck Community College in Waterbury, and a Bachelor's of Science in Nursing from Southern New Hampshire University, where she is a member of the National Society of Leadership and Success. She is certified as a Sexual Assault Forensic Examiner and as a Trauma Nursing Core Course Provider. She is also certified by the American Heart Association as an instructor in Basic Life Support, Advanced Cardiovascular Life Support, and Pediatric Advanced Life Support, and by the Crisis Prevention Institute as a Non-Violent Physical Crisis Intervention Instructor. She received the Nightingale Award for Excellence in Nursing in 2013.



Chet Doheny

President & CEO
ICES Inc./CT Transportation Solutions LLC

Chet founded ICES Inc., a human services company, in 2002. ICES is licensed by the state Department of Developmental Services and collaborates with the Department of Children and Families, the Department of Mental Health and

Addiction Services, school systems and other service providers. ICES supports individuals with intellectual disabilities and Autism Spectrum Disorders, helping them reach their full potential. It is a member of the National Association of Social Workers, the National Association for the Dually Diagnosed, and the Journal of Applied Behavior Analysis. Chet also founded Connecticut Transportation Solutions in 2003, providing transportation for people with special needs, including behaviorally challenged children and adults. It serves territories throughout the state, with a fleet of over 120 vehicles and a staff trained in abuse and neglect prevention, basic first aid, CPR, and the safest driving methods.



Pooia Fattahi, MD

Neurology Partner
Waterbury Neurology

Dr. Pooia Fattahi is a Neurology Partner at Waterbury Neurology and currently serves as Section Chief of Neurology at Saint Mary's Hospital. He teaches residents at Yale-New Haven Hospital, Saint Mary's Hospital and Waterbury Hospital. He is an Assistant Clinical Professor at Yale University Department of Internal Medicine and

Clinical Instructor of Neurology at Yale University Department of Neurology. He is also an Assistant Professor of Medicine in the Department of Medicine of the Frank H. Netter MD School of Medicine at Quinnipiac University. He completed his Doctorate of Medicine at Wright State University in Dayton, Ohio, and then completed a residency in Neurology at Yale University, followed by a Neuroimmunology and Neurophysiology fellowship at Yale New Haven Hospital and Veteran Affairs Hospital. He has been selected as a Neurologist for the National Telestroke Program at Veterans Affairs, providing nationwide telestroke coverage for the Department of Veterans Affairs Hospitals in rural areas.



Carol Gabriele
DNP, MA, RN, CNE

Associate Dean of Health Sciences and
Director of Nursing
Naugatuck Valley Community College (NVCC)

Carol joined NVCC in January 2016 with the opening of the new Health Science Center in Founders Hall. Previously, she was Associate Dean of Nursing and an associate professor at Anna Maria College in Paxton, Mass., where she directed the launch

of the school's first traditional Bachelor of Science in Nursing program. Prior to her appointment at Anna Maria College, she served as Director for the School of Nursing and Allied Health programs at Bridgeport Hospital. A certified operating room nurse for 25 years, she practiced in leading health care institutions such as M.D. Anderson Cancer Center and Yale-New Haven Hospital. She earned her B.S. in Nursing from University of Bridgeport, an MA in Educational Leadership from Fairfield University, and a Doctor of Nursing Practice in Clinical Leadership from Case Western Reserve University.



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Marc Fedda, PT, DPT

*Orthopedic Clinical Specialist,
Select Physical Therapy*

Marc A. Fedda, DPT, OCS, SCS, TPI-CGFI I is the Center Manager of Select Physical Therapy in Waterbury, CT. Marc received his Doctorate in Physical Therapy from Sacred Heart University of Fairfield, CT in 2010. He has achieved success in treating acute and post-operative

sports injuries specializing in the treatment of higher level athletes as well as being recognized as an elite provider of physical medicine to both competitive and recreational golf athletes in the Greater Waterbury area. Marc had previously served as the Head Strength and Conditioning Coach for Sacred Heart University Men's Ice Hockey team from 2007 to 2010. In 2014, Marc was recognized by American Board of Physical Therapy Specialties as an Orthopaedic Clinical Specialist and in June of 2016 as a Sports Clinical Specialist. Marc has also recently obtained his Level 1 certification as a Golf Fitness Instructor and Medical Profession from the Titleist Performance Institute.



Donna Johnson

*Community Relations Liaison
Diagnostic Radiology Associates*

Co-Chair Program Committee

Donna Johnson is the Community Relations Liaison for DRA which means she is out of the office more than she is in! Donna represents DRA out in the community at health fairs, events, and fundraisers. She is currently the President of Are

You Dense? and is the administrator for Pink 4 All, Inc., a new non-profit established to help women of the Greater Waterbury area receive the breast health imaging they need. Diagnostic Radiology Associates has been part of the Greater Waterbury healthcare community since 1974. You can entrust your care to one of the most respected and experienced radiology groups in the state. In choosing DRA you can be assured that your images will be interpreted by highly qualified physicians with a reputation for excellence. Donna recently received the 2016 Unsung Hero Awards at the Chamber's Health Care Council Annual Meeting and Awards Breakfast.



Kacie Kurdy

*Marketing Coordinator/Patient Relations
Naugatuck Valley Radiology*

Kacie Kurdy is the Marketing Coordinator, Physician Liaison and Patient Relations specialist for Naugatuck Valley Radiology. Aside from her current position, Kacie has filled various roles within the company for the past 10 years and has a passion for patient care and providing a

positive patient experience. Naugatuck Valley Radiology is recognized as a low cost provider for radiology services and has been designated by the American College of Radiology (ACR) as a Diagnostic Imaging Center of Excellence. Kacie is a graduate of University of Phoenix where she earned her Bachelor of Science degree in Health Administration. Kacie's degree continues to play a major role in her current position where she is able to meet challenges of today's health system while still keeping a satisfied patient.



Meghan Lennon

*Health & Wellness Director
Greater Waterbury YMCA*

Meghan Lennon has been the Health & Wellness Director for the Greater Waterbury YMCA since November 2016, but has been part of the Wellness Team since 2007, when she was an intern. She is passionate about healthy living and is an accomplished runner, triathlete, Strength Train Together Instructor, Stroller Bootcamp Coach and clean-eating chef. She directs the YMCA's Livestrong program, and served as a national peer mentor for the program, helping YMCAs in other states to implement the

program. She is a graduate of Holy Cross High School, and received a Bachelor's degree in Community Health from Western Connecticut State University. In June, Meghan was honored by the Health Care Council, receiving the 2017 Stephen Sasala Health Advocate Award.



Deborah Parkinson

*Operations Manager, The Harold
Leever Regional Cancer Center*

The Harold Leever Regional Cancer Center is a joint venture of Saint Mary's Hospital and Waterbury Hospital, providing world-class outpatient cancer treatment in the greater Waterbury area in a community cancer center setting. At the Leever Cancer Center, the most up-to-date

technologies and protocols are combined in a compassionate and caring environment. The mission of the Leever Cancer Center is to improve the health of the community by creating and fostering a patient and family-centered approach to high-quality cancer care.



Michael P. Regan

Owner/Operator, G.S. Regan Associates

For over twenty years, Michael P. Regan has been the co-owner and operator of G.S Regan Associates Inc. which was founded by his mother Gerry. He is licensed in Life and Health Insurance throughout the entire country. Michael hosts an insurance talk show on WATR

1320am as well as a YouTube TV Show called "Medicare and You." He has been extremely active in service to the Waterbury community, participating on the Board of Directors for the Mattatuck Museum and Naugatuck Community College. In addition, he serves on the St. Mary's Annual Gala Foundation Committee, and the Magical Retail Mile Committee. He has been a dedicated ambassador of the Waterbury Regional Chamber for several years, and a dedicated member for over twenty six years. Now a retired triathlete, Michael finds his free time filled with assistant coaching two baseball teams for his twins. He is the proud husband of Dianna Regan and father of Alexander and Lance Regan.



Veronica Rinaldi

*Director of Community Relations,
The Village at East Farms*

Veronica Rinaldi is the External Director of Community Relations for The Village at East Farms, a Benchmark Senior Living Community in Waterbury. Veronica of Naugatuck brings to The Village at East Farms over 10 years of experience in sales and marketing

senior care. The Village at East Farms is a cozy country estate situated on a picturesque, 34-acre wooded hilltop with an authentic covered bridge, lavish gardens, and rolling panoramas. Their residents enjoy chef made meals in their restaurant style dining room, free transportation to appointments and a programming schedule to stay active and engaged. At The Village at East Farms, they provide the right amount of assistance with daily living to help their residents remain as independent as possible. Each member of their team pays special attention to the service plan in the way they care for each resident.



Sharon Rouleau

Practice Manager, Urology Associates

Sharon Rouleau is a Connecticut native and has lived in Waterbury for the last 37 years. Since 1990 she has been in the medical field, working in different specialties, and has been Practice Manager for Urology Specialists for over 20 years. As Practice Manager, she is responsible for maintaining all aspects of the

medical practice. Her medical experience includes billing, management, finance, accounting, hiring and annual performance evaluations, and contract negotiations. She is involved with local higher education advisory boards and many pharmaceutical advisory boards. She received her degree in Management/Accounting from Naugatuck Community College and Certification in Medical Billing.



Robin Sills, RN

*Regional Manager Physician Outreach
Trinity Health of New England*

Robin is responsible for engaging physicians, staff and leadership in collaborative relationships, and for achieving growth within the Trinity Health of New England regional health ministry. She oversees and manages the development of the Regional Physician Outreach Program and

provides direct support for the other outreach liaisons. She graduated from the Saint Mary's Hospital School of Nursing and Mattatuck Community College with a Nursing Degree. She also holds a B.S. in Human Services from the University of Connecticut. She began her career at Saint Mary's Hospital, and worked for many years as a nurse in the orthopedic and neurological unit and as the breast health coordinator. She then served as Physician Relations Specialist and Marketing Coordinator for Naugatuck Valley Radiology for over a decade, before returning to Saint Mary's in 2014 as Physician Liaison and in her current role as Regional Manager Physician Outreach for Trinity Health of New England.



Dr. Jack J. Zazzaro, DMD

Jack Zazzaro Cosmetic and Family Dentistry

Dr. Zazzaro provides reconstructive, cosmetic and preventative care for his patients. His is a 1984 graduate of the University of Connecticut, School of Dental Medicine and is currently an associate professor and past president of their alumni board. He is a Fellow in the prestigious International College of Dentists and member of

Leading Physicians of the World. Jack has been a long active with the Waterbury Regional Chamber. Dr. "Z" is also past president of the Board of the Dental Society of Greater Waterbury and Stay Well Health Center. He serves on the Southbury Economic Development Commission as well as Connecticut Mission of Mercy, and in the past has served as the President of the City of Waterbury Board of Health.



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Members On The Move



Balanced Life, a holistic health and wellness center located at 182 Grand St., Waterbury celebrated its grand opening with a ribbon-cutting ceremony on Dec. 1, 2017. Participating in the ceremony are, from left: Joe McGrath, economic development director for the city of Waterbury; Carl Rosa, CEO of Main Street Waterbury, Chris Conway, membership director for the Waterbury Regional Chamber; Balanced Life Owner Nicole Ciarleglio; yoga instructor Alisa Wissell; Rep. Stephanie Cummings, R-74th District; Nick Ciarleglio; Thomas Santello, LMT, and Rep. Geraldo Reyes, D-75th District. Balanced Life offers meditation, yoga, massage and more in downtown Waterbury. To learn more, visit www.facebook.com/balancedlifeneec or call (203) 578-5125.



Connect Physical Therapy LLC celebrated its grand opening at 777 Echo Lake Road, Suite 1, in Watertown on Monday, Sept. 18, 2017. The practice provides pre- and post-surgical therapy; orthopedics and sports medicine; vestibular therapy; gait and balance analysis, and pain management. Participating in the ribbon-cutting ceremony are, from left: Lori DosSantos, chairwoman of the Watertown Oakville Chamber; Debra Giannetto; Vinnie Giannetto; Joseph Mancini; co-owner Dr. Maryann Mancini; co-owner Dr. Amber Hayes; Brendan Hayes; Watertown Town Manager Robert Scannell; Brian Godin of Godin Property Brokers, and Chris Conway, membership director for the Watertown Oakville Chamber. For information, visit www.connectphysicaltherapyllc.com or call (959) 209-4318.



Connecticut Counseling Centers celebrated the grand opening of its new location at 50 Brookside Road in Waterbury on Thursday, Nov. 2, 2017. Connecticut Counseling Centers Inc. is a not-for-profit corporation that provides a full range of licensed outpatient substance abuse and mental health prevention, education and treatment services to assist adults in becoming productive members of society. The new location will also house the organization's executive offices. Participating in the ribbon-cutting ceremony are, from left: Robert Lambert, president of Connecticut Counseling Centers; Larry Katz, board member of Connecticut Counseling Centers and co-founder of the Courage to Speak Foundation; Mayor Neil M. O'Leary; Waterbury Regional Chamber President & CEO Lynn Ward, and Waterbury Chief of Police Vernon Riddick. For information, visit <http://ctcounseling.org>.

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Members On The Move



Middlebury Dental Center celebrated a ‘changing of the guard’ at its open house on Thursday, Sept. 21, 2017, with a ribbon cutting. The practice wished Dr. Magdy Mikael a happy retirement as he turns the business, located at 1625 Straits Turnpike in Middlebury, over to Dr. Arsalan Elahi. Middlebury Dental Center is a full-service cosmetic and family dental practice. Participating in the ribbon-cutting ceremony are, from left: Waterbury Regional Chamber President & CEO Lynn Ward; Middlebury Dental Office Manager Debbie Bernardi; Dr. Arsalan Elahi; Dental Hygienist Lisena Pasholli; Dr. Magdy Mikael, and Waterbury Regional Chamber Membership Director Christopher Conway. For information, call (203) 598-3889 or visit www.middleburydentistry.com



Physical Therapy & Sports Medicine Centers marked the grand opening of its new location at Suite 116, 100 Prospect St., in Naugatuck, in the rear of the former Prospect Street School, on Thursday, Dec. 14, 2017. The new location offers 2,500 square feet of clinical space and new equipment. Participating in the ribbon-cutting ceremony are, from left: Julie Donato, communications director for the Naugatuck Chamber of Commerce and Waterbury Regional Chamber; Naugatuck Burgess Jack DeOliveira; Ronald J. Pugliese, CEO of the Naugatuck Economic Development Corp.; Deputy Mayor Laurie Taf-Jackson; Mayor Pete Hess; co-owners Joe Caligiuri and Pete Catuccio; Tom Hill III of Tom Hill Realty & Investment LLC; Burgess Rocky Vitale, and PTSMC President Alan Balavender. For information, visit www.PTSMC.com.



The Club Health and Fitness celebrated the opening of its new location at 100 Prospect St. in Naugatuck on Aug. 5, 2017. The Club provides a place for all of your fitness needs, from personal trainers and classes to nutrition plans. Participating in the ribbon-cutting ceremony are, from left: Tom Hill III, Tom Hill Commercial Realty; Burgess Donald Wisniewski; Ronald Pugliese, president & CEO of the Naugatuck Economic Development Corp.; Burgess Laurie Taf-Jackson; Joe Gworek, owner of The Club, with his son Carter; Burgess Carl Herb; Burgess Rocky Vitale, and Courtney Ligi, director for the Naugatuck Chamber of Commerce. For information, visit www.theclubct.com or call (203) 729-2318.

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Tax Changes

Continued from page 13

through a trade association at lower cost. These plans would essentially treat the association as a large employer and could be cheaper because administrative costs are spread over a larger number of people; however, plans could also be cheaper because the larger group might not be subject to some of the ACA's consumer protection laws for individuals and small businesses.

The Labor Department's proposal would require the associations to be industry-focused or area-focused. These changes, the proposal says, are intended to provide insurance to cover genuine employment-based relationships, not to provide cover for the marketing of individual insurance policies masquerading as employment-based coverage.

While these associations' plans might not be subject to some of the ACA's consumer protection standards, individual states currently may regulate them

and could choose to subject these groups to certain benefit mandates. The Labor Department also could look to block states from regulating these plans as the proposal moves forward. The proposal could change before the Labor Department issues final rulings sometime in the next couple of months.

"Once the final rules and regulations come forward, we could see some legal challenges to that," Madrak said. "I wouldn't be surprised if there are ultimate legal challenges to answer those questions about the states' role."

One thing is certain: changes are coming, and the healthcare industry once again will need to adjust.

"Both of these impending changes could be categorized as having a destabilizing effect on the market," Madrak said. "Whether that effect will be good or bad is not for me to say; we'll have to wait and see."

Drs. Bruce and Marilyn Vinokur *

and Dr. Jessica Vinokur **

*Fellows American College of Foot and Ankle Surgeons

** Associate American College of Foot and Ankle Surgeons

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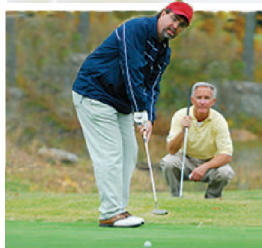
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Prearranging Your Funeral Can Be a Gift



Making arrangements for your funeral in advance can help reduce the stress on your family at an emotional time, and save you money. Above, John Ford sits with clients at Alderson-Ford Funeral Home in Waterbury.

BY DIANE PLOCH

PLOCH CREATIVE COMMUNICATIONS

Prearranging one's funeral or that of a loved one can make sense for emotional, practical and financial reasons. Some may associate this primarily with an aging or failing loved one; but more and more families and individuals of all ages are making the decision to prearrange their funerals. Dan Ford, of Alderson Ford Funeral Homes, with locations in Cheshire, Naugatuck and Waterbury, said factors in deciding to prearrange the details of a funeral include inflation, fewer extended family members living close by and other changes in our society. "It solidifies a person's decision making," Ford said, "so family doesn't have to worry." Nicki Maiorano, of Maiorano Funeral Home in Waterbury, added that some people "want what they want," and preplanning ensures that their funeral is carried out according to their specific choices. Sean Relihan, of Prospect Memorial Funeral Home in Prospect, said main reasons include: to help qualify for Title XIX, health issues, and to be pro-active, relieving the financial and informational burden from their families. All three said they meet with people weekly who want to preplan and/or prefund their funeral.

Prearranging funerals can:

- Reduce stress and decision-making for family and friends at an already emotional time,
- Show your loved ones that you care,
- Save money,

- Lock in funeral purchases, ensuring that the necessary funds are set aside, and
- Have important and pertinent information, like date and place of birth, social security number, etc. already gathered.

"When in a grief state, no one thinks very clearly," said Relihan, so if a person has preplanned their funeral, those left to grieve have less to worry about. He noted that state law requires a 48-hour wait period for cremation. "If there's a question in the back of anyone's mind (about the loved one's decision to cremate), it gives them time to change their mind," said Relihan.

There are some first steps to think about that will be factors in cost:

- Decide on burial or cremation.
- Select your casket or urn type.
- Determine whether you want a viewing or calling hours.
- Choose the type of service you would like (religious, military, non-traditional).

Maiorano suggests having an idea of what you want to spend based on current costs. "You can always add money to the trust later, to cover any changes or additional purchases," she noted.

Prepayment Can Take Various Forms

Part of making the prearrangements typically includes prepayment. Relihan cautioned that prepayment gets very complicated, often requiring in-depth explanations and sometimes the consultation of an attorney. He said it is important for the

consumer to be educated and to ask the funeral home whether their pricing is guaranteed. "You do not have to set aside funds for your plan," explained Maiorano, "but doing so protects you against escalating funeral costs." Ford noted that payment options can range from a single payment to monthly bank account withdrawals. "Prepayment also protects you and your family from inflation; and any growth or interest on the funds is non-taxable," he said, noting that any prepaid funeral funds must be put into a third-party interest-bearing account.

The accounts vary in type, as well as benefits and guidelines. Ford said that he likes to use insurance-based products that are geared toward funeral homes. These accounts typically offer a relatively higher rate of interest as well as the opportunity to name a beneficiary. Ford said the interest earned on an account is used to meet the rising costs

See Funeral Prepayments on Page 23

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Don't Leave Them Guessing: Make Your Wishes Known About End-of-Life Care

BY DIANE PLOCH

PLOCH CREATIVE COMMUNICATIONS

Many of us make plans and choices everyday about how we live our lives.

We also have the right to make plans and choices about how we live at the end of our lives. How do we want to be cared for? What kind of treatments or procedures do we want to endure? Who do we want to help make decisions for us when we are unable?

These questions can all be answered in the form of advance health care directives. Anyone over the age of 18 can create such directives, according to the Patient Self-Determination Act of 1990, which informs patients of their rights about their own medical care, but also about their care should they become incapacitated.

The Connecticut Department of Social Services (DSS) has a publication available called, "Advance Directives: Planning for Future Health Care Decisions," which answers many frequently asked questions about your rights to make health care decisions. Prepared in large part by the Office of the Attorney General, the publication states that advance directives typically include a living will and health care instructions as well as the appointment of a health care representative.

Living Will Holds Great Weight

In the publication, a living will is defined this way: "A 'living will' is a document that may state your wishes regarding any kind of health care you may receive. Should you be in a terminal condition or permanently unconscious, the living will can also tell your physician whether you want 'life support systems' to keep you alive or whether you do not want to receive such treatment, even if the result is your death. A living will goes into effect only

when you are unable to make or communicate your decisions about your medical care."

Attorney Julia M. Brown, a certified Elder Law attorney of 30 years based in Waterbury, added that the living will can also tell your physician whether you want to withdraw life support systems that you would not have wanted but that may have been started.

"The idea is that the living will and the appointment of a health care representative are signed when the patient is of sound mind, with a witness attesting to that, the same requirements of a last will," Brown said. "The choices in the living will are given great weight." She further explained that a living will is the statement that outlines what life support systems you want or don't want, should you be incapable of making your own decision known. A health care representative that the person appoints becomes the "legs of the living will," she said, with the authority and permission to make any type of medical decisions including those regarding end-of-life care.

'Have the Conversation!'

Deciding what a person wants in their living will can be a soul-searching process. Brown uses a Values History Form to help clients think about and document what is important to them about their health and health care, using the information to help create a living will and make their wishes known to loved ones. Questions range from the person's overall attitude toward their health and life to their attitude toward illness, dying and death. Brown urges, "Have the conversation!"

A person needs to decide, for example, the kind of life support they would want provided, withheld, or withdrawn, should they meet the living-will criteria of being permanently unconscious, being in a coma or persistent vegetative state, or having a terminal condition.

The time to have a discussion about a Do Not Resuscitate form or a Medical Orders for Life Sustaining Treatment (MOLST) form is long before they are needed.

According to the DSS Advance Directives publication, life support could include:

- Cardiopulmonary resuscitation (CPR)
- Respirators
- Tube feeding
- Intravenous fluids
- Dialysis

Many people may know that DNR means Do Not Resuscitate and DNI means Do Not Intubate, but to fully understand what is involved in each of the life-support treatments, a person might want to consult a medical professional, such as their physician or a nurse.

The DSS Advance Directives publication specifies that life support does not include:

- normal means of eating and drinking, such as eating with assistance of another person or through a straw; or
- medications that help manage pain.

Regarding the naming of a health care representative, a person can name anyone they trust and who they feel is appropriate. Brown suggests thinking about who accompanies the person to the doctor, for example. The DSS Advance Directives publication specifies that you cannot name your physician, the administrators or employees of a medical facility where you are a patient, or an

administrator or employee of a government agency responsible for paying for your medical care.

Brown notes that you can appoint more than one person to be your health care representative and you can specify whether you want them to act jointly or independently, with one person having priority.

Please see the Choosing a Health Care Representative information insert on page 23, provided by Attorney Brown.

New Medical Order Available

Brown noted that a new pilot program was recently introduced through the State Department of Public Health that utilizes Medical Orders for Life-Sustaining Treatment (MOLST). It is used when a patient has been determined by a physician to be approaching the end stage of a serious, life-limiting illness or is in a condition of advanced, progressive frailty, according to Brown. She explained, "MOLST is a written medical order by a physician, advanced practice registered nurse, or physician assistant to carry out a patient's request for life-sustaining treatment. It has the weight of a medical order, not just a directive. It opens up a whole new way to make sure your wishes are followed." MOLST does not replace the living will; it can be an addition to it.

She further noted, "The MOLST

form must be completed by the patient and their health care provider and a witness must sign as well. The completion of the form follows a focused end-of-life discussion that reflects the patient’s goals of care and choices for life-prolonging medical treatment, limited medical treatment, or comfort care. The orders must be transferable among and recognized by various types of health care institutions.”

What If?

Even with all the advance directives we may put in place, there could be gray areas, complications, or situations to be aware of.

What If ... You have a living will, but you are in an accident or have a medical emergency and are unconscious? Brown explains that in such a case, emergency personnel are required by law to resuscitate you and treat you, regardless of what your living will says – unless you are wearing a specially designated orange Do Not Resuscitate (DNR) bracelet or you have with you a DNR transfer form used when a patient is transferred between healthcare institutions.

What If ... Family members and/or the health representative don’t agree on the medical treatment or withholding of medical treatment for a loved one who

is incapacitated and they don’t agree about how to follow the living will. Brown explains that in such a case, a conservator may be appointed by the Probate Court. The conservator acts like a health care representative, but is appointed by the Court. The incapacitated person may have previously specified who that conservator would be, but if not, Brown noted that sometimes an attorney who is not involved in the case is appointed to be the conservator.

What If ... You have additional questions about advance directives? The Social Services publication says, “Discuss them with your physician and family. A social worker, patient representative or chaplain may be able to assist you, but they cannot provide legal advice. If you have legal questions, you should speak with a lawyer.”

For more information on Advance Directives, you may contact the Legal Services Developer at the Aging Services Division at 860-424-5244 or 1-800-443-9946. You may also contact the Law Office of Julia M. Brown at 203-755-6277.

- Other resources:
- ABA Commission on Law & Aging – www.abanet.org/aging/toolkit/ or abaaging@abanet.org
 - CT Area Agencies on Aging - 1-800-994-9422

Funeral Prepayments

Continued from page 21

of the funeral over time. If the funeral actually costs less than the amount put aside plus the interest earned, the additional funds can be refunded to a designated beneficiary, or can be applied to any items added at the time of the funeral, he said.

Trusts are often used to hold the prepayment funds. The “Paying for Senior Care” website describes trusts for funerals: “A trust is a legal agreement in which an individual (called the Trustmaker) sets aside a certain amount of money for a specific purpose or person. In this case the purpose of the trust is for funeral costs.”

Irrevocable and Revocable Accounts

When the trust is irrevocable, it means it cannot be reversed or dissolved for any reason. The money is locked in strictly for funeral expenses. Maiorano said money in a revocable trust could be removed, if needed for the person’s care, for example, but that a penalty is incurred.

The Paying for Senior Care website further states, “Establishing an irrevocable funeral trust can help families qualify for Medicaid. As it is a trust and irrevocable, it is not counted as an asset by Medicaid. Nor does creating such a trust violate the 60-month past asset transfer (“lookback”) rule.”

Ford and Maiorano said Connecticut state law spells out what costs can go into an irrevocable trust or account and what costs can go into a revocable one, especially for meeting Medicaid requirements. The \$8,000 limit for irrevocable accounts typically covers the services of the funeral home. An unlimited amount may be put in a revocable account, which would cover burial space items, such as the urn or casket, vault and grave opening. Maiorano explained that both types of trusts are protected and not counted as personal assets for the Title XIX application process.

For a person applying for Medicaid, “Putting money into a funeral trust allows that person to use part of their assets for their own funeral, instead of surrendering those funds to the State,” said Maiorano.

With a recent change in the law, Maiorano explained that in the case of using a life insurance policy to fund a funeral trust, a person may make the funeral home the irrevocable beneficiary, even if premiums are still owed on it. However, it still remains the responsibility of the insured to continue making those premium payments.

Wishes Can Be Locked In

How can you be sure your wishes will be met once you die? “If you have the right person as your executor, you won’t have to worry about that,” said Relihan. He suggested selecting someone as executor who you are confident will follow through with your final wishes.

Maiorano said there is a specific form that a person can complete and sign that stipulates no changes can be made to the funeral plan after the person dies. It is the funeral home’s responsibility to see that those wishes are met.

Of course, the person prearranging their own funeral can make changes during their lifetime. A person can even change their mind about which funeral home they would like to use for their final arrangements. Ford said any prepaid funeral account established in Connecticut is portable, allowing the purchaser to work with another funeral home nearby or in another state, if the person moves, for example. Ford added that the funeral home releasing the prepaid funds, by law, can retain 5 percent of the money, but it is not a requirement. He also cautioned that not all states allow accounts to be moved.

Ford said, “Preplanning and prepaying your funeral is one of the most thoughtful gifts you can give to your family.”

Choosing a Health Care Representative

- Do they live close by or can they travel to me so they can be by my side if needed?
- Do they know what is important to me and what I consider “quality of life”? (independence, cognition, pain, hospitalizations, my residence)
- Do they know my “bottom line” regarding life support and terminating life support? (IV fluids, feeding tubes, CPR, ventilator, dialysis if kidney failure)
- Will they be able to carry out my end of life wishes even if their personal wishes are different than mine? (Religious considerations, personal beliefs)
- Can they work with other persons who are important to me but still carry out my wishes? (Family members who may not agree with my wishes, children from a prior marriage)
- Can they advocate and remain composed in the face of a doctor or institution in disagreement with the final decision?
- Will they know when to seek out additional assistance in carrying out their role?

Source : Law Office of Julia M. Brown, LLC

Chamber Workshops & Networking Events

Business Matters: Taking Care of Business Seminars

This past fall, the Chamber's Health Care Council, in conjunction with the Small Business Council, hosted three seminars focused on pertinent topics related to today's workplace in the Business Matters Education Workshop Series sponsored by Liberty Bank.



Members had the opportunity to learn about multiple generations in the workplace, cyber security, as well as mental health first aid and what it means in the workplace. The Chamber will host a Mental Health First-Aid Certification program on March 20-21. For information, call 203-757-0701 or visit www.waterburychamber.com. For more information on Mental Health First Aid, visit www.mentalhealthfirstaid.org.



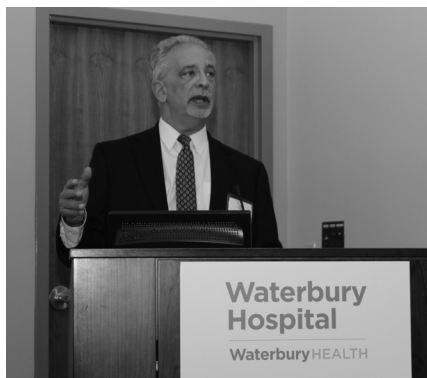
Above, Health Care Council Board of Directors Chairman John Koliani, right, of CohnReznick LLP, introduces Laura Coffin, left, of the Jared Coffin Memorial Fund, and Janine Sullivan-Wiley, executive director of the Northwest Regional Mental Health Board Inc., during a Dec. 5 workshop on Mental Health in the Workplace held at Naugatuck Valley Community College.

Waterbury Health Network hosts Out for Business

On Thursday, February 15, the Waterbury Health Network hosted a Waterbury Regional Chamber Out for Business networking event for over 150 members at Waterbury Hospital in celebration of Heart Health month. These monthly networking events allow Chamber members to connect and learn more about the host members and sponsors.



The event's informational "Buzz Session" was presented by Ehsan Ansari, MD, a cardiologist with Waterbury Health's Cardiology Associates. The session, "Tips for Keeping Your Heart Healthy," focused on cardiac health and combatting heart disease – the leading cause of death for both men and women in the United States.



Waterbury Hospital Chief Operating Officer Mark Holtz speaks to attendees during the Chamber's Out for Business event at the hospital.



Colleen Conway, left, of Ogham Art; Chris LaRiviere of Franciscan Ever There Care, and Waterbury Hospital Director of Emergency Services Michelle Diaz, RN, pause for a photo during the event.

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13th Annual Health Care Council

Breakfast & Awards Ceremony

Tuesday, June 19, 2018
Recognizing Excellence in Healthcare in
the Greater Waterbury Community



Health Care Council Board of Directors
Chairman John Koliani, left, presents the
2017 Leadership Award to Peter Jacoby,
MD, Chairman of Emergency Services for
Saint Mary’s Hospital.

LEADERSHIP AWARD

This award is presented to an individual from the health profession who embodies the qualities required to improve healthcare in our community. Through raising awareness, initiating change, enhancing quality of care, or creating new services, the recipient has demonstrated the vision and foresight needed to create a healthier future for us all.

UNSUNG HERO AWARD

This award is presented to a health care practitioner who has distinguished him or herself by providing exceptional care, compassion and commitment in their daily work. They have dedicated themselves to working behind the scenes in a hands-on capacity, making a difference in the lives of those they serve.

STEPHEN SASALA HEALTH ADVOCATE AWARD

This award is presented to an individual or group who works outside of the health industry yet still demonstrates exceptional commitment to healthcare related issues. By using their own unique capabilities and competencies they have demonstrated an ability to improve health and influence health related issues in a positive way.

AWARD FOR ORGANIZATIONAL EXCELLENCE

This award is presented to an organization that demonstrates the best qualities of a health provider. Through exceptional commitment to safety, quality, positive outcomes, and compassionate care it exemplifies the ideals that embody excellence in everything it does.

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Past Recipients: Leadership Award

- Peter Jacoby, MD, Chairman of Emergency Services, Saint Mary’s Hospital - 2017**
Darlene Stromstad, President & CEO, Greater Waterbury Health Network and
Chad W. Wable, President & CEO, Saint Mary’s Hospital - **2016**
Fran DeBlasio, Easter Seals, Greater Waterbury, Central & NW Connecticut - **2015**
Kristen Jacoby, MPH, United Way of Greater Waterbury - **2014**
Dr. Steven Aronin, Waterbury Hospital and
Dr. Michael F. Simms III, Saint Mary’s Health Systems - **2013**
Michael Culhane, Executive Director and Dr. Paul Kelly, Malta House of Care - **2012**
Nancy M. Cappello, Ph.D., Are You Dense, Inc. - **2011**
John H. Tobin, DMan, MPH, Waterbury Hospital - **2010**
Sam D’Ambrosi, Waterbury Board of Health - **2009**
Joseph D. DeMayo, MD, MPH - **2008**
Merceditas Villanueva, MD, Section of Infectious Diseases, Waterbury Hospital - **2007**
Linda Bakos, Saint Mary’s Sleep Laboratory - **2006**

Unsung Hero Award

- Robin Cracco, Nursing Director, Saint Mary’s Hospital - 2017**
Donna Johnson, Diagnostic Radiology Associates - **2016**
Sandra Micalizzi, APRN, CDE, Heart Center of Greater Waterbury - **2015**
Anthony Bocci, Mental Health Clinician, Waterbury Hospital - **2014**
Dr. David C. Knight, Waterbury Hospital - **2013**
Jo-anne Cosgriff, MD, Medical Director, Intensive Care Unit, Waterbury Hospital - **2012**
Dr. Robert P. Matusz, DPM., Naugatuck Podiatry Associates - **2011**
H. Compton Gift, MD, Saint Mary’s Health System, Inc. - **2010**
Richard Smith, LCSW, Waterbury Hospital Infectious Diseases Clinic - **2010**
Mark Casey, Saint Mary’s Health System, Inc. - **2009**
Ralph Miro, MPH, REMTP, Waterbury Hospital - **2008**
Patricia Dwyer, Children’s Health Center, Saint Mary’s Health System, Inc. - **2007**
Shirley Harkins, Waterbury Hospital - **2006**

Stephen Sasala Health Advocate Award

- Meghan Lennon, Health & Wellness Director, Greater Waterbury YMCA - 2017**
U.S. Senator Christopher Murphy - **2016**
Republican-American - **2015**
Brass City Harvest - **2014**
Jim O’Rourke, Greater Waterbury YMCA - **2013**
Ryan Gomes, Hoops for Heart Health - **2012**
Donna Palomba, Jane Doe No More, Inc. - **2011**
Connecticut Community Foundation - **2010**
Tom Chute on behalf of the greater Waterbury community for saving the Heart Center
of Greater Waterbury - **2009**
Fire Department, City of Waterbury - **2008**
The Reverend Robert E. Rhodes, Jr., United Methodist Church - **2007**
John J. Pacowta, Nishball, Carp, Niedermeier, Pacowta & Co., P.C. - **2006**

Award for Organizational Excellence

- Easterseals Center for Better Hearing - 2017**
OptiCare Eye Health & Vision Centers - **2016**
Wellmore Behavioral Health - **2015**
Harold Leever Regional Cancer Center - **2014**
StayWell Health Care, Inc. - **2013**
Access Rehab Centers - **2012**
Benjamin Doolittle, MD; Martin Geertsma, MD; Rebecca Newell, MD
St. Mary’s Children’s & Family Center - **2011**
Campion Ambulance - **2010**
Waterbury Police Activity League - **2009**
Greater Waterbury YMCA - **2008**
Catherine Wickline & Melissa Gibbs, Family Junction, a division of Therapy Unlimited - **2007**
Dr. Richard Silverman, Home to Home Foundation - **2006**

Regional Support Groups

Programs are free of charge and open to the public unless otherwise specified. Please call for further information.

Alzheimer's Caregiver Support Group

First Wednesday of every month 10 am and Third Wednesday of every month at 6 pm. To help families and caregivers better understand and treat these diseases, please join us for our monthly Alzheimer's Support Group at The Village at East Farms, 180 Scott Road, Waterbury, CT. RSVP: Randi Bellemare (203) 841-8607 or rbellemare@benchmarkquality.com

American Cancer Society: Look Good, Feel Better!

First Tuesday of the month from 2-4pm at The Harold Leever Regional Cancer Center 1075 Chase Parkway Waterbury. Contact (203) 756-8888 to make a reservation.

American Cancer Society: Reach to Recovery

By appointment, contact the American Cancer Society at (203) 756-8888.

Art Therapy

Second & Fourth Fridays of the month at 1-3 pm at The Harold Leever Regional Cancer Center 1075 Chase Parkway, Waterbury. Contact Deborah Parkinson at (203) 575-5564.

Blood Pressure Screenings

Provided by Sandra Micalizzi, APRN, CDE, Community Educator

First Tuesday of the month from 1-2:30 pm, Cheshire Senior Center, 240 Maple Avenue, Cheshire. For more information call (203) 272-8286

Brave at Heart

Breast Cancer Support Group

First Wednesday of the month from 7-9 pm at The Harold Leever Regional Cancer Center, 1075 Chase Parkway, Waterbury. Contact Anne Pringle at (203) 910-7582.

Breastfeeding Class Schedule

Waterbury Hospital's Breastfeeding Class the second Wednesday of each month from 6-9 p.m. in West Wing 3B, Room 3712, Waterbury Hospital. To register call (203) 573-6503.

Breastfeeding Support Group

The group is open to all breastfeeding moms and meets each Tuesday from 11 am to noon at the Family Birthing Center, 3rd Floor, Waterbury Hospital. Attendees will have the chance to ask questions and receive tips and advice. The group is led by an International Board Certified Lactation Consultant and light refreshments will be served. For more information email Laura Piscioneri at lpiscioneri@wtbyhosp.org.



Community Education

If you have a community group who would like a speaker on various health related topics, including heart, diabetes & healthy eating, contact Sandra Micalizzi, APRN, CDE to discuss free sessions for your group. Call (203) 575-5573.

Compassionate Friends Bereavement Group

Second Wednesday of the month at 7 pm at The Harold Leever Regional Cancer Center, 1075 Chase Parkway, Waterbury. Contact Kathy at (203) 723-5067 or Sharon at 203-805-4179.

CT Multiple Myeloma Fighters Support Group

Second Wednesday of the month from 6-8 pm at The Prospect Public Library, 17 Center Street, Prospect. Contact Robin or Michael Tuohy at (203) 206-3536 or by email at ct@imfsupport.org

Energy Therapy

Free program open to all patients and caregivers. Tuesdays and Wednesdays by appointment at The Harold Leever Regional Cancer Center, 1075 Chase Parkway, Waterbury Call (203) 575-5511 to schedule an appointment.

Friends and Family Support Group

Third Monday of the month at 5:30-6:30 pm at The Harold Leever Regional Cancer Center, 1075 Chase Parkway, Waterbury Contact Melissa Seres, LCSW at (203) 575-5511.

Greater Waterbury Area Ostomy Support Group

First Monday of the month from 7-9 pm at The Harold Leever Regional Cancer Center, 1075 Chase Parkway, Waterbury. Contact Bob Baker at (860) 248-1116.

General Bereavement Support Groups

For anyone who has experienced losing a loved one. Groups are currently hosted in Waterbury, Woodbury and the Greater New Haven area. For more details on dates, times and locations, contact Contact Bryna Pauker, LCSW, ACHP-SW at (203) 437-3111 or (203) 437-3160 Or email bryna.pauker@vitas.com. No charge, but space is limited.

HOPE: Mutual Aid Group for Patients and Their Loved Ones

First & third Tuesdays of the month from 12-1 pm at The Harold Leever Regional Cancer Center 1075 Chase Parkway, Waterbury. Contact Melissa Seres at (203) 575-5511.

Journaling Group

Every Friday at 10 am at The Harold Leever Regional Cancer Center 1075 Chase Parkway, Waterbury. Contact Bob DeVito at (203) 910-3107.

Journey Through Grief

This eight-week support group is for people who would like to learn new ways to reclaim moments of contentment and happiness while honoring those who have died. Seating is limited, the group meets weekly beginning April 3 at 6 pm. To RSVP, call Deacon Neil Culhane at (203) 573-7213.

Free Memory Screening

Every Saturday at the Village at East Farms, 180 Scott Road, Waterbury. To schedule your appointment, please call (203) 757-7660.

MS Support Group

Third Monday of every month at 6 pm at the Village at East Farms, 180 Scott Road, Waterbury. To schedule your appointment, please call (203) 757-7660.

Quilts That Care - Volunteers Making Lap Quilts for Cancer Patients

First & third Monday of the month from 6:30-8 pm at The Harold Leever Regional Cancer Center 1075 Chase Parkway, Waterbury. Contact Deb V. at (860) 782-1043.

Parkinson's Caregiver and Family Support Group

Last Monday of every month at 6:30 pm at the Village at East Farms, 180 Scott Road, Waterbury. To schedule your appointment, please call (203) 757-7660.

Tobacco Cessation Group

StayWell offers a tobacco cessation group Wednesdays from 5-6:30 pm at the StayWell Health Center, 80 Phoenix Ave, Suite 104b. Light supper will be served. Call Juliana at (203) 756-8021 x3083 to learn more and sign up!

Tours for Senior Living

Daily informational tours at the Village at East Farms, 180 Scott Road, Waterbury, by appointment. Call (203) 757-7660.

Thyroid Cancer Support Group

Last Tuesday of the month from 6:30-7:30 pm at The Harold Leever Regional Cancer Center, 1075 Chase Parkway, Waterbury. Contact Dot at (203) 756-3481.

Weight Loss Surgery Support Group

This monthly support group offers tips, advice and support community members who have undergone weight loss surgery Wednesdays March 21, April 18, and May 16 from 5:30 to 6:30 pm at the Alliance Medical Group, 1625 Straits Turnpike, Middlebury. For more information call Eulalia Ortiz at (203) 573-9512 x2372 or Kendall Dyer (203)573-9512 x2358.

Weight Management Wednesday:

Information session on weight management options offered by the Comprehensive Weight Management Program at Waterbury Hospital Wednesdays April 11, May 9, and June 13 from 5:30 to 6:30 pm at Alliance Medical Group, 1625 Straits Turnpike, Suite 211, Middlebury. To reserve a spot in this free program call: (203) 573-9512 x2358 or email eortiz@alliancemedicalgroup.com.

Woman to Woman Breast Cancer Support Group

Third Tuesday of the month from 7-8:30 pm at The Harold Leever Regional Cancer Center, 1075 Chase Parkway, Waterbury. Contact Theresa Lombardo at (860) 274-2200.

Health Care Council Member Directory*

Accountants

CohnReznick, LLP
350 Church Street
Hartford, CT 06103
Phone: (959) 200-7023
www.cohnreznick.com

Zackin Zimyeski Sullivan, CPA, LLC
1 Exchange Place, Sixth Floor
Waterbury, CT 06702
Phone: (203) 753-2200
www.zzscpa.com

Ambulance and Medical Transportation

Campion Ambulance Service, Inc.
15 West Dover Street
Waterbury, CT 06706
Phone: (203) 754-3355
www.campionambulance.com

Attorneys

Carmody Torrance Sandak & Hennessey LLP
50 Leavenworth Street
Waterbury, CT 06721
Phone: (203) 573-1200
www.carmodylaw.com

Law Office of Julia M. Brown, LLC
934 Chase Parkway
Waterbury, CT 06708
Phone: (203) 755-6277
www.juliabrown.com

Banks

Bank of America
12 Main Street South
Southbury, CT 06488
Phone: (203) 586-7312
www.bankofamerica.com

Bottled Water-Coffee Delivery Service, Office Supplies

Crystal Rock
1050 Buckingham Street
Watertown, CT 06795
Phone: (800) 525-0070
www.crystalrock.com

Cafe

The Raw Deal Juice Bar
180 Grand Street
Waterbury, CT 06702
Phone: (475) 689-3357
www.facebook.com/TheRawDealJuiceBar/

Chiropractors

Advanced Spinal Care, LLC
405 Highland Avenue #2
Waterbury, CT 06708
Phone: (475) 235-2826
www.fixmybacktoday.com

Advanced Spine and Sports Care
503 Wolcott Road
Wolcott, CT 06716
Phone: (203) 441-4371
www.nadimichiro.com

Peter M. Zilahy, DC, L.Ac.
35 Candee Hill Road
Watertown, CT 06795
Phone: (860) 274-9641
www.watertownwellness.com

Rizza Chiropractic & Wellness
590 Middlebury Road
Suite B
Middlebury, CT 06762
Phone: (203) 528-3972
www.rizzachiropractic.com

SoVita Chiropractic Center
255 Robbins Street, Suite 1
Waterbury, CT 06708
Phone: (203) 573-8577
www.cccwaterbury.com

Cleaning Services

Nurse's Touch Cleaning Service, LLC
P.O. Box 232
Milldale, CT 06467
Phone: (203) 808-1902
www.nursetouchcleaning.com

ServiceMaster Clean
122 Avenue of Industry
Waterbury, CT 06705
Phone: (203) 236-0184
www.svmprofjanitorial.com

Counselors

Cassidy Counseling Center, LLC
678 Chase Parkway
Waterbury, CT 06708
Phone: (203) 757-9357
www.cassidycounseling.org/

Perspectives Treatment Center Inc.
51 Sherman Hill Road, Building A, Suite 203
Woodbury, CT 06798
Phone: (203) 681-1212
www.perspectivesct.com

Wellmore Behavioral Health
141 East Main Street
Waterbury, CT 06702
Phone: (203) 574-9000
www.wellmore.org

Courier Service

RAA Delivery Service
216 Central Street
Bristol, CT 06010
Phone: (860) 583-1090
www.raagreenfield.com

Credit Unions

Hartford Healthcare Federal Credit Union
4 Wethersfield Avenue
Hartford, CT 06114
Phone: (860) 547-0027
www.hhcu.org

Dentists

Chase Parkway Dental
714 Chase Parkway-2A
Waterbury, CT 06708
Phone: (203) 757-1455
www.chaseparkwaydental.com

Jack Zazzaro DMD Cosmetic & Family Dentistry
316 Main Street South
Southbury, CT 06488
Phone: (203) 264-0244
www.drzsmile.com

Middlebury Dental Center
1625 Straits Turnpike, #210
Middlebury, CT 06762
Phone: (203) 598-3889
www.middleburydentalcen.com

Reliable Dental Care
835 Wolcott Street
Waterbury, CT 06705
Phone: (203) 596-1960
www.reliabledentalcare.com

Smiles of Waterbury
1127 West Main Street
Waterbury, CT 06708
Phone: (203) 527-4614
www.smilesowaterbury.com

Sunrise Family Dental Care
160 Robbins Street, Suite 200
Waterbury, CT 06708
Phone: (203) 757-8855
www.sunrisedentalct.com

West Main Family Dentistry
1147 West Main Street
Waterbury, CT 06708
Phone: (203) 755-5641
www.westmainfamilydentistry.com

Document Management

ProConversions Corporation
122 LedgeWood Road
Watertown, CT 06795
Phone: (860) 945-1129
www.proconversionscorp.com

Education

Naugatuck Valley Community College
750 Chase Parkway
Waterbury, CT 06708
Phone: (203) 575-8083
www.nvcc.commnet.edu

Stone Academy
101 Pierpont Road
Waterbury, CT 06705
Phone: (203) 756-5500
www.stone.edu

Environmental Consultants

John Paul Consulting, LLC
16 Jonathan Drive
P.O. Box 77
Roxbury, CT 06783
Phone: (860) 671-0677
www.johnpaulconsultingllc.com

Eye Care - Optical

My Eye Dr.
604 Lakewood Road
Waterbury, CT 06704
Phone: (203) 575-0900
www.myeyedr.com

New Insight Family Eyecare
1320 West Main Street
Waterbury, CT 06708
Phone: (203) 755-4941
www.newinsighteyecare.com

OptiCare Eye Health Centers
87 Grandview Avenue
Waterbury, CT 06708
Phone: (203) 465-1440
www.opticarepc.com

Oronoque Eye Care
3528 East Main Street
Waterbury, CT 06705
Phone: (203) 527-4083
www.oronoqueeyecare.com

Fitness

Thunder Sports and Fitness
628 New Haven Road
Naugatuck, CT 06770
Phone: (203) 577-9885
www.thunderfitnessct.com

Foster Care

Wheeler Clinic, FCT
50 Brookside Road
Waterbury, CT 06708
Phone: (203) 802-3902
www.wheelerclinic.org

Funeral Homes

Prospect Memorial Funeral Home
72 Waterbury Road
Prospect, CT 06712
Phone: (203) 758-6008
www.prospectmemorial.com

Health & Wellness Products/ Services

Natural Health & Wellness - Julie Clark
133 Steinmann Avenue
Middlebury, CT 06762
Phone: (203) 206-8640
www.nikken.com/julieclark

Aria Medical Aesthetics
900 Straits Turnpike
Middlebury, CT 06762
Phone: (203) 437-8054
www.ariamedicalaesthetics.com

doTerra Wellness Advocate
220 Lewis Street
Naugatuck, CT 06770
Phone: (203) 800-1091
www.mydoterra.com/zen

Ready to Exhale, LLC
28 Pilgrim Trail
Woodbury, CT 06798
Phone: (203) 558-5025
www.readytoexhale.com

Smarter With Sara
148 Blueberry Lane
Southbury, CT 06488
Phone: (617) 470-3791
www.SmarterWithSara.com

*As of 2/14/18

Members on the Move

West Main Family Dentistry is giving away a patient experience that includes a Free Smile Make Over. Send your Project Smile entry, which should include pictures of your mouth and your story of why you want a new smile, to transform@westmainfamilydentistry.com. The Project Smile winner will be announced May 1, 2018, via Facebook Live. You can find them on Facebook @WestMainFamilyDentistry. West Main Family Dentistry wants to help everyone get a healthier and happier smile. Studies have proven that the bacteria in our mouth can cause serious health issues if left unchecked.



Health Care Council Member Directory*

Health Care Consulting Services

VantagePoint HealthCare Advisors

9 Washington Avenue
Hamden, CT 06518
Phone: (203) 288-6860
www.vantagepointconsult.com

Members on the Move



Homecare – Hospice – PrivateDuty
CALL 860-567-6000 FAX 860-567-6012
Where the Care Comes to You

VNA Northwest, Inc. is celebrating its 90th anniversary in 2018! Since 1928, VNA Northwest has offered health services in the home. Today, they offer health services at local events and in patients' homes, including blood-pressure clinics, fall-risk assessment clinics, classes and more. Visit www.vnanw.org for more information

Smithfield Gardens Assisted Living

26 Smith Street, Seymour, CT



An affordable senior community for you or a loved one!

The State of Connecticut Assisted Living Demonstration Program

Our community offers bright one bedroom apartments with modern kitchens and spacious bathrooms with walk-in showers as well as services that include meals, housekeeping, laundry, recreational activities and personal care such as bathing and medication management!

Monthly rental rates are currently \$840 or \$1,000, and our meal plan is offered for \$465/month.

Applicants must be at least age 65 and must meet income and eligibility guidelines. To receive subsidized assisted living services, applicants must also be eligible for the Connecticut Home Care Program for Elders (CHCPE).

For an application, more information, or to schedule your personal tour of our community, please call us at **(203) 888-1835**

Visit us on the web at www.smithfieldgardens.org

Professionally Managed by
The Housing Authority of the Town of Seymour
28 Smith Street, Seymour, CT 06483
Financed by CHFA



Health Care Services

All About You Home Care Services

21 Church Street
Naugatuck, CT 06770
Phone: (866) 229-2427
www.aayct.com

Allume Home Care

1044 Main Street, Suite 12
Homer Plaza
Watertown, CT 06795
Phone: (860) 417-6881
www.allumecares.com

Community Health Center, Inc.

51 North Elm Street
Waterbury, CT 06704
Phone: (203) 574-4000
www.chc1.com

Geer Village Senior Community

99 South Canaan Road
North Canaan, CT 06018
Phone: (860) 824-3801
www.geercares.org

Head Zone Concussion Care

117 Sharon Road
Waterbury, CT 06705
Phone: (203) 538-5400
www.head-zone.com

NSL Center for Primary Care LLC

558 Chase Ave, Suite 9
Waterbury, CT 06704
Phone: (203) 628-2394
www.nslcare.com

StayWell Health Center

80 Phoenix Avenue
Waterbury, CT 06702
Phone: (203) 756-8021
www.staywellhealth.org

StayWell Health Center

30 Church Street
Naugatuck, CT 06770
Phone: (203) 805-4929
www.staywellhealth.org

The Harold Leever Regional Cancer Center

1075 Chase Parkway
Waterbury, CT 06708
Phone: (203) 575-5555
www.leevecancercenter.org

The Practice of Health and Wellness

131 Main Street, Suite 101A
Thomaston, CT 06787
Phone: (860) 880-2525

Hearing Aid Sales

Hearing Aid Specialists of CT

1449 Old Waterbury Road, Suite 303
Southbury, CT 06488
Phone: (203) 264-1214
www.hearct.com

Hearing Health Care Services

Hearing, Balance & Speech Center

171 Grandview Avenue, Suite 203
Waterbury, CT 06708
Phone: (203) 287-9915
www.hearingbalance.com

Holistic Healthcare

Balanced Life

182 Grand Street, 4th Floor, Ste 415
Waterbury, CT 06702
Phone: (203) 578-5125

The Total Body Approach

P.O. Box 2928
Waterbury, CT 06723
Phone: (203) 982-0743
www.totalbodyapproach.com

Home Health Care Services

A & B Homecare Solutions, LLC DBA Northwest Home Care

446A Blake Street
New Haven, CT 06515
Phone: (203) 495-1900
www.abhomecare.com

Alzheimer's & Dementia Care, Help at Home

130 Scott Road
Waterbury, CT 06705
Phone: (203) 437-1073

Better Hands Companions and Homemakers

94 Hillview Avenue
Waterbury, CT 06704
Phone: (203) 518-6147
www.betterhandshomemaker.com

Companions and Homemakers

530 Middlebury Road, Suite 104A
Middlebury, CT 06762
Phone: (203) 264-2062
www.companionsandhomemakers.com

Franciscan Ever There Care

273 Finch Avenue
Meriden, CT 06451
Phone: (203) 630-2881
www.evertherecare.org

Franciscan Home Care & Hospice Care

267 Finch Avenue
Meriden, CT 06451
Phone: (203) 238-1441
www.franciscanhc.org

Hartford HealthCare at Home

680 Main Street, Suite 300
Watertown, CT 06360
Phone: (203) 573-1231
www.hartfordhealthcare.org

Hartford HealthCare at Home-Southbury

519 Heritage Road, Suite 2A5
Southbury, CT 06488
Phone: (860) 420-8043
www.hartfordhealthcare.org

Help Unlimited, Inc.

285 Main Street
Oakville, CT 06779
Phone: (860) 274-7511
www.helpunlimitedinc.com

Home Helpers & Direct Link

980 Clintonville Road
Wallingford, CT 06492
Phone: (203) 558-7065
www.homehelpershomecare.com

Interim HealthCare

541 Wolcott Street
Waterbury, CT 06705
Phone: (203) 574-3339
www.interimhealthcare.com

Prospect Waterbury Home Health, Inc. DBA VNA Health At Home

27 Siemon Company Drive, Suite 101
Watertown, CT 06795
Phone: (860) 274-7531
www.vnahealthathome.org

There For You Home Care Services LLC

1299 Meriden Road
Waterbury, CT 06705
Phone: (203) 756-2049
www.thereforyouhomecareservices.com

VNA Northwest Inc.

607 Bantam Road, Unit F
Bantam, CT 06750
Phone: (860) 567-6000
www.vnanw.org

Where The Heart Is

1525 Hamilton Avenue
Waterbury, CT 06706
Phone: (203) 527-7080
www.wthi.net

Your Guardian Angel LLC

27 Siemon Company Drive
Princeton Office Suites, #344W
Watertown, CT 06795
Phone: (860) 945-4700

Homemaker/Companions

Elderly Caregivers LLC

31 West Street, 1st Floor
Danbury, CT 06810
Phone: (203) 628-7438
www.ElderlyCaregivers.org

Emerest Health of Connecticut

92 Brookside Road
Waterbury, CT 06708
Phone: (203) 941-1700
www.emerest.com

NCE Home Care

992 Cooke Street
Waterbury, CT 06704
Phone: (203) 945-1200
www.ncehomecare.com

Villa Homemaker and Companions, LLC

1088 East Main Street
Waterbury, CT 06705
Phone: (203) 528-4545
www.jjfamhomehealthcare.com

Hospice Care

Regional Hospice and Home Care

30 Milestone Road
Danbury, CT 06810
Phone: (203) 702-7400
www.regionalhospicect.org

VITAS Healthcare

199 Park Road Extension, Suite 102
Middlebury, CT 06762
Phone: (203) 437-3111
www.vitas.com

Hospitals

Saint Mary's Hospital

56 Franklin Street
Waterbury, CT 06706
Phone: (203) 709-6214
www.stmh.org

Waterbury Hospital

64 Robbins Street
Waterbury, CT 06708
Phone: (203) 573-6000
www.waterburyhospital.org

Human Services

Ability Beyond

376 Chase Avenue
Waterbury, CT 06704
Phone: (203) 885-8864
www.abilitybeyond.org

Health Care Council Member Directory*

Insurance

Banner Financial Alliance, LLC
365 Highland Avenue, Suite 1
Cheshire, CT 06410
Phone: (203) 394-3447
www.bannerfinancialalliance.com

Figlar Insurance
76 Painter Avenue
West Haven, CT 06516
Phone: (203) 394-3447
www.figlarinsurance.com

Harvard Pilgrim Healthcare
185 Asylum Street, 2nd Floor
Hartford, CT 06103
Phone: (860) 757-6900
www.hphc.org

Ion Insurance Corporation
24 Cherry Street
Naugatuck, CT 06770
Phone: (203) 729-5261
www.ioninsurance.com

Insurance-Group Health

G. S. Regan Associates, Inc.
447 Wolcott Street
Waterbury, CT 06705
Phone: (203) 757-6099

Karate Studio

Pereira Academy of Karate
696 Amity Road, Unit A7
Bethany, CT 06524
Phone: (203) 393-1975
www.pereirakarate.com

Manufacturers

ITD Corporation
50 Rado Drive
Naugatuck, CT 06770
Phone: (203) 714-6700
www.itd-cart.com

Theraplant
856 Echo Lake Road
Watertown, CT 06795
Phone: (860) 417-6481
www.theraplant.com

Marketing

Conquest
30 Tower Lane
P.O. Box 416
Avon, CT 06001
Phone: (860) 626-7095
www.conquestssolutions.com

Red Barn Consulting, LLC
230 Town Hill Road
New Hartford, CT 06057
Phone: (860) 469-8090
www.redbarnconsultingllc.com

Medical Equipment

Health Complex Medical, Inc.
84 Progress Lane
Waterbury, CT 06705
Phone: (203) 753-7778
www.healthcomplexmedical.com

On The Mend
385 Main Street South
Unit 102
Southbury, CT 06488
Phone: (203) 262-0383
www.onthemendmedical.com

Medical Practices

Urology Specialists, PC
1579 Turnpike Office Park, Straits Turnpike 2A
Middlebury, CT 06762
Phone: (203) 757-8361
www.urospect.com

Mental Health

Stokes Counseling Services
16 Hillside Avenue
Naugatuck, CT 06770
Phone: (203) 729-0341
www.stokescounseling.com

Municipalities

City of Waterbury
235 Grand Street
Waterbury, CT 06702
Phone: (203) 574-6712
www.waterburycr.org

Seymour Housing Authority
24 Smith Street
Seymour, CT 06483
Phone: (203) 888-5479
www.seymourhousing.org

Nonprofit Organizations

American Cancer Society
825 Brook Street, 191 Tech Center
Rocky Hill, CT 06067
Phone: (203) 379-4873
www.cancer.org

Are You Dense, Inc.
96 Rowley Road
Woodbury, CT 06798
Phone: (203) 232-9570
www.areyoudense.org

Carolyn's Place, Inc.
137 Grandview Avenue
Waterbury, CT 06708
Phone: (203) 597-9080
www.carolynsplace.net

Center for Human Development
965 South Main Street, Suite 1
Waterbury, CT 06706
Phone: (203) 596-9323
www.chd.org

Community Mental Health Affiliates, Inc.
36 Sheffield Street
Waterbury, CT 06704
Phone: (203) 596-9724
www.cmhacc.org

Greater Waterbury YMCA
136 West Main Street
Waterbury, CT 06702
Phone: (203) 754-2181
www.waterburyymca.org

Marrakech, Inc.
6 Lunar Drive
Woodbridge, CT 06525
Phone: (203) 389-2970
www.marrakechinc.org

Mindscape Industries
196 East Main Street
Thomaston, CT 06787
Phone: (860) 283-6463
www.mindscapeindustries.com

New Opportunities, Inc.
232 North Elm Street
Waterbury, CT 06702
Phone: (203) 575-9799
www.newoppinc.org

Southbury Business Association
P.O. Box 222
Southbury, CT 06488
Phone: (203) 262-6601
www.southburybusiness.org

Special Olympics Connecticut
2666 State Street, Suite 1
Hamden, CT 06517
Phone: (203) 230-1201
www.soct.org

Nursing and Rehabilitation Facilities

Abbott Terrace Health Center
44 Abbott Terrace
Waterbury, CT 06702
Phone: (203) 755-4870
www.abbottterracehc.com

Apple Rehab Watertown
35 Bunker Hill Road
Watertown, CT 06795
Phone: (860) 274-5428
www.apple-rehab.com

Glendale Center/Genesis Healthcare Corp.
4 Hazel Avenue
Naugatuck, CT 06770
Phone: (203) 723-1456
www.genesisihcc.com

Grove Manor Nursing Home
145 Grove Street
Waterbury, CT 06710
Phone: (203) 753-7205

Meridian Manor Corporation
1132 Meriden Road
Waterbury, CT 06705
Phone: (203) 757-1228

Middlebury Convalescent Home
778 Middlebury Road
Middlebury, CT 06762
Phone: (203) 758-2471
www.midconvhome.com

Waterbury Gardens - Priority H.G.
128 Cedar Avenue
Waterbury, CT 06705
Phone: (203) 757-9271
www.waterbury-phg.com

Optometrist

My Eye Dr.
799 New Haven Road
Naugatuck, CT 06770
Phone: (203) 729-2226
www.myeyedr.com

Vision Associates of Prospect
60 Waterbury Road
Prospect, CT 06712
Phone: (203) 758-5555
www.visionassociatesofprospect.com

Orthodontists

MBraces Orthodontics
109 Watertown Avenue
Waterbury, CT 06708
Phone: (203) 754-7822
www.orthombraces.com

Pharmacies

Brass City Pharmacy
558 Chase Avenue, Unit 2B
Waterbury, CT 06704
Phone: (203) 759-5000
www.brasscityrx.com

Brass Mill Pharmacy
1405 East Main Street
Waterbury, CT 06705
Phone: (203) 721-8022
www.brassmillrx.com

Bunker Hill Pharmacy, Inc.
256 Bunker Hill Avenue
Waterbury, CT 06708
Phone: (203) 574-7825
www.bunkerhillrx.com

Naugatuck Pharmacy
153 Maple Street
Naugatuck, CT 06770
Phone: (203) 632-8380
www.naugatuckpharmacy.com

*As of 2/14/18

Members on the Move



Special Olympics Connecticut's Healthy Community initiative extends health services for individuals with intellectual disabilities (ID) to help reduce the disparities that exist in their access to quality care and health status. The overall goal is to make healthcare inclusive for people with ID by changing curriculum at the pre-service level, training healthcare professionals, influencing policy, advocating for inclusive health programming, building partnerships for follow up care and using the Special Olympics movement to raise awareness. To learn more on how to get involved, visit www.soct.org/healthyathletes.



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- ★ An outstanding ratio of staff to residents
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203-758-2471 | 788 Middlebury Rd. Middlebury, CT 06762
www.midconvhome.com

Health Care Council Member Directory*

WH Pickett Drug Store

675 North Main Street
Waterbury, CT 06704
Phone: (203) 753-5158
www.whpickettdrug.com

Physical Therapists

Connect Physical Therapy LLC

777 Echo Lake Road
Watertown, CT 06795
Phone: (959) 209-4318
www.connectphysicaltherapyllc.com

Ivy Rehab Physical Therapy

500 Chase Parkway
Waterbury, CT 06708
Phone: (203) 754-2266
www.ivyrehab.com

Peak Physical Therapy, LLC

279 Chase Avenue, Suite C
Waterbury, CT 06704
Phone: (203) 757-0100
www.peak-physicaltherapy.com

Physical Therapy & Sports Medicine Centers

1211 West Main Street
Waterbury, CT 06708
Phone: (203) 753-6043
www.ptsmc.com

Physical Therapy & Sports Medicine Centers

100 Prospect Street, Suite 116
Naugatuck, CT 06770
Phone: (203) 723-0722
www.ptsmc.com

Physical Therapy & Sports Medicine Centers

27 Depot Street
Watertown, CT 06795
Phone: (860) 274-1487
www.ptsmc.com

Select Physical Therapy

Mallview Plaza, 117 Sharon Road
Waterbury, CT 06705
Phone: (203) 756-2334
www.selectphysicaltherapy.com

Thomaston Physical Therapy, LLC

10 Marine Street, Suite 1
Thomaston, CT 06787
Phone: (860) 283-2316
www.thomastonphysicaltherapy.com

Physical, Occupational and Speech Therapy

Access Rehab Centers

22 Tompkins Street
Waterbury, CT 06708
Phone: (203) 419-0381
www.accessrehabcenters.com

Physicians

Cardiology Associates of Greater Waterbury

455 Chase Parkway
Waterbury, CT 06708
Phone: (203) 573-1435
www.cawtby.com

Griffin Faculty Physicians

131 Bridge Street
Naugatuck, CT 06770
Phone: (203) 729-0755
www.griffinfacultyphysicians.org

Naugatuck Valley Gastroenterology Consultants, LLC

166 Waterbury Road
Suite 104
Prospect, CT 06712
Phone: (203) 756-6422
www.planetgi.com

NOSS: Neurosurgery, Orthopaedics & Spine Specialists, PC

500 Chase Parkway
Waterbury, CT 06708
Phone: (203) 573-6434
www.nossmc.com

PhysicianOne Urgent Care

920 Wolcott Street
Waterbury, CT 06705
Phone: (203) 456-2082
www.physicianoneurgentcare.com

Vein Clinics of America

110 Albany Turnpike
Canton, CT 06019
Phone: (860) 693-4060
www.veinclinics.com

Waterbury Neurology LLC

1625 Straits Turnpike
Middlebury, CT 06762
Phone: (203) 758-8995
www.waterburyneurology.com

Preschool

Tender Years Preschool

9 Division Street
Naugatuck, CT 06770
Phone: (203) 729-6426
www.tenderyearstoo.com

Radiology

Diagnostic Radiology Associates

134 Grandview Avenue, Suite 101
Waterbury, CT 06708
Phone: (203) 756-8911
www.draxray.com

Naugatuck Valley Radiology

1389 West Main Street, Suite 107
Waterbury, CT 06708
Phone: (203) 574-1311
www.nvranet.com

Real Estate

Siemon Realty Company

27 Siemon Company Drive
Watertown, CT 06795
Phone: (860) 945-4205
www.siemonrealty.com/realty/

Rehabilitation Services-Medical

Cheshire House Health Care Facility

3396 East Main Street
Waterbury, CT 06705
Phone: (203) 754-2161
www.rydershealth.com

Wolcott View Manor Health & Rehab

50 Beach Road
Wolcott, CT 06716
Phone: (203) 879-8066
www.wolcottviewmanor.com

Rehabilitation Services-Medical/Vocational

Easterseals

22 Tompkins Street
Waterbury, CT 06708
Phone: (203) 754-5141
www.easterseals.com/waterburyc

Residential Care Home - Women

Southmayd Home, Inc.

250 Columbia Boulevard
Waterbury, CT 06710
Phone: (203) 754-0360
www.southmayd.com

Restaurants

Bank Street Kitchen

30 Bank Street
Waterbury, CT 06702
Phone: (203) 596-9055
www.facebook.com/bankstkitchen/

Sweet Bella Home Cooking

5 Bradley Avenue
Waterbury, CT 06708
Phone: (203) 527-6933
www.facebook.com/sweetbellahomecooking

Retail Stores

Scrub Wear House

196 Chase Avenue
Waterbury, CT 06704
Phone: (203) 527-0818
www.scrubwearhouse.net

Retirement Facility/ Memory Loss Care

Keystone Place at Newbury Brook

1058 Litchfield Street
Torrington, CT 06790
Phone: (860) 618-7370
www.keystoneplaceatnewburybrook.com

The Hearth at Southbury

655 Main Street South
Southbury, CT 06488
Phone: (203) 267-7100
www.thehearth.net

The Village at East Farms, A Benchmark Senior Living Community

180 Scott Road
Waterbury, CT 06705
Phone: (203) 757-7660
www.benchmarkseniorliving.com

The Watermark at East Hill

611 East Hill Road
Southbury, CT 06488
Phone: (203) 262-6868
www.easthill.watermarkcommunities.com

Retirement Plan Provider

Mutual of America

95 Glastonbury Boulevard, Suite 410
Glastonbury, CT 06033
Phone: (860) 659-3610
www.mutualofamerica.com

Rheumatologist

Arthritis Center of CT, Dr. Brian Peck

1389 West Main Street, Suite 120
Waterbury, CT 06708
Phone: (203) 755-5555
www.arthritiscenter.com

Substance Abuse & Behavioral Disorder Counselors

Connecticut Counseling Centers, Inc.

50 Brookside Road
Waterbury, CT 06708
Phone: (203) 568-7466
www.ctcounseling.org

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www.draxray.com

Women's Imaging Center

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Southbury, CT 06488
203-262-6797
www.womensimagingouthbury.com

Health Care Council

Member Directory*

Supermarket

LaBonne's Markets
639 Straits Turnpike
Watertown, CT 06795
Phone: (860) 274-9634
www.labonnes.com

Town Plot Supermarket
286 Fairfield Avenue
Waterbury, CT 06708
Phone: (203) 754-7817
www.townplotiga.com

Team Building

Pursue The Clues
733 East Main Street
Torrington, CT 06790
Phone: (860) 618-5811
www.pursuethclues.com

Telecommunications

Sprint Business Solutions-Maria Xavier
21 Partridge Drive
Seymour, CT 06483
Phone: (860) 867-7164

Transportation

ICES, Inc./Connecticut Transportation
35 Elm Street
Naugatuck, CT 06770
Phone: (203) 723-4133
www.icesonline.org

Wellness Consultants

Natural Health & Wellness - Julie Clark
133 Steinmann Avenue
Middlebury, CT 06762
Phone: (203) 206-8640
www.nikken.com/julieclark

Arbonne-Michele Federico
74 Mistletoe Drive
Southbury, CT 06488
Phone: (203) 525-6327
www.arbonne.com

Healthy Healing Wellness, LLC
5 Woodbury Place
Woodbury, CT 06798
Phone: (203) 405-3506
www.healthyhealingwellness.com

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Community Events



Bereavement Program

March 8-April 26, 2018
6:30-8 pm

Saint Mary's Hospital, 56 Franklin St., Waterbury, CT

Saint Mary's Spiritual Care Department is offering an eight-session program to help participants identify the normal signs and symptoms of grief, provide information and understanding of the grieving process and to share helpful coping strategies. Free, but registration is required. Call (203) 709-3088

"Sparkle" Spirit of Women Event

A Women's Health Fair
Wednesday, May 9, 2018

5:30-8:30 pm

Aqua Turf Club, 556 Mulberry St., Plantsville, CT

To register visit stmh.org or call (203) 709-3312



Open House and Silent Auction

Saturday, September 8, 2018, 1-3 pm

Southmayd Home, 250 Columbia

Boulevard, Waterbury CT

Southmayd Home, a nonprofit residence for senior women, will mark its 120th anniversary with an Open House and Silent Auction Celebration. The public is invited to tour the residence and grounds, enjoy food and live music, and bid on some treasures from Southmayd's attic. All proceeds will go toward Southmayd's Revitalization Project and the event is free and open to the public. Contact Outreach Coordinator Laura Marsala at (203) 725-3088, or lmarsala@southmayd.com, for more information or about sponsorship opportunities.



Living with Alzheimer's for Early Stage Caregivers

Presented by the Alzheimer's Association Presentation

Wednesday, April 4, and Wednesday, April 11, 2018

5:30-6:30 pm

Village at East Farms, 180 Scott Road, Waterbury, CT

A light dinner will be served. RSVP by calling (203) 757-7660

THE POWER OF WE



Spring into Wellness Series

April 11-May 9, 2018

Bizzozero Conference Room, 4th Floor, Waterbury Hospital, Waterbury CT

Dementia and Memory Loss

Wednesday, April 11, 2018

5:30-6:30 pm

Featuring Dr. Yuliya Riat, director of Geriatric Services at Waterbury Hospital with consultative services in palliative care, discussing when difficulty in remembering means more than just aging? Question and answer session to follow. Admission is free; refreshments will be provided. To register call (203) 573-7385 or email lxhihani@wtbyhosp.org.

Managing Chronic Pain

Wednesday, May 9, 2018

5:30-6:30 pm

Featuring Dr. Sandeep Johar, Sports Medicine and Interventional Pain Management specialist, who will discuss how to manage chronic pain. Question and answer session to follow. Admission is free; refreshments will be provided. To register call (203) 573-7385 or email lxhihani@wtbyhosp.org.

Cooking for the Health of It

Food Demonstration and Advice
Bizzozero Conference Room, 4th Floor, Waterbury Hospital, Waterbury, CT

Join registered dietitians from Waterbury Hospital Food and Nutrition Department as they cover Food and Nutrition topic with great recipes, food demonstrations and advice. Free event and free parking.

Go Further with Food – Celebrating National Nutrition Month

Tuesday, March 20, 2018

4 to 5 p.m.

Fad Diets: Health or Harm?

Thursday, April 5, 2018

4 to 5 p.m.

Nutrition and Gut Health

Thursday, May 10, 2018

4 to 5 p.m.

Healthy Eating When Away from Home

Tuesday, June 12, 2018

4 to 5 p.m.

Cafeteria Conference Room, 1st Floor

TGIF (Thank God I'm Female),

Women's Wellness Forum sponsored by Waterbury Hospital Auxiliary Inc.

Friday, April 13, 2018

5:30 pm

La Bella Vista, 380 Farmwood Road, Waterbury, CT

Proceeds benefit area charities. For more information call (203) 573-6221; email whauxiliaryevents@gmail.com or visit waterburyhospitalauxiliary.org.

Intermediate Pilates

Saturdays 9 a.m. to 10 a.m.

Bizzozero Conference Room, 4th Floor, Waterbury Hospital

Mondays 10 a.m. to 11 a.m.

West Wing Conference Room B

(Third Floor)

A traditional Pilates Mat class enhanced with small equipment of flex band, mini stability ball and low resistance hand weights (2-3 lbs.) This class will strengthen the deep muscles of the spine, shoulders and pelvic girdles. It will increase flexibility for easier movement, but will also challenge your balance and control. Open to the public. All ages and levels are welcome. Saturdays: March 24, 31; April 7, 14, 21, 28 Mondays: March 19, 26; April 2, 9 Cost is \$50 per session or \$5 per class

Strength Training

Tuesdays 5:30 to 6:30 pm

Bizzozero Conference Room, 4th floor, Waterbury Hospital

Mondays 1:30 to 2:30 pm

West Wing B, 3rd floor, Waterbury Hospital

Strength training exercises helping to improve balance, flexibility and active daily living. This class involves strength resistance bands and weights.

Tuesdays: April 3, 17, 24; May 1, 8, 22, 29; June 5, 12, 19. There is no class on May 15.

Mondays: April 2, 9, 23, 30; May 7, 14, 21, 28; June 4, 11

Cost: is \$50 or \$5 per class



Waterbury Regional Chamber
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Mental Health First Aid Training

2-Day 8-Hour Tuesday, March 20, and Wednesday, March 21, 2018 (must attend both days)

8 am to noon

Waterbury Regional Chamber, 83 Bank St, 4th Floor, Waterbury, CT

Instructor Lyne Stokes will lead this 8-hour training course to teach participants how to help someone who is developing a mental health problem or experiencing a mental health crisis. Register online at www.waterburychamber.com or call (203) 757-0701. \$40 per person.

Business Expo and Health & Wellness Fair

Monday, April 30, 2018

5-7:30 pm

Aqua Turf Club, 556 Mulberry Street, Plantsville, CT

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- 134 Grandview Ave., (203) 573-7130
- 2154 East Main St., (203) 575-0516
- 715 Lakewood Rd., (203) 759-1122
- Waterbury Hospital, (203) 573-6041
- Women's Center, 134 Grandview Ave., (203) 575-2593

SURROUNDING AREA

- 305 Church St., Naugatuck, (203) 723-4010
- 70G Bennett Sq., Southbury, (203) 267-4060
- 1625 Straits Tnpk, Middlebury, (203) 598-0400
- 84 Oxford Rd., Rt. 67, Oxford, (203) 881-0830
- 131 Main St., Thomaston, (860) 283-4700
- 650 Wolcott Rd., Wolcott, (203) 879-6700

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- Alzheimer's Personal Care Assistants
- In Home Hair and Nail Care
- Emergency Response and Medication Reminder Services
- Hospital Patient Companions
- Hospice Care Companions
- Respite for Family Caregivers



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Sun: 9 a.m. – 2 p.m.

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1312 West Main Street

(203) 709-4575

WATERBURY

3801 East Main Street

(203) 709-4030