Elliot Joseph, left, President and Chief Executive Officer of Hartford HealthCare, and Craig Thompson, MD, President and CEO of Memorial Sloan Kettering Cancer Center, at a press conference Tuesday where the Hartford HealthCare Cancer Institute was formally certified as the charter member of the Memorial Sloan Kettering Cancer Alliance.
Free Community Education Series in Storrs

Let’s Talk About Your Health

Osteoporosis: Prevention, Diagnosis and Treatment
Presenter: Stephanie Welsh, CNM Mansfield OB/GYN
Tuesday, Sept. 30, 2014, 7-8 pm

A Frank Discussion on Concussions in Youth Sports
Presenter: Anthony Alessi, MD Neurologist
Wednesday, Oct. 15, 2014, 6:30-8 pm

at the Mansfield Community Center
10 South Eagleville Road in Storrs
Registration required. Please call 860.494.4636.

Upcoming Auxiliary vendor sales

Backus: Gifts In Motion will be the featured dealer for the next Backus Auxiliary vendor sale Friday, Sept. 26, from 9 a.m. to 4 p.m. in the MOB/cafeteria alcove. Items include fun neckties, scarves, kids’ novelties, jewelry and more.

Windham: Books are Fun will be the featured dealer for the next Auxiliary to Windham vendor sale Thursday, Sept. 24, and Friday, Sept. 25, from 9 a.m. to 4:30 p.m. in the atrium.

All sales by each auxiliary benefits the host hospital.

About HospiTell
HospiTell is published each Friday by the Communications Departments of The William W. Backus Hospital and Windham Hospital. Employees, medical staff and volunteers can have HospiTell e-mailed to their homes by sending a request to zachary.mcgrath@hhchealth.org
To submit news:
E-mail: publicrelations@wwbh.org
Fax: 860-892-6964
Deadline: Wednesdays at noon
Dear Colleagues,

It’s been more than a year since it was announced that the Hartford HealthCare Cancer Institute would become the charter member of the Memorial Sloan Kettering Cancer Alliance (MSK). Since then, we’ve spent an enormous amount of time in the East Region poring over data, working closely with other cancer centers in the HHC system and adopting best practices and protocols so that we all offer a single standard of care.

That hard work has paid off. Backus and Windham have been certified by MSK, meaning we meet the standards of the nation’s top-ranked cancer center, and we are now part of the first-ever Memorial Sloan Kettering Cancer Alliance.

What does this mean for our patients? It means they will have access to the vast array of clinical trials and treatment protocols offered by MSK, which U.S. News & World Report named the best cancer center in the nation; MSK physicians will take part in our local tumor boards, weighing in on individual patient cases; and the number of patients who need to travel to larger tertiary centers for treatment will decrease because the very best care is available in their community.

We’ve always had great cancer programs on both of our campuses — this new partnership makes us even better, further differentiating us from others. We know that about 80% of all cancer care is provided in community settings. We also know it takes four to six years for the latest breakthroughs in larger academic hospitals to reach the community hospital level. The goal of the MSK Cancer Alliance is for this process to take just a matter of months, ensuring that Eastern Connecticut patients get potentially life-saving treatment as soon as it becomes available.

The Memorial Sloan Kettering Cancer Alliance is much more than just putting a logo on a building: the certification process was rigorous, ensuring we employ best practices and meet MSK standards. This process took an enormous amount of effort from many departments at both hospitals and our physician leaders.

I’d like to thank the many Backus and Windham employees who worked so hard to make this concept a reality. Under the leadership of James O’Dea, PhD, MBA, Regional Director of Cancer Services, our staff conducted an extremely detailed review of what we do in relation to the most common cancer sites — lung, breast, colon, endometrial, prostate and kidney. With a major assist from our Tumor Registry staff, they looked at more than 350 metrics and indicators and reviewed thousands of records in order to compare ourselves to MSK.

Our medical staff at both organizations worked together on disease management teams, focusing on our current standards of care and how we could improve. We also took a close look at our resources and capabilities in the areas of lab, pharmacy, nursing, survivorship, pathology, tumor registry, navigation, surgical services, radiology and more.

What we found is that we already had lots of best practices in place when it comes to delivering cancer care in our communities, and the learning was bi-directional — we learned a lot from MSK, and we provided our partners some insight as well.

For patients, I am proud to reiterate what our Cancer Center Directors Dr. Dinesh Kapur and Dr. Mary Barry have always believed — our patients will receive the best cancer care, close to home. Through state-of-the-art molecular and genetic testing, our job won’t be to just understand cancer, it will be to understand a particular patient’s cancer, and to deliver evidence-based, targeted treatments and therapies so that our ranks of cancer survivors continue to grow.

That’s all for now,

Dave

---

Enhancing our cancer care with MSK

Windham Hospital is once again a major sponsor of the Celebrate Mansfield Festival on Sept. 21 from noon - 4 p.m. on the Storrs Town Square.

Windham Hospital Rehabilitation Network Physical Therapists Brian Cawley and Paul Canavan will be on hand with demonstrations including grip strength and Nurse Navigator Lori Surber, RN, will provide information about cancer screening and will sign up women for Windham Hospital’s breast screening event in October.

---

Windham Hospital at Celebrate Mansfield event
Cancer Survivors Day at Backus

Former major league catcher, founder of the Connecticut Sports Foundation and cancer survivor John Ellis will be one of the keynote speakers at the Backus Hospital Cancer Survivors Day Celebration on Saturday, October 11, from 10am-1pm on the grounds of Backus Hospital.

Ellis, who played for the Yankees, Indians and Rangers and starred for New London High School, will be joined by Hartford Hospital oncology surgeon David Eisenberg, MD, also a cancer survivor. Cancer Survivors Day celebrates those who are living with cancer, inspires those who are recently diagnosed and shows there is life after a cancer diagnosis.

The event is free and includes a picnic lunch. Call 860-892-2777 to register.

Trauma Grand Rounds session set for Oct. 2

Brandon Stahl, MD, will host a lunchtime talk entitled “Trauma Grand Rounds: Traumatic Urological Emergencies” on Thursday, Oct. 2 from noon to 1 p.m. in the Backus Hospital main lobby conference rooms.

One Continuing Medical Education unit (CME) will be awarded for the program. Backus is an approved provider of continuing nursing education by the Northeast Multistate Division (NE-MSD), an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

The education event is open to all health care professionals. To learn more, please contact Gillian Schaff, RN, MSN, Backus Trauma Program manager at 860-889-8331 ext. 3220.

Free Community Education Program

for patients with Type 1 Diabetes

TOPIC:

INSULIN PUMPS

Wednesday, Oct. 1
from 5:30 to 6:30 pm

Backus Outpatient Care Center
111 Salem Turnpike/Route 82, Norwich

Registration is required. Please call 860.892.6900.

Safety coach training completed at Windham

Twenty-six Windham Hospital staff members completed safety coach training during a three-hour session on Sept. 16.

The session, hosted by Steve Kreiser, senior consultant from HealthCare Performance Improvement, taught staff how to effectively coach their peers and leaders to adhere to and promote “Safety Starts with Me” behaviors which include clear communication, proper hand-offs, attention to detail, a questioning attitude, and 200% accountability.

In June, 50 Backus staff completed training. Safety coaches meet monthly and will receive ongoing education and coaching material to become their unit expert on patient safety.
The Hartford HealthCare Cancer Institute has been formally certified as the charter member of the Memorial Sloan Kettering (MSK) Cancer Alliance, a transformative initiative to improve quality of care and outcomes for cancer patients in community health care settings. The Cancer Institute is comprised of five cancer centers — one at each of Hartford HealthCare’s acute care hospitals across Connecticut, including Backus and Windham.

“This is a momentous day not only for the cancer programs within the Institute, but especially for current cancer patients — and those yet to be diagnosed, across our state who will benefit enormously from this innovative partnership,” said Elliot Joseph, President and Chief Executive Officer of Hartford HealthCare. “Through our first-of-its-kind relationship with Memorial Sloan Kettering, one of the world’s most prestigious cancer centers, we will be able to bring the latest advances in treatment and research to patients in our state much more quickly and effectively than ever before.”

“At Memorial Sloan Kettering, we are relentless in our pursuit of improving cancer care and part of that effort includes sharing new knowledge with others. Today, after a year of hard work, we are proud and excited to see this new model of collaboration take shape so that the highest quality cancer care is more accessible to more patients,” said Craig Thompson, MD, President and CEO of Memorial Sloan Kettering Cancer Center.

The certification of the Hartford HealthCare Cancer Institute as a member of the Memorial Sloan Kettering Cancer Alliance comes after one year of intensive review and assessment of all the cancer programs and services within the Institute. In addition to Backus and Windham, the five cancer centers include Hartford Hospital, MidState Medical Center in Meriden and The Hospital of Central Connecticut in New Britain.

James O’Dea, PhD, MBA, Hartford HealthCare East Region director of Cancer Services, said the impact of this historic alliance is already being felt by Backus and Windham patients.

“With this certification, we have the opportunity to work directly and more constructively with the clinicians at Memorial Sloan Kettering — things that historically would have been available to folks who were only receiving their care in academic settings,” O’Dea said.

Since first announcing the partnership last September, teams of cancer experts and specialists from both organizations spent thousands of hours carefully reviewing processes and clinical standards across numerous disease specialties and disciplines to ensure that they aligned with world-class standards established by Memorial Sloan Kettering.

“I’m so thankful for the team of employees and medical staff at Backus and Windham who worked tirelessly to help this alliance become a reality for us,” O’Dea said.

Memorial Sloan Kettering, recently ranked as the top cancer center in the country by U.S. News & World Report, established the MSK Cancer Alliance.
as a way to rapidly move innovative, evidence-based cancer care into the community setting and enable bi-directional learning across the institutions. The Hartford HealthCare Cancer Institute was selected as the first member of the Alliance because of its dedication to delivering high-quality, consistent care across the state and because of the proven expertise of its physicians and medical teams.

“The goal of the Memorial Sloan Kettering Cancer Alliance is to rapidly accelerate the pace of integrating the latest advances of cancer care into a community setting,” said MSK Physician in Chief Jose Baselga, MD, PhD. “This unprecedented approach has and will continue to demonstrate real value to both organizations and most importantly will improve the lives of cancer patients. Our partnership is designed to adapt and respond to the particular needs of HHCCI, its clinicians and patients — and together, we are evolving with the ever-changing practice of oncology.”

Donna Handley, vice president of operations for the Cancer Institute, said the rigorous, in-depth nature of the certification process is what differentiates this partnership from other cancer affiliations. She said the process has ensured that patients entering any of the cancer programs within the Institute can expect a single, elevated standard of care, from diagnosis to treatment to post-treatment and survivorship.

“We are honored to have this opportunity to work so collaboratively and constructively with our colleagues at MSK,” Handley said. “This relationship will transform the delivery of cancer care to the people of our communities, and ultimately save lives.”

Handley said the Cancer Institute’s membership in the MSK Cancer Alliance will bring numerous benefits to patients, both in the short- and long-term, including:

- Enhanced treatments and clinical care, including standards that align with MSK for surgical procedures, chemotherapy and radiation therapy
- Access to cutting edge research, including MSK’s world-renowned clinical trials and protocols and breakthroughs in promising new fields such as molecular oncology
- Collaboration with some of the most pre-eminent cancer specialists in the world, working to develop the best care plans for each patient.

---

East Region Cancer Awareness events

- October will be a busy time for cancer education events at Backus and Windham:

  **WINDHAM HOSPITAL BREAST AND WOMEN’S HEALTH EVENT**
  - **When:** Thursday, Oct. 8, 9 a.m. - 1:30 p.m.
  - **Where:** Outside of Windham High School, 355 High St., Willimantic
  - **Details:** Mammograms, free clinical breast exams and blood pressure screenings. Registration required for mammograms. Call 860-456-6896

  **CANCER SURVIVORS DAY CELEBRATION**
  - **When:** Saturday, Oct. 11, 10 a.m. – 1 p.m.
  - **Where:** Backus Hospital, 326 Washington St., Norwich
  - **Details:** Luncheon buffet served at 11 a.m. on the grounds of Backus Hospital. Please RSVP by Oct. 4 by calling 860-892-2777. See page 8 for more information.

  **THE BOUTIQUE AT BACKUS CELEBRATES NATIONAL BREAST RECONSTRUCTION AWARENESS DAY (BRA DAY)**
  - **When:** Wednesday, Oct. 15
  - **Where:** Backus Medical Office Building, 330 Washington St, Norwich.
  - **Details:** Information and support items will be available for breast cancer patients and their families. Meet Vinod V. Pathy, MD, FACS, New England Plastic Surgery Group from 11 a.m. - 1 p.m. to learn more about options in reconstructive surgery and Backus Breast Health Patient Navigator Donna Slonski, RN, for information about the Backus Breast Center. Plus enter for a free drawing to win a hand-made breast health awareness quilt. Sample Pink Ribbon Bagels, courtesy of Panera Bread.

  **BACKUS LAURA BETH SEDER MEMORIAL GOLF TOURNAMENT**
  - **When:** Friday, Oct. 17
  - **Where:** Mohegan Sun Country Club at Pautipaug
  - **Details:** In support of the Backus Breast Health Initiative. Tickets are $35. Call 860-823-6331 to sign-up

  **PANERA BREAD’S SPOOK-A-THON**
  - **When:** Saturday, Oct. 25, 10 a.m. - 1 p.m.
  - **Where:** Dodd Stadium, Norwich
  - **Details:** To benefit families served by the Backus Hospital Breast and Cancer Centers through the CT Sports Foundation. Fun for the whole family including a corn stalk walk, Halloween costume contest, haunted locker rooms, dugouts and batting cages, pumpkin paintings, free food and more. Register at www.SpookathonCT.org
Former Backus PR director Tom Phalen passes away

Tom Phalen knew everyone’s name long before it became trendy on the TV show Cheers.

Phalen, who passed away Sept. 11 surrounded by his family in the hospital he loved, was 77.

Known for his “radio” voice and MC skills at Backus events, Tom was a Norwich Free Academy graduate. After serving in the U.S. Army and working for Armed Forces Radio, he took a job as a broadcaster for WICH radio in Norwich. He later moved into print media, working at the Norwich Bulletin and Groton News before taking the job of Director of Public Relations at Backus.

After retiring in 2002, he remained connected to his beloved hospital, going to work as a shuttle bus driver, which turned out to be a way to continue his long tradition of greeting employees by name and engaging them in discussions before and after their shifts.

At his funeral, which was held at St. Mary’s Church in Griswold, his friends and family recalled how devoted he was to his Catholic faith, his family and his extended family at Backus.

Sister Rita Johnson, SSND, Backus Chaplain, spoke about how Tom treated everyone he met with respect, whether they were front line workers or high level administrators. She fondly remembered his kind, gentle nature and how every year he would serve as Santa Claus — delighting Backus staff members’ children.

“He was grateful for everything, and he took nothing for granted.”

He passed away peacefully in the hospital he worked in for more than 20 years.

“Backus was a second home to him,” said his son James Phalen, who spoke during the service on Monday. “He spent his final days with truly fabulous people who loved him dearly.

He was no different at home. He was a devoted family man who served as a role model for his children.

James said his father taught them that in order to be successful in life, you have to treat people with kindness and respect.

“That’s who dad was,” he said. “He loved everyone.”

In lieu of flowers, donations may be made in Tom’s memory to St. Mary’s Church in Jewett City or to The William W. Backus Hospital, in care of the Development Office, 326 Washington St., Norwich, CT 06360.

In addition to his wife Janis, he is survived by three children, James Phalen and his wife, Tonda, of Alexandria, Va., Gregg Phalen and his wife, Colleen, of Ashburn, Va., and Kathleen Phalen Marcos and her husband, John Marcos, of Belmont, Maine; nine grandchildren, Elaina and Sheridan Phalen, Camden, Stacia, Katherine, and Thomas Phalen, and Lauren, Sarah, and Meredith Marcos; his brother, Edward Phalen of Spring Valley, Calif.; and numerous nieces, nephews, and cousins.

Like Windham on Facebook at facebook.com/windhamhospital

Martha Garland of Norwich won a brand new iPad Mini as part of a weeklong registration drive for the Backus patient portal. More than 3,600 patients have signed up for the portal since its launch in April.

Norwich woman wins patient portal iPad giveaway

Martha Garland of Norwich can use her brand new iPad Mini to access her health records 24 hours a day through the Backus patient portal. Garland — one of more than 3,600 patients who have signed up for the portal since its launch in April — won the grand prize as part of a weeklong registration drive held at the hospital and various satellite offices from Sept. 8-12.

By registering for the Backus patient portal, patients can: View test results online, see upcoming scheduled appointments, request prescription refills from providers, and exchange messages with providers between visits.

Five others who signed-up for the patient portal were awarded $50 Wal-Mart gift cards in the random drawing.

To register for the Backus Patient Portal go to backushospital.org/portal.
As fall comes into full swing, we welcome cooler temperatures, crisp air and the turning colors of the leaves. This time of year, however, also brings with it a not-so-welcome guest — influenza.

Influenza poses a serious threat to our patients, who in most cases already suffer from compromised health. As health care workers, it is our responsibility to protect our patients, ourselves and our loved ones from this potentially deadly respiratory virus.

For this reason, flu vaccinations are mandatory for all staff, students and volunteers at Backus and Windham hospitals.

In the event that you will be applying for a new medical or religious exemption, Backus employees must go to the Employee Health Department page located on the Backus intranet to download the applicable form. Windham employees may contact the Employee Health Department. Completed forms must be submitted to Hartford Hospital Occupational Health by Oct. 1.

Please be aware that this is a firm deadline, please plan accordingly. All requests must be received either by fax or mail prior to the cutoff date. The contact information for Hartford Occupational Health is located on the exemption form.

For more information, contact Employee Health Nurse Penny Slayton, RN, at 860-889-8331, ext. 2499 or via e-mail at penelope.slayton@hhchealth.org

**Influenza vaccination deadline is Tuesday, Nov. 4.**

---

**Protect your patients and yourself from the flu**

**Backus flu clinic dates, times**

- Thursday, Oct. 9 . . . . . . 6 a.m. - 6 p.m. . . . . main lobby conference rooms
- Monday, Oct. 13 . . . . . . 1 - 4 p.m. . . . . main lobby conference room 1
- Wednesday, Oct. 22 . . . . 6 a.m. - noon . . . . main lobby conference room 3
- Wednesday, Oct. 29 . . . . 6 - 11 a.m. . . . . main lobby conference room 1

**MOBILE CART VACCINATIONS (for off-shift personnel)**

- Monday, Oct. 6 . . . . . . 2:45 - 6:45 a.m. . . . .
- Thursday, Oct. 16 . . . 8 p.m. - midnight . . . .
- Tuesday, Oct. 21 . . . . . 3 - 7 a.m. . . . .
- Monday, Oct. 27 . . . . . 8 p.m. - midnight . . . .

**Windham flu clinic dates, times**

- Tuesday, Oct. 14 . . . . . . 6 - 10 p.m. . . . . Griswold Room
- Thursday, Oct. 16 . . . noon - 4 p.m. . . . . Griswold Room
- Monday, Oct. 20 . . . . . . noon - 4 p.m. . . . . Griswold Room
- Tuesday, Oct. 21 . . . . . . 3 - 7 p.m. . . . . Johnson Room
- Thursday, Oct. 22 . . . . . 6 - 10 a.m. . . . . Griswold Room

---

**Remembrance Day slated for Oct. 12**

Backus Hospital will host Remembrance Day, a day to recognize pregnancy and infant loss, on Sunday, Oct. 12, at 3 p.m. in the Hartford HealthCare East Region System Support Office on 11 Stott Avenue in Norwich.

Remembrance Day will provide support, education and awareness to those who have been impacted by a miscarriage, ectopic pregnancy, stillbirth or loss of an infant.

To register for this free program, call Elynor Carey at (860-889-8331, ext. 4239). Light refreshments will be served.
Benefits open enrollment begins Oct. 20

Hartford HealthCare (HHC) values its employees and is committed to providing a comprehensive benefits package that rewards them for their dedication to our patients and families.

HHC has partnered with a world-class company — AON-Hewitt — whose services will allow our employees to manage their benefits plans 24/7 from work or home. With AON-Hewitt, employees will be able to enroll in and manage their benefits through a secure website or by telephone with services customized just for them. This is something new for employees at Backus Hospital, Backus Home Healthcare and ConnCare. This year, we will not be doing paper enrollment forms and employees must enroll in benefits online.

Important: As we have done in the past, every benefits eligible employee must enroll during open enrollment. If you do not enroll, your current medical, dental, vision and FSA coverage (if applicable) will be cancelled as of Dec. 31, 2014 and you will not have benefits for 2015.

The details

Open enrollment period is Monday, Oct. 20 through Friday, Oct. 31 and will be done entirely online or via phone. There will be no benefit enrollment packets mailed out.

- Backus: Benefits Material for Backus will be posted on the Backus Human Resources Intranet under the “2015 Open Enrollment Link.”
- Windham: Benefits material for Windham will be posted online at https://hhchealth.benefitsnow.com.

Action is required for every benefits-eligible employee (scheduled to work 24 hours or more per week). Benefits elections from prior years will not roll over, except for Supplemental Life and retirement elections.

Employees who do nothing will have current coverage cancelled effective Dec. 31, and will not be enrolled in coverage for 2015.

Future qualifying events: Employees may add or change coverage only if they can demonstrate a qualifying life event (examples: new hire, loss of coverage from another source, new baby).

Dependent verification will continue to be required and employees will be asked to provide proof of eligibility for dependents that were not covered in 2014. AON-Hewitt will contact you directly to obtain the appropriate documentation. Failure to return requested information in the designated time frames will also result in forfeiture of benefits for 2015 retroactive to Jan. 1, 2015.

There will be information sessions in the coming weeks to talk about all the 2015 benefits. To learn more now, go to https://hhchealth.benefitsnow.com or call 1-855-596-7448 Monday-Friday, 8 a.m. to 8 p.m. (except major holidays) beginning Oct. 20.

Foreign language translation is available via telephone enrollment.
### EAG employee craft fair
- The annual Employee Craft Fair will be held on Thursday, Nov. 6, from 4-7 p.m. and Friday, Nov. 7, from 7:30 a.m. - 4 p.m. Space is available for $30 for employees and $40 for non-employees. Space will be open to employees only until Friday, Oct. 10. Please contact Donna at ext. 4513 for donna.mclaughlin@hhhealth.org for more information.

### Discount movie tickets
- Discount Lisbon Landing Digi-plex movie tickets are available through Cathy Saunders in Diagnostic Imaging or Donna McLaughlin in Food and Nutrition for $8.

### About the EAG
- The EAG is a small team of employees who plan and coordinate fun and discounted activities for all employees to enjoy.

---

### EAG weekly prize winner for Sept. 19
- Loree Winski-Tanguay — Public Safety

**CONGRATULATIONS!**

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

---

### Backus Café Menu

**SATURDAY, Sept. 20**
- tavern battered cod with cole slaw / open faced turkey on foccacia / beef noodle soup / fiesta corn / french fries

**SUNDAY, Sept. 21**
- eggplant rollettes / chicken tenders / soup du jour / mixed vegetables / french fries

**MONDAY, Sept. 22**
- **ENTREES:** meatball grinder with onions and peppers / savory pork loin with autumn stuffing / eggplant parmesan / **SOUPS:** chicken orzo / fiesta corn chowder / **SIDES:** bermuda blend vegetables / brussel sprouts / autumn stuffing / french fries

**TUESDAY, Sept. 23**
- **ENTREES:** fajita beef salad / chicken scampi with rotini pasta / baked manicotti with garlic bread / **SOUPS:** beef barley / creamy jack’d cauliflower / **SIDES:** caribbean blend vegetables / asparagus / jasmine rice

**WEDNESDAY, Sept. 24**
- **ENTREES:** chicken vegetable quesadilla / turkey meatloaf with gravy / falafel with pita and taziki / **SOUPS:** chicken noodle soup / butternut bisque / **SIDES:** green beans with roasted red peppers / baby carrots / french fries / wild rice pilaf

**THURSDAY, Sept. 25**
- **ENTREES:** white chicken chili in bread bowl / pot roast with gravy and horseradish / greek style baked haddock / **SOUPS:** portuguese with kale / cream of tomato / **SIDES:** corn / harvard beets / rice pilaf / mashed potatoes

**FRIDAY, Sept. 26**
- **ENTREES:** apricot glazed salmon with couscous salad / braised beef tips portobello / chef’s choice / **SOUPS:** boston clam chowder / chef’s choice / **SIDES:** broccoli / sicilian blend vegetables / jasmine rice / fries

**DAILY FARE:** A variety of hot paninis, cold wraps and pizza specials are available on a rotating basis

---

The Backus cafeteria is open daily from 6:30 a.m. - 6:30 p.m. Hot food is served from 6:30 - 10:30 a.m.; 11 a.m. - 2 p.m.; and 5 - 6:30 p.m.
East Region needs captains for Heart Walk

The East Region is seeking captains for the 2014 American Heart Association Heart Walk at Rocky Neck State Park in Niantic Oct. 5. Backus and Windham staff are invited to participate.

The event, which raises money for research, advocacy and awareness of cardiovascular disease and stroke, promotes a culture of physical activity and wellness so that people can live longer, heart health lives.

For more information or to become a team captain contact Shawn Mawhiney at 860-634-3383 or email at smawhiney@hhhealth.org.

### Sumner Cafeteria Menu

<table>
<thead>
<tr>
<th>Day</th>
<th>ENTREE:</th>
<th>SOUPS:</th>
<th>SIDES:</th>
<th>SANDWICH:</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY, Sept. 22</td>
<td>lemon parmesan chicken cutlet / chicken and rice / soup du jour / rice pilaf / mixed vegetables / fresh mozzarella and spinach panini</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TUESDAY, Sept. 23</td>
<td>jamaican spicy beef patty / coco bread / mozzarella sticks / loaded baked potato / soup du jour / chef’s choice / caribbean blend vegetables / grilled chicken ranch BLT on a fresh baked roll</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WEDNESDAY, Sept. 24</td>
<td>general tso’s chicken / tuscan white bean with escarole / soup du jour / vegetable stir fried rice / sweet and spicy green beans / roast beef and cheddar grilled panini</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>THURSDAY, Sept. 25</td>
<td>loaded baked potato bar / chicken wings / minestrone / soup du jour / baked potato / fresh broccoli / grilled turkey burger with guacamole, cheddar cheese, lettuce and tomato</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>FRIDAY, Sept. 26</td>
<td>taco salad bar / vegetarian enchilada bake / N.E. clam chowder / soup du jour / red beans and rice / wax beans / pesto chicken panini</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SATURDAY, Sept. 27</td>
<td>chicken or vegetable quesadillas / chicken tenders / chicken noodle / sweet potato wedges / italian green beans / grilled hot dog with chili and cheese</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SUNDAY, Sept. 28</td>
<td>tortilla tilapia / beef vegetable with lentil / rice pilaf / mexicali corn / smoked turkey bacon cheddar grilled panini</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**BREAKFAST:** Served weekdays only and includes a variety of hot items including oatmeal, cream of wheat, yogurt bar, scrambled eggs, bacon, sausage, homefries and a breakfast sandwich (Selection varies by day)

The Sumner Cafeteria open from 6:30 - 10:30 a.m.; 11:15 a.m. - 1:30 p.m.; 2 - 2:30 p.m. and 3 - 6:30 p.m.

Hot food is served from 6:30 - 9:30 a.m.; 11:15 a.m. - 1:30 p.m.; and 5 - 6:30 p.m.
GENERAL STORE

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

We welcome your submissions by the hospital Intranet, fax (860-892-6964), mail or by e-mailing publicrelations@wwbh.org. The deadline for submissions to be included in each Friday’s Hospitell is Wednesday at noon.

Hospitell will include community events for not-for-profit organizations based in eastern Connecticut that are open to the public and free of charge. We do not accept ads for real estate, fireworks or personal ads. Please do not list hospital phone numbers or hospital e-mail addresses for responses. You must submit your item weekly if you want it to appear more than one week.

To have Hospitell e-mailed to you, or for questions about the General Store, please call Ginny James, Backus Corporate Communications, at 860-889-8331, ext. 4211, or e-mail her at virginia.james@hhchealth.org.

FOR SALE

1995 FORD F150 — 5.0, V8, five speed manual transmission, new 2.5-inch Ruff Country lift, shocks, 109,000 miles, $3,000. Call 860-790-0449.

PAPADAN SWIVEL CHAIR — With foot stool, chocolate brown cushions, excellent condition, $125. Call 860-887-7369 or 860-933-9225.

BABY CLOTHES — Infant and larger baby boy clothing. Call 860-376-6739.

MISC. ITEMS — PlayStation $20 gift card, $15. PlayStation plus one-year membership, $40. Capital Grille $150 gift card, $125. Call 860-884-1895.


FREE

OLDER SIAMESE CAT — Prefers to be an only cat. Call 860-886-0506.

WANTED

PERSONAL CARE ASSISTANT — Seeking a reliable, caring assistant to join a dynamic team providing support for a young woman with a movement disorder. Two to three afternoon/early evenings, includes some weekend hours. Personal care experience helpful. Complete orientation provided. Plainfield area. Call 860-245-7514 for more information.

VENDORS — Preston City Congregational Church, Scarecrow Festival, Saturday, Sept. 27. View www.prestoncitycongregational.org, email scarecrowfestivalcrafter@hotmail.com or call 860-887-4647 for information.

BOOKS — The Friends of Otis Library are accepting contributions of gently used books for their Oct. 19 through Oct. 19 book sale. Drop off books, DVDs, CDs at the circulation desk, Otis Library, 261 Main St., Norwich. No textbooks, magazines or encyclopedias. Call 860-889-2365, ext. 100 with questions.

VENDORS — Norwich Sts. Peter & Paul “Kris Kringle Fair,” Saturday, Nov. 8, 9 a.m. to 4 p.m. Call 860-887-9857.

VENDORS — Craft, hobby, products show hosted by the Lebanon Volunteer Fire Department Auxiliary on Saturday, Nov. 22, at the Lebanon Fire Safety Complex. Call 860-942-8283.


EVENTS

BOZIAR FARMERS MARKET — Fridays through Oct. 10, 4-7 p.m. 25 vendors, gourmet foods, music. CT Authors, Friday, Aug. 22. Meet 22 authors. View bozairfarmsmarket.org.

GRISWOLD EXERCISE PROGRAM — Meets every Tuesday and Thursday, 6-7 p.m. in the Griswold Elementary School cafeteria. Class features low-impact aerobic, weights and pilates. Bring your own mats and weights. For more information, call 860-376-4741.

ADVENTURES IN LIFELONG LEARNING — The fall reception and registration is Friday, Sept. 19, at 1:30 p.m. in the TRCC cafeteria. Fall semester of enrichment classes for those over 50 of age begins Monday, Sept. 29. Classes meet during the day at Three Rivers Community College in Norwich. Call 860-887-1268 or gideonlus@yahoo.com.

ST. PATRICK’S CAR WASH — Saturday, Sept. 20, 9 a.m. to noon at the St. Patrick Cathedral parking lot. Car wash is donations only, baked goods for sale. The funds raised will go toward the eighth grade class awards ceremony and graduation.

YARD/MUM SALE — Saturday, Sept. 20, 9 a.m. to 2 p.m. at Norwich Green, sponsored by the Yantic Women’s Auxiliary. Vendors welcome. Call 860-859-1150.

CCSARTS ANNUAL WALK FOR MUSIC — Saturday, Sept. 20, 10 a.m. at the Lakeside Pavilion, Mohegan Park. Support the arts in Norwich by joining us for a 5K walk encircling Spaulding Pond. Registration begins at 9:30 a.m. For pledge and registration information go to csarts.org.

CHICKEN BBQ — Saturday, Sept. 27, 4:30-6 p.m. at Yantic Firehouse. Registrations only, seniors/adults $10. Call 860-859-1150.

PARK CHURCH FALL FESTIVAL — Saturday, Oct. 4, 9 a.m. to 3 p.m. at Park Congregational Church, 283 Broadway, Norwich. Proceeds benefit St. Vincent de Paul Place Soup Kitchen. Community and church tag sale, crafts, vendors, basket raffle, bake sale, children’s games, luncheon items. Craft vendors may reserve 10-foot-by-10-foot spaces for $30. Call 860-887-3747 or email parkchurchnorwich@netzero.com for more information.

NORWICH RUSSIAN FESTIVAL — Saturday, Oct. 4, 9 a.m. to 4 p.m. at The Orthodox Church of the Holy New Martyrs and Confessors of Russia, 364 Canterbury, Tyke, Norwich. Food, shopping, entertainment, children’s fun.

BLUE SLOPE FALL TYME FESTIVAL — Saturday, Oct. 4, and Sunday Oct. 5, from 10 a.m. to 3 p.m. at 138 Blue Hill Road, Franklin. Adults, $7, children, $4, parking free, home grown wagon rides, pie eating contest, antique tractors and trucks, local vendors, cow milking and more. Enjoy a day at the farm like it used to be.

WINES OF AUTUMN — Saturday, Nov. 1, from 5-7 p.m. at the Norwich Free Academy Slater Attirum, 305 Broadway, Norwich. Sponsored by the Woman’s City Club of Norwich Scholarship Fund. Refreshments, wine, tickets $20 in advance or at the door. Call 860-887-2135 or 860-887-7515.

SENIOR RESOURCES — Let us do a benefits checkup — a free and confidential questionnaire for individuals ages 60 and older that will screen you for eligibility for federal, state and local financial programs. Visit www.SeniorResourcesEC.org click on the benefits checkup logo or call Senior Resources at 800-690-6998 and have the questionnaire mailed to you. Or, a Senior Resources staff member can complete the screening over the phone.

Jolly John cancer fundraiser tonight — Sept. 19

Limited tickets are on sale now for the second annual Jolly John’s “Keep You Truckin’” Birthday Bash cancer fundraiser on Sept. 19.

The event, which benefits local cancer patients, will be held at Jolly John’s Mill at 380 N. Main St. in Moosup from 6-11 p.m.

The evening includes entertainment by Charlie Hayden, Comedy of Magic, music by Relative Sound, hors d’oeuvres, a buffet, live and silent auctions and door prizes. Tickets are $50 each and can also be purchased at the Backus and Windham Auxiliary gift shops or by calling the Backus Hospital Office of Philanthropy and Development at ext. 6331.