

OCTOBER 2009

Referral Number  
**1.800.950.1004**



## Take Care • Be Aware

Breast Cancer Awareness Month  
**News & Events**

New England Home Care and Crestfield Rehabilitation Center held a special presentation for Breast Cancer Awareness Month on October 22. **Mary Beth Clark, RN, BSN**, presented "Knowledge is Power: A Healthcare Professional's Personal Story" at Atria Hamilton Heights Assisted Living, West Hartford.

On October 3, **Kimberly Nystrom, President, New England Home Care**, and **Lynn Ricci, V.P. of Administration for the Hospital for Special Care**, participated in the Terri Brodeur Breast Cancer Foundation's Walk Across Southeastern CT, walking a full marathon (26.2 miles) for breast cancer research. Every penny raised by Walk Across Southeastern CT participants is directed to the Terri Brodeur Breast Cancer Foundation and breast cancer research. To learn more, visit [www.terribrodeurbreastcancerfoundation.org](http://www.terribrodeurbreastcancerfoundation.org).

## Moving Forward with a Strong Team

### *New England Home Care Celebrates Physical Therapy Month*

This National Physical Therapy Month, New England Home Care honors our team of Physical Therapists throughout the state for working closely with our patients to improve mobility, restore independence and optimize function as part of our **BetterBalance@Home**™ program.

We extend a special thank you to **Mark Salley, Director of Rehabilitation Services**. Mark has been part of the New England Home Care family since 2004. He started as a local supervisor with an all per-diem staff. Today, he is the statewide agency director for five branches and 13 full- and part-time Physical Therapists and Occupational Therapists.

Mark is in charge of monitoring the quality of our therapy services throughout the agency and orienting new staff to home care and to the therapy team. He has also been instrumental in building company-wide initiatives such as our **Healthy@Home**™ program, Tele-monitoring program, Fall Prevention program and other staff development.

We are also proud to welcome **Heidi Adamski, Assistant Director of Rehabilitation Services**, to the Physical Therapy team.

Heidi is very active in the Connecticut Physical Therapy Association (CPTA) and the American Physical Therapy Association (APTA). She is also the Co-clinical Director of the Special Olympics FUNfitness program for the state of Connecticut, having trained for this position at the Special Olympics World Games in Idaho in February 2009. Heidi has more than 10 years of professional experience in home care and 14 years in the skilled nursing facility setting. Her focus here is to assist in the ongoing development and progression of our rehabilitation services program.

### **About Physical Therapy Month**

National Physical Therapy Month is sponsored by the American Physical Therapy Association (APTA). This year's theme, "**Move Forward: Physical Therapy Brings Motion to Life,**" reflects the profession's mission: "Physical Therapists help you restore and improve motion to achieve long-term quality of life."

#### BRANCHES THROUGHOUT CONNECTICUT

Intake fax: 1.860.613.0184

**Cromwell Branch**  
136 Berlin Road  
Cromwell, CT 06416  
☎ 800.286.6300  
fax 860.635.9717

**New Haven Branch**  
370 James Street  
New Haven, CT 06513  
☎ 800.989.6667  
fax 203.882.7170

**Windsor Branch**  
80 Lamberton Road  
Windsor, CT 06095  
☎ 860.683.4603  
fax 860.313.5458

**Shelton Branch**  
1077 Bridgeport Avenue  
Shelton, CT 06484  
☎ 203.925.5929  
fax 203.225.0385

**Waterbury Branch**  
525 Wolcott Street  
Waterbury, CT 06705  
☎ 203.573.8232  
fax 203.596.7902



## H1N1 (Swine Flu)

### What to do to stay healthy:

- If you have flu symptoms, stay home and call your health care provider or go to the Occupational Health Office for an evaluation.
- Inform your supervisor of your symptoms and whether or not you have been diagnosed with H1N1.
- Supervisors: Inform Occupational Health (301.677.8402) of any employee who missed work due to flu-like symptoms and/or has been diagnosed with H1N1.
- If caring for a person sick with H1N1, wear a mask when you leave your home.
- If you miss three days or more of work with flu symptoms, the Occupational Health Office must clear you before returning to work.

### For additional information:

Centers for Disease Control and Prevention  
 ☎ 800.CDC.INFO (800.232.4636)  
 TTY: 888.232.6348 (24 hours a day)  
 Email: [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)  
 Web: <http://www.cdc.gov/swineflu/>

# Community Outreach

## *Walking Together for a Cause*

### Sickle Cell Disease 18th Annual Walk-a-thon

On September 12, **Lisa Kinsella** (New Haven Branch Clinical Liaison, Business Development) and **Lisa Nardelli** (Shelton Branch Clinical Liaison, Business Development) participated in the 18th Annual Walk-a-thon for the Sickle Cell Disease Association of America, along with title sponsors Bridgeport Hospital and Yale New Haven Hospital.

The Sickle Cell Disease Association of America is committed to patients and their families living with sickle cell disease in Connecticut. Their primary goals are prevention, education and optimizing the quality of life for individuals and families affected by sickle cell disorders. The mission of the organization is to provide education, screening, counseling and support services to persons with sickle cell disease and trait. New England Home Care proudly supports the efforts of this organization. For more information, visit [www.sicklecelldisease.org](http://www.sicklecelldisease.org).

### Wings of Hope

Wings of Hope is a very special effort to run/walk and raise funds for the new Clinical Care Center at Connecticut Children's Medical Center. New England Home Care team members ran on Saturday, October 10. **Bill Sullivan**, Vice President, New England Home Care, came in first in his age group. **Sarah Poudrier** and **Nellie Reed**, Pediatric Supervisors, finished in support. For more information, visit [www.connecticutchildrensevents.org](http://www.connecticutchildrensevents.org).

### Alzheimer's Memory Walk

New England Home Care sponsored this year's "Memory Walk" in support of the Alzheimer's Association on Sunday, October 4 at Hartford's Bushnell Park. To learn more about the association or to get involved, visit [www.alz.org/CT](http://www.alz.org/CT).



### Mini Golf for Alzheimer's

New England Home Care staff also supported and participated in a mini golf tournament to benefit the Alzheimer's Association, sponsored by Arden Courts of Farmington.

## Quote

OF THE MONTH

"Never doubt the power of a small group committed people to change the world...In fact, nothing else ever has."

– *Margaret Mead*

## Customer Service Winners

### August

Direct Care: Melissa Shaw (New Haven)  
 Administrative: Lucia LaBella (Cromwell)  
 Paraprofessional: Olga Rodriguez (Windsor)

### September

Direct Care: Sherry Richards (Waterbury)  
 Administrative: Cora Swilling (Shelton)  
 Paraprofessional: Eloise Burton (New Haven)

You can nominate any deserving employee for the "Customer Service Excellence Award" by completing the nomination card located at the reception area in each branch.



Accredited by The Joint Commission.

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