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# UPDATE

THE NEWSLETTER FOR WATERBURY HOSPITAL EMPLOYEES & NETWORK AFFILIATES



Twenty-three patient rooms, including 9 private rooms, recently opened on Pomeroy 6. From left: **Sue Manzano, RN**, Assistant Director of Pomeroy 5 and Pomeroy 6; **Sandra Iadarola, RN**, Chief Nursing Officer; and Pomeroy 6 nurses **Lauren Sagliano, RN**, and **Ayanna Jordan, RN**, show off one of the new rooms.

## NEW PRIVATE ROOMS NOW OPEN ON POMEROY 6


**Renovations will significantly enhance experience for patients**

Waterbury Hospital has opened 30 new private individual rooms for patients – including 9 out of 23 new rooms on the recently renovated Pomeroy 6 floor – significantly improving the overall experience for patients by insuring that they have privacy and quiet while they are recovering.

“We are very pleased with the addition of these private rooms as we feel they go directly to Waterbury Hospital’s mission of providing the highest quality care to our patients,” said **Sandra Iadarola, RN**, the hospital’s Chief Nursing Officer.

The renovations on the floor, which was formerly used for non-patient purposes, were designed to insure patient comfort and convenience, complete with newly installed high-definition televisions mounted on the walls.

The addition increases the total number of private patient rooms in the hospital from 29 to 59. Overall, 65 percent of the hospital’s patient rooms are now private.

Iadarola said private patient rooms have been widely documented to enhance a patient’s recovery. They also make it much easier to properly isolate patients with conditions that might affect others. 



## HOSPITAL NURSES GET READY FOR THE RIDE OF A LIFETIME

Three members of the Waterbury Hospital nursing staff are planning to embark on the adventure of a lifetime this summer. **Marilyn Anthony**, her brother **Paul Anthony** and **Sarah Murray** have teamed up to participate in the 10th Annual AIDS/LifeCycle event, a 7-day bicycle ride starting in San Francisco on June 5 and ending in Los Angeles that focuses on raising money and awareness for HIV/AIDS research.

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Pictured, from left: **Sarah Murray**, **Marilyn Anthony** and **Paul Anthony**.

Back row, left to right: **Carl Marshall, RCIS;**  
**J. Todd Rutledge, ICVT.** Front row, left to right: **Paul**  
**Guerrera, PCA; Pat Kinzly, RN; Jaye Howes, APRN;**  
**Mamadou Keita, patient; Evelyn Quintana, RCIS,**  
 Lead Technologist.




# Thanks from the Heart for a Heart Saved

The Cardiology Department staff at Waterbury Hospital is used to saving lives on a regular basis. Oddly enough, however, they aren't all that used to being thanked for it. But in late December, they received a surprising and gratifying visit from 42-year-old **Mamadou Keita**, who just a week earlier had come to the hospital in the midst of a severe heart attack. Keita was rushed to the catheterization lab, where cardiologist **Stephen Widman, MD**, inserted a stent in a blocked artery, restoring the flow of blood to the heart and saving Keita's life. Cardiology staffers were happy to have diagnosed and treated Keita's heart attack in just under 60 minutes, well under the recommended national guidelines for responding to a heart attack. But


it's safe to say they weren't as happy as Keita, a father of four who made a point to return to the hospital to thank the people whose hard work, talents and dedication had saved his life.

"I owe my life to them," Keita said afterward. "I wanted them to know I am very grateful."

**Evelyn Quintana, RCIS**, the lead technologist and one of many people who treated Keita that day, said such visits are surprisingly rare, but always welcome. "We don't do this to get a lot of fanfare and thanks, but it sure is nice when it happens," she said. "His visit provided us with another reminder of the importance of our job." 



## Sandra Iadarola, RN, Named Chief Nursing Officer at Waterbury Hospital

**Sandra Iadarola, RN**, a Waterbury native who has more than 20 years of experience in nursing and nursing administration, has been named Chief Nursing Officer at Waterbury Hospital. Under her new role, Iadarola will be responsible for the development and direction of patient care, including oversight of nursing care. Iadarola has served the past eight years as Administrative Director of Medical/Surgical and Critical Care Services at the hospital. Prior to that, she served as Vice President of Patient Care at Charlotte Hungerford Hospital in Torrington. 

# HOSPITAL NURSES GET READY FOR THE RIDE OF A LIFETIME

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When Marilyn first learned about the event, she said she knew both Paul and Sarah would be interested in taking part, as they are both avid cyclists. Ironically, however, Marilyn does not have a lot of experience riding bikes, and she admitted she is nervous about completing the 545-mile ride. Yet she said she is looking forward to it because of the cause it supports.

"I know that it's going to be uncomfortable, and I know that it's going to be tough. But it's nothing compared to what people living with HIV/AIDS have to go through each and every day," she said.

Marilyn said the event is also important because Paul is a prostate cancer survivor, and AIDS/LifeCycle is an organization that aims to cure chronic diseases and other human illnesses. And, as nurses, all three are called to combat such illnesses every day at the hospital.

"I feel like this is a way that I can honor the patients that I work with every day," said Marilyn.

"Team Connecticut," the name of the trio's bike-riding squad, has set a donation goal of \$7,500, but they hope to surpass that goal through the generosity of others. Anyone who would like to donate to the team can go online to [AidsLifeCycle.org](http://AidsLifeCycle.org) and make the donation under Marilyn, Paul, or Sarah's name.



# BEHIND THE SCENES:

Waterbury Hospital's healing mission is to provide compassionate, high quality health care through a group of staff that often feels like family. This mission is underscored by our guiding principles which focus on patient-centered care, integrity, continuous learning, service orientation and financial responsibility and stewardship (to learn more about each of these, please visit the employee Intranet and click on Waterbury Hospital Strategic Plan, located on the left side of the page near the bottom). **Donna Dionne** (featured below) is a positive example of a hospital staff member who strives to embody these guiding principles as she goes about her work at Waterbury Hospital.

## People who make a difference at Waterbury Hospital



**Donna Dionne**  
Buyer, Purchasing Department

### Q. Where did you grow up?

A. I grew up in Waterbury. I went to Waterbury schools, graduated from Kennedy High School, then onto Naugatuck Valley Community College and Post College. I had two older sisters, one of whom is now deceased. I still live in Waterbury, in Town Plot.

### Q. How long have you worked at Waterbury Hospital?

A. Thirty-one years, if you can believe it! I first worked here for about 10 years in the Operating Room, then left for a while to do another job, and then came back when they offered me a position as a buyer. I've been doing this job for 21 years. I'm very happy here.

### Q. What do you enjoy most about what your job?

A. I really enjoy being part of a hospital environment. I like being in health care because you truly feel like you're helping people. I believe that the outcomes for our patients are the result of a large team of people working together, including the people who supply the necessary products for taking care of people. I enjoy the challenge of researching and looking for a better product, something that will help bring the best care to patients.

### Q. What is the most important thing in your life?

A. Family is by far the most important, family and friends. I'm fortunate because the co-workers in our department are all so supportive, they're like a second family to me. And I see them a lot more during the average week than my real family! I have a sister and a brother-in-law in the area, and I see them quite frequently.

### Q. What do you like to do for fun?

A. I like to spend time with my family, usually playing cards or board games. We sit around the table and play poker or setback, a lot of games.

### Q. What's your favorite TV show?

A. I love the food shows. I like to watch TV, so there are a lot of shows I watch. I like that show "The Boss" and "The Good Wife" is good, too. I enjoy watching the food shows because I like to cook for my family when I get the chance.

### Q. If you won the lottery today, what would you do with the winnings?

A. I would probably pay off all my debts and make sure I had some money set aside for the future. I would help my friends and family if they needed money. And I would donate some to my church, Blessed Sacrament, or another organization that helps people.

### Q. How do you keep upbeat at work?

A. It's not hard to stay upbeat in our department because of the great people who work here. We all lean on each other and support each other. If one of us is having a bad day, we all try to help. We have a new director in our department, **Loraine Profita Czarnota**, and look forward to working with her. She brings enjoyment at work. We're very fortunate here.

### Q. How do you support other employees or patients?

A. The whole purpose of our department is to help people get what they need. We take a lot of pride in providing people with the things they need to care for patients. We always try to find the answers that people are looking for. [Donna is also known for taking great care to help elderly people outside the hospital.] We consult with vendors to insure that all Quality and budget expectations are met. Unlike most businesses today, the Purchasing Department is relied upon to provide one-on-one service.

### Q. How do you contribute to Waterbury Hospital's "healing environment"?

A. I like to think that everyone at the hospital, no matter what their position, is always making important contributions to patient satisfaction and quality of care. That's something I feel very strongly about because one day I could be on the other side – it could be me or my family in one of these patient rooms – and I would want that kind of commitment. The end results are patient satisfaction and quality of care. I think that's important to everyone who works here, otherwise we wouldn't be here. 🙌



## Parent Leadership Training Institute (PLTI) receives donation

Waterbury Hospital received a \$2,500 dollar grant from TD Bank to support the Parent Leadership Training Institute (PLTI) class of 2011 at Waterbury Hospital. The PLTI program has been supported by the hospital since 2000 and works to empower individuals to become leaders, volunteers, and advocates for community. The program also helps Waterbury Hospital fulfill the parental component of the Hospital's Youth Pipeline. Pictured from left are: Youth Pipeline coordinator **Trish Spofford**, TD Bank Representative **Gary Della Rocco**, and Director of Grants and Operations Audit **Juana Clarke**. 🙌



Pictured here taking a coconut water break in Damassin, Haiti, pilgrims **Andrew Hogan, Molly Bangs, Joanne Connolly, Margaret Pénicaud, Elaine Morrison, and Richard Smith.**

## *Hospital Social Worker Helps Bring Relief to Haiti*

Waterbury Hospital social worker **Richard Smith** and hospital volunteer **Andrew Hogan**, a professional photographer, recently returned from a humanitarian trip to Haiti where they took photos of the devastation caused by the earthquake that ravaged the country in early 2010.

Richard and Andrew spent 10 days in Haiti as part of a relief effort organized by the Martha's Vineyard Fish Farm for Haiti Project, a volunteer, faith-based organization that aims to bring sustainable relief to Haiti through fish-farm cultivation.

Richard and Andrew were part of a team of six volunteers who brought desperately needed supplies and lent assistance to the recovery efforts in late October and early November. The scenes of devastation and poverty the team encountered were profoundly moving, Richard said.

"You can't believe that people can live under such conditions. But the people there not only endure their situation, they are amazingly resilient and upbeat," he said.

The experience made such an impact on Richard that he has already signed on for a return visit as part of a relief effort later this year. Anyone interested in donating to the efforts or taking part in the volunteer efforts should contact Richard at (203) 574-4187, Ext. 234. 🌐

## UPDATE

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## Carl Contadini Named Chairman of Waterbury Hospital Board of Directors

**Carl Contadini** has been named Chairman of the Waterbury Hospital Board of Directors, replacing **David Griffin**, who resigned as Chairman at the end of December. Contadini is a retired business executive who was President and Chief Executive Officer of The Waterbury Company from 1994 until his retirement in 2007. Prior to that, he worked for over 30 years as an executive for the Talley Industries Corp. He is currently a board member of several corporations, including Trident Private Equity, a subsidiary of the JO Hambro Capital Management Co. of England, as well as companies in Massachusetts, Chicago and Connecticut. Contadini joined the Waterbury Hospital board eight years ago and was Vice Chairman before being named Chairman in January. 🌐



## Massages Are Back!

Waterbury Hospital's Integrative Health Committee is once more offering an Employee Massage Program for all hospital employees. The phone number to make

an appointment is 203-575-BACK, (x2225). The program's two licensed massage therapists, **Tina Mihocko** and **Eileen Correia-DePaola**, are now conveniently located behind the hospital, at 140 Grandview Ave, Suite 104.

The power of massage is growing rapidly and recommended to incorporate into a healthy lifestyle with exercise and a sensible diet. Two private therapy rooms are now available and the program's therapists strive to accommodate all schedules. Appointments are available in 15, 30, 45 or 60 minute increments. Call today! 🌐

## ON THE MOVE



**Ryan LaFleur** has been named the new Director of Safety and Security at Waterbury Hospital. Ryan previously worked as Director of Safety and Security at Lenox Hill Hospital in New York City.



**Devon Bandoueres, RN, MSN**, has been named Waterbury Hospital's new Primary Stroke Center Coordinator. Devon has been employed at the hospital since 2003, primarily as a clinical instructor in the medical/surgical units.



**John Greenlaw**, a student at Quinnipiac University, is interning with the Department of Public Relations, Media Relations and Marketing at Waterbury Hospital. John is a senior majoring in public relations.