

Having trouble viewing this email? View the [PDF](#).



Volume 27, No. 4 | Monday, February 23, 2009

## In This Issue

- Are the Kids Keeping You Awake?
- Sneaker Recycling
- Monks to Design and Construct Mandala
- Celebrate Women Has a Fresh, New Look
- Engagement08 Survey Findings
- Last Call for Nightingale Nominations
- EHS Supports Health and Wellness Month
- People

### Are the Kids Keeping You Awake?

Whether you have a newborn or a teenager, some kids just can't sleep and others sleep too much. Sleep issues are some of the most common problems parents face. Parents may wonder how to get their child to sleep through the night. Some children may have chronic sleep difficulties, and many children (like most adults) are actually going through their days sleep deprived. Sleep disorder experts [Daniel McNally](#) and [Jennifer Papa Kanaan](#) will explore *Children and Sleep* at a Celebrate Women program



**Wednesday, March 4**, at 6 p.m. in the Henry Low Learning Center. They will address children's sleep patterns from infancy through adolescence, and provide tips and solutions that can help you and your child get some sleep. Registration is required. Call x8899 or register [online](#). UConn's [Sleep Disorders Center](#) offers state-of-the-art care to evaluate and treat sleep disorders in children and adults.

### Sneaker Recycling



It's time to start thinking about spring cleaning. Do you have old sneakers that are taking up space in your closet? Support the second annual Nike Reuse-a-Shoe Program and bring your old sneakers to work anytime between **Monday, March 2**, and **Friday, April 22**. The Nike Reuse-a-Shoe Program is part of a national recycling program aimed at

collecting old, worn out athletic shoes of all brands and recycling them into new playgrounds and athletic surfaces. Collection bins will be located in the lobbies of all buildings on the Farmington campus, Munson Road, and UConn Health Partners in East Hartford and West Hartford. An additional bin is located at the Creative Child Center. Health Center sneakers will help build "Mt. Sneaker" in Storrs at its Sneaker Recycling Expo. Last year, the Health Center collected 1,500 pounds of sneakers to add to the pile at Storrs. The sneaker recycling event is part of the *2009 Health, Safety, and Environment Fair* being held on **Thursday, March 26**. For further information, contact Pat Shields, Facilities Management,

x4298.

---

## Monks to Design and Construct Mandala

During the week of March 1, six Tibetan monks from the Drepung Gomang Monastic University of Tibetan Buddhism in South India will visit the Health Center. Their stop here will include construction of a sand mandala, a sacred art form using colorful sand particles, with each particle representing an aspect of wisdom or guiding principle. The opening ceremony **Sunday, March 1**, at 2 p.m. will include chants, music and mantra recitation in the Food Court. The monks will spend the rest of the week designing and constructing mandala. On **Friday, March 6**, the monks will dismantle the mandala and sweep up the sand. They'll offer much of it to individuals in small bags as blessings for personal health and healing. They'll take the remaining sand to a body of water for a ceremony symbolizing the spread of the mandala's healing energies. This promises to be a fascinating cultural event. Faculty, staff, students, volunteers, and the public are encouraged to attend any of the ceremonies or stop by the Food Court daily between 9 a.m. and 5 p.m. to watch as the mandala gradually takes shape.

---

## Celebrate Women Has a Fresh, New Look

The Health Center's popular membership program, [Celebrate Women](#), has updated its website with a new look. Designed by Jennifer Beardsley, Office of Communications, the site is now more informative and engaging. "Our former website needed a boost of creativity and uniqueness. We wanted our site to have fun graphics, special features, and easier navigation," says Tara Morrison, Celebrate Women. Never heard of [Celebrate Women](#)? Visit the site and learn about programs and events, discounts, health topics, and more offered by the free membership program. [Check out the site>](#)



---

## Engagement08 Survey Findings

Good news. [Human Resources](#) through [Know Better Place](#) is pleased to present the survey summary results of engagement08, the Health Center's engagement survey. Overall, the findings from engagement08 are encouraging. A total of 1,595 Health Center employees responded to the survey. Findings illustrate clear areas of strength and highlight opportunities for improvement. [Know Better Place](#) is committed to being a force of positive change in our organization through engaged employees, communication, and leadership development. In the coming weeks and months, Health Center leaders will work collectively to examine and take action on priority issues that impact employees across the organization. [View the complete summary>](#)



---

## Last Call for Nightingale Nominations



Nominations for the *2009 Nightingale Nursing Awards* are due **Friday, February 27**. If you know an exceptional registered nurse or licensed practical nurse who is involved in clinical practice, leadership, scholarship and/or education, fill out the nomination form and tell the committee in 500 words or less what sets this nurse apart from other nurses. The Nightingale Awards for Excellence in Nursing program was originally developed by the Visiting Nurse Association of South Central Connecticut. The goals of the program are to encourage retention, inspire future nurses, focus public attention and recognize the breadth and scope of nursing practice at the local

level. Winners will be recognized at a special event Thursday, April 30, at the Hartford Marriott Downtown. Ten nurses, six from the Health Center and four from Correctional Managed Health Care, will be honored. Health Center nomination forms must be submitted electronically to Marilyn Molnar at [molnar@adp.uchc.edu](mailto:molnar@adp.uchc.edu). CMHC nomination forms must be submitted to Connie Weiskopf at [weiskopf@adp.uchc.edu](mailto:weiskopf@adp.uchc.edu) or sent to CMHC Central Office. All nominations must be received by **Friday, February 27**, at 5 p.m. [Download the form>](#)

## EHS Supports Health and Wellness Month

[Employee Health Service](#) is planning ahead for Health and Wellness Month by hosting two health fairs during the month of March. The events will focus on early detection and prevention, health and safety information, and more. High cholesterol, high blood pressure and diabetes are risk factors for heart attack and stroke. During the event, faculty, staff, students and volunteers can learn about their personal risk factors by checking their total cholesterol, blood pressure, determining their risk of diabetes and much more! The events will be held **Tuesdays, March 10** and **March 17**, from 7 a.m. to 4 p.m. in the Onyiuke Dining Room. An appointment is required for the cholesterol testing. Call x7692. Otherwise, bring your ID badge to the event.

## People



**Stephen Schensul**, Community Medicine and Health Care, was recently presented with the Provost's Faculty Award for Excellence in Public Engagement. Schensul was recognized for developing transdisciplinary programs related to the health needs of the public, developing well recognized models for community research and its translation into social change programs, and building an international reputation in applied research, ethnographic methodology, and HIV/STD prevention. His public engagement spans both local and international levels.



**Marie Whalen** was recently appointed Chief Operating Officer of UConn Medical Group. Whalen has 25 years of experience working with UMG. She holds a master's degree in business administration. UMG is a medical practice offering health care services from more than 350 Health Center physicians in more than 50 specialties.

#### **February PAWS Awards**

[Know Better Place](#) recently announced the PAWS awards for February. PAWS means being **P**art of a team, having an **A**wesome attitude, **W**onderful work ethic, and providing **S**uperior Service. The award recipients are **Christopher DeFrancesco**, Office of Communications; **Irene Donagher**, **Quamanic St. Pierre**, and **Elisabeth Mute**, University Physician Patient Accounts; **Amadou Fall**, Materials Management; **Donna Gandza**, UMG/ENT; **Pamela Goulet**, Neag Comprehensive Cancer Center, **Robert LaPerriere**, **Gregory Priest**, and **Brian Little**, Public Safety/Fire; **Allen Meckowski**, UMG/Dermatology; **Meg Philippi**, Pharmacy; **Stephanie Rauch**, Medical Student Services; **Susan Richmond**, Partial Hospital Program. The team award went to the Makkar Mohs Team in Dermatology. The members of the team are **Judy Almonte**, **Sheila Gentile**, **Lea Gostyla**, **Mary Pat Hanlon**, and **Sarah Tessier**. The charitable giving fun(d) raising trophy went to University Physician Patients Accounts led by **Quamanic St. Pierre**, **Betsy Mute**, and **Irene Donagher**.

#### **CHEST Challenge Winners**

Congratulations to pulmonary and critical care fellows **Binusha Moitheennazima**, **Sodiemye Tetenta**, and **Aydin Uzunpinar**, who won third place in the nationwide American College of Chest Physicians (ACCP) CHEST Challenge. The CHEST Challenge tests physicians' knowledge of pulmonary, critical care, and sleep medicine. UConn was one of nine top-scoring programs from around the country that went head-to-head against other teams in a live Jeopardy game-show-style format.

The next edition of Newsline is **Monday, March 9**. See box below for submission information.

## *About* News|LINE|

NEWSLINE is distributed bi-weekly by the Office of Communications at the UConn Health Center. Submit news items by noon the Wednesday before publication. News briefs, notices and other submissions are subject to editing and the availability of space.

Editor: Christine Kaminski  
Phone: 860-679-4352  
Address: 263 Farmington Avenue, Farmington, CT 06030-5385  
Email: [Newsline@nso.uchc.edu](mailto:Newsline@nso.uchc.edu)

