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### Health Center Launches HealthEcademy

An on-line course designed to help individuals maximize the quality of their health care is now being offered. **HealthEcademy** is a free, convenient program that can be accessed by clicking on <http://healthecademy.uhc.edu/>

any time of day or night from anywhere Internet access is available. It features several video presentations by UConn School of Medicine faculty and other Health Center experts, who provide practical information on a number of health-related topics to help people become better, more successful patients – and patient advocates. “The task of navigating today’s complex health care system is becoming more challenging and frustrating for patients everywhere,” says Cato T. Laurencin, vice president for health affairs and dean of the School of Medicine. “Patients continuously seek practical information to help them achieve better outcomes. The demand for such information continues to grow, yet people often do not know where to turn to receive current and credible. As leaders in academic medicine, the Health Center has established the nation’s first HealthEcademy to address this growing public health need.” Participants will be able to identify their rights and responsibilities as a patient or patient advocate, employ strategies to optimize doctors’ office visits and hospitalizations, and find and use reliable sources of health information to increase their understanding of medical conditions and treatment options. [Read More>](#)



### New Shuttle Bus Schedule Starts February 2

In case you haven't heard, the shuttle bus is going on a fixed schedule as of **Monday, February 2**. So what does that mean? You no longer have to call or wait for a shuttle bus to take you to your destination; just check the schedule and expect to be picked up. The service starts picking up passengers every day at 7 a.m. and runs until 7:30 p.m. It makes stops at 12 locations around the campus. The change in the shuttle bus service is based on the feedback from bus riders and from the provider of the shuttle service, Dattco. “The current system doesn't provide a reliable way to get individuals to their destinations in a timely manner,” says Peter Agnesi, Public Safety. “The new schedule allows individuals to plan their day accordingly,” added Agnesi. Dattco reps will answer questions and

review the schedule **Tuesday, January 27**, from 11:30 a.m. to 1:30 p.m. in the Food Court Lobby and **Monday, February 2** in the Academic Lobby. [Print a Shuttle Bus Schedule>](#)

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## Dress Down and Walk for a Healthy Heart

The easiest way to prevent heart disease is to walk. Celebrate National Wear Red Day and join the [Pat and Jim Calhoun Cardiology Center](#) and [Celebrate Women](#) in a walk through the corridors and stairwells of the Health Center **Friday, February 6**, at noon starting from the Keller Lobby. Director of the Calhoun Cardiology Center **Bruce Liang**, heart health advocate **Pat Calhoun**, cardiologist **Anjanette Ferris** and NBC 30 anchorwoman **Yvonne Nava** will lead the half-mile trek.



Pat Calhoun (Left) Leads the First Annual Go Red for Women Walk

Participants are encouraged to wear red and comfortable walking shoes. Can't join the walk, but want to support the cause? The [Calhoun Cardiology Center](#) will accept \$5 donations to benefit both the American Heart Association and the Calhoun Cardiology Center. Donors get a Red Dress pin and can "dress down" **Friday, February 6**. To make a donation, contact Linda Manzelli, x4117. For information regarding the walk, call x8899.

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## Learn How to Keep Your Heart Healthy

February is American Heart Month so [Celebrate Women](#) is offering a special program addressing women and heart disease, the leading cause of death in women. Cardiologist [Anjanette Ferris](#) will discuss risk factors, symptoms, and primary and secondary heart disease prevention strategies. Ferris will share statistics on gender differences and cardiovascular disease. The presentation takes place **Monday, February 9**, noon to 1 p.m. at the Low Learning Center. Registration is required. Call x8899. Watch the program live from your computer at [www.celebrate.uchc.edu](http://www.celebrate.uchc.edu).

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## Save the Date for the Health and Safety Fair

The 2009 Health, Safety and Environment Fair takes place **Thursday, March 26**, from 6:30 a.m. to 4 p.m. in the Food Court, Onyuke Dining Room and Keller Auditorium Lobby. Stay tuned for further details in upcoming issues of Newline.

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## Discovery Series Program January 29



If you are suffering from aches, pains or injuries in your shoulder, elbows, hands, or wrists; you should plan on attending the next [Discovery Series](#) program. It takes place **Thursday, January 29**, at 7 p.m. in the Keller Auditorium and will address ways to prevent and treat upper extremity maladies. Experts from the [New England Musculoskeletal Institute](#), [Augustus Mazzocca](#), [Kevin Shea](#) and [Craig Rodner](#), will talk about common hand, wrist and elbow conditions; rotator cuff disease and degenerative joint disease. [Jay Lieberman](#), director of the [New England Musculoskeletal Center](#) will moderate the program. The

program is free and open to the public. To register, call x7692 or online at <http://health.uchc.edu/commprograms/discovery/index.htm>.

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### engagement08 Update

[Know Better Place](#) together with Human Resources extends a sincere thank you to all faculty and staff who participated in the organization-wide engagement survey. The new survey used a core set of questions designed to evaluate employee engagement. The benchmark data will measure employee perceptions, identify best practices and plan for necessary improvements. Additionally, future surveys will evaluate progress against the baseline data. Overall, the response rate was encouraging for a first time survey. Approximately 1,500 faculty and staff, 30 percent of the workforce, participated in the questionnaire. This demonstrates a solid commitment to positive change in the workplace. Collecting the data is only the first step. [Know Better Place](#) has partnered with experts from the Health Center and Storrs campuses to carefully analyze and interpret the data. The focus now is on fully understanding the results and developing a summary of findings that will be communicated in the near future.

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### Gift Shop Gets Ready for Valentine's Day

The [Connucopia Gift Shop](#) is gearing up for Valentine's Day! The gift shop is stocked with flowers, chocolates, jewelry and other assorted gifts. They'll even wrap the Valentine's gift in a special bag. The gift shop is also taking orders for flowers from Always Blooming Florist starting **Monday, February 2**



through **February 12** at noon. Expect flowers to be delivered on Friday, February 13, after 12 p.m. Gift shop volunteers will deliver orders to folks in the Main Building. All others have to be picked up in the gift shop. For further details, call the gift shop or watch for upcoming Broadcast Messages. In the meantime, **Precious Cargo** will be selling their line of Russian handicrafts **Tuesday, February 3**, from 9 a.m. to 4 p.m. in the Food Court Lobby. The **Apple Lady** returns with gourmet apples **Thursday, February 5**, from 9 a.m. to 2 p.m. in the Food Court Lobby. A favorite jewelry designer, **Designs by Diana**, is here **Friday, February 6**, from 9 a.m. to 4 p.m. in the Food Court Lobby. Choose from diamond cut sterling silver pendant and earring sets, necklaces, charms, rings, bracelets and more! **Much More** will be selling their line of sterling silver

jewelry **Monday, February 9**, from 9 a.m. to 3 p.m. in the Food Court Lobby.

## People



**Michael F. Collins** recently joined the Health Center from private practice in Manchester. Collins completed his internship and residency training at the Hospital of Saint Raphael in New Haven. He earned his medical degree at the Tufts Medical School in Boston. He is certified by the American Board of Internal Medicine. Collins sees patients at [Internal Medicine Associates](#), UConn Health Partners East Hartford.



**Nisreen Khazaal** recently joined the Health Center from William Beaumont Hospital in Michigan where she completed her internship and internal medicine residency before joining the faculty. Khazaal earned her medical degree at the University of Damascus Medical School in Syria. Her clinical and research interests include asthma and obesity. She is certified by the American Board of Internal Medicine and is a member of the American College of Physicians. Kazaal sees patients at [Internal Medicine Associates](#) in Farmington.



**Glendo Tangarorang** recently joined the Health Center from Sound Seniors Geriatrics in Mystic and Lawrence and Memorial Hospital in New London. Tangarorang rejoins the [UConn Center on Aging](#), where he completed a fellowship in geriatrics. He completed his internship and residency training at the Mt. Sinai School of Medicine in New York City after earning his doctorate of medicine from Cebu Institute of Medicine in the Philippines. Tangarorang is certified by the American Board of Hospice and Palliative Care and the American Board of Internal Medicine, with a certificate of added qualification in geriatrics.

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

## About NewsLINE

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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)

