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## New Year's Greetings

Welcome to first edition of Newsline in 2009. The new year is a time of hope and new beginnings. As you work through your new year's resolutions – add another. Resolve to submit a news item or two to Newsline this year. It's a great way to showcase events, achievements, and accolades. In the meantime, this edition of Newsline is full of programs and events to help you get started on some of your resolutions.



## Do You Have "Boomeritis"?



Baby boomers, beware. Are you experiencing aches, pains or injuries in your shoulder, elbows, or hands? You might be suffering from "boomeritis," a term used to define the escalating number of sports-related injuries happening to men and women over age 45. A free [Discovery Series](#) program will address how to prevent and treat upper extremity injuries **Thursday, Jan. 29**, at 7 p.m. in the Keller Auditorium. Experts from the [New England Musculoskeletal Institute](#) will discuss how to prevent and treat injuries of the shoulder, elbows, and hands in the active adult. To register, call x7692. [Learn More >](#)

## Go Red for Women – National Wear Red Day

The American Heart Association's National Wear Red Day will take place Friday, Feb. 6. Wear Red Day is part of the Go Red For Women campaign, a nationwide day of support for women's heart disease awareness – the No. 1 killer of women. Women and men alike will be wearing red to show their support. At the Health Center, the [Calhoun Cardiology Center](#) and Celebrate Women are teaming up for the second year and organizing a Health Center walk. The event starts at noon, **Friday, Feb. 6**, in the Keller Auditorium Lobby where [Bruce Liang](#),

director of the [Calhoun Cardiology Center](#), will kick-off the half mile trek through the corridors and stairwells of the Health Center. Participants are encouraged to wear red and comfortable walking shoes. Arrive early to register for prizes. For more information, call x8899.

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## Start the New Year with Less Stress

Is one of your New Year's resolutions to reduce the amount of stress in your life? The Health Center is offering two eight-week group therapy programs to help people reduce anxiety, depression and stress-related problems. The program combines cognitive behavioral practices, meditation and gentle yoga. Two programs of the Personal Health Improvement class



will run weekly at 10 Talcott Notch. One group will meet in the evening, starting **Tuesday, Jan. 20**, from 5:30 to 7 p.m. The second group will meet in the morning, starting **Thursday, Jan. 22**, from 10 to 11:30 a.m. Both groups will be facilitated by Norman Andrekus, a licensed clinical psychologist with extensive experience in developing the mind-body connection through the study of Buddhism, yoga and behavioral medicine. Andrekus employs interactive lectures, discussions and small group activities to help participants learn how to reduce stress and respond to everyday situations more effectively. "Though the program meets for only eight weeks, we hope to give participants tools and resources they can draw upon throughout their lives," Andrekus said. Class registration is limited. For more information, call x6700, option 3, and ask for Virginia.

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## Tools for Techs

The U.S. Environmental Protection Agency recently presented an excellence award to the Connecticut Technical High School System and the Health Center's [Occupational and Environmental Health Center](#) for a collaborative project focusing on indoor air quality issues in Connecticut's technical high schools. Anne Bracker, an industrial hygienist, developed a packet of trade specific checklists for Connecticut schools and launched several new training initiatives for Connecticut technical high schools.

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## January Celebrate Women Programs

Celebrate Women is starting the New Year off with several programs to improve your well-being. On **Monday, Jan. 12**, from noon to 1 p.m. in the Low Learning Center, Jonathan Meiers, reconstructive sciences, presents **Bleaching 101 – What's Behind that White Smile**. Meiers will discuss the most common approaches to tooth whitening including toothpastes and strips, dentist supervised trays, and in-office applications. Watch the program live at your desktop at [www.celebrate.uchc.edu](http://www.celebrate.uchc.edu). Elena Nazarova, reconstructive sciences, discusses **Dental Implants and Bone Health Wednesday, Jan. 21**, from 6 to 7 p.m. at the New England Musculoskeletal Institute, 1131 West Street, Building 1, Southington. Discover the health benefits of **Tai Chi for Health and Healing**. A four-week session with instructor Risa Brophy will be held Mondays beginning

Jan. 12, 5 to 6 p.m. or 6:15 to 7:15 p.m. in Keller Auditorium. The fee is \$39 for the four-week series or \$12 per class. Those new to the series can try the first class without obligation. Registration for these programs is required. Call x8899. [Learn More>](#)

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### Join the Historical Recognition Committee

Are you looking for a way to become involved in creating an inclusive culture at the Health Center? Do you want to contribute to the vision of becoming a community where everyone can realize their full potential in an environment of equality, respect, appreciation and fairness? Then consider joining the [Historical Recognition Committee](#), sponsored by the [Office of Diversity and Equity](#). The committee is comprised of employees who plan interesting and fun events celebrating cultural awareness. For an example of the type of celebrations held in the past, visit <http://diversity.uchc.edu/observances/index.html>. To join the committee or for further information, contact Cheryl Sinkler at x3563 or email [sinkler@nso.uchc.edu](mailto:sinkler@nso.uchc.edu).

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### Auxiliary Extends Thrift Shop Hours

The UConn Health Center [Auxiliary Thrift Shop](#), at 270 Park Road, West Hartford, is now open from 10 a.m. to 7 p.m. on Thursdays. The hours on Wednesday, Friday and Saturday remain 10 a.m. to 4 p.m. [Learn More>](#)

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### Ready to Lose Weight?



Are you ready to permanently lose weight and become the healthy person you know you can be? The Health Center is offering a convenient and affordable way for you to lose weight at work. The **Ready to Lose Weight Management program** is taught by registered dietitians who help individuals change their lifestyles to incorporate healthy eating. An individualized meal plan is designed for each participant. An introductory session takes place **Tuesday, Jan. 13**,

from 4:30 to 5:30 p.m. in the Onyiuke Dining Room. Weekly sessions that include weigh in, discussion of successes and challenges, tip of the week, and support take place every Tuesday for six weeks. The introductory session fee is \$20. The six week session fee is \$50. Fees are payable by check or credit card - no referral required. Space is limited. Call x7692 to register.

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### Auxiliary Planning 40<sup>th</sup> Birthday Party

The [Auxiliary](#) marks its 40th anniversary this spring, and asks you to save the date - **April 18** - for a daylong celebration at the Health Center. More details will follow.

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## People



**Jason Ryan**, [Calhoun Cardiology Center](#), presented his findings about the effects of drug eluting stents (DES) on clinical outcomes and health care costs. According to the research, clinical outcomes have improved and health care costs have decreased by an average of \$1,600 per patient since the introduction of DES. The study used data from the Medicare Standard Analytic File between 2001 and 2004. Ryan presented the study at a recent Transcatheter Cardiovascular Therapeutics meeting and his data was published in the TCT Post Issue report.



**Khamis Abu-Hasaballah** recently joined the [Department of Information Technology](#) as assistant vice president of research informatics. Abu-Hasaballah is responsible for directing the development and implementation of the Health Center's Research Informatics Strategy. His areas of responsibility include the development and implementation of a broad range of innovative research software applications, including research administration systems, research repositories and scientific data management, clinical trials management, technology in support of collaborative information sharing with other research organizations, and financial and compliance support.



**Cato T. Laurencin**, [vice president for health affairs and dean, School of Medicine](#), is the 2009 winner of the Pierre Galletti Award for Contributions to Biomedical and Tissue Engineering. The award is the highest honor bestowed annually by the American Institute for Medical and Biological Engineering. Laurencin is recognized for his contributions to tissue engineering and leadership in international biomedical engineering.



**Alejandro Murcia** joins the Health Center from Manchester Memorial Hospital, where he served as director of infectious diseases and epidemiology. Murcia completed a fellowship in infectious diseases and microbiology at St. Francis Hospital and Medical Center following his internship and residency training at the Hospital for Joint Diseases and Medical Center in New York City. His doctorate in medicine is from the National University of Colombia School of Medicine in Bogota. He sees patients at the [UConn Medical Group](#) in Simsbury.

The next edition of Newsline is Monday, **January 26**. See box below for submission information.

About News|LINE|

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