



Wheeler

Innovative Care. Positive Change.

January 2020
CERVICAL HEALTH AWARENESS MONTH

Wheeler's Health Spotlight



CERVICAL HEALTH AWARENESS MONTH

January is Cervical Health Awareness Month, a reminder for women of all ages to actively manage their gynecological health through regular screenings for cervical cancer and precancerous conditions, starting at age 21. Cervical cancer occurs in the cells of the cervix – the lower part of the uterus. The National Cervical Cancer Coalition states that more than 13,000 women in the United States are diagnosed with invasive cervical cancer each year, but the disease is preventable with vaccination and appropriate screening.

According to the Centers for Disease Control and Prevention, there are two tests to prevent cervical cancer or to help find it early. Both can be done in a doctor's office or clinic.

- **The Pap test (or Pap smear)** screens for cell changes on the cervix that could become cervical cancer if they are not treated appropriately.
- **The human papillomavirus (HPV) test** detects the virus that can cause cell changes. About 79 million Americans are currently infected with HPV, and approximately 14 million people become newly infected each year.

Your health care provider will advise you of frequency of screenings, depending on your age, health, and past history.

[Wheeler's Family Health & Wellness Centers](#) in Bristol, New Britain, Hartford, and Waterbury offer an array of women's health care services, including gynecological exams and screenings, and referral and linkage to care as needed. To schedule an appointment, or to learn more, call Wheeler's Navigation Center at 860.793.3500.

Sources: *Centers for Disease Control and Prevention, Mayo Clinic*

Additional Resources:

[American Cancer Society](#)

[Centers for Disease Control and Prevention](#)

[HealthFinder.gov](#)

[National Cervical Cancer Coalition](#)

[United Way 211 Connecticut](#)

NEWS YOU MAY HAVE MISSED

Reasons to Smile

Wheeler and Harc, Inc., a Hartford-based non-profit that serves individuals with intellectual and developmental disabilities (IDD), have teamed up on a unique project to meet the oral health needs of this medically underserved population in Hartford. The Wheeler-Harc Dental Collaboration, made possible through a one-year \$50,000 S.M.I.L.E. Grant from the Delta Dental of New Jersey Foundation, will serve low-income residents of all ages with IDD, including autism, through Wheeler's community health center at 43 Woodland Street and specialized linkages to care in the community.



 **DELTA DENTAL**

Harc
Changing lives, changing minds

[\[Read more here\]](#)

Interview with Sabrina Trocchi Featured on MetroHartford Alliance Blog

What is innovative health care? Wheeler's President and Chief Executive Officer, Sabrina Trocchi, PhD, MPA, recently discussed this question with the MetroHartford Alliance team, and highlighted our evolution and delivery of a full continuum of behavioral health and primary care services to individuals and families across Connecticut each year.



[\[Read the full interview here\]](#)

ACHIEVING HEALTH THROUGH GOOD NUTRITION



Kids' Cooking Classes Offered through June

"Healthy Kids in the Kitchen," Wheeler's hands-on nutrition/cooking classes, are up and running and offered through June. Taught by Jessica Masterson RDN, CDE, CDN, registered dietitian nutritionist, and Abbe Carreira, RDH, registered dental hygienist, these classes provide an overview of healthy food choices, as well as opportunities for members of the whole family to participate in making delicious dishes.

This free program is made possible with the support of the Corsini and Brantner Families and held at the Corsini Demonstration Kitchen at Wheeler's Family Health & Wellness Center at 43-49 Woodland Street in Hartford.

[\[Read more here\]](#)



Fundraising Campaign Beats Challenge Goal

Donors to Wheeler honored retired President and Chief Executive Officer Susan Walkama, LCSW, by contributing more than \$38,000 in her name, spurred on by the challenge of an anonymous \$25,000 matching gift. The total raised to support the program, between the match and the contributions, exceeds \$63,000.

The matching gift campaign raised support for Wheeler's nutrition programming, which Walkama envisioned and implemented.

Walkama retired on November 1 after nearly 40 years at Wheeler. Sabrina Trocchi, PhD, MPA, was appointed president and chief executive officer on November 2.

[\[Read more here\]](#)

Funding for the Wheeler Family Health & Wellness Center is provided by the U.S. Department of Health and Human Services, Health Resources and Services Administration (HRSA). Improvements to the Family Health & Wellness Center in Hartford are supported in part by the State of Connecticut Nonprofit Grant Program, the Connecticut Health & Educational Facilities Authority, the Maximilian E. and Marion O. Hoffman Foundation, and the Ensworth Charitable Foundation. Additional support is provided by Delta Dental of New Jersey Foundation. Added support for the Family Health & Wellness Center in Bristol is provided by the United Way of West Central Connecticut. Wheeler is a Health Center Program grantee under 42 U.S.C. 254b and a deemed Public Health Service employee under 42 U.S.C. 233(g)-(n).

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