



# Wheeler

Innovative Care. Positive Change.

April 2020

COVID-19 and NATIONAL MINORITY HEALTH AND ALCOHOL AWARENESS MONTHS

## Wheeler's Health Spotlight

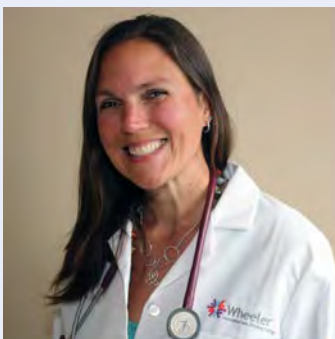


### Wheeler

Innovative Care. Positive Change.

## Here for you.

### Maintaining Your Health During the COVID-19 Outbreak



*In this time of quarantine, social distancing, and working from home, you and your family are likely experiencing shifts in diet and exercise levels, with potentially new and different pressures at home, all of which can affect physical health and overall well-being. Wheeler's Dr. Rebecca Eleck-Bruce, primary care medical director, shares tips for maintaining your health. According to Dr. Eleck, individuals and families should:*

**Get Outside and Keep Moving.** Daily walks or experimenting with a [walk-run training program](#) in quieter areas away from crowded

sidewalks and trails are a great place to start. You can pursue these activities alone or with family members who live in your home.

**Eat a Plant-based Diet**, which can help address chronic health conditions like diabetes, hypertension, and high cholesterol. Fruits, vegetables, brown rice, and cooked or canned beans are all part of a healthy approach.

**Stay Connected.** Call and talk with friends and family, schedule Zoom hangouts, do whatever it is you can within social distancing guidelines to maintain your relationships.

**Reach Out for Support.** Wheeler offers care and treatment through [telehealth and telemedicine services](#) to address behavioral health and medical concerns, including management of chronic conditions. Medication adjustment and goal setting also are provided. Call Wheeler's Navigation Center at 860.793.3500 or toll-free at 888.793.3500 for information or to set up an appointment.

**Seek Additional Resources.** If you are not feeling well physically, reach out to your provider to discuss how best to proceed. Many people with COVID-19 or other illnesses can be monitored and treated at home. Wheeler's primary care team can schedule remote visits and check in as often as necessary. If you are experiencing difficulty breathing, call 911 immediately. If you do not feel safe at home, connect with local domestic/intimate partner violence resources, including [CTSafeConnect](#) and the [Connecticut Coalition Against Domestic Violence](#).

[An expanded version of Dr. Eleck's story is [here](#)]

## Extraordinary Times, Our Commitment to You

As we navigate the COVID-19 pandemic, our team remains firmly committed to delivering compassionate care to people and communities across Connecticut.



- Our [telehealth and telemedicine services](#) provide patients with safe, convenient ways to keep their appointments and maintain their overall health. Individual and family therapy, medical, psychiatry, and addiction treatment are provided through these services, delivered by phone, video, and other technologies.
- A steady stream of **health-related content** from our knowledgeable clinical professionals is available on our [website](#) and social media platforms. From [coping with anxiety](#), to [managing grief](#), we're sharing rich, practical information to help keep you and your family safe and balanced.
- Our services are designed to meet the **dynamic needs of our patients**. Visit our [website](#) for the latest news and information.
- We continue to **provide leadership on statewide issues** to ensure equitable, accessible services are available to patients, community program clients, and students at [Northwest Village School](#).

## April Health Observances

### Alcohol Awareness Month Offers Support, Recovery, and Hope

April is Alcohol Awareness Month, which further highlights the harms of alcohol addiction, as well as effective treatment and recovery strategies. According to the Centers for Disease Control and Prevention (CDC),

an estimated 88,000 people die from alcohol-related deaths each year in the United States. Alcohol continues to be among the nation's most preventable causes of death.

During this difficult period particularly, individuals struggling with active addiction or who are in recovery from a substance use disorder may need additional support. Teodoro Anderson Diaz, LCSW, LADC, vice president of Family Health and Wellness Center Outpatient Services at Wheeler, offers guidance for managing addiction.



[Read the full article [here](#)]

## National Minority Health Month #ActiveandHealthy

National Minority Health Month takes on new and more profound meaning this year, as minority populations are among the hardest hit by COVID-19. According to the Centers for Disease Control and Prevention's Office of Minority Health and Health Equity (OMHHE), some minorities experience a disproportionate rate of preventable disease and disability, compared with non-minorities. The coronavirus pandemic underscores this reality.



With the nation advised to stay home, the Office of Minority Health at the U.S. Department of Health and Human Services marks this month with a #ActiveandHealthy media campaign focused on safe ways that communities can stay physically active and emotionally well. Follow the campaign online and engage in physical activity, as you can and within social distancing guidelines, as part of your efforts to take care of yourself and your loved ones.

## In Our Communities

### Waterbury Family Health & Wellness Center to Open at 855 Lakewood Road

Wheeler's Waterbury Family Health & Wellness Center will move to a new facility at 855 Lakewood Road, Waterbury. The facility will open in late May. A full array of primary care and behavioral health services, including medication-assisted treatment for addiction, will be offered through walk-in, appointments, and telehealth and telemedicine services. On-site Genoa Healthcare Pharmacy and Quest Diagnostics locations allow for one-stop convenience.



Thanks in part to a [grant from the American Savings Foundation](#), NARCAN®, a medication that reverses overdoses, will be available to patients and families free who do not otherwise have access to it.

Call Wheeler's Navigation Center at 860.793.3500 or 888.793.3500 to learn more or schedule an appointment. More about our Waterbury community health center [here](#).

## "Talk It Out" Hotline to Help Families Relieve Stress During Pandemic

Parents and caregivers who need help managing the stress and increased needs resulting from caring for their



children during the COVID-19 crisis are invited to call Connecticut's new "Talk It Out" hotline.

An initiative of the Connecticut Department of Children and Families, the hotline provides support from a network of trained professionals, including staff from Wheeler, who will listen and speak with people about their concerns, and if additional help is needed, make referrals to responsive programs, including [Mobile Crisis Intervention Services](#).



Call 1-833-258-5011 or visit [www.talkitoutct.com](http://www.talkitoutct.com). The hotline, which has English and Spanish capacity, is available Monday through Friday from 8:00 am to 8:00 pm and on weekends from 1:00 pm to 8:00 pm.

## News You May Have Missed

### Culinary Creativity for Parents and Children on Facebook Live



Wheeler's [Healthy Kids in the Kitchen](#) cooking classes are now offered online through Facebook Live. For the past month, Wheeler's registered dietitian nutritionist, Jessica Masterson RDN, CDE, CDN, has been conducting virtual classes from the Corsini Kitchen at 49 Woodland Street in Hartford. Parents and children are following along from home, making delicious recipes like flatbread pizza, three-ingredient breakfast cookies, taco cups, and

more! Healthy Kids in the Kitchen is provided to the community free through the support of the [Corsini and Brantner Families](#). These events are held virtually on [Wheeler's Facebook page](#) on Tuesdays at 12:30 pm.

## 35th Annual Golf Classic Rescheduled for September 16, 2020

Same great event. Same venue. Different date. [Wheeler's 35th Annual Golf Classic](#), presented by Mutual of America Financial Group, is rescheduled to Wednesday, September 16, 2020 at the Country Club of Farmington.



Your participation and/or sponsorship in our only fundraiser of 2020 will support Wheeler's Basic Needs Fund, which serves the individuals and families in our care by addressing a range of environmental and social factors that interfere with a patient's health and well-being, but are not addressed by other means of funding.

Special thanks to this year's early bird sponsors, including Presenting Sponsor, Mutual of America Financial Group; Platinum Dinner Sponsor, People's United Bank; Platinum Logo Sponsor, the Manafort Family Foundation; Golf Cart Sponsor, Loureiro; Lunch Sponsor, Gibbs; Champion's Circle, Barnes Group, Inc., and Laurie and Bill Torres; Beverage Cart Sponsor, GO; Hole-in-One Sponsor, Land Rover of Hartford; and Grand Prize Sponsor, Sanditz Travel Management. [\[More here\]](#)



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