



Wheeler

Innovative Care. Positive Change.

June 2020
MEN'S HEALTH MONTH AND PRIDE MONTH



Wheeler's Health Spotlight



Men's Health Month



Men's Health: Prevention, Maintenance are Key

June is Men's Health Month, designed to raise awareness of preventable health conditions and available screening and treatment for men and boys. According to the Centers for Disease Control and Prevention (CDC), men in the United States, on average, die five years earlier than women, and they die at higher rates from the three leading causes of death: heart disease, cancer, and unintentional injuries.

For men—and in general—the CDC recommends a diet rich in fruits and vegetables and regular physical activities to maintain health; avoidance of alcohol, drugs, and smoking; and strategies to reduce tension and stress. Regular annual physicals and careful maintenance of existing conditions also are recommended.

Wheeler's [Family Health & Wellness Centers](#) in Bristol, New Britain, Hartford, and Waterbury offer an array of men's health care services, including annual exams, screenings for diabetes, hypertension, heart disease, and more, as well as referral and linkages to specialty care as needed. To schedule an appointment, or to learn more, call Wheeler's Navigation Center at 860.793.3500, or toll-free at 888.793.3500.

Source: Centers for Disease Control and Prevention

Resources

[Centers for Disease Control and Prevention](#)

[Mayo Clinic](#)

[Menshealthmonth.org](#)

[US Department of Health and Human Services Office of Minority Health](#)

The Fight for Justice and Equality is Ours.

Recent national unrest—and the reasons behind it—have prompted individuals, communities, and organizations to examine their attitudes, practices, and commitment to eliminating racial discrimination. Wheeler has always been committed to the fight for justice and equality, but now, more ever, we are taking steps to make even greater progress through dialog across our organization, in small and large groups, including town hall meetings; staff training; the addition of a Diversity and Inclusion Officer; more fully operationalizing Culturally and Linguistically Appropriate Services in Health and Health Care (CLAS) standards; and more. What we have learned from recent events—and the dialog it spurred—is that our work has, in many ways, just begun.

[Learn more about the steps we're taking [here](#)]

White Coats for Black Lives

On June 5, our staff took a moment of reflection and commitment as part of the #WhiteCoatsforBlackLives observation among health care organizations nationwide. As health care and human service professionals, the fight for justice and equality is our fight.



[Learn more about this moment [here](#)]

News You May Have Missed

Wheeler offers drive-through and walk-up COVID-19 virus testing for Wheeler patients and the general public at the Wheeler Family Health & Wellness Center at 43 Woodland Street, Hartford, from 10 am to 2 pm on Monday through Friday.



In addition to the drive-through and walk-up testing option above, Wheeler offers both COVID-19 virus and antibody tests for current patients at any of its Family Health & Wellness Centers at:

- 43 Woodland Street, Hartford
- 10 North Main Street, Bristol
- 75 North Mountain Road, New Britain
- 855 Lakewood Road, Waterbury

[More details about testing processes are [here](#)]

Wheeler in the Community



Wheeler's Child First team is helping to get summer off to a good start for children and youth in New Britain, Bristol, Plainville, and Hartford. The team is distributing backpacks and tote bags filled with summer learning materials for Child First-enrolled children, as well as other children and youth in their homes. Child First serves young children, birth to 6.

[Learn more about Child First [here](#)]



Teodoro Anderson Diaz, LCSW, LADC, vice president of Health and Wellness Center Outpatient Services, recently talked with Access Health CT about the importance of prevention in maintaining men's health. Wheeler's Family Health & Wellness Centers provide an array of services to promote and support men's health.

[More [here](#)]



Wheeler's friends and partners at Delta Dental of New Jersey and Connecticut recently sent along 250 oral health kits for patients in our Family Health & Wellness Centers. The kits are included in patient care bags and at our drive-through and walk-up COVID testing site located at 43 Woodland Street in Hartford.

[More about COVID-19 testing at Wheeler [here](#)]

If You or a Loved One Are in Crisis



This period continues to be stressful for individuals and families. You are not alone. Help and support are available. Wheeler staff have developed a robust series of articles on a range of COVID-19-related topics, from managing anxiety, to grieving major milestones, innovative remote learning, family support strategies, and more.

[More about crisis resources [here](#)]

[Find additional COVID-19-related stories and information [here](#)]



Wheeler and the Jordan Porco Foundation recently were featured in a CT News Junkie story on what families can do about mental health during the COVID-19 crisis. Sarah Becker, LCSW, director, Children's Outpatient and Community-based Services, Wheeler, highlighted the state's "Talk It Out" hotline, an initiative of the CT Department of Children and Families to help parents and caregivers to manage the stress and increased needs resulting from caring for their children during the pandemic. [Hear the full story [here](#)]

35th Annual Golf Classic Happening September 16, 2020

Wheeler's 35th [Annual Golf Classic](#), presented by Mutual of America Financial Group, will

happen on 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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