

SPIRIT ONLINE

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VA Connecticut Healthcare System

May 21, 2003

STROKE AWARENESS MONTH

May is Stroke Awareness Month and on May 13, Neurology Service sponsored a Stroke Education Fair at the West Haven campus. The fair included staff and veteran blood pressure checks, educational handouts and a stroke risk factor drawing. Each year, more than 750,000 Americans experience a stroke. Up to 80 percent of all strokes may be preventable with proper attention to medical lifestyle risk factors.



Corrine Goodwin, Psychology Service, answers questions for a visitor who stopped by her table during the May 13 Stroke Education Fair.



James Rose, IRM, has his blood pressure taken by **Deborah Kuehn**, RN, at the Stroke Education Fair in the rotunda at the West Haven campus.

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Upcoming Events:

Asian & Pacific Islander American Heritage Event
May 22
10 a.m. - 1 p.m.
Staff Dining Room

Memorial Day Program
Newington Campus
May 23
11 a.m.

Veterans Industries Job Fair
June 6
1 - 4 p.m.
Donaldson Education Center

For more information on these and other events please see *Good Morning VA Connecticut*.

VA CONNECTICUT AWARDED “ENERGY STAR”

Director Roger Johnson accepted the Energy Star Award on behalf of the healthcare system during a May 14 ceremony in Washington, DC.

Presented by the Environmental Protection Agency and the Department of Energy, Energy Star Awards are presented to organizations with buildings with energy performance in the top 25 percent of their peers, using an Internet based tool called Portfolio Manager. This tool enables the performance of individual buildings to be objectively assessed and tracked continually. This information provides building managers and owners with an invaluable resource to effectively manage energy use within their building.

VA Connecticut was the first VA to implement an energy savings performance contract in 1992 replacing the chiller plant and approximately 8,800 lighting fixtures. A 660-ton an hour chilled water ice storage facility was installed in 1997. This improved the overall patient environment while decreasing the overall electrical load during peak demand periods. Lighting fixtures were upgraded from standard ballast with T12 units to electronic ballast and T8 technology. The new fixtures provide an equal level of lighting with less energy use. An energy management system was also put in place to provide the maintenance staff with the ability to monitor and control temperatures, flows and pressure levels to major HVAC components in the various facilities. Computer graphics and charts quickly trend each piece of equipment. Insulated wall panels and thermo windows were installed to the exterior of the main towers providing a warm and inviting environment for patients, staff and visitors. Variable frequency drives were added to pump and fan motors.

In addition, steam traps are being replaced and control valves were updated to allow independent control of heat and cooling. Lighting sensors were installed in all office spaces, hallways and public access areas. Standard type motors were replaced with high efficiency units and new control points were added to the energy management system. The benefits realized by the energy technologies have resulted in savings of approximately \$221,533 per year in electricity, \$269,889 per year in fuel costs, \$54,065 in O&M costs and local utility rebates in the amount of \$116,631.

VA Connecticut was one of 18 VA facilities to receive this award.



Director Roger Johnson presents the Energy Star Award at a May 19 Director's Staff Meeting at the West Haven campus. Pictured left to right are: Tom Vaccarelli, Bruce Dean, Jay Makati, Bob Palazzi and the director.

**Veterans Art Exhibit
at**

Flew the Coop Gallery



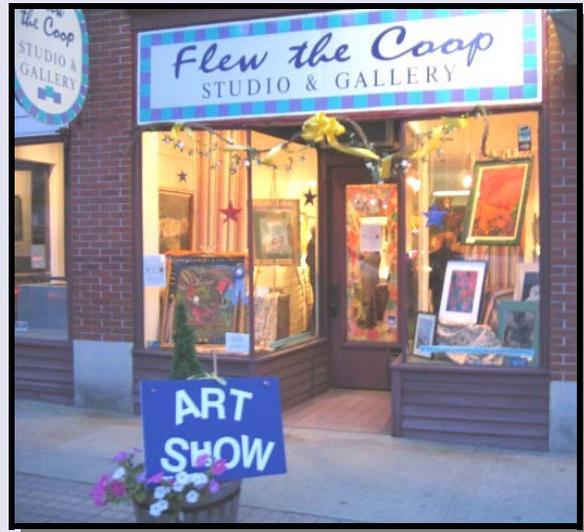
On May 15, a well attended opening reception kicked off an art exhibit by Connecticut veterans at Flew the Coop Gallery in Westville Village, New Haven, Conn.

Art, poetry and photography by veterans in the Veterans Arts Council of the National Center for PTSD is on exhibit at Flew the Coop Gallery thru June 10. Original poetry readings by veterans will be held Saturday, May 31 from 11 a.m. to 1 p.m. The public is invited.

This exhibit is part of the VA Connecticut Veterans' Arts Council "Art from the Heart" project. For gallery hours call Lisa Keys at 387-8071 or Bobbi Blake at ext. 5439.



VA Connecticut Director Roger Johnson reviews the portfolio of veteran and artist John Dell .



Flew the Coop Gallery
is located at 897 Whalley
Ave. in Westville Village,
New Haven.



The opening reception at Flew the Coop Gallery drew a large and appreciative crowd.

- RECOGNITION -



Mabel Carroll, HIMMS, was recently recognized by Hill Health Center, New Haven, for serving as a member of the health center board for 25 years.

In the NEWS...

In recognition of the National Women's Health Week Annual Check-up Day, the Women's Health Center (WHC) sponsored a Women's Health Forum on May 14 at the West Haven campus. Panelists included **Sally Haskell**, MD, **Anna Reisman**, MD, **Barbara Gulanski**, MD, **Eddie Sze**, MD and **Jackie Satchell-Jones**, MD. The forum covered a wide variety of women's health issues and offered attendees a chance to ask questions in an informal setting.

Karin T. Thompson, APRN, CS, President of the Professional Nurses Union (VACT), presented oral testimony at a hearing held April 16 in Philadelphia, by the National Commission on VA Nursing. The Commission will make recommendations to Congress and the Secretary of Veterans Affairs regarding legislative and organizational policy changes which will enhance recruitment and retention of VA nurses.

Dr. Robert Rosenheck, Northeast Program Evaluation Center director and Yale University professor of psychology and public health, presented a study of the cost effectiveness of Zyprexa in treating patients at 17 VA medical centers that found Zyprexa costs the VA \$3,000 to \$9,000 more per patient, with no benefit to symptoms, Parkinson's - like side effects or overall quality of life. Dr. Rosenheck presented the findings at the American Psychiatric Association meeting in San Francisco, May 19. The study was mentioned in a May 20 New York Times article.

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