

CVH Health Fair (text of video)

1) Carla Holst, Art Therapist, Whiting Forensic Division, Co-Chair of the CVH Health Fair: (drums) This is the annual Connecticut Valley Hospital Health Fair. At the Health Fair, we have representatives from Middlesex Hospital doing some cancer screenings, some glucose and cholesterol testing. We also have art therapy, dental services, just about any aspect of health that you can think of is fairly well covered here at this Health Fair.

2) Jeff Rosow, DDS, Co-Chair of the CVH Health Fair: There is really something for everyone, from art therapy and our occupational therapy department has done a phenomenal job with sensory perception, pet therapy – there is just so many things to enjoy here, so it is almost like a laboratory to see how patients and staff respond to these things, and the feedback is always very, very positive.

3) David Howe, Director of Recovery and Consumer Affairs:

The wellness and recovery initiative at the hospital is a very different way of looking at the delivery of health care services. Up until now, things have been very focused on people's failures and their deficits and their problems. Wellness is an approach that looks at what people need to thrive.

4) Helene Vartelas, CEO, Connecticut Valley Hospital:

Our motto is and our mission is, "Recovery to wellness," and as we assist individuals in achieving full recovery, that's meaning caring for the whole person, one of our huge projects this year has been to go totally tobacco free as of July 1st. Additionally, though, is how does one cope with that?

5) Carla Holst, Art Therapist, Whiting Forensic Division, Co-Chair of the CVH Health Fair: This year we've incorporated a lot of complementary and alternative medicines, such as massage therapy, reflexology, vibrational healing and Reiki.

6) Helene Vartelas, CEO Connecticut Valley Hospital:

We have a movement of "Yes, Wii can." And using Wii in some of the fitness programs, and just getting moving because with Wii you can do safe activities regardless of what your movement disabilities may be.

7) Jeff Rosow, DDS, Co-Chair of the CVH Health Fair:

The CVH Health Fair just provides us a wonderful opportunity to expose both our employees and our patients to just different modalities of health care and wellness.

8) David Howe, Director of Recovery and Consumer Affairs:

For example with the book sale and the idea of reading, readers, it has been demonstrated have a better life satisfaction, have better physical health, turn out to be more active than the average person, so one of our wellness projects has been to encourage more reading.

9) Carla Holst, Art Therapist, Whiting Forensic Division, Co-Chair of the CVH Health Fair:

We're doing this so that people have an idea and a better understanding of what options there are for them in the community and also in the Connecticut Valley Hospital community.

10) David Howe, Director of Recovery and Consumer Affairs: Wellness as an approach to mental health, emotional and addictions care is part of the transformation of health care in America. The attitude that people will live their lives and take advantage of and benefit from a wide variety of physical, intellectual, emotional and other healthy and wellness-oriented projects is for everybody's recovery and for everybody's satisfaction, and the evidence says that it works.