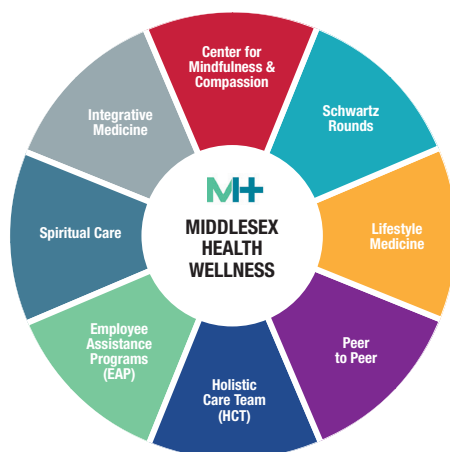


DID YOU KNOW . . .

All these Middlesex Wellness Programs are part of your benefits program and are available to employees and non-employed medical staff (unless indicated). Feel free to attend any meetings that interest you.

For more detailed information on each program look on the intranet under Wellness Programs.



VISIT THE REJUVENATION STATION

This wellness room is located on North Two. It has a massage chair, soothing music, and an overall relaxed setting. The space will be open to employees and will serve as a place for individuals to rejuvenate, recharge and/or refocus.

Email: rejuvenationstation@midhosp.org

28 Crescent Street
Middletown, CT 06457
Phone: 860-358-8500

MiddlesexHealth.org/WellnessPrograms

WP 8.14.2023 MP

MIDDLESEX HEALTH'S Wellness Programs



The Smarter Choice for Care

M+ Middlesex
Health

Center for Mindfulness & Compassion

Provides compassion and mindfulness education and training to staff and members of the community. Promotes ongoing personal development in a safe and supportive environment.

Hours: Monthly meetings, check STAT for details

Contact: Dennis McCann at dennis.mccann@midhosp.org

Location: Currently on Zoom

Cost: None



Employee Assistance Program (EAP)

Private and confidential options to identify and address your concerns. With EAP you can: talk to a counselor about a personal issue; ask questions and get information about a life or work issue; work through a challenging life event with an experienced professional, or get help connecting to a community program or resource. Available for both the employee and their immediate family.

Hours: Monday-Friday

Contact: Gwen Kesten, PhD and Beth Roberts, LCSW at 860-358-8753

Location: 80 South Main Street, Suite 201

Cost: None to employee and family members who live in the same home.



Holistic Care Team (HCT)

This group is open to all and focuses on not only promoting self care but also learning how to integrate aromatherapy, sound therapy and music therapy amongst other things into patient care by creating an optimal healing environment.

Hours: Monthly meetings, check STAT for details



Contact: Deb Depasqua at debra.depasqua@midhosp.org or Cheryl Mohrlein at cheryl.mohrlein@midhosp.org

Location: Hospital

Cost: None

Integrative Medicine

Aims to provide optimal health and wellness to the people of our community. Through our integrative medicine services, certified and licensed therapists, provide integrative therapies that complement traditional medical care.

Hours: Monday-Friday, by appointment only

Contact: 860-358-2459 for information

Location: 540 Saybrook Road, Suite 350 and Shoreline Medical Center

Cost: Discounts available for employees



Lifestyle Medicine

Focuses on six areas in which patients can improve their health: Nutrition, Physical Activity, Relationships, Stress Reduction, Sleep, and Use of Risky Substances

Hours: By appointment only

Contact: MiddlesexHealth.org/multispecialty-group/endocrinology/lifestyle-medicine
860-358-2470

Location: Middlesex Health Multispecialty Group - Endocrinology, 540 Saybrook Road, Suite 210

Cost: Standard insurance co-pay



Peer to Peer

Supports clinical staff coping with the stressors following a traumatic event.

Hours: Available 7 days a week (contact within 24 hours)

Contact: Mary Allegra at x6711
Monday-Friday, 7 am to 5 pm

Location: Hospital

Cost: None



Schwartz Rounds

Offers health care providers a regularly scheduled time to openly and honestly share and discuss the social and emotional issues they face in caring for patients and families.

Hours: Monthly meetings, check STAT for details

Contact: Cheryl Mohrlein at cheryl.mohrlein@midhosp.org and/or Dennis McCann at dennis.mccann@midhosp.org

Location: Currently on Zoom

Cost: None



Spiritual Care

To identify spiritual distress and match personal spiritual practices to address the need.

Other Services: Clinician Grief Support Group, and Tea & Chocolate with the Chaplain

Hours: Monday-Friday, 8 am to 4 pm or by appointment

Contact: Rev. Dr. YangHee Christine Stopka, BCC at 860-358-6725

Location: Hospital

Cost: None to staff, and family members who live in the same home.

