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BRAGGING,
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Happy Valentine's Day!

From the Desk of Our President & CEO

JOANN RYAN



"You've Gotta Have Heart..."

"You've gotta have heart!" Chamber initiatives are possible through the extraordinary efforts of the Chamber staff and volunteers. Kudos to all who work tirelessly for the betterment of the business community especially during this pandemic.

"All you really need is heart." What makes us distinct? It is the passion, enthusiasm and dedication we exhibit. You can be an influential part of making it stronger and better. Please drop everything in a heartbeat and call me with the name of a potential member. Special treat for you if they join!

"When the odds are sayin' you'll never win, that's when the grin should start!" The best testimonials come from the enthusiastic members of the three Chamber Lead Groups. Positive results follow their suggestions so call us to join one of them.

"You've gotta have hope! Mustn't sit around and mope." Our lives have changed due to COVID-19. However, there

are opportunities, resources and new contacts available to you. Plan on participating in the many zoom meetings and webinars created just for you.

"When your luck is battin' zero, get your chin up off the floor." It is tough to do business in this economy. We have prepared the 2021 Legislative Agenda and will deliver it virtually to Hartford at CT Business Day on March 16th. We will not let these challenges zap our efforts or our hearts.

"There's nothin' to it, but to do it." From Manufacturers to Healthcare Providers, Leadership NW to WOW, the Leads Group, Workforce Investment, Chamber Insurance Trust and the new Chamber Seminar Series, we need to work together.

"You've gotta have heart! Miles and miles and miles of heart!" Send a card, drop off a canned good, virtually hug your children and grandchildren and do it with heart. To all who are working with us...our heartfelt thanks. Happy Valentine's Day!

JoAnn Ryan is President & CEO of the Northwest Connecticut Chamber of Commerce. You can reach her by email: joann@nwctchamberofcommerce.org or phone: 860-482-6586

Upcoming CHAMBER ZOOM EVENTS

- | | |
|---|---|
| <p>Feb. 2 Small Business Council, Guest Speaker: Chris DiPentima, President & CEO of CBIA – 8am</p> <p>Feb. 3 WOW Advisory Committee Meeting – 8:30 am</p> <p>Feb. 3 Webinar: The Top Ten Things Every Small Business Owner Needs to Know to Navigate a Pandemic - Presented by Deirdre Tindall and Kerri Ouellette 11 am</p> <p>Feb. 4 Membership Committee Meeting – 8 am</p> <p>Feb. 4 Webinar: Succession Planning – Presented by Carmody, Torrance, Sandak & Hennessey LLP – 9 am</p> <p>Feb. 8 Leads 1 – 12 noon</p> <p>Feb. 10 Leads 2 – 8 am</p> <p>Feb. 11 Government Relations Committee Meeting – 8 am</p> <p>Feb. 11 Leads 3 – 9 am</p> <p>Feb. 15 Chamber Closed – President's Day</p> | <p>Feb. 16 Insurance Committee Meeting – 8 am</p> <p>Feb. 16 Small Business Council – 8 am</p> <p>Feb. 16 Business After Hours - Virtually! Sponsored by: Bad Dog Brewery – 5-6 PM</p> <p>Feb. 17 Health Council, COVID update with S2 Resilience Group, Guest Speakers: Ron Latorre and M.Scott Furr, Retired US Air Force Veterans – 8 am</p> <p>Feb. 18 Restaurant & Retail Committee Meeting – 8 am</p> <p>Feb. 22 Leads 1 – 12 noon</p> <p>Feb. 23 Business with Breakfast – 8 am</p> <p>Feb. 24 Leads 2 – 8 am</p> <p>Feb. 24 Webinar: 6 Steps to a Better Business Presented by Acadia ACTIONCoach – 9 am</p> <p>Feb. 25 Board of Directors Meeting – 8 am</p> |
|---|---|

CORPORATE PARTNERS

NORTHWEST COMMUNITY BANK HAS OFFICIAL RIBBON-CUTTING IN SIMSBURY

Northwest Community Bank opened its Simsbury branch in December 2020 and recently celebrated with its official ribbon-cutting ceremony. In accordance with current safety protocols, the branch is fully-operational through its drive-up, ATM and scheduled appointments inside with branch personnel.

Northwest Community Bank's President and CEO Stephen Reilly says, "Though we have not had a physical location in Simsbury before, we have been serving Simsbury customers and community organizations for years. We saw the need—and the opportunity—to provide local community bank advantages to Simsbury." Mr. Reilly adds, "We believe in relationship banking with our commercial and individual customers, and community involvement is a tradition and core value of our bank. We have already received a warm welcome in Simsbury."



Northwest Community Bank is a mutually owned state-chartered bank, headquartered in Winsted, Connecticut since 1860. The bank has branches in Avon, Granby, New Hartford, Simsbury and Torrington. The main office and an academic branch at Northwestern Regional High School are in Winsted. Northwest Community Bank is a wholly-owned subsidiary of Connecticut Mutual Holding Company. In January 2021, Northwest Community Bank assumed operations of Collinsville Bank, A Division of Northwest Community Bank and Litchfield Bancorp, A Division of Northwest Community Bank.

CONTACT:

Lindsay West
Northwest Community Bank
Assistant Vice President,
Simsbury Branch Manager
860-394-2310

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FAVARH'S NEW ADAPTIVE WELLNESS CENTER CAMPAIGN RECEIVES BOOST FROM COLLINSVILLE BANK, A DIVISION OF NORTHWEST COMMUNITY BANK

Collinsville Bank

A Division of Northwest Community Bank

The campaign for the construction of the Adaptive Wellness Center by Favarh, the Arc in the Farmington Valley, recently received a \$35,000 donation from Collinsville Bank, A Division of Northwest Community Bank. The Center is being created to provide the individuals Favarh serves more opportunities to enjoy a healthy and active lifestyle. The Center will include a large multi-use floor to be used for a variety of mindfulness activities, sports, recreation, and theater programs.

President and CEO of Connecticut Mutual Holding Company and Northwest Community Bank Stephen Reilly says, "Along with Gary Roman and everyone at Collinsville Bank, A Division of Northwest Community Bank, we are so pleased to continue to support the work of Favarh. We know that the new facility will expand Favarh's capabilities, be beneficial to their clients and become an asset to communities throughout the

Farmington Valley region. We look forward to seeing the Center as it adds another great range of valuable services to Favarh."



Collinsville Bank, A Division of Northwest Community Bank presents \$35,000 to Favarh's new Adaptive Wellness Center. Pictured left to right: Gary Roman, Collinsville Bank, A Division of Northwest Community Bank; Stephen Morris, Executive Director, Favarh; Ronelle Cipolla, Development Director; and Stephen Reilly, President and CEO of Northwest Community Bank.

CONTACT:

Stephen P. Reilly, President & CEO
Northwest Community Bank, 860-379-7561

TORRINGTON SAVINGS FOUNDATION AWARDS OVER \$100,000 FOR COMMUNITY REVITALIZATION AND PANDEMIC RELIEF EFFORTS

The Torrington Savings Foundation announced grants totaling over \$100,000 during their annual fall grant cycle. In addition to sustaining their mission of community revitalization through economic development and education initiatives, grants were made to support those that continue to be impacted by the Covid-19 pandemic.

Earlier this year, the Torrington Savings Foundation awarded \$100,000 in grants in special grant cycle that opened in April in direct response to nonprofits that provides services to those directly affected by the pandemic.

New but imperative educational support included virtual learning initiatives by organizations such as Environment Learning Centers of Connecticut, as well as Shepard Meadows Therapeutic Riding Center and Nutmeg

Symphony Orchestra for providing outlets for student at a time when mental well-being is of the most importance in our youth.

The Foundation's Financial Literacy area of focus grant for Junior Achievement of SW New England's Project Tomorrow has been made to support Bristol area students.

In partnership with Northwest Connecticut Habitat for Humanity, the Foundation will play a hands-on role with involvement that will bring affordable housing to the City of Torrington. Founded in 1991, this Habitat has built 13 homes for families that need "hand up, not a handout" while promoting neighborhood revitalizations.

For more Foundation updates including application guidelines for non-profit applicants, please visit TorringtonSavings.Bank/foundation.



CORPORATE PARTNERS

SHARON HOSPITAL REGION RISES TO SURPASS \$1 MILLION MATCH-CHALLENGE



Eight months after an anonymous benefactor called on the region to raise \$1 million for Sharon Hospital's COVID-19 and emergency preparedness efforts, more than \$2,013,000 has been raised with the help of nearly 300 donors and the challenger's matching \$1 million gift.

"We are immensely grateful to our visionary benefactor and the hundreds of generous supporters who brought this transformative opportunity — for the region and facility — to life," Sharon Hospital President Dr. Mark K. Hirko said.

"As we near one year of battling the pandemic, this enthusiastic response is a reminder of the positive impact each of us can make when we leverage our collective support," Chief Nursing Officer Christina McCulloch said.

Members of the surrounding communities had a unique opportunity to maximize the impact of their financial gifts through the dollar-for-dollar match. Donations of all sizes contributed to its success.

"This is a true show of local businesses and individuals coming together to advance the work of their community hospital in a time of need. It's an accomplishment everyone can be proud of," said Rick Cantele, chairman of the hospital's board.

Local philanthropy efforts to invest in essential supplies and medical technology have played a critical role in managing the impact of COVID-19 in the region. Funding is also being used to underwrite updated telecommunications and structural enhancements on the hospital campus.

"The extraordinary engagement of new donors and longtime supporters is a vote of confidence in the hospital

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and Nuvance Health's mission to fulfill the healthcare needs of those we're privileged to serve in Connecticut and New York," said Dr. John M. Murphy, president and CEO of Nuvance Health.

To make a gift to Sharon Hospital, visit nuvancehealth.org/supportsharonhospital or call the Foundation at (203) 739-7227.

CORPORATE PARTNERS

NCCC TO OFFER NO-COST PATHWAY TO MANUFACTURING SKILLS TRAINING

WINSTED, CT- Northwestern Connecticut Community College will offer a no-cost two-week manufacturing skills training opportunity to qualified applicants February 10 to February 23, 2021. The program is sponsored by Dymax Corporation and will be conducted online.



Anyone interested in applying for this opportunity is required to complete an online application for consideration into the training program and must have a current resume. Students completing the training program will have the opportunity for a virtual interview with Dymax Corporation for positions available. The evening classes will include instruction in Computer Basics, Manufacturing Math, OSHA 10, and interviewing skills.



To apply for the training program, contact Jane Williams at jwilliams@nwcc.edu or call 860-738-6444.



COVID-19 VACCINES UPDATE FROM NUVANCE HEALTH

Nuvance Health knows there is excitement about COVID-19 vaccines, and those who want one are wondering when and how to schedule an appointment. Nuvance Health is prepared to offer vaccines to our patients based on federal and state distribution phases and supply of vaccines.

At this time, residents of Connecticut who are in Phase 1a and 1b are eligible for a vaccine. We are not scheduling appointments or creating wait lists for those who are not eligible. We will let our patients know when we are able to offer vaccines to them. Please help us by not contacting our hospitals or medical practices to ask about vaccines.

Determine if you are eligible for a vaccine by visiting



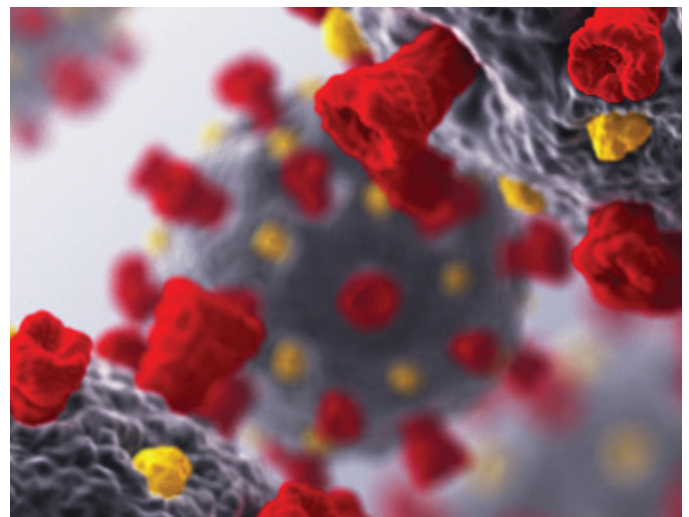
ct.gov/covidvaccine/access and then follow the steps to schedule an appointment. Nuvance Health is using the CDC system the State of Connecticut selected for vaccine management called Vaccine Administration Management System (VAMS). You cannot schedule an appointment directly at Nuvance Health. Nuvance Health locations will be listed in VAMS and available for those who schedule an appointment.

We care deeply about our patients and communities and know based on the science that vaccines can help end this pandemic. We intend to get vaccines to everyone who wants them as quickly as possible. However, vaccines are in very limited supply according to federal government allotments to each state. Whether you are eligible now or not, please be patient and flexible as we all navigate the complexities of vaccines allocation and distribution.

Stay informed, get prepared

The best source of information is the [State of Connecticut's website](#) because they are managing vaccines allocation and distribution. If you are eligible for a vaccine and need assistance scheduling an appointment, you can also call the Connecticut COVID-19 Vaccine Appointment Assist Line at 1-877-918-2224 from 8 a.m. to 4:30 p.m. Monday through Friday.

You can also visit nuvancehealth.org/coronavirus/vaccine for the latest information about vaccines at Nuvance Health.



CORPORATE PARTNERS

HHC OPENING COVID-19 VACCINE CENTER AT TORRINGTON ARMORY JANUARY 25TH

TORRINGTON, CT – Hartford HealthCare will open its latest COVID19 Vaccination Clinic in Torrington at the State Armory (153 South Main Street) on January 25th and will have weekday and Saturday hours. Connecticut recently began vaccinating the public against the virus and expanded guidelines of who can receive the vaccine to include those 75 years of age and older.



For your safety, all vaccinations are by appointment only. Walk-in appointments are NOT available.

The hours of operation for the Torrington Clinic beginning January 25 will be Monday 8am-4pm, Wednesday 10:30am-6:30pm, and Saturday 8am-4pm. Beginning February 1 and beyond, the clinic will operate four days per week: Monday 8am-4pm, Wednesday 10:30am-6:30pm, Friday 8am-4pm, and Saturday 8am-4pm.

To schedule an appointment, if you have a MyChartPLUS account already, simply log in, go to "Visits" or "Appointments" and choose a Hartford HealthCare vaccine clinic location. If you do NOT have a MyChartPLUS account, you can set one up on the [MyChartPLUS.org](https://mychartplus.org) website. After scheduling your appointment, please ECHECK-IN prior to your arrival. This will make sure we have all your information, and that you are providing consent to get the vaccine. If you have questions or issues scheduling your vaccine in MyChartPLUS, please call the MyChart support line at 860.972.4993.

If you need help making an appointment or prefer to schedule your appointment by phone, call the Hartford HealthCare Access Center at 860.827.7690 or toll-free at 833.943.5721. For the most up-to-date information and scheduling help visit Hartfordhealthcare.org/vaccine.

When visiting a vaccine clinic, please remember to wear your mask when leaving your vehicle, and at all times until you return to your vehicle. If this is your first

dose, you will be given a small card from the Centers for Disease Control and Prevention with your name and other information. Save this card and bring it with you for your second dose. Be prepared to sit in one of the chairs provided and wait about 15 minutes - the "observation time."

Those currently eligible include healthcare personnel, long-term care facility residents, medical First Responders, and individuals age 75 and older. Hartford Healthcare has administered over 30,000 vaccines to date and offers clinics in Hartford, Wethersfield, Norwich, and Shelton.

NEW HHC HEALTHCENTER OPENS OFF ROUTE 8 IN WINSTED



TORRINGTON, CT – A new era of healthcare has begun for Winsted and surrounding towns in northwest Connecticut with the opening of Hartford HealthCare's (HHC) new state-of-the-art health care center located at 80 South Main Street at the corner of Routes 8 and 44 in Winsted.

Last week, Hartford HealthCare and Charlotte Hungerford Hospital (CHH) debuted the nearly 30,000-square-foot building when it relocated the Hospital's Emergency Department and mammography services from their former "Winsted Health Center location on Spencer Street. The HHC Rehabilitation Network also opened a new location offering occupational and physical therapy. The ED remains open daily 9am-9pm.

Beginning Monday, January 25, the Hospital's Cardiac and Pulmonary Rehab Services will relocate from the Winsted Health Center to the new building. In addition, the offices of Hartford HealthCare Medical Group

Continued on next page

CORPORATE PARTNERS

HHC HealthCenter Continued

Primary Care providers Drs. Roy Hitt, Andaleeb Shariff, and Stephanie Morton will also relocate and occupy the upper level. New specialty care services and specialists in the fields of Podiatry, Cardiology, General Surgery, GI, and OB/GYN will also be offered at the new building in the future.

Quest Laboratory Services for blood drawing and diagnostics will relocate to the building in March and are currently still operating at 115 Spencer Street. The CHH Sleep Center will remain for the time being at its current Winsted Health Center location.



Hartford HealthCare administrators and staff joined Winsted community leaders to dedicate the new HHC HealthCenter at a ribbon cutting ceremony on Thursday, January 21.

“We are very excited to add this wonderful new facility to our healthcare footprint and provide our colleagues in Winsted with new tools and resources to serve our patients. This is an important commitment to those we serve and a critical healthcare investment in our region. It’s all part of our goal to help promote and expand medical care, service access, patient experience, and advanced technology at Charlotte Hungerford Hospital and our affiliated service providers.” said Dan McIntyre, Hartford HealthCare’s Senior Vice President of the Northwest Region and CHH President.

To mark the momentous occasion, a smaller than usual group of local HHC and CHH administrators, staff, and community leaders attended a COVID19 safe ribbon-cutting and dedication ceremony January 21, with plans to have a more community wide celebration sometime in the future. LIFESTAR Medical Transport helicopter, was also on hand having landed on the Center’s new helipad.

Brian Mattiello, HHC Regional VP of Strategy and Community Development was the MC for the ceremony which included remarks by Dan McIntyre, President and SVP of the HHC Northwest Region, Jeff Flaks, President and Chief Executive Officer of HHC, and Candy Perez and Bob Geiger, Mayor and Town Manager of Winsted. Kevin Teeling, Clinical Manager of the new facility gave an overview of the services being offered at the new facility and recognized the project vendors.

“We are enthused about providing all residents of the Northwest Region with broader, more convenient access to health services – with world-class, high-quality care,” said Jeffrey Flaks, Hartford HealthCare’s President and Chief Executive Officer. “This strategic investment aligns with Charlotte Hungerford’s strategic plan and with Hartford HealthCare’s vision to be most trusted for personalized coordinated care.”

HHC Regional VP of Operations John Capobianco presented Candy Perez representing Friends of Main Street Winsted and Michael Rooke, President of Northwestern CT Community College, each with \$1,000 donations to support their respective organizations.

Registered Nurse Laurene Wallace gave the dedication. “As a nurse in the Hartford HealthCare system, I am proud to represent my colleagues as they stand together each day to find good within any challenge or difficulty we may encounter, and in rising to the occasion, provide heartfelt healing and comfort to all those in need who enter these doors. In this spirit we dedicate, from this day forward, this facility and its high purpose to the people of this community”, she said.

The proximity of the new HHC HealthCenter to the Northwestern Connecticut Community College Health and Science Center also presents many collaborative opportunities between CHH and healthcare profession programs at the college. The location also features two electric vehicle charging stations.

For more information visit www.hartfordhealthcare.org or call 860.489.6650.

Premier MEMBERS



WE'VE RENOVATED!

I'm delighted to share some exciting news with you! Since 1957, first as United Steel Erectors, then as United Construction & Engineering, we have been fortunate to work with exceptional clients on a wonderful range of projects. Including new construction and renovations of breathtaking residences, high end corporate offices, and academic facilities. Our business continues to grow in undergo transformative change, as we engage in more prime residential and commercial projects and expand our custom millwork an architectural concrete service.



With this in mind, we are pleased to announce we are re branding as UCE Fine Builders.

The new identity respects the traditions of our legacy while employing a modern, appealing aesthetic. We have just launched a new website and welcome you to visit to see our new look and portfolio highlights and to learn more about our team and our capabilities. The site also details how our history of fine craftsmanship is reflected in our new brand.

We truly appreciate each of our clients and colleagues and look forward to future collaborations.

Best Regards,

Jack Baer
President/Owner
UCE Fine Builders

jbaer@ucefinebuilders.com
860.489.7273
ucebuilders.com

Chamber MEMBERS

NCCC OFFERS REAL ESTATE PRINCIPLES & PRACTICES COURSE



WINSTED, CT – The Center for Workforce Development at Northwestern Connecticut Community College is offering *Real Estate Principles and Practices* February 15, 2021 through May 10, 2021. Classes will meet on Mondays and Wednesdays from 6:35 to 9:35 p.m. using an online format.

This required course for real estate salesperson licensing provides a clear explanation of modern real estate practices and a working knowledge of real estate in Connecticut.

Recognized and approved by the State of Connecticut Real Estate Commission, this course meets the minimum 60-hour requirement outlined by the state. Property owners, buyers, sellers, and anyone interested in pursuing real estate careers or operations will find this course beneficial and rewarding.

For more information or to register for Real Estate Principles and Practices, please contact Jane Williams, Workforce Development Coordinator, at jwilliams@nwcc.edu, or call (860) 738-6444.

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Litchfield Woods Health Care Center
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T&M Building Company, Inc.
and Torrington Downtown Partners
UCE Fine Builders
Valerie Manor
Webster Bank

Chamber MEMBERS

NORTHWESTERN CONNECTICUT COMMUNITY COLLEGE RECEIVES FUNDING FOR ITS NURSING STUDENTS

The Northwest CT Community Foundation Women & Girls Fund has awarded a grant in the amount of \$1,520 to 16 students in Northwestern Connecticut Community College's Nursing program. Because of restrictions at the clinical sites, due to COVID-19 protocols, it has been difficult for the nursing students to complete all of their required in-person clinical hours. The NCCC Nursing program administrators were able to procure additional sites for clinical experiences for the students.

One of those sites is the Community Health & Wellness Center, which is willing to accept 16 NCCC students over the course of the semester, but the students are required to undergo a background check and drug screening to participate. It is estimated that this would cost between \$75 - \$100 per student for a total of \$1,200 - \$1,520. The Women & Girls Fund responded with a grant to cover the program fees required for the nursing students to complete their clinical experience at the Community Health & Wellness Center site.

Last spring, the Women & Girls Fund also provided support for another group of Northwestern Connecticut Community College nursing students. The students in the graduating class were pulled out of their clinical rotation in March and were unable to return prior to graduation in May. After completing the nursing program, all graduates must apply for licensure and pass the National Council Licensure Examination (NCLEX). It is a rigorous exam and students prepare for weeks prior to taking it. This course, however, comes with a cost and many of our students faced financial challenges that would have prohibited them from being able to afford the prep course. The Women & Girls Fund provided a grant to cover the cost of the online preparatory course for the entire graduating class. Out of a graduating class of 32 nursing students, 30 passed the NCLEX on their first attempt, which enabled them to graduate and quickly begin their careers in healthcare.

The Northwest Connecticut Community Foundation Women & Girls Fund was established as a giving circle in 1999 by a small group of women who shared a concern for the real-life needs of local women and girls, the Women and Girls Fund has grown to more than 200 supporters who help women and girls develop economic

self-sufficiency by means of education, financial literacy, and social services. The Northwest Connecticut Community Foundation's mission is to enrich the quality of life for residents of its 20-town service area



Connecticut's Northwest Corner through the generosity of fundholders. The Community Foundation seeks to enrich the quality of life for residents of Northwest Connecticut by inspiring local philanthropy, convening stakeholders in community welfare, strengthening the regional nonprofits network, and fostering collaborative funding partnerships.

Constance Hawkins MSN, RN, NCCC's Division Director, Nursing, Allied Health and Veterinary Technology, in response to the two occasions that Northwestern nursing students have received invaluable support from the Women & Girls Fund, said, "We are extremely grateful for the support that our students have received from the Women & Girls Fund. Alleviating some of the financial hurdles for students to become nurses is a win-win situation. It is our mission to educate skilled and caring healthcare professionals who will give back to their community."

NORTHWESTERN CONNECTICUT COMMUNITY COLLEGE OFFERS FREEZER TO CHARLOTTE HUNGERFORD HOSPITAL FOR COVID VACCINE STORAGE

The Administration of Northwestern Connecticut Community College (NCCC) has proffered to Charlotte Hungerford Hospital (CHH), one of the unused freezers from its science laboratories that meets the minus 80-degree temperature requirement for storage of the Pfizer COVID vaccine.

Karen Hunter, Academic Associate, who works in the NCCC science labs, notified the college Administration of the availability of the unused freezer that could best be utilized in a facility that is dispensing COVID vaccines. CHH was contacted, accepted the offer, and has since picked up the freezer from the college.

Cooperation between NCCC and CHH is not a new phenomenon. Charlotte Hungerford Hospital has been

Continued on Page 11

Chamber MEMBERS

(NCCC Continued)

a supporter of Northwestern's Nursing program from its inception, by providing funding for the startup of the program and the hospital's support of the Nursing program has been unwavering and ongoing in the form of partnering with the college to provide clinical sites for NCCC's nursing students.


Charlotte Hungerford Hospital, founded in 1916, is a 109-plus bed, acute care facility, serving the regional health care needs of thirty towns in northwest Connecticut. Today, the hospital offers a range of inpatient and outpatient services including general medicine and surgery, maternity

and pediatrics, radiology, obstetrics, cardiology, urology, orthopedics, and behavioral health.

During January 2021, Hartford HealthCare (HHC) in partnership with Charlotte Hungerford Hospital opened a new, nearly 30,000 square foot, state-of-the-art healthcare center next door to Northwestern Connecticut Community College's Joyner Health and Science Center. The proximity of the new HHC HealthCenter, which is the new home of the hospital's Hungerford Emergency & Medical Care, to NCCC's Health and Science Center also presents many more opportunities for collaborations between the two institutions, in the future.

Round of Applause to . . .

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News and NOTES

MENTAL HEALTH SERVICES IN THE MIDST OF THE INTERNATIONAL PANDEMIC AND "THE HIDDEN" COSTS IN HEALTH CARE

Only a few moments with a Chamber Member have been so inspiring over the years. Filled with wisdom well-earned throughout my 28 years of being a licensed Psychologist, and Credentialed Mediator working in many contexts for 8 years at the Masters level, serving the institutions, clinics, companies, agencies and most importantly families and employers of Connecticut, I offer the following as grist for the mill as we all strive to plan our futures.

Parity was an initiative legally passed with the assistance of many, many good-hearted Psychologists Nationally, when it was believed that ADA would actually be implemented, and that no child or family would be left behind. Declining to testify in 1999 against Masters level independent practice because I was pregnant, may well have been one of my dearly held errors of judgment. How much of the Trillions in debt Nationally is the United States because of the huge growth of "mental health providers" who have pleased the insurance industry by squeezing out doctoral level professionals from "mis-managed care".

Continued on page 13

News and NOTES

(Mental Health Continued)

Do we really have an "opioid epidemic" requiring advocates for more, and more and more substance abuse counselors and many, many uncoordinated services when nothing has improved. Addiction is a cover up for ways in which individuals have been marketed through over the cell phone, on the TV and in the backrooms of corporations and do not honor that there needs to be no co-morbid diagnosis for ceasing to use the weed, drug or Morbidity and mortality speak volumes to youth and families who see more providers not less. Patients receive multiple scripts for drugs, sell it on the street, then have a family member convenience them they need more of the same. Recommendations without proper follow up and float from pharmacy to pharmacy when well-trained psychologists know that less is more, primary family care is essential and that no way, no how does everyone who wants to be free from interpersonal violence, coercion, trauma and abuse is "mentally ill" as a convenient excuse for not living within the margins. I never could have dreamed that providers just need to get a cell phone with no follow up, and text incessantly to youth to intervene without including primary parents, schools and hiding behind the perception that HIPPA laws mean do not talk to provide the best care. No, primary relationships are more than fractured then when "experts" appear in court without all the data or a full developmental perspective of a family composed of individuals. Treatment failures of suicide and homicides are not viewed as failures of the corrupt system providing services without clinical sophistication or that the people has so very much help that people wring their hands and cry "they don't know how that happen". I certainly do not have all the answers, yet I have heard probably thousands of hours of voices in Connecticut who describe ways in which they were not treated well and rarely did someone get out of an ivory tower and go with them to RESOLVE or prevent a seemingly downward spiral. I ask for research why do divorces cost more here than in other parts of the country? Why was it such a success that a bill to serve children who are homeless was passed? Why do some father's think the system is not in their favor when the reality is that more crimes go unprocessed pertaining to rape, domestic violence and socioeconomically impoverished families are over represented in all the "businesses" going so strong?

How might be the most important question. Labels of mental illness are descriptive billing codes and many companies have colluded with these ancient ideas which hold hostage individuals to the opinion of those in power, with the money. I was excited by the election and any effort to change all the unhealthy growth I have seen over the years. Back to some basic issues would be nice. Take stock in your friends, professionals, offer a ride. Stop rushing - where are you going anyways? CT has a very, very high rate of Motor vehicle accidents. Would the food shelters need to exist if we asked people for dinner, a conversation from the heart might, keep your loved ones out of institutions rather than referring them there, or anywhere - just off the property. Very often it is the family members who will not go to a psychologist who might benefit from acknowledging their judgmental attitude contributed not improved the well-being of the neighborhood or family. Let people be themselves and encourage growth. Do not use psychiatric jargon to lie about each individual's contribution to how we might make a better future to help individuals volunteer, work and live without barriers and undue hardship created by silos in medicine rather than integration.

Dr. Sampson's clinical opinions or impressions are hers and not that of any prior affiliations. She can be reached at dr@sampsonpsych.com or 860-485-1459 to schedule a CDC Compliant visit, intervention for your business, family therapy or psychological evaluation. Thank you to all Chamber Members for all you do and may the years ahead bring surprises and delight in a humanity yet to be revealed.

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News and **NOTES**

THE RESET CHALLENGE



READY FOR SOMETHING NEW?

Each week your goal is to be active 30 minutes a day for 5 days! We'll try one of our weekly reset activities from national experts in fitness, mindfulness, nutrition – including thoughts from an inspirational coach, spiritual coach & happy coach. You will receive three texts a week filled with motivation, challenges, workouts and more.

Virtual & In-Person options available.
2 week FREE YMCA membership
starting February 1st.

Starts

FEB. 1
2021



 **Northwest
Community Bank**
YOUR COMMUNITY – YOUR COMMUNITY BANK
FOR 150 YEARS!



FREE 6-Week Transformation

Text **RESET** to **844-795-0914** to join

Northwest CT YMCA nwctY.org



News and NOTES

Business Concerns

We have been listening to your concerns about the critical business issues that face you. Here are some that are often repeated but so important to address during these challenging times.

"We continue to agonize over the Health Care Crisis. Help us please." We are working with Chamber Insurance Trust to create new opportunities for coverage, pharmacy discount cards, wellness programs and voluntary benefits available to you. Stay tuned for the updates.

"How will the state ever deal with the budget crisis?" We meet monthly with our legislative delegation to discuss a myriad of issues relating to the economic status of our state and to hear realistic, frank answers.

"There's not enough traffic directed toward my small business." Get involved with the myriad of committee meetings and events held via zoom. Watch for the February Webinar on Succession Planning and the Virtual Business After hours on February 16th. Many opportunities for you to make new connections.

"We need financial assistance. Can you direct us

to some resources?" The federal government just approved the PPP loan, the newest stimulus package to deliver economic relief. It is managed by the Small Business Administration and secured through an approved bank or credit union. You can get more information from the SBN website or call us for assistance.

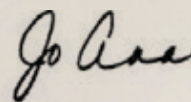
"I am worried about our future employees because of our talented but aging workforce." This is

precisely why we currently planning the Virtual Job Fair for March. We do need to retain and recruit youth and talent. Career opportunities await them! Watch for information on the March event.

"I love to travel. Do you have any suggestions?" Indeed, we do! With hopes that the pandemic has been overcome, we have trips

in October to Vienna, Prague, Helsinki and Berlin and in November to the Amalfi Coast. Please call for specific details.

Together we can rebound for 2021. Thank you!






Upcoming **CHAMBER ZOOM EVENTS**

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|---------|---|---------|---|
| Feb. 2 | Small Business Council, Guest Speaker: Chris DiPentima, President & CEO of CBIA – 8am | Feb. 16 | Insurance Committee Meeting – 8 am |
| Feb. 3 | WOW Advisory Committee Meeting – 8:30 am | Feb. 16 | Small Business Council – 8 am |
| Feb. 3 | Webinar: The Top Ten Things Every Small Business Owner Needs to Know to Navigate a Pandemic - Presented by Deirdre Tindall and Kerri Ouellette 11 am | Feb. 16 | Business After Hours - Virtually! Sponsored by: Bad Dog Brewery – 5-6 PM |
| Feb. 4 | Membership Committee Meeting – 8 am | Feb. 17 | Health Council, COVID update with S2 Resilience Group, Guest Speakers: Ron Latorre and M.Scott Furr, Retired US Air Force Veterans – 8 am |
| Feb. 4 | Webinar: Succession Planning – Presented by Carmody, Torrance, Sandak & Hennessey LLP – 9 am | Feb. 18 | Restaurant & Retail Committee Meeting – 8 am |
| Feb. 8 | Leads 1 – 12 noon | Feb. 22 | Leads 1 – 12 noon |
| Feb. 10 | Leads 2 – 8 am | Feb. 23 | Business with Breakfast – 8 am |
| Feb. 11 | Government Relations Committee Meeting – 8 am | Feb. 24 | Leads 2 – 8 am |
| Feb. 11 | Leads 3 – 9 am | Feb. 24 | Webinar: 6 Steps to a Better Business Presented by Acadia ACTIONCoach – 9 am |
| Feb. 15 | Chamber Closed – President's Day | Feb. 25 | Board of Directors Meeting – 8 am |