



Wheeler

Innovative Care. Positive Change.

OCTOBER 2019
BREAST CANCER AWARENESS MONTH

Wheeler's Health Spotlight



BREAST CANCER AWARENESS MONTH

Better health through prevention, check-ups, and screenings

October is Breast Cancer Awareness Month, a reminder for women of all ages about the importance of maintaining breast health through prevention, regular check-ups, and screenings.

According to the National Breast Cancer Foundation, Inc., breast cancer is the most common cancer in American women (except for skin cancers) and one in eight women will develop breast cancer in her lifetime. This disease happens when malignant (cancer) cells form in the tissues of the breast. Although there are factors such as family history that can't be changed, there are steps that you can take to reduce your risk of developing breast cancer.

- Avoid or limit alcohol intake. Less than one drink per day (if any at all), is recommended.
- Avoid smoking. Evidence suggests a link between smoking and breast cancer risk, especially in premenopausal women.
- Control your weight by eating a diet rich in fruits, nuts, olive oil, and vegetables.
- Exercise, and aim for at least 150 minutes a week of moderate aerobic activity or 75 minutes of vigorous aerobic activity weekly, plus strength training at least twice a week.
- Breastfeed. Studies suggest that breastfeeding reduces breast cancer risks, and potentially, offers protection from some forms of invasive breast cancer.
- Limit dosage and duration of hormone therapy, and talk to your provider about other options.
- Avoid or limit exposure to radiation and environmental pollution.

[Wheeler's Family Health & Wellness Centers](#) in Bristol, New Britain, Hartford, and Waterbury offer breast cancer exams, and referral and linkages for screenings such as ultrasounds and mammograms, as well as [nutritional counseling and education](#), weight control support and intervention, smoking cessation support, and more. To schedule an appointment, or learn more, call Wheeler's Navigation Center at 860.793.3500.

Sources: National Breast Cancer Foundation, Inc., Mayo Clinic, U.S. National Library of Medicine - National Institutes of Health

Additional Resources

[American Cancer Society](#)

[Connecticut Department of Public Health](#)

[Centers for Disease Control and Prevention](#)

[National Cancer Institute](#)

[Susan G. Komen® New England](#)

[WebMD](#)

CELEBRATING A LEADER, LAUNCHING A NEW ERA AT WHEELER

**Susan Walkama, LCSW, Retires; Sabrina Trocchi, PhD, MPA,
Appointed Wheeler President and Chief Executive Officer**

A change in executive leadership is happening at Wheeler. Susan Walkama, LCSW, who transformed Wheeler into a leading statewide provider of integrated health care services, announced her retirement, effective November 1. Sabrina Trocchi, PhD, MPA, was named president and chief executive officer, effective November 2.



Susan Walkama served as president and



Dr. Trocchi served as Wheeler's chief

chief executive officer for more than a dozen years and began her career at Wheeler nearly four decades ago in Emergency Services. Under her leadership, Wheeler evolved from a community-based provider of behavioral health services to a statewide, innovative leader in fully integrated health care and a federally qualified community health center serving especially medically underserved individuals and communities. The organization also expanded to serve more than 30,000 individuals and families annually.

[\[Read more here\]](#)

operating officer for the past three years, implementing a systemic approach to the development and execution of organizational strategy, along with a wide range of community-based and in-home services in children's and adult outpatient, community justice, prevention and wellness, family and community services, congregate care, early childhood, and psychiatric medical, as well as grants development and quality operations. She also served as the chief strategy officer, overseeing and implementing strategic partnerships, ventures, and alliances.

[\[Read more here\]](#)

NEWS YOU MAY HAVE MISSED



An Anniversary to Remember

Our partners at Delta Dental of New Jersey and Connecticut celebrated their 50th anniversary with us with an Employee Volunteer Day last month. The Delta team members donated and assembled hundreds of patient welcome bags at our [Family Health and Wellness Center](#) at 43 Woodland Street in Hartford. Thank you, Delta, and happy anniversary!



Images Celebrate Hartford

Images of some iconic scenes from Hartford and our Asylum Hill neighborhood, from the Mark Twain House, to the Asylum Hill Congregational Church, and more, are now hung on the walls of our community health center at [43 Woodland Street](#), the culmination of Phase 1 of an employee-driven photo project that began last year. This effort celebrates the neighborhoods where our community health centers are located.

View the album of employee-created images on Wheeler's Facebook page [here](#).

Funding for the Wheeler Family Health & Wellness Center is provided by the U.S. Department of Health and Human Services, Health Resources and Services Administration (HRSA). Improvements to the Family Health & Wellness Center in Hartford are supported in part by the State of Connecticut Nonprofit Grant Program, the Connecticut Health & Educational Facilities Authority, the Maximilian E. and Marion O. Hoffman Foundation, and the Ensworth Charitable Foundation. Additional support is provided by Delta Dental of New Jersey Foundation. Added support for the Family Health & Wellness Center in Bristol is provided by the United Way of West Central Connecticut. Wheeler is a Health Center Program grantee under 42 U.S.C. 254b and a deemed Public Health Service employee under 42 U.S.C. 233(g)-(n).

