

New York 'Nutmacker' Trend Prompts State Liquor Official's Alert

HARTFORD — Following a recent *New York Daily News* article describing the proliferation of alcohol-laced fruit punch being sold by the cup in some New York City bodegas ("Bodegas Dealing Sweet Liquor Punch to City Teens," January 3, 2010), the Connecticut Department of Consumer Protection this week sent an advisory to many Connecticut police departments adjacent to New York, including the Greenwich, Stamford, Darien, Norwalk, and Bridgeport Police Departments. "We want to bring to their attention this information regarding the sale of 'nutcrackers' and 'nemos' in some New York City delis and bodegas, and ask for their help in uncovering this activity if it exists in Connecticut," Consumer Protection Commissioner Jerry Farrell, Jr. said. As commissioner of Consumer Protection, Mr. Farrell serves as chairman of the Connecticut Liquor Control Commission.

The *Daily News* article describes such "nutcrackers"

and "nemos" as sweet punch, with alcohol added. "Many convenience stores may sell a variety of nonalcoholic sweet drinks, but this item, sold in such a manner, seems to try to operate under the radar," the commissioner said.

There are approximately 900 grocery store beer permits throughout the state; all are licensed and regulated by the Department of Consumer Protection. A licensee having such a "grocery store beer permit" can only sell beer, not any other kind of alcohol.

No alcohol of any kind can be sold to anyone under the age of 21.

The department's advisory specifically inquires whether any local patrol officers, school resource officers or investigators have seen these types of illegal sales in any grocery store beer permit location within their jurisdictions. The agency also vowed to assist local police officers with any investigations or inspections as needed.

"In short order, we plan to

notify all the larger police agencies throughout the state, including the Hartford Police, the Danbury Police, and the Waterbury Police," Mr. Farrell said. In addition, the department will be issuing an advisory to the more than 1,200 registered email contacts.

It is illegal for a licensed grocery store to sell these distilled spirits to anyone, let alone a child, from their store.

"For any grocer in Connecticut who may be selling these 'nutcrackers,' the message is clear — if you persist in selling these illegal alcoholic drinks to our children, or anyone, you will be identified and your permit will be in great jeopardy," Mr. Farrell said.

Chiropractic Examiners Slate Hearing On Stroke Risk

HARTFORD (AP) — A state regulatory board that oversees chiropractors is considering whether patients should be warned about a possible risk of stroke from neck manipulation.

Connecticut's state Board of Chiropractic Examiners is expected to issue a ruling on whether chiropractors should be required to tell patients about the risk of stroke and the symptoms of stroke.

A group of patients injured during chiropractic treatment has lobbied the General Assembly to pass legislation requiring chiropractors to notify their patients about the risks of neck manipulation.

Chiropractors have argued they are being singled out and that the risks from adjustments are very low.

The board has set a hearing at the Legislative Office Building January 5 and 6.

Father-Son Team Watching Newtown Workers' Backs (And Knees)

By JOHN VOKET

Newtown's municipal Human Resources Director Carole Ross had a growing concern about the dozens of town employees under her watch. She told *The Newtown Bee* recently that as her workforce ages and face greater demands, town workers become more susceptible to work-related injuries — some of which are easily preventable.

Enter the Newtown-based chiropractic team of Richard and Aaron Coopersmith. The pair recently gave a series of talks to town workers, to help educate them about how they could enhance their own health while taking steps to reduce or prevent workplace injuries.

"We've been having a lot of back and knee injuries," Ms. Ross said. "I don't know if it's because our workforce is getting older, or we have fewer people doing more work."

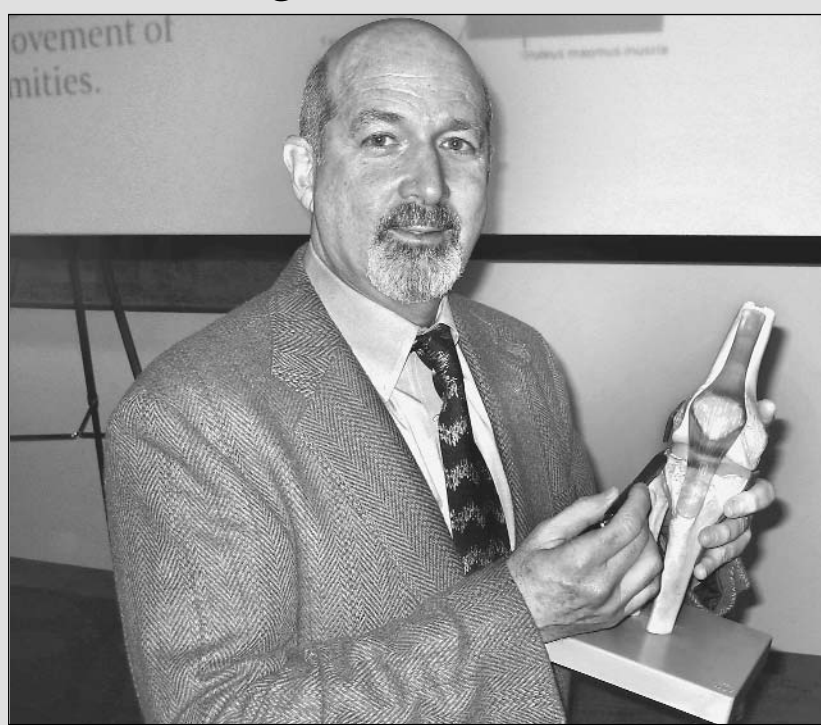
She said that an average rehabilitation period for a town employee who suffers a knee or back injury is six weeks to two months.

"And 75 percent of the time it becomes a chronic condition," Ms. Ross said, adding to the number of workers who are forced to adjust and lighten their workloads, or who eventually end up on part-time or full-time disability.

She was "thrilled" about the offer by the two local chiropractors to come in and talk prevention.

"The workshops were excellent, the feedback was good and I believe the advice and information provided to them was well-received," Ms. Ross said.

Dr. Richard Coopersmith, or "Dr. C" has been practicing in Newtown for 31 years, and last month, he was joined by his son, Aaron, who recently graduated from New York Chiropractic College. Aaron, or "Dr. A" as he is known, also has a degree in biology from Northeast-



Dr. Aaron Coopersmith and his father, Richard (holding spinal model) brought two generations of chiropractic advice to Newtown municipal workers during a recent workshop aimed at improving employee wellness and reducing the number of workplace back and knee injuries. The junior physician joined his father's 31-year practice in December.



ern University, and is planning to expand the local practice to accommodate patients who may benefit from active release technique (ART).

"As you can imagine, it is a special relationship that my dad and I share," Aaron Coopersmith said. "Our patients seem to be very excited about our combined approach to the management of their health needs."

During his years as the director of Newtown Chiropractic Health Center, Inc., Richard Coopersmith has also served as the president of the Connecticut Chiropractic Association. He was voted Chiropractor of the Year in 1991, and was an appointee to the Connecticut State Worker's Compensation Medical Advisory Board.

According to Dr. C, chiropractic is a branch of the healing arts that diagnoses and specifically treats injuries of the neuromusculoskeletal system — muscles, tendons, ligaments, joints, discs, and nerves.

"There is an intimate relationship between the structure of the body and the way it functions," the senior Dr. Coopersmith explained. "The chiropractor uses conservative physical medicine consisting of gentle manipulation in conjunction with other modalities, including hot moist packs, ice, electrical stimulation, and ultrasound, along with rehabilitative exercises, to restore normal movement to the body."

Chiropractors are also involved in assisting patients achieve optimal health and well-being through proper nutrition, regular exercise, and lifestyle modification, he said. Bringing his son into the practice has facilitated the introduction of ART to Newtown Chiropractic Health Center's patients.

"Active release technique is a specialized technique that specifically addresses injuries of the muscles, ligaments and tendons and nerves," Dr. A said. "These tissues can be injured due to repetitive strain, overuse, poor posture, or trauma."

As a result, scar tissue can form in these areas, resulting in shortening of the muscle, adhesions, lack of proper movement and pain. Dr. A will work

with patients to identify structures that have been damaged, and then gently manipulate the muscle from a shortened position to a lengthened one to reduce and remove the scar tissue and muscle adhesions that have been formed.

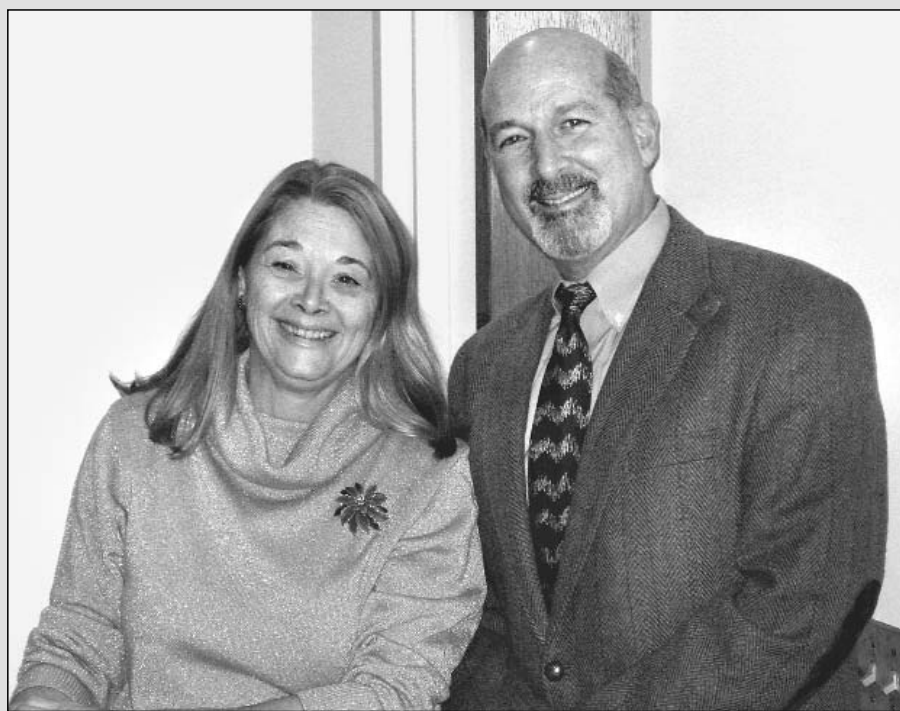
Besides his effort to assist Newtown municipal workers, the senior Dr. Coopersmith frequently speaks to corporations in an effort to assist in the reduction of work-related injuries. He is involved in an ongoing public lecture series titled, "Achieving Optimal Health and Well-Being — Through Proper Nutrition, Exercise and Maintaining a Positive Mental Attitude."

The addition of Dr. A to the practice will permit even greater public health outreach in the future.

"We would like to establish an ongoing lecture series that addresses the importance of assuming responsibility for your own health," Aaron Coopersmith said. "This would not only consist of information that my dad and I would bring to the community, but we would look to other health care providers to share their knowledge and experience as well."

His dad believes that an ongoing wellness initiative for town workers is a benefit to taxpayers because it reduces on-the-job injuries, absenteeism, reduced productivity, and can help prevent more disability claims.

"It's a program that makes dollars and sense for taxpayers," Dr. C concluded.



Dr. Richard Coopersmith of Newtown Chiropractic Health Center is joined by Carol Ross, Newtown's municipal human resources director, following a recent wellness and injury prevention talk for town workers.

Federal Grant Aims To Promote Family-Centered Geriatric Nursing Care

DANBURY — Danbury Hospital has received a prestigious three-year federal grant to provide family-centered geriatric nursing care that focuses on the unique health care concerns and cultural sensitivities of older patients.

The \$480,000 grant from the US Department of Health and Human Services Health Resources and Services Administration will provide continuing education opportunities to registered nurses and nursing assistants across Connecticut and the nation.

The grant will enable Danbury Hospital to bring award-winning faculty to the institution and develop a web-based continuing education toolkit that will be available to nursing professionals nationwide. The hospital received \$160,000 for the first year; future support is subject to the availability of funds and satisfactory progress of the project.

"Our goal is to ensure the entire nursing team has the skills and competencies to care for our various patient populations, including understanding the unique needs of the elderly," said Moreen Donahue, DNP, RN, chief nurse executive and senior vice president of Patient Care Services at Danbury Hospital.

The federal grant is the latest development in ongoing efforts to make Danbury Hospital the "provider of choice for patients and the destination hospital for nurses interested in pursuing nursing excellence and research-based best practices," said Ms. Donahue.

Last year, Danbury Hospital established the Harold, Myra and Cora Spratt Center for Nursing Excellence and Research thanks to a major gift from Harold Spratt to the Danbury Hospital Development Fund. Among its many goals, the Spratt Center provides nurses with opportunities to advance their education and careers.

The geriatric nursing grant also builds upon a previous

grant to Danbury Hospital from the Donaghue Foundation that focuses on educating and mentoring nursing assistants to effectively communicate changes in patient status.

"We are constantly looking for ways to deliver a higher level of care by expanding our knowledge to better serve our diverse patients," said Ms. Donahue. The communities served by Danbury Hospital have a high concentration of older adults and a 25 percent immigrant population, including many elderly.

During the first year of the federal grant, the Danbury Hospital and Danbury Visiting Nurses Association nursing staff, including 100 registered nurses and 50 nursing assistants per year, will begin to receive training in culturally competent, family-centered geriatric care.

During the second and third

years, nurses and nursing assistants nationwide will have access to the family-centered geriatric nursing curriculum through a partnership with the Connecticut Hospital Association and the National Institute of Family Centered Care.

The goal is to reach a total of 1,300 registered nurses and nursing assistants. Danbury Hospital will also work with Western Connecticut State University and Naugatuck Valley Community College to increase awareness of geriatric nursing issues.

Meredith Wallace, PhD, APRN, associate professor at Yale University School of Nursing, said a vast amount of knowledge regarding elder care has emerged in recent decades. "But many of the nurses taking care of elderly patients never received formal geriatric training, so this knowledge isn't always used in clinical practice," she said.

Meantime, the need for geriatric care grows as people live longer and baby boomers age. "We are ill prepared for the unique needs of this population," said Ms. Wallace.

At Danbury Hospital, she provided on-site training focusing on best practices in geriatric nursing, touching on issues ranging from medication, skin integrity, and nutrition to the use of restraints to prevent falls and identifying elder abuse.

Understanding the normal changes that come with aging can have profound implications when caring for elderly patients, said Ms. Wallace. Some medications can lead to serious illness unless administered with caution. Changes in immune status can put older adults at a higher risk for developing illness.

The loss of subcutaneous fat

puts older adults at risk for skin problems. But nutrition also plays an important role. "Keeping older adults nutritionally sound is important to maintaining skin integrity. The challenge lies in keeping older adults who may have altered appetites because of normal and pathological aging interested in eating."

Even the traditional use of restraints to prevent older patients from falling has come into question. "Studies show restraints result in more falls, sometimes with serious injuries," said Ms. Wallace. "Instead, we must focus on alternative ways to keep older adults healthy and safe without the use of restraints."

Understanding cultural nuances and involving family members in the care of elderly patients is crucial, said Dr. Joyce Fitzpatrick, a consultant with the Spratt Center for Nursing Excellence and Research at Danbury Hospital.

"It's important to involve family members because elderly patients are only in the hospital for a short period of time. We need to embrace the family as a partner in care. That's why family education is essential," said Ms. Fitzpatrick.

Having knowledge about cultural differences can also impact care, said Ms. Fitzpatrick. For example, being unaware of food preferences or dietary restrictions among certain cultures can lead to misunderstandings. "You may think the patient has no appetite or doesn't want to eat when the real problem is that we are providing the wrong diet."

Ms. Fitzpatrick, who has worked with institutions across the country and the world, commended Danbury Hospital's efforts to shed light on elder care issues. "The hospital administration and nursing staff are deeply committed to excellence," she said.

For more information, or to find a physician, visit DanburyHospital.org, or call toll free 866-374-0007.



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