

# YALE HEALTH CARE

news from Yale Health  
spring 2021

**Balancing Act**  
**Generation Z(oom)**  
**Information Overload**



**DERMATOLOGY**  
**PHARMACY**  
**PEDIATRICS**



## Balancing Act

Taking control of your well-being in a “world of chaos”

**THE CALENDAR HAS FLIPPED** past a full year since the COVID-19 pandemic changed the way we go about our daily routine, or lack thereof. We now long for experiences we had once taken for granted, feeling like our lives are being governed by ever-changing guidelines, protocols, and requirements. It has certainly taken both a mental and physical toll on many people.

But what if you could find ways to control the uncontrollable? Or at least a piece of it. It may just be the key to finding a healthy balance in your life, especially during the historic times we are living through.

*Danielle Casioppo leads a virtual Rise and Shine! Mindful Movement in the Morning class for members of the Yale community.*

**BALANCING ACT** CONTINUED ON NEXT PAGE

**BALANCING ACT** CONTINUED FROM PREVIOUS PAGE

“This world feels so out of control, so you need to find what you can personally control. What helps ground you in this world of chaos?” said Lisa Kimmel, MS, RD, CDN, director of Wellness and Health Education. “I think we are all suffering from pandemic fatigue and we all feel like we are carrying the weight of the world on our shoulders.”

Kimmel suggested building structure into your schedule wherever possible as a way to gain some control in your life. Eating meals as a family, scheduling your work day, or carving out time for exercise all help you stick to a schedule, which puts you in charge of your day.

Additionally, putting time into self-care can help you feel better both physically and mentally. This includes getting at least two and a half hours of moderate-intensity exercise per week, getting seven to nine hours of sleep each night, and eating well-balanced and nutritious meals. It also includes making time for interactions with family and friends as long as you do so safely by following the latest recommendations for masking and social distancing.

Being Well at Yale provides programs and resources that can help and has adapted its programming since the start of the pandemic to ensure it can still provide balance and stress relief to the members of the Yale community. Being Well at Yale

was created about nine years ago as the employee wellness program serving faculty and staff to “create and sustain a culture, community, and environment in which wellness is a core value and measure of excellence at Yale.”

Danielle Casioppo, MS, MHFA-C, RYT, education specialist/coordinator for Being Well at Yale, said the department is still offering all the programming it offered pre-pandemic, just online instead of in person. Casioppo changed her routine from traveling around campus to lead yoga and meditation classes to setting up shop in her basement in front of a laptop.

“Right now, I think being able to offer these programs is more important than it ever was,” Casioppo said. “People need the structure and something to look forward to. They’re learning new things, moving their bodies, and getting to see some other people. Even if they are not interacting with each other, they know there are 20 other people practicing with them at the same time and that they are part of this group.”

By offering the classes online instead of in person, the department was able to expand its reach “beyond the New Haven zip code,” Kimmel said. Classes, which also include food demonstration programs by the department’s registered dietitians, have grown in size and all are now open to Yale alumni and retirees. Visit [beingwell.yale.edu](http://beingwell.yale.edu)

to see a full list of programs and resources. For more information on a specific program, please contact [beingwell@yale.edu](mailto:beingwell@yale.edu).

Along with finding balance, Casioppo said setting boundaries between your work life and personal life is just as important.

“In this day and age, it’s very easy to not have good boundaries with your work life,” she said. “We do not have the hard starts and stops to the work day that we are used to. That has caused a very imbalanced situation for a lot of us because it’s very easy to do a little extra something or do a little more when the kids go to sleep. But when do you stop? That cuts into your sleep time and you’re thinking about work. It’s important for us to set those boundaries for ourselves.”

It’s true that everyone is feeling the strain in one way or another and studies have shown that stress related to COVID-19 has led to an increase in anxiety and depression. So how do you know when you need something more?

“When the usual ways for managing stress don’t seem to be working or the way you’re feeling is affecting your daily functioning, it may be a time to seek more help,” said Cheryl Doebrick, PhD, manager of the Behavioral Health Department.

Magellan Healthcare manages Yale Health’s behavioral health benefit and is available 24 hours a day at 800-327-9240. The majority of Magellan Healthcare providers have moved their appointments to virtual or phone and there has been an increase in people reaching out for help.

“Some are reaching out for the first time, but many others who had mental health services in the past are re-engaging,” Doebrick said. “I encourage anyone, if it’s crossing your mind once or twice that it might be helpful to speak with someone, I would encourage you to do so. The resources are available to help you through this.”



**“People need the structure and something to look forward to. They’re learning new things, moving their bodies, and getting to see some other people. Even if they are not interacting with each other, they know there are 20 other people practicing with them at the same time and that they are part of this group.” – Danielle Casioppo**

*Registered Dietitians Becky Purcell (top) and Alisa Scherban host virtual food demonstrations.*



Yale Health knows how to reach our members... We have ample resources for vaccinating our local population through our Yale COVID-19 Vaccine Program as well as pharmacies, health systems, and clinics across Connecticut.

#### FROM THE DESK OF PAUL GENECCIN, MD

As COVID-19 vaccine production increases, adults willing to get vaccinated will finally be able to do so. With sufficient supply, the remaining barriers to universal vaccination will be logistical challenges and vaccine hesitancy. Fortunately, Yale Health knows how to reach our members, so we do not face the challenge of unregistered individuals who may be hard to find. In addition, we have ample resources for vaccinating our local population through our Yale COVID-19 Vaccine Program as well as pharmacies, health systems, and clinics across Connecticut. By emphasizing equity, we have had great success in reaching our diverse membership regardless of their demographic status and health risk. However, we will still face the challenge of vaccine hesitancy even when the vaccine is readily available.

**The World Health Organization (WHO) defines vaccine hesitancy as reluctance or refusal to vaccinate despite availability of vaccines.** WHO lists vaccine hesitancy as one of the most important threats to global public health and it is not limited to COVID-19.

The Kaiser Family Foundation (KFF) COVID-19 Vaccine Monitor is an ongoing research project tracking US attitudes about the vaccine. Excluding those already vaccinated, KFF tracks four groups with differing attitudes about COVID-19 vaccines: 1.) People who want the vaccine as soon as possible; 2.) Those who prefer to “wait and see”; 3.) Individuals who would accept the vaccine only if it is mandated; 4.) And those who refuse the vaccine altogether. The good news from KFF data is that attitudes about the COVID-19 vaccine have trended in a positive direction since September 2020. For example, from December 2020 to February 2021, the “wait and see” group decreased by nearly half with commensurate increases in people accepting vaccination.

**In the KFF data, vaccine hesitancy differs by race and ethnicity, partisan political affiliation, and by rural versus urban dwelling.** Sadly, about a third of vaccine hesitant respondents believe vaccine myths, for example, that the vaccine can cause COVID-19, that the vaccine causes infertility or that getting immunized will have a high out-of-pocket cost. While the facts are persuasive to most people, we must face the reality that a disciplined group of so-called anti-vaxxers disseminate false information to discourage vaccine acceptance. Anti-vaxxers make baseless claims that the risks of COVID-19 infection are exaggerated, scientists are untrustworthy, and/or vaccines are harmful. We must counter falsehoods with easily accessible and reliable information.

Each day, we see new scientific data confirming preliminary reports about the effectiveness of COVID-19 vaccines. The approved vaccines protect vulnerable people by dramatically reducing the risk of severe illness, hospitalization, and death. I am heartened that COVID-19 vaccine acceptance is on the upswing and anticipate that a great majority of those in our own “wait and see” population will accept the vaccine once they have had an opportunity to consider these encouraging facts. Our best shot at ending the pandemic is to vaccinate a large majority of the world population as quickly as possible.

A handwritten signature in black ink that reads "Paul Genecin". The signature is fluid and cursive.

Paul Genecin  
Chief Executive Officer

# Generation Z(oom)

## Advice for parenting during a pandemic

**HOW ARE THESE KIDS** going to tell this story to their own children and grandchildren when the time comes? How are they going to explain that their first (or last) day of school took place at their own kitchen table? Or that they had to stop playing with their friends, not because the sun went down, but because the battery died? How will they describe the feeling when they found out their birthday party or prom or graduation was cancelled, rites of passage left unpassed?

And then there are the parents working to figure out a way to deal with the hand they have been dealt, often spending their days rotating between parent, playmate, teacher, IT support, and a full-time job. The fact is the exhausting and stressful role of being a parent has never been more exhausting and stressful.

“Parents and children are facing extraordinary new challenges,” said Michelle Brei, APRN, DNP, a primary care provider in the Pediatric Department since 2005.



Michelle Brei

**“Parents and children are facing extraordinary new challenges. While, overall, I think kids have shown pretty amazing resilience, we still need to be mindful of all the changes they have coped with during the pandemic.”**

*Michelle Brei, APRN, DNP*

“While, overall, I think kids have shown pretty amazing resilience, we still need to be mindful of all the changes they have coped with during the pandemic.”

Routine and communication are both vitally important to help meet these new challenges. Establishing a routine helps children, especially younger children, feel safe. Try to let them know what to expect in terms of a schedule as much as possible, such as if they will be doing remote learning in school the following week, while acknowledging there is uncertainty.

No matter the age of your children, having a bedtime routine is helpful. Ideally, kids should not use screens about 90 minutes before bed to help with relaxation. One tip is to set a bedtime alarm, which signals it is time to start winding down

for the night and turn off any screens. It is also recommended that children not do schoolwork in their bed at any point of the day because then the brain associates their bed with being active and they may have a harder time falling asleep at night.

Nutrition has also become a bit more challenging with children home more often. Often times, the most convenient option may not be the healthiest.

“We know nutrition is important for your physical health, but also in terms of mental health,” Brei said. “When kids are home and don’t have a routine, there are so many more opportunities to eat than when they are at school and engaged in learning. Especially now, it’s important to limit the amount of unhealthy choices that are available to them in your home.”

Brei suggested setting an established family meal time and sticking to it as much as possible. Phones and screens should be put away to allow you and your children time to interact. This is also a good time to get your children involved in meal preparation, which may help with their willingness to try new foods.

Keeping your kids physically active may be tougher than ever with the cancellation of many sports seasons and less time out of the house in general. The recommendation is for children to get 60 minutes of physical activity each day, but it doesn’t all need to come at the same time. If your children typically play sports, you can find sports-specific drills to do with them or have small workouts with teammates, provided they follow the latest safety guidelines from the Centers for Disease Control and Prevention (CDC).



### HEALTHY WAYS TO HELP CHILDREN COPE WITH STRESS

- Maintain a normal routine
- Talk, listen, and encourage expression
- Give honest and accurate information at an age-appropriate level
- Teach simple steps to stay healthy
- Be alert for any change in behavior

*Source: Centers for Disease Control and Prevention*

# Information Overload

**PARTNERSHIP FOR  
PATIENT-CENTERED CARE**

## Criteria for Evaluating Internet Health Information

Many online health resources are useful, but others may present information that is inaccurate or misleading. It is important to find sources you can trust and to know how to evaluate their content. No information should replace contacting your primary care provider who can give you advice that caters to your specific situation.

The following are guidelines to use when evaluating online health information:

**WHO:** Any reliable health-related website should make it easy for you to learn who is responsible for the site. If it isn't obvious who runs the website, look for a link on the homepage to an "About" page.

Websites cost money to create and update. **Is the source of funding (the sponsor) clear?** Knowing who is funding the website may give you insight into the mission or goal of the site. Sometimes, the website address (called a URL) is helpful. For example:

**.gov** identifies a U.S. government agency

**.edu** identifies an educational institution, like a school, college, or university

**.org** usually identifies nonprofit organizations (such as professional groups; scientific, medical, or research societies; advocacy groups)

**.com** identifies commercial websites (such as businesses, pharmaceutical companies, and sometimes hospitals)

**PURPOSE:** The site's purpose is related to who runs and pays for it. The "About" page should include a clear statement of purpose. To be sure you are getting reliable information, you should confirm information that you find on sales sites by consulting other, independent sites where no products are sold.

**SOURCE:** Many health or medical sites post information collected from other websites or sources. If the person or organization in charge of the site did not create the material, the original source should be clearly identified.

**INFORMATION:** The site should describe the evidence (such as articles in medical journals) on which the material is based. Opinions or advice should be clearly set apart from information that is "evidence-based." Keep in mind that testimonials, anecdotes, unsupported claims, and opinions are not the same as objective, evidence-based information.

**UP TO DATE:** Some types of outdated medical information can be misleading or even dangerous. Responsible health websites review and update much of their content on a regular basis. Look for a revision date near the bottom of the page.

**LINKS:** Many sites have a policy regarding linking to other sites. Unless the site has a strict policy regarding links, don't assume the outside sites it links to are reliable. You should evaluate those sites as you would any other site you are visiting for the first time.

Source: U.S. Department of Health & Human Services

When it comes to parenting techniques, screen time is sure to be part of the discussion. Not just how much time they are spending in front of the television or tablet, but what kind of content they are consuming. Guidelines for screen time have become extremely fluid since the pandemic began as many children are now required to be in front of screens in order to attend school or engage with their family and friends. At this point, it's more about quality than quantity.

"In this time, it's okay to loosen the hard and fast rules with screen times," Brei said. "A good way to think about it is like nutrition. There are certain times when screens are very beneficial to you and there are other times when they may not be as healthy. School or video messaging a relative may be a positive screen time, but violent video games may not."

It is also important to focus on being mindful of communicating with your children and checking in on their mental health. Ask about feelings of depression and acknowledge their disappointment for all the things they have missed. If you see a big change in your children, notice they are becoming increasingly withdrawn or they are expressing that they do not feel they have anything positive to look forward to, you should reach out to their primary care provider in the Pediatric Department.

And then there's you. Taking care of yourself (see page 1) will help you to take care of your kids and you need to make time to do that.

"For parents, managing your own anxiety is really important, no matter how young your kids are," Brei said. "They are sensitive to it. Seeking help if you're experiencing high levels of anxiety benefits you and your children."

## Yale Health Welcomes New Clinicians



**Alyse Blanchette, MD**  
**OBSTETRICS AND GYNECOLOGY**

Alyse Blanchette earned her undergraduate degree in biology and sociology from Union College in Schenectady, NY in 2008 and her master's degree in healthcare management from Union Graduate College in 2009. She received her MD from Albany Medical College in 2012, where she was honored with the Kenneth M. Archibold Prize presented to a senior medical student demonstrating excellence in obstetrics and gynecology.

Blanchette completed her residency and fellowship in obstetrics and gynecology at Winthrop University Hospital in Mineola, NY in 2017 and went on to work as an attending physician in the department of obstetrics and gynecology at the Albany Medical Center.

She has also served as an assistant professor in obstetrics and gynecology at Albany Medical College and a clinical assistant instructor in obstetrics and gynecology and reproductive medicine at Stony Brook School of Medicine in Stony Brook, NY.

Blanchette is board-certified by the American Board of Obstetrics & Gynecology.



**Manuel Orta, MD**  
**PEDIATRICS**

After spending the last three-plus years at ProHealth-South Windsor Pediatrics, Manuel Orta has joined the Department of Pediatrics as a primary care provider. Orta has provided pediatric care at the University of Virginia Physicians Group, Pediatric Associates of South Florida, and as a pediatric hospitalist at multiple locations around Florida through Kidz Medical Services. He also served as the director of pediatric services at Palmetto General Hospital in Coral Gables, FL from 2016–2017.

Orta earned his undergraduate degree in microbiology and cell science from the University of Florida in 2006 and his MD from the University of Medicine and Dentistry of New Jersey in 2010. He completed his internship and residency in general pediatrics at Miami Children's Hospital in 2013.

He was also an assistant professor in pediatrics in the family medicine residency program at Palmetto General Hospital and Community Health of South Florida.

Orta is board-certified by the American Board of Pediatrics and is a member of the American Academy of Pediatrics.

### FROM OUR MEMBERS

“

“I feel very fortunate to have the opportunity to have my healthcare needs taken care of at Yale Health. It is very organized and every encounter runs smoothly.”

“

“As always, all Yale Health staff go above and beyond to ensure a pleasant experience and continuously offer superior customer service!”

“

“Yale Health is a five-star organization. I was very pleased recently with the way I was scheduled to receive my COVID-19 vaccine doses. Very organized. Very caring individuals during the whole process. Thank you, Yale Health, for being there for me.”

**DERMATOLOGY**

**How Do I Treat Plantar Warts?**

⊕ Plantar warts are growths on the bottom of your feet or toes caused by human papillomavirus (HPV). The wart virus is everywhere and gets into your body through breaks in the skin. While you could be picking up this virus all the time, your body often gets rid of it before you even notice.

If plantar warts do develop, they are not harmful and are not very contagious. Sixty percent of plantar warts go away on their own within two years without any treatment.

There are some over-the-counter treatment options, but studies have shown that no matter the treatment, they all seem to work about 60 percent of the time. You have to be persistent and very seldom do they go away with only one treatment. Over-the-counter options include medicated bandages or freezing kits, which do cause a little bit of pain on the foot.

One at-home treatment that you can try is to simply put duct tape over the warts. Studies suggest that when you cover the skin to prevent air and keep it moist, it stimulates immune cells to activate. You should try to keep the duct tape on 24 hours a day for two to three months, changing it out every few days.

If plantar warts begin to cause you pain, contact your primary care provider.



*Suguru Imaeda, MD  
Chief, Dermatology*

**PHARMACY**

**How Do I Use Curbside Pickup for My Medications?**

⊕ Curbside pickup is available for your medications at the Yale Health Pharmacy during the same operating hours as the pharmacy inside of the Yale Health Center.

When placing your next order, call the pharmacy’s main line at 203-432-0033 and notify the technician or pharmacist that you would like to use the curbside pickup option. The pharmacy staff member will gather your information and transfer you to another phone to make a secure credit card payment.

Upon arrival, park in one of the six designated spots on the second floor of the parking garage. Call the number that was given to you over the phone at the time of payment. The dedicated curbside pickup associate will arrange for the delivery of your medications, usually within about two minutes.

If you are not driving to the Yale Health Center, you can still use curbside pickup by following the instructions above, except you will meet the staff member in the designated area outside of the café.

Curbside pickup is also an option if you do not meet the COVID-19 screening requirements (temperature, travel, close contact, etc.) to enter the Yale Health Center or cannot come inside the building for medical reasons.



*John Florentino, PharmD, RPh  
Pharmacy*

**Making the Rounds**

**HEALTH AND WELLNESS INFORMATION FROM YALE HEALTH STAFF**

**PEDIATRICS**

**What is a Well-Child Visit?**

⊕ The first well-child visit is typically scheduled two weeks after birth. Children will have a total of nine well-child visits in the first two years of their life, roughly every two to three months. By age two, these visits are scheduled yearly throughout their time in the Pediatric Department.

Well care encompasses all aspects of health and we are here to support the child and their family. We want to hear about changes in your job, where you live, or in your child’s school. We want to know how your child is eating and sleeping as well as developmental milestones in younger children such as walking and talking. With older kids, attention might shift to how they are performing in school and any behavioral issues you are noticing. We like to focus on overall health at these visits instead of acute issues that come and go throughout childhood like a cold or a rash, although we are happy to answer those questions as well.

Daycare and school-based forms for medications and allergies can be completed during these visits and can also be made available to you electronically via MyChart. If you have specific forms for camps or activities, please notify the office and allow at least two weeks for completion.

If you are new to Yale Health, it is very helpful to have your child’s previous medical records transferred to Yale Health prior to their first appointment in the Pediatric Department.

Although many well-child visits have been conducted via telemedicine due to the COVID-19 pandemic, we now recommend seeing your child in person. That said,

telemedicine is still an option for families if they so choose.



*Gordon Streeter, MD  
Chief, Pediatrics*

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# YALE HEALTH CARE

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## KEEP IN MIND

### Pharmacy Summer Hours

Tuesday, June 1st through Saturday, September 4th.

<b>Monday – Friday</b>	<b>8:00 am – 6:00 pm</b>
<b>Saturday</b>	<b>8:30 am – 2:30 pm</b>
<b>Sunday</b>	<b>Closed</b>

The pharmacy will be closed on Monday, May 31st in observance of Memorial Day, Wednesday, June 30th for annual inventory, Monday, July 5th in observance of Independence Day, and Monday, September 6th in observance of Labor Day.

### Referrals for Services Outside the Yale Health Center

An approved referral is required for all services received outside of the Yale Health Center, 55 Lock Street, and must be obtained prior to making an appointment. Your primary care provider or specialist can request a referral for the service, but that does not guarantee approval. Approved referrals are for a specific service and time period or could include a specific number of approved visits. For more information, visit [yalehealth.yale.edu/more/referral-information](http://yalehealth.yale.edu/more/referral-information). If you have any questions about referrals, please contact the Referrals Department at 203-432-7397 or [yhreferrals@yale.edu](mailto:yhreferrals@yale.edu).

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