

Starling Spotlight

Now Is the Time for Your Flu Shot!

While it's not possible to say with certainty what will happen in the fall and winter, it is likely that flu viruses and the virus that causes COVID-19 will both be spreading.

Getting a flu vaccine will be more important than ever. The CDC recommends that all people 6 months and older get a yearly flu vaccine. September and October are good times to get vaccinated. However, as long as flu viruses are circulating, vaccination should continue, even in January or later.

[Click here for upcoming flu clinics in many of our offices.](#)



Need a Primary Care Provider (PCP)?

Primary care providers help you stay healthy and manage illness.

- Health and wellness exams
- Treatment of illness/sick visits
- Care for chronic conditions
- Management of risk factors
- Preventive screenings
- Healthy lifestyle promotion

Don't wait until you are sick to find a primary care provider. We have many who are taking new patients. To find a provider in a town near you...

[Click here: www.starlingphysicians.com/findpcp](http://www.starlingphysicians.com/findpcp)

Or

Call our hotline at: (860) 258-3480 x2008

Check back regularly for updates about Starling primary care providers that are accepting new patients.

Health News

Now Offering Diabetes Education

Our diabetes educator, Lillian Vozzolo, offers informative online classes for diabetic patients and family members. These classes are free and can be done in the comfort of your home.

Upcoming dates:

Diabetes Basics Care and Management:
Oct. 8, Nov. 4, Dec. 2

Carb Counting and Meal Planning:
Oct. 15, Nov. 11, Dec. 9

Sensor Therapy:
Oct. 22, Nov. 18, Dec. 16

Pump Therapy and Smart Insulin Pens:
Oct. 29, Nov. 25, Dec. 23

All classes are online and meet from 9am–10am. Registration is required.

Click here to enroll:

starlingphysicians.com/consent-form

Don't Forget Your Mask

Thank you to all our patients for observing our health precautions.



WEAR A MASK...PROTECT OTHERS AND YOURSELF!

Breathe Easy... Our Pulmonary Team is Here for You!

Pulmonologists deal with diseases of the lungs and chest. They treat respiratory diseases, the most common of which include asthma, emphysema, chronic bronchitis, and lung cancer. We also treat shortness of breath, chronic cough, and many other lung conditions including cystic fibrosis and pulmonary hypertension.

We have experienced some recent transition. We wish a fond farewell to some longtime members of our team and are grateful for their many years of excellent patient care. Our Starling Pulmonary team remains strong and ready to care for you:

Mircea O. Badara, MD

New Britain

John McArdle, MD

Wethersfield & Manchester

Francoise J. Roux, MD, PhD

Wethersfield

John H. Russomanno, MD

Bloomfield & Wethersfield

Eric T. Shore, MD, FACP

Bloomfield & Wethersfield

Kevin W. Watson, MD, FCCP, ABSM

New Britain

Susan Curilla, PA-C

Bloomfield

Susan K. Peters, PA-C

Wethersfield

Deanne Rendock, APRN

Bloomfield

Drs. Roux, Watson and Badara are also board-certified in Sleep Medicine. They evaluate, diagnose, and treat sleep problems, coordinate sleep testing at home or in a sleep center, and develop customized treatment plans.

To contact our Pulmonary Team

All offices except New Britain:

(860) 547-1876

New Britain: (860) 224-6266

Do you suffer from back or neck pain?

If so, you are not alone and over 80% of people suffer from back pain at some point in their lives. At Starling, we have brought together some of the leading specialists in spine care including an:

- *interventional pain management specialist*
- *orthopaedic spine surgeon*
- *physiatrist*
- *physical therapist*

We work with patients from diagnosis to imaging, consultations, treatment, and follow-up. We provide onsite physical therapy to aid in recovery and offer onsite radiology services and order the appropriate imaging studies as needed.

You don't need to suffer from back pain any longer!

Call our central number so we can get you on the path to recovery:
(860) 348-4860

Congratulations to Our '60 Strong' Winners



Pictured above are two of our winners, Aurora and Ron Jakubowski. They are extremely active in community service and Aurora is a breast cancer survivor and loyal patient of Starling for over 50 years.

This fall, dozens of nominations were reviewed by a panel of celebrity judges to select twelve ambassadors in their 60s who represent what it takes to be inspiring in mind, body, or spirit.

The 60 Strong winners have accomplished unimaginable feats, overcome chronic health conditions, changed lives for those less fortunate, and contributed to society in a meaningful way. Stay tuned for their stories!

Our winners will soon be featured on the 2021 Central Connecticut 60 Strong Calendar, which highlights Central Connecticut area landmarks and health tips for seniors. Proceeds from calendar sales will benefit Foodshare, the regional food bank leading an informed, coordinated response to hunger. Central Connecticut 60 Strong is a celebration of grit and resilience. This new program is designed to keep Central Connecticut seniors active and help them navigate the complexities of Medicare coverage and other healthcare decisions.

www.starlingseniorcareadvantage.com/contest

Meet Our Newest Team Members



Dr. Kyla M. D'Angelo – *Cardiology: Wethersfield, Glastonbury, and Farmington*

Dr. D'Angelo completed her residency in Internal Medicine and fellowship training in Cardiovascular Disease at Nassau University Medical Center. Her special interests in Cardiology include echocardiography and cardiac computed tomography. She is affiliated with Hartford Hospital.

Call (860) 258-3477



Dr. Jonathan Winkler – *Cardiology: New Britain*

Dr. Winkler earned his medical degree from the University of Connecticut School of Medicine. He then completed his Internal Medicine residency at Brown University and continued there for his cardiology fellowship. He enjoys treating patients dealing with all aspects of cardiovascular disease including coronary artery disease, congestive heart failure, valvular heart disease, and cardiac arrhythmias. He has a special interest in advanced echocardiography and structural heart disease.

Call (860) 223-0220



Dr. Christine Najjar – *Internal Medicine: Enfield*

Dr. Christine Najjar completed her Primary Care Internal Medicine residency at the University of Connecticut and also has a Master of Science in Human Nutrition from Columbia University. She is passionate about utilizing food as medicine and has worked as a physician in a weight loss program to help in the treatment of obesity, Type II diabetes, and related chronic conditions. She looks forward to incorporating a food first approach in primary care, helping patients maintain a healthy lifestyle, and guiding those in need of weight loss strategies.

Call (860) 253-5330



Dr. Ossman A. Tariq – *Internal Medicine: Plainville*

Dr. Tariq trained in Slovakia and was an ophthalmologist before completing a Family Medicine residency in New York at Hofstra Northwell School of Medicine at Glen Cove. He has a particular interest in preventive medicine and the role of diet, nutrition, and lifestyle modification in the management of chronic conditions.

Call (860) 747-5766



Dr. Dina Amato – *Pediatrics: New Britain*

Dr. Amato is a dynamic pediatrician with over ten years of experience in pediatric medicine and patient care. She has a proven record of providing pediatric care services to treat a wide range of routine and complex conditions. She enjoys working with pediatric patients of all ages, but she particularly enjoys working with newborns and adolescents – opposite ends of the spectrum.

Call (860) 224-6282



Dr. Jessica Lovesky – *OB/GYN: Hartford, Bloomfield, Wethersfield*

Dr. Lovesky attended Tufts University School of Medicine in Boston, MA where she received her Doctor of Medicine and Master of Public Health. She went on to complete her Obstetrics and Gynecology residency at the University of Connecticut School of Medicine. She enjoys all aspects of women's health – in particular, the ability to care for women through all stages of their lives. Her special interests include high-risk obstetrics, contraception and family planning, as well as minimally invasive laparoscopic and hysteroscopic surgery.

Call (860) 246-4029

Advanced Practitioners



Mary Leahy – APRN, Internal Medicine: Farmington and Avon

Mary Leahy, APRN is an experienced Family Nurse Practitioner. Since 2002, she has been serving the needs of the Avon community. She pioneered one of the first independent nurse practitioner practices in Connecticut where she helped patients of all ages engage as active participants in their own healthcare. For decades she has provided comprehensive health services including routine care and screenings, diagnosis and treatment of acute and chronic illnesses, and promotion of healthy living.

Call (860) 522-1633



Linh K. Donnell, MSPAS, PA-C, – Internal Medicine: New Britain

Linh joins our internal medicine team in New Britain. She received her Bachelor of Arts in Psychology from the University of Connecticut. In 2020, she received her Master of Science in Physician Assistant Studies from the University of Saint Joseph in West Hartford. Linh is now accepting new patients and provides a wide range of primary care services including annual physical exams, routine screenings, treatment of illness, and detection and medical management of chronic health conditions.

Call (860) 832-8150



Gabrielle Berthiaume, APRN – Internal Medicine: Enfield

Gabrielle is a compassionate and committed family nurse practitioner with a doctorate degree from Quinnipiac University. Prior to joining Starling, Gabrielle worked as a trauma nurse at Hartford Hospital from 2016–2018. She then worked as an urgent care nurse at MedExpress Urgent Care in Middletown.

Call (860) 253-5330



Lani Ralston, Nurse Practitioner – Internal Medicine: Wethersfield

Lani earned both her Bachelors and Masters in Nursing at the University of Connecticut. She completed advanced practice studies in 2006. She has experience in primary care, neurology, and gastroenterology. Lani supports Dr. Savinelli in our Wethersfield location and is accepting new patients.

Call (860) 721-5731

LAB UPDATES

Starling is pleased to offer our own accredited labs and blood draw stations in 9 locations.

Visit www.starlingphysicians.com/lab for hours and locations.





Beginning January 1, 2021, the Medicare Advantage patients of Starling Physicians who are enrolled in one of the contracted Medicare Advantage plans and have designated a primary care physician at Starling Physicians will be automatically enrolled in our Starling Senior Care Advantage program.

Senior Care Advantage by Starling Physicians is a program built on the premise that through stronger connections, care can be transformed. Connections matter – between patients and primary care physicians; between health plans and those caring for patients; and between doctors who treat the whole person and those who specialize in a specific procedure or condition. All of these connections play a significant role in transformative care.

Starling Senior Care Advantage is not a new Medicare Advantage plan. Rather, it is a new approach to care delivery that focuses on preventive care and care coordination resources, when you need them, and an appreciation for the demands and constraints on your desired lifestyle. The primary care physicians of Starling Physicians are committed to supporting you in reaching your health and wellness goals.

Services offered are:

- Annual Medicare wellness visits
- Cancer screenings and preventive care visits
- Coordinated care with other healthcare professionals and services
- Referrals to other specialists and healthcare professionals
- Patient outreach about upcoming or needed appointments
- Team support for chronic conditions



[Click here to learn more>](#)



www.starlingphysicians.com

