

Not Your Typical Health Club

A MEMBER PROFILE

Background: George Meehan, was born in Providence and arrived in Danielson in 1955, where he was employed by the W.T. Grant Co.

In 1960 his career changed to banking, an area he would remain associated with until his retirement in 1993. During his 32 years as a lending officer, branch administrator and commercial lender, he was employed by Hartford National, Brooklyn Savings and Willimantic Trust.

Family: George was married for 41 years to Mary, who died in 2001. They had two daughters, Thalia and Thera, who are successful businesswomen in Massachusetts.

Community Service: Giving back to the community remains important to George. He's been involved with a number of boards and organizations, including the Killingly Board of Education, Connecticut Bankers Association, Chamber of Commerce, the Eastern Connecticut Foundation and the Danielson Borough Council, where he served as President. He is currently a incorporator of Day Kimball Hospital and a member of the Hospital's Planned Giving Committee.

Membership in The Club: George became a member of *The Club* six years ago after experiencing a heart attack in 1998. He has participated in four phases of the program and remains active in the Maintenance Phase.

Personal Thoughts: "My attitude is simple, 'never quit.' This program is the best therapy because of the medical supervision that's provided and the location. It provides a feeling of safety and security."

"The group I belong to are dedicated individuals. We are truly *Not Your Typical Health Club*."



Cardiopulmonary Rehabilitation Program

The Cardiopulmonary Rehabilitation Program at Day Kimball Hospital is a comprehensive program of prevention, treatment and rehabilitation for men and women with heart or lung disease.

The Program is individualized, consisting of safe, supervised exercises and in-depth education to help patients recover physically and emotionally. Through guidance and encouragement from a professional supportive staff, patients are shown how to create a healthy lifestyle, gain control over their disease and live life as fully as possible.

The equipment at the Cardiopulmonary Rehabilitation Program is state-of-the-art and features the following:

- Concept rowers
- Free weights
- Lifecycle bicycle
- Multi-Max weight machine
- NuStep recumbent exerciser
- Stair Master
- Treadmills
- Upper body arm ergometer

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Not Your Typical Health Club



**Cardiopulmonary
Rehabilitation
Program**
at Day Kimball Hospital

Don't Go It Alone...

- Are you recovering from cardiac problems or lung disease?
- Has your physician told you that you are at risk of developing such an illness?

If so, the Cardiopulmonary Rehabilitation Program at Day Kimball Hospital is your prescription for good health.

The Program

The centerpiece of the program is safe, supervised exercise, tailored to each patient and monitored by nurses and exercise physiologists. The goal is to build heart and lung endurance. Day Kimball's health professionals also teach patients everything they need to maintain cardiopulmonary health, from diet and nutrition to medications and safety in the home.

"We're like a team. It's a great group to be part of"

The Team

But there's an extra element that makes Day Kimball's program special – *togetherness.*



Healthy Lifestyle

"We're like a team. It's a great group to be part of," says 68-year-old Ray of Putnam. "We look forward to seeing each other. Some people try to do rehab on their own, but it's not the same."

"I like the safety and security of being at a hospital site"

And for a cost that's comparable to a typical health club membership, patients get an added benefit: health professionals to monitor them and to answer all of their questions.

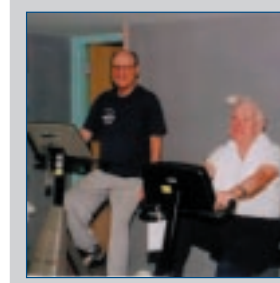
"They're right here alongside us. If you're not feeling good one day, they'll give you advice," says George of Danielson, a recipient of heart valve surgery. "I like the safety and security of being at a hospital site."

"The Staff is right here alongside us... they'll give you advice"

Join The Club!

The Equipment

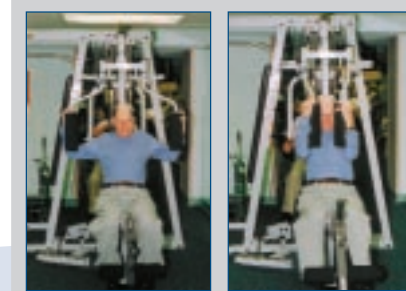
A Day Kimball cardiopulmonary rehab class resembles a lot of health clubs, with people on equipment such as treadmills, stationary bikes, weights and rowing machines. But the camaraderie, supportive environment and medical specialists on hand make it *Not Your Typical Health Club.*



How To Join The Club!

With physician referral, Cardiopulmonary Rehabilitation at Day Kimball Hospital is covered under Medicare, Medicaid and many private insurance plans. And the cost of a long-term program to maintain heart and lung health is surprisingly reasonable.

"We look forward to seeing each other"



Get into the good health habit. Ask your physician about Cardiopulmonary Rehabilitation at Day Kimball Hospital. You could be next to join the club!