



## PRESIDENT'S MESSAGE



### Spring has Sprung ~ Reasons to Feel Good about the Season!



If Spring Fever were a disease, I think I have it! As I stepped outside on the first warm day last week, I embraced the brighter start to the day, the view of crocuses peeping out of the ground, the chirping birds in nearby trees, and the more agreeable temperatures. There is something to be said about this point in nature's cycle, especially after spending the winter months among cold temperatures, dark days, and longer nights. How is it that the season we know as Spring can create a whole new level of optimism and excitement that positively improves the mind, strengthens the body, and rejuvenates the soul? Some might say that by medical standards, it may be insignificant and not that important, yet most can relate to the excitement it creates, the improved mood it brings, and the friskier-than-usual behavior it can exude.

Historically speaking, the term "Spring Fever" actually evolved from its origins in the 1700s to 1800s. "Historians believed the colonists coined the term to refer to the weakness, fatigue, and irritability many felt after a long winter without fresh fruits or vegetables. Technically, the illness was described as a fatal condition associated with skin lesions, bleeding gums, and lethargy. The disease was later identified as scurvy, a disease caused by a deficiency of Vitamin C."



Though the effects of Spring Fever may manifest themselves differently for each of us, there is no doubt that the sheer level of exuberance we experience at the start of the season increases energy and creates better moods. For some, that may even include smiling more, laughing more, and finding new ways to have a lot more fun! Regardless of what you believe about Spring Fever, embrace it for the positivity it can bring, the mindset it can change, the opportunities it will afford, and the tone it will help you set for the season. Don't fight it! Let this rhythm of life take you where you need to be to feel full of energy, do new things, and make you happy! Get outside, take a walk, go to the beach, plant some flowers, spruce up your yard, clean out your closet, eat lighter, spend time with that special someone, stay up late, enjoy the distractions, and do something out of the ordinary.



Think Spring, Ladies! Catch the Fever!

*Valentine Iamartino*





## Fundraising Report

*Co-Chairs Arlene Baril,  
Linnea Sarantopoulos, & Cheryl Medlyn*

### Burdick Birthing Center Pledge Fulfilled

As we all know, since the Spring of 2020, the pandemic has impacted the efforts of the Woman's Board to do fundraising in customary ways. Rather than admitting defeat and giving up, we brainstormed innovative ways to raise funds for the Hospital.

Thanks to the 2020 and 2021 Annual Raffles, Bakeless Bake Sale, Christmas Wreath Sale, three Calendar Raffles, Ladies Only Golf Tournament, our Luncheon Raffles, Gift Shop sales, and now our most recent Valentine Fundraiser, we have completed our \$200,000 pledge in support of renovations to the Burdick Birthing Center at Day Kimball Hospital! More incredible is the fact that the Woman's Board accomplished this in just three years while in the midst of a pandemic!



Members of the Women's Board of Day Kimball Hospital present Day Kimball Healthcare Chief Executive Officer Kyle Kramer with a check completing their \$200,000 pledge. Photo was taken from Killingly Villager, March 25, 2022 edition.

Our HEARTFELT THANKS go out to all our Woman's Board members and to the community for their generosity and unending support.

### New WBDKH Fundraising Pledge

The Woman's Board's new pledge will be used to help purchase a da Vinci Surgical System. This advanced system allows surgeons to perform robotic-assisted minimally invasive surgery.



More information about fulfillment of the Woman's Board Birthing Center pledge and their new commitment to pledge can be found on page A2 of the March 25th edition of the Killingly Villager. This article can be accessed online at:

<http://linpub.blob.core.windows.net/pdf/2/e47fbecb-0bcd-4a48-b0cc-50fa1ff31ec4.pdf>

### 2022 Valentine Fundraiser



Our **Valentine Fundraiser**, held in lieu of the Valentine Dinner Dance, raised \$15,200. This amount goes beyond our wildest dreams of success, and a sincere THANK YOU goes out to all who contributed. The names of our contributors were published in the March 16th edition of the Turnpike Buyer/Shoppper's Guide.

### Kentucky Derby Run for the Roses

Pam Kempain is the chair of the **Kentucky Derby "Run for the Roses"** event, which will be held on Saturday, May 7 at [Grill 37](#). Gates will open at 4:30 pm. Hearty hors d'oeuvres will be provided along with a cash bar that will serve signature drinks.





Come dressed in your best Derby hats and attire, and place your bets to win prizes.

Because there is limited seating, tickets must be purchased in advance! For tickets, contact Wanda Mineo at 860-377-0586.

the assistance of Kristen Willis will chair the event. Stay tuned for more information!



We welcome any and all who would like to assist with our fundraising efforts. And we are always looking for new and creative fundraising ideas. Please contact Arlene (860-774-5802), Linnea (860-774-5628), or Cheryl (860-974-1037).

## Meet Arlene Baril Historian & Archivist Elaine Turner



It is my pleasure to introduce longtime Women's Board member Arlene Baril. One could hear the smile in her voice as she shared her story of service, the important people who mentored her, and the next generation of volunteers she in turn mentored.

Arlene joined the Woman's Board of Day Kimball Hospital in the 60's! Can you imagine volunteering longer than you worked, longer than you were married, and longer than your children have been alive? For this to happen, one would have to be hardwired for service. We as an organization are fortunate to have this wise, committed woman on our team.

"I was introduced to WBDKH in the late 60's by my late friend Cay Doran, a long-time Woman's Board member and Day Kimball Hospital volunteer. Having just graduated from college, I was working for the Woodstock Public School system, teaching Kindergarten and 1<sup>st</sup> grade. I started off slowly, attending events, baking for the bake sales. During this period, I was also a Girl Scout leader, and Cay was head of the Regional Girl Scouts and the person who convinced me to join. As a Brownie and Girl Scout, I learned about service early on, making

### Annual Raffle

The **Annual Raffle** will be drawn on Thursday, June 9 at the **Quarterly Luncheon Meeting**, which will be held at the **Black Dog Bar & Grille**.

Three books of tickets will be mailed out to each member around May 1<sup>st</sup>. Additional tickets can be provided upon request by calling Arlene Baril at 860-774-5802.



### Helen Ballou Bakeless Bake Sale



As we continue our fundraising efforts throughout the summer, we will once again hold the **Bakeless Bake Sale**. It was through the dedicated efforts of Helen Ballou that this event was

created. In her honor and in her memory, we will now call this event the *Helen Ballou Bakeless Bake Sale*. Joanne Fagan has generously volunteered to chair the event.

### Ladies Only Golf Tournament

The **Ladies Only Golf Tournament** will be held in the month of September. Jane Bullock with



bandages for the Red Cross and volunteering at Hospitals and Nursing Homes. This experience taught us the benefits of service to others.” Arlene recalled how “traveling to New York and Washington DC with the Scouts introduced us to a larger world and our country’s history. These experiences helped develop my skills as a Girl Scout leader, which I enjoyed for 18 years.”

Arlene was born in Brooklyn, NY to Finnish and Swedish immigrants. After moving to Long Island and living there for 6 years, her family made their final move to the other “Brooklyn” in Connecticut. Her Dad purchased land with her Uncle, and they settled down. Many Scandinavians migrated to Connecticut, so it was easy to keep up the traditions and raise a family.



Arlene and her husband Dick in 2011

As an adult, Arlene married her husband Dick, and they moved into the house that her Aunt and Uncle had started to build but stopped when they moved to Florida. Arlene and Dick finished the house, sanding floors and painting walls. They eventually bought

the home and added their personal touches and three additions over the years.

As an amateur interior designer, Arlene loves to decorate, arrange art and photographs, and set the stage for every holiday! Outside, the natural contours of the yard were ideally suited for garden pathways and beds of flowers accented by flowering trees and bushes like rooms in a house. This hobby led Arlene to join the Brooklyn Garden Club and host many a spring tea.

Arlene and her husband Dick raised two daughters, Karen (who resides in Florida, and Heidi (who lives in Canterbury.



Arlene with her two daughters, Karen and Heidi, in 2017

“My children and three grandsons bring me so much joy, and I am grateful for their help in keeping me in my home during the winter of my years,” she shares. “My grandsons help with the yardwork, and I so appreciate them. When I was young, I helped an elderly farmer rake hay during the summer months. I developed a good work ethic while experiencing a growing appreciation for the older generation. He was so kind, teaching me how to drive, operate machinery, hand throw hay into the truck, and call the cows at the end of the day! Upon arriving home, my Mom would greet me at the door, directing me to leave my clothes on the front porch and clean up for dinner!” Who would have predicted that Arlene would be the recipient of the same generosity she showed others as a child? As she shared her story, I thought, what goes around, comes around.

Besides a wonderful and supportive family, Arlene and Dick always appreciated their neighbors. “My neighbor would say, ‘I would not sell this house for twice the money because you cannot buy a good neighborhood.’ This is true today. I can call any one of my neighbors for help and they are ready even at 4 am!” Arlene exclaimed.

Volunteerism was an integral part of the Baril family. Having been married for 55 years, this life partnership was focused on giving back. Their endeavors included the Rotary Club, American Cancer Society, Northeast Cancer Crusaders, Brooklyn Historical Society,





Marianapolis Preparatory School, The Brooklyn Garden Club, Girl Scouts, The Finnish Society, and Woman's Board of Day Kimball Hospital. Along with volunteerism, the Barils loved to travel worldwide and also made regular trips to their homeland.

Arlene credits her philanthropic life to several amazing mentors from ministers and farmers to Girl Scout leaders and volunteers. As a result, Arlene became a mentor for many young Girl Scouts. Over the years, she received beautiful letters, reminders of the impact she made. "One girl went through a hard time, and she contacted me to let me know how much I helped her. We met, and she sang the song she wrote for me. She is an amazing writer."

"The Women's Board of Day Kimball Hospital holds a special place in my heart. For over 127 years, we have had a strong and dedicated group of women whose vision was to build a hospital and today sustain that same institution by raising funds. I am in awe of its members, the leaders I have had the privilege of working with. Everyone is a critical part of the organization, be it chairing an event or just helping. The friendship and work relationship I share with Linnea [Sarantopoulos] and Cheryl [Medlyn] is amazing. The three of us contribute and work in different ways, but it all works. Under Valentine's leadership, we have focused on meeting our mission. I look forward to working with this generation of leaders and seeing where we can go."

Yes, dear friend and mentor, a life of service is a life well-lived.



Arlene at a Woman's Board event with Cheryl Medlyn, Linnea Sarantopoulos, Arlene's daughter Heidi Hare, and Debbie Cornman

## The Shop at Day Kimball Hospital

*Chair Kim Lecuyer*

Spring has Sprung at The Shop at Day Kimball! We have stocked our shelves with bunnies and butterflies. Plus, we have all things needed to fill your Easter baskets.



We still have some restrictions in place at the Hospital. However, but if you are interested in coming in to shop, please let me know and we can arrange something for you. As always, I would like to thank our hardworking volunteers, Sue, Deb, Julie Ann, Ruth, and Phyllis.

Our hours are Monday through Friday from 11:00 am to 3:00 pm. To schedule a shopping appointment, please contact Kim Lecuyer @ [kmlecuyer@charter.net](mailto:kmlecuyer@charter.net).

## Membership

*Chair Wanda Mineo*

Please join us in welcoming our four newest Woman's Board members!



### Jennifer Coomey

Jennifer resides in Putnam CT. She is a Personal Chef and owner of *Grace Gourmet*, which serves Connecticut, Massachusetts, Rhode Island, and New Hampshire.



### Pati Desaulnier

Pati resides in Putnam, CT. Before retiring, she worked for Dental Designs in Dayville as an Administrative Assistant. She worked in the dental field for over 20 years.



**Pamela La Chapelle**

Pamela lives in Plainfield, CT, and she works as a Certified Natural Health Consultant.



**Amy Tucciarone**

Amy is a resident of Dayville, CT, and she is employed as an Administrative Assistant to the Director of Ancillary Services at Day Kimball Healthcare.

the nine members who passed away in 2021:



## In Memoriam



It is with great sadness that we announce the passing of **Dorothy Beatson** at the age of 91. She was married to Kenneth Beatson, and had 5 children, 5 grandchildren, and 4 great grandchildren. Her obituary can be found [here](#).



It is with a heavy heart that we also report the passing of **Kyongsook "Sue" Cho Park**. Sue was a pediatrician, an active member of the Woman's Board, and at one time, the head of a local chapter of The League of

Women Voters. She is survived by her husband of 63 years, 3 siblings, 3 children and their spouses, and 8 grandchildren. Her obituary can be found [here](#).

Our hearts go out to the family and friends of these wonderful women. They will be missed.

The Woman's Board made a donation to the Day Kimball Hospital Chaplaincy in memory of



## WBDKH

### Event Calendar

- **Kentucky Derby Run for the Roses** – Saturday, May 6, 2022 at Grill 37.
- **Annual Raffle & Quarterly Luncheon** – Thursday, June 9, 2022 at Black Dog Bar & Grille.
- **Killingly Spring Fest Walk for Women** – Saturday, May 14, 2022 at Davis Park.



## Contact Information

- Arlene Baril – Fundraising  
860-428-1445 / [rwbaril@gmail.com](mailto:rwbaril@gmail.com)
- Debbie Cornman – Communication  
860-428-7299 / [debcornman@gmail.com](mailto:debcornman@gmail.com)
- Valentine Iamartino – Board President  
860-428-1290 / [threefoldresearch@gmail.com](mailto:threefoldresearch@gmail.com)
- Kim Lecuyer – The Shop at Day Kimball  
860-508-1382 / [kmlecuyer@charter.net](mailto:kmlecuyer@charter.net)
- Cheryl Medlyn – Fundraising  
860-974-1037 / [cbm1037@charter.net](mailto:cbm1037@charter.net)
- Wanda Mineo – Membership  
860-377-0586 / [wandamineo@gmail.com](mailto:wandamineo@gmail.com)
- Linnea Sarantopoulos – Fundraising  
860-774-5628 / [linneasara@yahoo.com](mailto:linneasara@yahoo.com)
- Elaine Turner – Historian & Archivist  
[eturner245@gmail.com](mailto:eturner245@gmail.com)



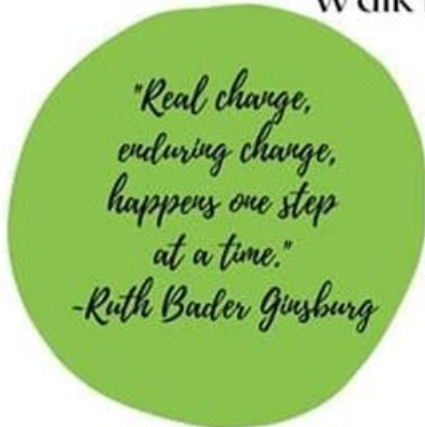
## — Walk for Women —

Honoring the special women  
in our lives, both past & present

One mile walk with a special, planned  
remembrance at the River Trail footbridge.  
*Proceeds to benefit The Woman's Board of DKH*

Saturday, May 14th, 2022  
Davis Park, Main St., Killingly

Check-in: 8:00am  
Walk time: 8:45am



*"Real change,  
enduring change,  
happens one step  
at a time."  
-Ruth Bader Ginsburg*

To pre-register & for  
sponsorship opportunities  
scan QR code!



or visit:

[www.KillinglySpringFest.com](http://www.KillinglySpringFest.com)

Questions? Contact:

*Lynn Bourque (860)377-0173 or Kristen Kaskela (860)377-0118*

**Parent  
SANITATION**







More information about the Woman's Board can be found on our website at [wbdkh.org](http://wbdkh.org) or on Facebook at [facebook.com/wbdkh](https://facebook.com/wbdkh).

WOMAN'S BOARD  
OF DAY KIMBALL HOSPITAL

**The Burdick Family  
Birthing Center  
Renovation**

**\$200,000**

Current Pledge Effort

This is why we work hard...  
Visit [www.wbdkh.org](http://www.wbdkh.org)  
to see how your  
donation can help...

**PLEDGE FULFILLED**