

## BRIDGEPORT HOSPITAL SCHOOL OF NURSING ALUMNAE ASSOC. I

Dear AAI Members,

March, 2022

We hope everyone is well and your families are doing well in this Covid/ Omicron times! With the consideration of less exposure to our members, we have decided to have Zoom conferencing for our annual April Alumnae meeting. The date is Tuesday, April 12, 2022. We will start our log on meeting time at 6 PM so everyone has time to log on or get assistance if you need it. Our meeting will officially start at 6:30 PM. You can bring your own dinner, snacks and drinks as you prefer and relax from the comfort of your favorite chair!

If you would like to attend the April 12<sup>th</sup> Zoom meeting, please include your name and email to Deb Petrushonis @ [debptreas@juno.com](mailto:debptreas@juno.com), or you can text or call me with your email or phone number at 203-231-3306. A reminder and zoom link will be sent out to you a few days before the meeting. You will need to go to the website [zoom.us](https://zoom.us) and set up the zoom apt on the phone, computer or other devise that you wish to join the meeting. There will also be a phone number that you can call in, if you do not have computer access.

Our speaker for the April meeting – will be Edi Poidomani, Jr, Hatha Yoga Instructor. Edi has taught Hatha Yoga, a slower paced yoga focusing on breathing and proper alignment, for over 10 years and throughout the pandemic. Edi will share the benefits of yoga and meditation with examples of personal self care. Some of the benefits are less anxiety, better balance and fitness improvement. Her talk will begin at 6:30PM for about 30 minutes and will be helpful with caring for one's self. Please join us for an informative evening.

Our Financial Advisor, Fran Carson, will update members at our April meeting on the Alumnae's finances with Ameritrade.

Recently, AAI has donated to the 2 Bridgeport Hospital campuses, in Bridgeport and Milford, for Meals for Staff Fund to support the medical staff on the front lines who care for our community! We have also sent a donation to the Red Cross for the Ukraine Fund to help support the Ukrainian People!

BHSN Historical items- there are still some items remaining in our storage unit, such as clear glass dessert plates and cups and the blue Danube plates and (No cups are available) if anyone is interested in these items. A donation will be accepted and will be used for our scholarship fund. Please contact one of the AAI officers.



Continuing Education Scholarship information- Scholarships will be awarded at our Annual meeting for continuing education and certification courses that the Alumnae supports. You can contact Caren Silhavey for any further information @ 203-375-4553 or email at [silhavey@att.net](mailto:silhavey@att.net).

JUST A REMINDER- You may review the new AAI Pamphlet – on our website, [BHSNAA1.org](http://BHSNAA1.org). They had been distributed to the Bridgeport and Milford Hospital campuses.

Deceased Members: There have been AAI members who have recently passed on, Edith Pratt McGuigan, cl of 1971, and Barbara Barna Henschel, cl of 1950. They will be sadly missed! Often, the Alumnae sends a delegation to attend the funeral of our deceased members in the local area. If we are unable to send a delegation because of distance or other circumstances, the Alumnae will donate, in their memory, to our Continuing Education Fund or to the family's request. If anyone is available to attend funerals, if only occasionally, please contact Cathy Nucera, VP, at 203- 449-6944, or [cathy.nucera@gmail.com](mailto:cathy.nucera@gmail.com).

**We would like to thank our AA1 members and families for donating several BHSN gray capes to AA1 for loaning to AA1 members who would like to attend funerals of fellow members.**

**If anyone knows of AA1 members who are in nursing homes or in the hospital, or whom has passed away, please let Dottie Connolly, AA1 Secretary, know. 203-922-8022 or [Dotconn0119@gmail.com](mailto:Dotconn0119@gmail.com)**

-----**Officer**  
**s of AA1: President: Mary Toohey-Repko- 203-378-9783    V.President: Cathy Nucera- 203-449-6944  
Secretary: Dottie Connolly- 203-922-8022    Treasurer: Debi Petrushonis- 203-231-3306  
AAI Webpage: [www.BHSNAA1.org](http://www.BHSNAA1.org)    Email: [debptreas@juno.com](mailto:debptreas@juno.com)**

**Deb Petrushonis, AA1 Treas.  
29 Leavenworth Rd  
Shelton, Ct 06484**

