

# Starling Spotlight

We hope our valued patients are having a safe and healthy summer. We have lots of exciting news to share, especially about our growing team.

## Congratulations to Our Physicians Recognized as 2021 “Top Doctors”

Each year, Connecticut Magazine completes an annual survey. Doctors are asked to vote on who they would see if they were sick. Congratulations to our many providers who made this year’s list, as well as the dozens of providers who have been recognized in the past.

### Cardiology

Dr. Jared Insel (retired)  
Dr. Kenneth Merkatz  
Dr. Joseph Dell’Orfano

### Dermatology

Dr. Allen Kallor (retired)

### Endocrinology

Dr. Robert Oberstein  
Dr. Joseph Rosenblatt

### Internal Medicine

Dr. Thomas Savinelli

### Hematology/Oncology

Dr. Stephen Firshein  
Dr. Daniel Morganstern

### Ophthalmology

Dr. Patricia McDonald  
Dr. Alan Stern

### Urology

Dr. Raphael Cooper

### Nephrology

Dr. Scott Benson  
Dr. Matthew Carley  
Dr. Timothy Curley  
Dr. Jeffrey Laut  
Dr. Terrence Oder  
Dr. Joseph Singh  
Dr. Kory Tray

### Surgery

Dr. Robert Napoletano

### Pediatrics

Dr. Elizabeth Martin

### Pulmonary Disease

Dr. John McArdle  
Dr. Eric Shore

### Obstetrics & Gynecology

Dr. Renee Cortland  
Dr. Richard Dreiss  
Dr. Lawrence Lazor  
Dr. Tracy Levine



## Health News

We now offer in-person and online monthly classes on diabetes education.

Classes are free, open to the community, and registration is required. In-person classes are held at 1 Lake Street and online classes can be viewed from the location of your choice!

Topics include:

- Prevention of Type 2 Diabetes
- Basic Diabetes Care & Management
- Carbohydrate Counting & Meal Planning
- Diabetes Medications & Prevention of Long-Term Complications
- Sensor Therapy

Summer and fall dates have recently been announced. Please visit:

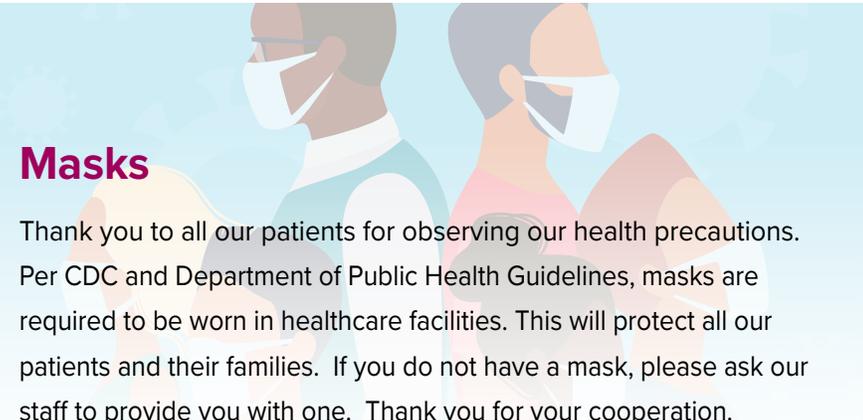
[www.starlingphysicians.com/diabetes/](http://www.starlingphysicians.com/diabetes/)

## Starling is Your Go-To Resource for Vaccines and Tests

**Vaccines Available:** We have doses available of Pfizer, Moderna, and Johnson & Johnson vaccines. We can provide vaccines, upon request and also will be offering clinics. Call our vaccine hotline at **(860) 368-2271**. We offer vaccines to anyone in the community, age 12 and above. Those 12 and above will receive the Pfizer vaccine and will need a guardian present.

**Testing:** COVID PCR testing is available at 300 Kensington – M,W,F, 8am-3:45pm. An appointment is required; please call **(860) 368-2285** to schedule. We plan to offer testing in Enfield shortly.

Please visit [www.starlingphysicians.com/covid](http://www.starlingphysicians.com/covid) for the most current updates on vaccines and testing.



## Masks

Thank you to all our patients for observing our health precautions. Per CDC and Department of Public Health Guidelines, masks are required to be worn in healthcare facilities. This will protect all our patients and their families. If you do not have a mask, please ask our staff to provide you with one. Thank you for your cooperation.

## Meet Our New Providers



### **Dr. Flora Parvin – Internal Medicine: Southington**

Dr. Parvin did her medical school training in Iran. She spent six years practicing as a primary care physician in Iran before coming to the United States. She then completed a post-sophomore fellowship in Anatomic Pathology at UCONN and went on to complete her Internal Medicine residency at Our Lady of Mercy Medical Center in the Bronx, New York.

Since 2004, she has served as a hospitalist, treating hospital patients facing a variety of illnesses and medical conditions. She enjoyed her experience as a hospitalist helping seriously ill patients get better. However, she missed building long term relationships with her patients and is excited to be a part of Starling's primary care team, where she can spend time getting to know her patients and guiding them on their health journeys.

Dr. Parvin welcomes new primary care patients in Southington.

**Call (860) 329-0401**



### **Dr. Olurotimi Adekolu – Pulmonary, Critical Care & Sleep Medicine**

Dr. Olurotimi Adekolu completed his residency at the University of Connecticut in Farmington after which he served as a Chief Resident at the Yale Waterbury Internal Medicine program. He then proceeded to complete a fellowship in Pulmonary and Critical Care Medicine at the Newark Beth Israel Medical Center and Robert Wood Johnson Barnabas Health care system. During his fellowship, he also served as a Chief Fellow and was subsequently accepted to the highly coveted Sleep Medicine fellowship at the Yale School of Medicine.

Dr. Adekolu is board certified in Internal Medicine as well as Pulmonary and Critical Care Medicine. He is also a member of various academic societies. His special interests include the management of sleep disordered breathing, non-invasive ventilation, disorders of hypersomnia, asthma, COPD, and pulmonary hypertension.

He sees patients in Bloomfield, Wethersfield, and New Britain.

**Call (860) 547-1876**



### **Dr. David Emmel – Ophthalmology: Wethersfield**

Dr. David Emmel is an experienced ophthalmologist. He graduated from medical school at Cornell University in 1980. He went on to complete a residency at Manhattan Eye, Ear & Throat Hospital and did his fellowship at the Jules Stein Eye Institute in Los Angeles, CA.

Dr. Emmel's clinical interests include cataract laser surgery, cataract surgery, eye care, and glaucoma. He is affiliated with Hartford Hospital's Eye Surgery Center.

After running a successful private practice in Wethersfield for many years, he joined Starling Physicians in July of 2021. He remains in the same location at 1260 Silas Deane Highway.

**Call (860) 721-8960**

## Meet Our New Providers



### **Dr. Paul Azimov – *Physical Medicine & Rehabilitation***

As a board-certified physiatrist, Dr. Azimov has been serving the community of Western Massachusetts since 2005. He provides musculoskeletal and spine care, with a special interest in spinal injections and non-surgical treatment options to reduce pain and restore function.

Dr. Azimov diagnoses and treats both acute pain and chronic pain and provides non-surgical treatments for patients suffering a wide range of conditions impacting the lower back and neck.

We are pleased to have him join our practice where he will continue to see patients in Springfield, Massachusetts.

**Call (413) 224-6420**



### **Dr. Grace Bundens – *OB/GYN***

Dr. Bundens earned her medical degree at Cooper Medical School of Rowan University. Following medical school, Dr. Bundens completed her Obstetrics and Gynecology residency, training at the University of Connecticut where she received the Resident Teaching Award, the Gretchen Allen Award for Outstanding Care in the Women's Clinic, and the Society of Laparoscopic & Robotic Surgeons Outstanding Minimally Invasive Surgery Resident Award.

Dr. Bundens treats a complete spectrum of issues affecting sexual and reproductive health with a particular interest in minimally invasive gynecologic surgery and is certified in Da Vinci® robotic surgery. She also has a special interest in medically complex pregnancies, adolescent gynecology, LGBTQ care, and family planning. She is a member of the American Congress of Obstetricians and Gynecologists and the American Association of Gynecologic Laparoscopists.

Joining Starling in August, she will see patients in Hartford, Bloomfield, and Wethersfield.

**Call (860) 246-4029**



### **Nicole Pensiero, MSN, APRN, FNP-C – *Internal Medicine: Wethersfield***

Nicole attended the University of Saint Joseph for undergraduate and graduate school, where she studied nursing and obtained her master's degree as a Family Nurse Practitioner. She served as a nurse at Bristol Health for seven years while working on the medical-surgical floor and intensive care unit.

At Starling, she provides a full range of primary care services including annual visits, treatment of illness, routine screenings, and management of chronic health conditions.

Nicole cares for her patients holistically and strives to achieve her patients' goals of care while educating them on how to be advocates for their own health.

Welcoming new primary care patients in Wethersfield.

**Call (860) 258-3470**



### **Maria Turturici, FNP-S, RN, BSN – Internal Medicine: New Britain**

Maria practiced as a registered nurse at Hartford Hospital, remaining on her unit for over ten years and caring for many different populations with varying health conditions. In 2020, Maria graduated from the University of Saint Joseph with a master's degree in Nursing as a Family Nurse Practitioner.

Maria has chosen primary care because she knew she wanted to be with her patients from the beginning and support them through whatever their lives bring. Maria wants to be an active resource for her patients and provide them with the proper tools they need to live healthy and balanced lives. Her goal is to work together with patients to foster achievement of an optimal health outcome.

Now welcoming new patients in New Britain: 300 Kensington Ave.

**Call (860) 522-1633**

## **Stay tuned for many new providers joining soon including:**

Dr. Ela Banerjee, Endocrinology • Dr. Diamond Tyrell-Smith: Family Medicine, Hartford  
Dr. Anna Perrone: Family Medicine, Newington • Dr. Anna Meola: Family Medicine, Granby  
Dr. Muhammad Iqbal: Family Medicine, Enfield • Dr. Umara Saleem: Family Medicine, Enfield  
Erika Maria Paggioli, APRN: Pediatrics, Vernon

*More to follow...*

## **Changing Locations**

- Nurse practitioner Mary Leahy has moved to a new Avon location at 20 West Avon Road. She provides a full range of primary care services including physicals, sick visits, routine screenings, and management of chronic health conditions.  
**Call (860) 522-1633**
- Dr. Priya Roy is now seeing primary care patients at 1 Lake Street in New Britain. She is located in Building A in the Starling Cardiology Office on the 2nd floor. **Call (860) 832-8150**

## **ENJOY THE CONVENIENCE OF OUR LABS**

Starling has selected Labcorp to become the laboratory of choice for Starling's physicians and patients. When your provider orders labs, enjoy the convenience of patient service centers in dozens of locations.

### **You now have 3 great options:**

- Patient service centers in many Starling offices
- Labcorp at Walgreens
- Labcorp stand-alone patient service centers

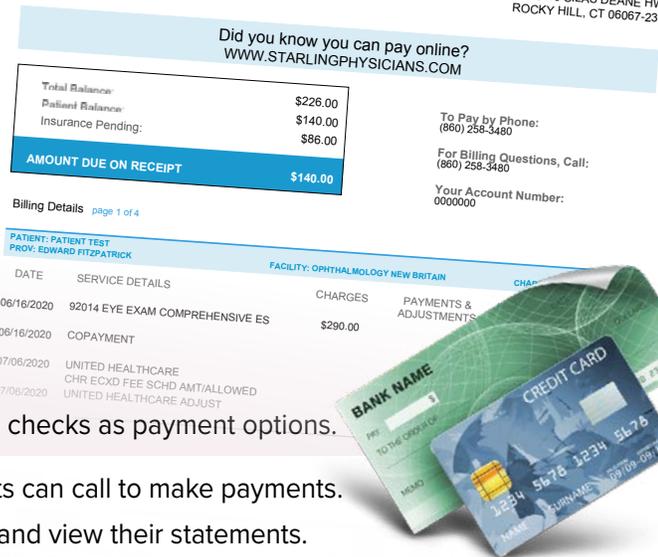
Visit [www.starlingphysicians.com/lab](http://www.starlingphysicians.com/lab)  
for a list of all locations and hours.



## Billing Updates

We are making improvements to our patient billing statements.

- The new statement will be easier to read and understand.
- The return address will change to a P.O. Box in Ohio.
- Patients can continue to make payments through the “Bill Pay” link on the Starling web page.
- We will have the ability to accept both credit cards and electronic checks as payment options.



In a few weeks, there will also be a new toll-free number that patients can call to make payments.

We also will introduce a patient portal to allow our patients to log in and view their statements.

Stay tuned for details. Billing questions will continue to be addressed by calling **(860) 258-3470, option 1**



## We Make It Easy to Find an Available Primary Care Provider!

We now offer one central number to book an appointment with a primary care provider (PCP) in a town near you. Don't wait until you are sick to look for a PCP. Seeing a primary care provider on a regular basis is essential and they provide comprehensive care including:

**A PCP plays a valuable role in keeping you healthy and treating illness:**

- Annual and well visits
- Sick visits
- Management of chronic health conditions
- Routine screenings
- Identification of risk factors
- Guidance on maintaining a healthy lifestyle

### 3 easy options to finding a PCP:



Call  
**(860) 721-5743**



Visit  
**www.starlingphysicians.com/findpcp**



Complete  
**'Request an Appointment'**  
on our FindPCP page

