

Starling Spotlight

Wishing Our Valued Patients a Healthy & Happy Holiday Season!

Meet Our New Providers



Dr. Pixie Plummer

Internal Medicine: Bloomfield

Dr. Plummer is trained in Internal Medicine, and also completed a fellowship at Harvard, working with people with cognitive or physical disabilities. Dr. Plummer worked in Massachusetts for 20 years, providing primary care and working to improve care for patients with complex special healthcare needs.

At Starling, Dr. Plummer provides

comprehensive primary care services for adult patients. She welcomes all patients – from healthy adults to those with cognitive or physical disabilities, or those struggling with chronic health conditions. Her goal is to make care accessible to all and serve as a trusted resource.

Dr. Plummer welcomes new patients in Bloomfield: **(860) 726-1455**



Dr. Young Jay Kwak

Internal Medicine: New Britain

Dr. Kwak did his residency training at Yale-New Haven Hospital. He spent a number of years at the Northeast Medical Group at Yale-New Haven where he served as a Hospitalist in the Intensive Care and Step Down unit. At Starling, Dr. Kwak was serving in a hospital role but now returns to seeing primary care patients in the office. He provides a full spectrum of primary

care services including physicals, treatment of chronic diseases, preventive screening, and healthy lifestyle promotion.

He sees patients at 300 Kensington Avenue, New Britain: **(860) 832-8150**



COVID CORNER

Boosters for Adults

Booster shots are now available to all Connecticut residents 18 years and older. You can receive a booster if it has been at least two months since you received J&J or six months since you received a second shot of Pfizer or Moderna. To book a vaccine booster, call our vaccine hotline at (860) 368-2285. Or talk to your provider, who can schedule your booster. Visit www.starlingphysicians.com/covid for upcoming clinics.

Vaccine for Children Age 5 & Above

Our pediatric offices now offer the Pfizer vaccine to children aged 5-11, as well as older children. Contact your pediatric provider to schedule.

Testing

COVID PCR testing is available at 300 Kensington, New Britain, on Monday, Wednesday, and Friday, from 7:45am-3:45pm. Appointments are required. Contact your provider, who can send the order for testing and schedule an appointment. Our pediatric offices also offer testing. Contact them for an appointment.

New Providers continued on next page



Dr. Flora Parvin

Internal Medicine: Southington

Dr. Parvin spent many years as a hospitalist, treating hospitalized patients who faced a variety of illnesses and medical conditions. She was also responsible for participating in rapid response and code blue events. While she enjoyed her experience as a hospitalist helping seriously ill patients get better, she missed building long-term relationships with her patients. At Starling, she provides comprehensive primary care services and enjoys spending time getting to know her patients and guiding them on their health journeys.

She sees patients at 209 Main Street, Southington: **(860) 329-0401**



Dr. Diamond Tyrell-Smith

Family Medicine: Hartford

Dr. Tyrell-Smith sees patients ranging in age from infants to the elderly. She has received extensive training in geriatric care in outpatient and long-term facility settings, as well as in women's health and pediatric care. She loves all aspects of family medicine with a special interest in women's health, pediatric care, adolescent care, preventive medicine, weight loss management, and management of chronic diseases such as diabetes mellitus, hypertension, hypercholesterolemia, chronic obstructive pulmonary disease, and asthma.

She sees patients at 580 Farmington Avenue, Hartford: **(860) 522-1621**



Dr. Anna Perrone

Family Medicine: Newington

Dr. Perrone treats patients of all ages with a special interest in geriatric care, pediatric and adolescent medicine, women's health, nutritional counseling, osteopathic manipulation, and the management of chronic health conditions. She also performs a variety of procedures in the office including skin biopsy and excision, steroid joint injections, trigger point injections, pap smears, IUD placement and removal, and osteopathic manipulative treatment.

She welcomes new patients in Newington: **(860) 594-1199**

Medicare Annual Enrollment Period Ends December 7th

Medicare Open Enrollment – also known as the annual election period – is the time for Medicare plan enrollees to reevaluate their coverage and make changes if they want to do so.

We are here to support you in evaluating your options. Visit: www.starlingseniorcareadvantage.com

Be Safe for the Holidays

With new cases of COVID-19 spiking nationally once again just as the holiday season is upon us, proper precautions to prevent the spread of infection are more important than ever. The good news is, there are some things you can do to manage or minimize infection risks over the holiday season. The following tips and guidance can help you and your family stay safe.

- Take extra precautions while traveling: wear masks, keep your distance, wash your hands frequently, and minimize contact as much as possible.
- Wear well-fitting masks over your nose and mouth if you are in public indoor settings and you are not fully vaccinated. Even those who are fully vaccinated should wear a mask in public indoor settings.
- Readjust your holiday gathering: plan for smaller gatherings with friends and family who live near you and have been following safe practices.
- Shop safer: plan ahead to avoid crowds, and shop online if necessary.
- Make sure to get your COVID vaccine and booster. They are safe, effective, and can dramatically reduce your risk of getting seriously ill or hospitalized. And, don't forget your annual flu shot.
- Get tested: if you think you could have COVID or have come in close contact with someone with COVID, get tested. Fully vaccinated people should be tested 5–7 days after exposure. Those not vaccinated should get tested immediately when they find out they are a close contact.
- If you are sick, stay home: don't risk infecting others!

Comprehensive Imaging in New Britain Walk-in X-ray Available in Glastonbury

We offer a full range of radiology services at our New Britain location including MRI, mammography, ultrasound, CT scan, bone density, and low dose lung-cancer screenings.

We also now offer X-rays for patients of all ages at 289 Western Blvd. in Glastonbury.

No appointment needed.



Starling
RADIOLOGY

Visit www.starlingphysicians.com/radiology
or call (860) 224-6222



Join Us for Free Monthly Diabetes Education Classes In-Person and Online Options Available

Our two experienced diabetes educators offer free classes for diabetic patients and family members to understand and manage diabetic care.

Classes Offered:

Diabetes Basics Care & Management

What is diabetes, medication instruction, balancing food, medication, nutrition and exercise, blood glucose goals, tools to help successfully manage diabetes.

Carb Counting & Meal Planning

What are macronutrients, how do carbohydrates affect your blood sugar, healthy meal planning.

Diabetes Medications & Prevention of Long-Term Complications

A brief overview of medications for your diabetes. Also, learn about how diabetes can affect different parts of your body and how to prevent problems/complications from diabetes.

Pump & Sensor Therapy

Introduction to continuous glucose monitoring, interpretation of glucose monitoring, professional CGM trials, individual and group training on personal devices.

December and January Classes

Online

Diabetes Basics Care and Management:

December 7 9am-10am

January 4 9am-10am

Carb Counting and Meal Planning:

December 14 9am-10am

January 11 9am-10am

Diabetes Medications & Prevention of Complications:

December 21 9am-10am

January 18 9am-10am

Pump & Sensor Therapy

January 25 9am-10am

In-Person

Diabetes Basics Care and Management:

December 6 9am-11am **CANCELLED**

January 10 9am-11am

Carb Counting and Meal Planning:

December 13 9am-11am **CANCELLED**

January 24 9am-11am

Diabetes Medications & Prevention of Complications:

December 20 9am-11am

January 31 9am-11am

Classes are free but registration is required. Visit www.starlingphysicians.com/diabetes for details.

In person classes are held at 1 Lake Street in New Britain in the Multimedia Center; located in Building B, door 7.

One on one sessions are also available with our diabetes educators in New Britain (at both Lake Street and Kensington Avenue), Bloomfield, and Wethersfield.

More dates will be offered for all classes in 2022. Check website for details.

For questions, please contact us at (860) 258-3480, x1420 • mharviel@starlingphysicians.com

Instant Digital Access to Starling Physicians Imaging Records

Starling Physicians has implemented a new electronic image sharing system called PocketHealth Patient Sharing. This tool lets our patients share radiology images quickly, securely, and more efficiently to other Starling providers and outside physicians, and reduces the need to burn CDs. All you need to do is provide your email to our Radiology team and follow a few simple steps. Visit www.starlingphysicians.com/pockethealth for details.



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.

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

- Annual and well visits
- Routine screenings
- Sick visits
- Identification of risk factors
- Management of chronic health conditions
- 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



www.starlingphysicians.com

