

Record-Journal

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MERIDEN HOUSING AUTHORITY BOARD OF COMMISSIONERS

Executive director's contract extended

By Michael Gagne
Record-Journal staff

MERIDEN — The Meriden Housing Authority Board of Commissioners voted this past week to extend its contract with long-time executive director Robert Cappelletti.

The new, three-year contract, effective March 1, according to officials, also increases Cappelletti's salary significantly, to \$147,300.

Commissioners estimated the increase is around \$20,000 more than Cappelletti's compensation under his previous and long lapsed contract.

Cornelius Ivers, chairman of the MHA

board, said it had been seven years since Cappelletti's compensation was adjusted.

"We wanted his compensation to be in the normal range for a housing authority with Meriden's size and scope," Ivers said, adding he feels Cappelletti has "done a tremendous job" leading the MHA during his tenure, which began in March 2009.

Ivers said Cappelletti "should have been on the top of the heap" in terms of salary "a long time ago".

Ivers said when Cappelletti first came on board, the Meriden Housing Authority was an ineffectively managed agency, which was embroiled in litigation and faced other

See MHA, A3



Robert Cappelletti, executive director of the Meriden Housing Authority, speaks on Nov. 10, 2020, during a ribbon cutting ceremony for the new Hanover Place veterans housing on Hanover Street in Meriden.

Dave Zajac,
Record-Journal



Maritza Hernandez, of New Britain, talks on Thursday about changing her diet due to diabetes.

Photos by Dave Zajac, Record-Journal

Living with diabetes, finding support for healthier lifestyle

By Cris Villalonga-Vivoni
Record-Journal staff

As the chief of endocrinology of the Hospital of Central Connecticut in Southington, Dr. Manmeet Kaur said that comprehensive diabetes treatment "takes a village."

Diabetes treatment is divided into four pillars of care: lifestyle modifications, diabetes education, glycemic management and medication management. She explained that the ultimate goal of care is to provide education and personalized support. By working on creating specific goals and changes, Kaur said that patients can get accustomed to their new life with a chronic condition.

"You have the clinician, but the model should be not only the clinician," she said. "There should be a clinician, a social worker and a psychologist to put all this care in this comprehensive model."

For Maritza Hernandez, her village came in the form of Meriden's Community Health Center community health worker and diabetes educator, Leo Ortiz.

When she was diagnosed with diabetes during her pregnancy 18 years ago, Hernandez said she immediately went to the li-



Community Health Center worker Leo Ortiz mixes a quinoa salad for Maritza Hernandez on Thursday while visiting her residence.

brary to learn more about the disease. However, Hernandez said that her in-depth Google searches were bare compared to the education she received from working with Ortiz for the past four years.

Hernandez explained that Ortiz helped her understand how different foods are broken down in her system, potential complications, and how to administer insulin. They also developed sustainable exercise habits.

Within six months, Hernandez said she lowered her A1C levels from 14.8 to 6.3 and lost over 40 pounds.

"I had to be taught how to be a diabetic because for me, I didn't know," she said.

Statistics and care

Elizabeth Caffrey, a diabetes educator for the Hartford HealthCare Medical Group,

See Diabetes, A6

Southington chooses new library director

By Jesse Buchanan
Record-Journal staff

SOUTHINGTON — A Lebanon library leader will take over as head of Southington's library and Barnes Museum later this month.

Town leaders picked Matthew Earls, Jonathan Trumbull Library director, to take over the local role vacated by former library director Kristi Sadowski. She resigned in October citing health concerns.



Earls

Earls had been a library director in Lebanon for five years. In addition to experience running a library, the town's human resources director Michelle Passamano said he'll help guide the library construction project. Southington is designing a new library to replace the aging building on Main Street.

"He has expertise in library design, library construction, and landscaping," Passamano wrote in a statement on Earls' hiring.

Passamano announced the hiring on Thursday. Library board members were on the selection committee that evaluated candidates.

Tina Riccio, library board chairman and Republican, said the prospect of overseeing the library's move into a new building was part of what drew Earls to the job.

"He comes with a lot of experience, a lot of enthusiasm," she said.

Riccio said the incoming director was eager to establish programming that tapped the interests of residents.

"I think the community is really going to like him, I think the library staff is really going to like him," she said.

Earls wrote that he was honored to lead Southington's library.

"I think the library is the most important building in town," he wrote. "The library is a great place already with programs, a wonderful collection and a center of the community."

"Visit the library every week, and something magical happens. Kids become readers. Neighbors become friends. The library has something for everyone," Earls wrote.

See Library, A3

EDITOR'S NOTE

Today's comics page was preprinted prior to the discontinuation of "Dilbert" in the Record-Journal.

Share your thoughts with us on a permanent replacement by emailing newsroom@record-journal.com.

COLLEGE BASKETBALL



Meriden native Erin Doughty coaching Marist women. **B1**

LOCAL & STATE



Wallingford man posts photos taken by his late wife. **C1**



High 45
Low 30
Weather: **A2**

156th year, No. 64

\$2.50



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INSIDE

Abby, **B8**
Classified, **D3**
Front Porch News, **C6-C8**
Lottery, **A3**
Nation & World, **A8**
Obituaries, **C2**
Opinion, **D2**
Perspective, **D1**
Public Notices, **D3**
Sports, **B1-B6**
Television, **C5**