

WELCOME TO STAMFORD!

Dear Students:

On behalf of GVA Williams, Inc and Stamford Health Systems we would like to welcome you to Stamford. We hope that you find your accommodations suitable and will do all we can to make sure your stay is a comfortable one.

Stamford has so much to offer! The city boasts of two theaters for the arts, two movie theaters, restaurants to suit all tastes, numerous parks and beaches, and so much more! We are sure you will enjoy your stay here.

You will be required to leave a \$20.00 key deposit, which will be refunded to you upon your departure and return of the key. If any keys are lost during your stay, there will be a \$5.00 charge to replace it.

Your apartments will be cleaned every Saturday. The cleaning personnel will also clean the linens on your bed and wash the towels. On Friday evenings please leave all soiled sheets in the laundry bag provided and towels in the bathroom for the cleaning crew. They will be cleaning the common areas of the apartments. They will not be doing dishes or cleaning up personal items.

Please feel free to contact our office with any questions you may have. Our office is open Monday through Friday from 9:00 a.m. to 5:00 p.m.. I, Angel Russell can be reached at (203) 324-0800. The superintendent for your housing is Julio Mio. For emergencies after business hours, you can call 355-4866.

GENERAL INFORMATION

There are laundry facilities in the basement of the house. All machines are coin operated.

Upon your departure, all keys must be returned in order to receive your key deposit refund. Also, an inspection of the house will be done. Please do not remove any items that belong to the Stamford Health Systems properties including towels, sheets, pots, and utensils, Etc.

Due to the roommate situation, you are asked to abide by the following:

- ❖ NO pets are permitted in the apartments.
- ❖ NO loud music/television, parties, ect. Are permitted.
- ❖ Smoking is not encouraged within the house.
- ❖ All items you have stored in the refrigerator/cabinets must be removed upon your departure.
- ❖ NO nails or tacks are to be put in the walls.

- ❖ You will not be permitted to paint the walls, furniture or change the floor coverings.
- ❖ You may NOT relocate any furniture around the house.
- ❖ Please notify GVA Williams, Inc immediately if you notice any leaks or malfunctions within the apartments.
- ❖ All trash must be stored and put out for collection in the tightly sealed garbage can provides. TRASH IS NOT TO BE LEFT IN THE HOUSE IN PLASTIC BAGS. This may attract rodents.
- ❖ No clothes, sheets, blankets or towels shall be hung out or left on any part of the exterior of the house.
- ❖ All vehicles must be parked in the hospital parking lot or in the parking spaces behind each house. DO NOT BLOCK DRIVEWAY. If your vehicle is blocking another car or the driveways you risk being towed at your expense.
- ❖ The telephone in the house is to be used for local phone calls only. Please do not use the telephone for long distance calls.
- ❖ All unoccupied bedrooms cannot be used for storage/occupancy. Please keep out of these rooms, as other students from other institutions will be assigned to these rooms.

LOCAL RESOURCES

LOCAL GROCERY STORE

Stop & Shop	220 Bedford Street
Grade A Shop Rite	200 Shippan Ave

LOCAL PHARMACY'S

CVS	2321 Summer St
Brooks	82 Hoyt St

LOCAL BANKS

People's Bank	350 Bedford St
First County	117 Prospect
Wachovia	300 Main ST
Chase Manhattan	45 Prospect

LOCAL SHOPPING CENTERS

Stamford Town Center	100 Greyrock Place
Ridgeway Center	2235 Summer Street

LOCAL POST OFFICES

Atlantic St	421 Atlantic
Window Services	427 West Ave

LOCAL TRAIN STATION

One Metro Center

FIRST MEETING PLACE

Students from all 4 clerkships arriving at either 7:00am (first shuttle) or 11:45am (2nd shuttle) should proceed to the department of their - particular clerkship, i.e. Medicine, Surgery, Ob/Gyn or Family Practice. -

HOUSING

Students will be housed in furnished houses which can accommodate up to 13 students, complete with cooking facilities, tv, air conditioning, co-ed showers and within walking distance to the hospital. Two people of **the same sex** may share a bedroom. The houses are fully furnished including phone and are cleaned once a week. There is no need to bring sheets/blanket, etc. **PETS ARE NOT PERMITTED.**

ON CALL ROOMS

There are on-call rooms in the hospital. You will be provided free food during nights of call only.

WEEKEND TRANSPORTATION

Students must arrange their own travel at their own expense or remain in Stamford. Metro North ((800) METRO-INFO (1-800-638-7646)) trains cost Approximately \$18 round trip from Stamford to either Grand Central Terminal or 125th St and Park Ave.

Express trains= 45 minutes travel time

Local trains=Approx 1 hour travel time

It's a long walk or a \$5.00 cab ride to the Stamford Train Station from the hospital.

NB: \$540 is in every third medical student's financial aid budget under the category "transportation of clinics course".

DIRECTIONS/PARKING:

Those who wish to drive to Stamford please find the directions enclosed. There is free parking available at the hospital.

ON-CALL REQUIRMENTS

Department	# of Nights on call	Weekend Call?	Entire 5 weeks overnight required?
Medicine	Every 4 th night	Yes	Yes
OB/GYN	Every 4 th night	Yes	Discretion of director
Primary Care	No call required	No	No
Surgery	Every 4 th night	Yes	Yes

TRANSPORATION (approximately 45 min-1 hour)

In the event the van does not show up please call J&R Tours @ 800-444-5786 x2 (24 hours/day, 7 day/week).

On the first two days of each clerkship ONLY:

Vans lease from SW corner of 168th and FT Washington Ave.

Monday- The first van (medicine and primary care) leaves P&S at 10:45 AM.

Tuesday- A van leaves P&S 6AM (OB/GYN and Surgery).

The van will pick up and return all P& S students assigned to Stamford on the SW corner of 168th Street and Ft. Washington where the CU downtown shuttle drops off and pick up. Bring all your “stuff” (suitcase) on the Monday or Tuesday van to Stamford. We were not able to have move-in dates any earlier than the 1st day of each rotation.

Regular van Schedule (all but first day):

Van service will be provided every Monday leaving P&S 7:30AM and leaving Stamford every Friday 6PM. *Exception for the last week: the van leaves Thursday 6PM instead of Friday since you finish in CT Thursday.*

Additional travel series:

Free 24hour shuttle from Stamford Hospital to Stamford train station 24 hours/day: contact 203-276-7666.

-Travel Reimbursement for Primary Care, and all 4th year students Monday-Friday only:

Metronorth: Students purchase Metronorth cards, approximately 2 weeks in advance to be mailed to them directly, in packs of 10 on line @ www.mta.nyc.ny.us using credit card. Submit original MetroNorth receipts to Mary Dolan, Department of Medicine for reimbursement. Please provide her with mailing address and social security number for processing of check request to - Stamford Hospital's Accounts Payable department. You will receive a reimbursement check by mail approximately 2-3 weeks after completion of rotation.

Cab fare reimbursement: Students must submit original, valid cab receipts to the Mary Dolan, Department of Medicine for reimbursement in the same manner as MetroNorth fares. -