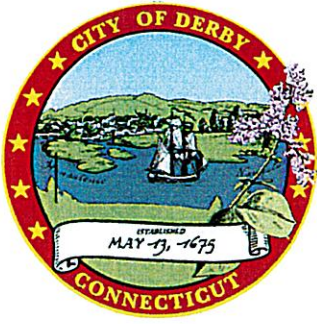




City of Derby Planning & Zoning Commission Site Plan Pre-Application Checklist

This is a pre-application checklist used by the ZEO and a first-time or occasional applicant to help prepare a Site Plan Application. The regulatory “clock” does not start.

- 1) Address of the project property:
101 Elizabeth Street
- 2) Applicant name: Walter Kernan / Sofia Soriano
 - A) Owner: Yes _____ No X
 - B) If not the owner, a letter from the owner authorizing intended use is required.
- 3) Proposed use of property– Written document per City of Derby Zoning Regulations Section 195-32 B: STATEMENT OF USE.
- 4) Current or most recent use of property
Is the proposed use conforming to the zone: Yes _____ No _____
- 5) Maps and drawings to scale
 - A) Property Line
 - B) Existing Building
 - C) Proposed Building
 - D) Parking Spaces
 - a. Historical or existing capacity and layout
 - b. Proposed capacity and layout
 - E) Layout/Floor plans of proposed building/space
- 6) Printouts (see <https://derby.mapxpress.net>>portal)
 - a. Assessment parcel map
 - b. Property listing report

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By Marc J Garofalo MPA, MMC, MCTC at 12:24 pm, Oct 16, 2026

CITY OF DERBY - PLANNING & ZONING COMMISSION

APPLICATION FOR SITE PLAN APPROVAL

APPLICATION # _____ Zoning Officer _____

Date submitted: 10/16/20 Date accepted: _____

FEE (as per schedule) _____ Action taken: _____

The undersigned hereby applies to the Planning & Zoning of the city of Derby, Connecticut for approval of a site plan application under the city of Derby's Site Plan Regulations and grants the Derby Planning & Zoning Commission, City Engineer, and other perinate city agencies or their authorized agents, permission to enter upon the property under this application for the purpose of inspection and other actions related to the administration of the Site Plan Regulations of the City of Derby. The applicant acknowledges that all documentation related to the application are within Public Domain.

A. Name of Applicant: Walter Kernan / Sofia Soriano
Address: 101 Elizabeth Street, Derby CT
Email: walter.kernan@yale.edu Phone: (475) 355-8533

Interest in Property: own ☐ Rent ☒ option to buy ☐
other ☐ _____

B. Owner of property: Greg Glaski
Address of owner: 0
Email: greg@servproofmilford.com Phone: (860) 490-1035

C. Description of Property
Address of property: 101 Elizabeth Street
Zone: CDD Assessor's Map No. 8-5 Block 1 Lot 72
Are all adjacent properties within the same zone YES ☒ NO ☐

Total Sq. Footage of lot 0.82 acres Lot Dimensions: _____
Gross Sq. Footage of proposed building / use: 829

Application is for the reuse of an existing building without enlargement of the existing structure(s) YES ☐ NO ☐

Documentation to support the application:

- ___ 1) introductory letter of the zoning process and responsibilities
- ___ 2) Application Checklist from Zoning Enforcement Officer
- ___ 3) Statement of use
- ___ 4) Site Plan
- ___ 5) Maps, Plans, Documentation
- ___ 6) Supporting Referral agencies
- ___ 7) Waivers / Extensions / Variances requested by the applicant



STATEMENT OF USE

Applicant's Name: Walter Kernan / Sofia Soriano

Applicant's Phone Number: (203) 530-1756
(475) 355-8533

Applicant's Email: Walter.Kernan@yale.edu
Sofia.Soriano@yale.edu

Name of Proposed Business: Thump Thump

Address of Proposed Business: 101 Elizabeth Street

Owner of the Building of Proposed Business:

Greg Giaski

Detailed Description of Proposed Business:

Research study in collaboration between Yale
and Griffin Health that aims to improve brain
and heart health of Derby, CT residents
through blood pressure control. In six months,
150 residents will be enrolled and followed up with
staff. Blood pressures will be taken, and lifestyle
plans will be created and supported to keep
blood pressure at goal.

Hours/Days of Operation: Tu/Th 1:00pm - 7:00pm, Sat 8:00am - 12:00pm

Number of Employees: 3

Brief Description
The ThumpThump Pilot Study

**ThumpThump Seeks to Improve Preventive Brain & Heart Care in Whole
Geopolitically Defined Communities**

Investigators

The PROSPER Brain & Heart Care Research Group
(Dba ThumpThump)

Supported by

The Center for Brain & Mind Health, Yale University
The McCance Center for Brain Health, Massachusetts General Hospital
The Yale Heart & Vascular Center
The THUMPTHUMP fund at Griffin Hospital
The Yale Section of General Internal Medicine
The Yale Department of Neurology
Anonymous donors

September 26, 2026

Cardiovascular disease (CVD) is the leading cause of death and disability in the US.^{1,2} It affects everyone, but disproportionately affects persons with financial and other barriers to care.³ Because cardiovascular disease drives death, disability, and health inequality, prevention is a priority for public health. Among risk factors for CVD,⁴ hypertension is the most important.⁵⁻⁸

In the US, 45% of adults have hypertension but. Among them, however, 40% are unaware of their condition and fewer than 30% achieve the target of <130/80 mmHg.⁸⁻¹⁰ These shortfalls in diagnosis and treatment indicate that the US health system is not delivering high-quality preventive care to all who would benefit. A new approach is needed and many professionals have argued that it should involve shifting more primary prevention to public health.¹¹

Our approach, ThumpThump, is an implementation strategy to improve the delivery of evidence-based hypertension care in whole geopolitically defined communities (e.g., small cities). By locating in communities rather than medical offices, ThumpThump reaches all eligible adults, including those who are unaware they have hypertension and those who need more help getting to goal.

The City of Derby, CT (pop 12,373) has agreed to help develop ThumpThump. Residents of Derby are economically stressed compared with other cities in Connecticut; On average, they have lower incomes and spend a higher proportion on housing. We have worked with city residents to co-design ThumpThump so that it accommodates this distinct local context while also achieving an ability to generalize to other locations. The same residents will monitor and revise the program during testing. The ThumpThump implementation strategy has two phases:

Phase 1: Engagement of intervention recipients for blood pressure testing and care using three implementation components: a) coalition building, b) social marketing, and c) financial incentives. Coalition building has already forged strong collaborations between ThumpThump and government, medical, and civil agencies that advance community health. Social marketing will use multiple channels including conventional marketing, a website, social contagion, pop-up venues, and a brick-and-mortar storefront. Marketing seeks to make ThumpThump known, trusted, and welcome. Financial incentives are designed to overcome barriers to first contact and support costs of participant. We offer grocery gift cards for an initial blood pressure measurement and a stipend for those who enroll for on-going monitoring and care. **Key innovations** in the implementation strategy for phase 1 include the use of social contagion and incentives to drive participation.

Phase 2: Provision of evidence-based hypertension care among residents who enroll in ThumpThump. We will use proven population health methods from high-functioning health systems to first classify participants according to hypertension (none, controlled, uncontrolled) and then help those in need get to goal. We will give home blood pressure cuffs to all participants. If they have no or controlled hypertension will re-measure their blood pressure at three and six months. If they have uncontrolled hypertension, we will offer two options: 1) to continue care from their personal healthcare professional or 2) to receive hypertension care directly from our team. With both options, we will monitor their blood pressure regularly. If they continue to receive care from their personal professional, we will support the participant in following that professional's plan. We will communicate and coordinate with their professional as appropriate. If they chose our team, we apply a treatment algorithm to help them get to their BP goal and closely communicate with any personal healthcare professionals. We will employ community health workers for participant enrollment and follow-up care (e.g., health education, blood pressure monitoring, treatment implementation, and navigation within health systems). Team care will include working with local health care professionals and institutions to advance a mutual mission, not replace their function. **The key innovation** in the implementation strategy for phase 2 includes the adaptation of effective population methods from high-functioning health systems to geopolitical populations.

In preparation for a larger test of the two phases of the ThumpThump implementation strategy, we are conducting the ThumpThump pilot study. We will enroll 150 adult residents of Derby to estimate the likelihood that a larger trial can succeed. The pilot has 3 aims: 1) demonstrate that residents of Derby and local healthcare professionals will adopt ThumpThump, 2) evaluate fidelity to guideline-directed hypertension care, and 3) evaluate barriers and facilitators that drive fidelity to the ThumpThump implementation strategy, and which can inform protocol improvement. The pilot study will be completed in 12 months. Each participant will be followed for six months.

ThumpThump addresses the public health need to improve hypertension control and reduce risk for CVD in the US. Importantly, ThumpThump is designed to grow to include additional cardiovascular risk factors and to be implemented in other communities.

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By Marc J Garofalo MPA, MMC, MCTC at 12:24 pm, Oct 16, 2026