Mariann Mangiapane
Radiology Technologist
Mangiapane has been part of the Diagnostic Imaging team at Copley since 2010. She holds a BS in Radiology Sciences, is ARRT Certified, and holds Advanced Certification for Mammography and CT. Her peers describe her as the go to person in the department.

Steve Hayes
Hayes specializes in Industrial Rehabilitation, working with our local business community. He provides work conditioning, ergonomic assessment and function capacity evaluation.

Where did you grow up?
Mariann: West Barnet, VT on Harvey’s Lake.
Steve: We moved from Groton, VT when I was five to upstate NY. I went to high school in Honeoye Falls, which is south of Rochester.

What is your favorite food?
Mariann: A good New York pizza with anchovies!
Steve: With five brothers and sisters, you learned to eat everything that was put on your plate really fast.

Describe your typical Friday night.
Mariann: Dinner and a movie.
Steve: Now that the kids are out of the house, Friday night is a nice meal and a glass of red wine.

What are your top three hobbies?
Mariann: I enjoy waterskiing, swimming, and arts and crafts.
Steve: My top three hobbies are Nordic skiing, hunting, and hiking.

What is your favorite color?
Mariann: I have two; purple and blue.
Steve: It would have to be blue.

What is your favorite holiday and why?
Mariann: Christmas. I love the decorations, the music, and just being with family.
Steve: My favorite holiday is Halloween; you can be anything, or anybody, you want for the night.

What is something about you that would be surprising to others?
Mariann: During high school and college breaks, I worked in the local garage and worked on automobiles. I know quite a bit about cars.
Steve: That I really can count.

What makes Copley a special place to work?
Mariann: It’s a close community.
Steve: The staff is very supportive of each other. You cannot walk down the hall without someone smiling and greeting you.

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3D Mammography for Earlier Detection

Doctors agree that early detection is the best defense against breast cancer. Successful treatment and survival rates for breast cancer patients are dramatically affected by early detection of breast cancer.

Diagnostic Imaging at Copley Hospital offers 3D Mammography, with a breast tomosynthesis system that delivers great clarity. In research published by the Journal of American Medical Association (JAMA), this technology has been proven to detect 41% more invasive breast cancers. And, it has been proven to reduce the need for follow-up breast exams by up to 40%.

WHY 3D?
The breast is a 3-dimensional object composed of different structures, such as blood vessels, milk ducts, fat, and ligaments. All of these structures, which are located at different heights within the breast, can overlap and cause confusion when viewed as a 2-dimensional flat image. This confusion of overlapping tissue is a leading reason why small breast cancers may be missed and normal tissue may appear abnormal, leading to unnecessary call backs.

WHAT IS 3D MAMMOGRAPHY?
3D Mammography uses high-powered computing to convert digital breast images into a stack of very thin layers, like the pages of a book. If you look down at the cover of the book, you cannot see all the pages – but when you open it up, you can go through the entire book page-by-page to see everything between the covers.

3D Mammography is designed with the same concept in mind.

WHAT TO EXPECT DURING YOUR EXAM
Like a traditional mammogram, the technologist will position you, compress your breast, and take images from different angles. There is no additional compression and it only takes a few seconds longer for each view. The technologist will view the images of your breasts at the computer workstation to ensure quality images have been captured for review. A radiologist will then examine the images and report results to your physician.

To schedule your 3D Mammogram, please call 802-888-8358. Please check with your insurance company for coverage before any diagnostic imaging.
COMMUNITY FOCUSED.

COMMUNITY FOCUSED.

Here on the cusp of Summer, it is easy to list all of the reasons we love living in Vermont. From the extraordinary natural beauty that surrounds us to the vibrant arts, farmers’ markets, and community events that fill our days. For me, the top reason is because of the people with whom I work. Incredibly talented, hard-working, and caring professionals and volunteers power Copley. Each contributes to the overall experience of every patient we serve. I thank each and every one of them for their service to Copley and to our community.

GENERAL SURGEON DONALD DUPUIS, MD JOINS COPLEY

In August, Dr. Donald Dupuis will join Copley Hospital to lead our General Surgery program. Dr. Dupuis is board certified, and a graduate of the UVM School of Medicine. He did his general surgery residency at the Lahey Clinic in Burlington, MA. Previously, he has served at Dartmouth-Hitchcock Medical Center in Keene, NH. He and his wife are looking forward to returning to Vermont.

ADVANCING TECHNOLOGY

We successfully launched our Electronic Health Record (EHR) in the Emergency Department in March. It was our smoothest ‘go live’ yet. We continue to build out our EHR capabilities, striving to provide better communication to you and all of your healthcare providers.

COPLEY HONORED FOR EXCELLENCE

For the fourth year in a row, Copley Hospital was named a Health Strong Hospital by Vantage Analytics. This award recognizes the top performing hospitals – measuring them across 62 different performance metrics, including quality, outcomes, patient perspective, affordability and efficiency.

The readers of Vermont Sports Magazine have named Mansfield Orthopaedics the “best orthopedist” practice in the annual Black Diamond Awards. This is the third year in a row Copley’s orthopedic program has received this honor.

Copley Hospital’s Community Relations staff and Jennings, a healthcare marketing firm, have been recognized for our current print advertising campaign by the New England Society for Healthcare Communications. Our “Exceptional Care – Community Focused” campaign won in the “Success on a Shoestring” category.

CELEBRATING STAFF

Just before this goes to press, we will celebrate staff with our Employee Service Awards Banquet. In addition to recognizing our Employee of the Year, we will celebrate employees that have dedicated their career at Copley. These include:

- 25 years
  - Darlene Lambert, RN, Surgical Services
  - Connie Rockwood, LNA, Medical/Surgical
  - Annette Thompson, Rehabilitation Services
  - Joseph Subasic, MD, ER

- 30 years
  - Karin Vossler, Radiology Services

- 35 years
  - Dawn Sweetser, Purchasing
  - Joyce Tenney, LNA, Outpatient Services

- 40 years
  - Lise Hamel, Radiology Services

- 45 years
  - Denise Marcoux, RN, Surgical Services

CELEBRATING VOLUNTEERS

We also depend upon our talented and dedicated volunteers. It was my pleasure to honor all of them at our recent Volunteer Appreciation Brunch. Our volunteers do so much, from staffing the Second Chance Thrift Shop on Brigham Street and the Gift Shop in the hospital lobby to staffing the front desk, Health Sciences Library, to serving as patient ambassadors, helping with fundraising events and governing on our Board of Trustees. Thank you for your service to Copley and to your community!

All of the above is what makes the care at Copley so unique – your community caring for you.

Regards,

Mylvyn Patashnick, CEO
A calendar of classes and screenings to help you live a healthier life. Register in advance online: copleyvt.org/wellnessclassesandevents | 888-8369

Support Groups

DIABETES SUPPORT GROUP
June 25 & September 24 | 6:30–8pm
Copley Hospital Wellness Center
Call 888-8226
Free and open to people with diabetes and their families. Meeting topics vary.

ALZHEIMER’S SUPPORT GROUP
Third Thursday of each month | 4pm
Lamoille Home Health & Hospice
Call 888-4651
Spouses, family, and caregivers enjoy a safe, comfortable space to meet others who are experiencing similar challenges of caring for a loved one with Alzheimer’s. Share experiences, information and support.

Diabetes Education

YOU & YOUR DIABETES
1:1 Consultations
Call 888-8226 for an appointment
Diabetes can cause long-term health problems. Work 1:1 with Copley’s Certified Diabetes Educator to learn how to control your blood sugar and reduce the impact diabetes can have on your health. Copley’s Diabetes Educator works in coordination with your physician.

For A Healthier You

HEALTHIER LIVING WORKSHOP
Thursdays, June 4–July 9 | 1:30–4pm
Stowe Family Practice
A free program for anyone dealing with a chronic condition, including family members and caregivers. You can feel better by learning:
• how to manage symptoms, medications and nutrition
• how to improve strength, flexibility and endurance
• how to communicate with health professionals, family and friends
To register for the Healthier Living Workshop, or for more information, call 888-6026.

CHRONIC PAIN SELF-MANAGEMENT WORKSHOP
Fridays, August 7–September 11 | 2–4:30pm
Cambridge Health Center
If you live with chronic pain, this class can help you better manage your condition. During this six-week class, we’ll debunk myths; create an action plan that works for you; improve your fitness through exercise; discover coping techniques for emotions and fatigue; and help you better manage your sleep, healthy eating and medications. Call 888-6026 to register or for more information.

TOBACCO CESSATION CLASS
Classes available in Morrisville and Stowe. It can be hard to quit smoking, but there is help when you’re ready to quit. This free four-week session, will help teach you how to quit smoking for good. Free nicotine replacement will be available to participants. Call Shannon at 253-9161 for class listing and to register.

Annual LACInG Up For Cancer Walk
Saturday, June 27 | 11am–11pm
Trackside, People’s Academy High School
Together, we can go the extra mile is the theme for this year’s walk that benefits Lamoille Area Cancer Network. This yearly event continues to be a signature event for Copley and our community. Copley Hospital is pleased to join the many local businesses and individuals supporting this annual community walk.

Life Skills

HEARTSAVER FOR BEGINNERS
September 15 & November 17 | 6:30–8:30pm
Fee: $30

RECERTIFICATION CLASS
June 16 & October 20 | 6:30–7:30pm
Fee: $15
This American Heart Association basic life support course covers adult, child, and infant CPR. Class also includes Automated External Defibrillator (AED) training.

COMMUNITY BASED FIRST AID COURSE
September 22 | 6:30–9:30pm
Fee: $30
Call 888-8369
Meets OSHA, state or employer requirements for individuals to possess knowledge of immediate first aid.

AARP SMART DRIVER CLASS
July 20 & November 16 | 8:30am–1pm
Copley Hospital
Fee: $15 AARP member, $20 AARP non member
A one-day, four-hour course designed for drivers age 50 and older.

Parenting Programs

CHILD BIRTH EDUCATION CLASSES
June 18–July 16
July 30–August 27
Call 888-1357 to register
Come celebrate, chat with other parents, and talk about what you can do to be as safe and healthy as you can be during your pregnancy. Topics include healthy eating, weight gain, breastfeeding, oral health, birthing information, and more. Bring your partner, friend or family member too! Offered by Copley Hospital and the Vermont Department of Health.

Copley Rail Trail Run for the Heart
Saturday, September 12 | 9am–1pm
Oxbow Park, Morrisville
The 5K (3.1 mile) begins at the Oxbow field and takes runners and walkers on the Rail Trail ending back at Oxbow Park. Join Copley’s Cardiac/Pulmonary professionals in the 1 Mile Health Walk, walking the Oxbow loops. Enjoy post race festivities that include music, games, food and more. Watch Copley’s Facebook page for details.

Rehabilitation Programs

CARDIAC REHABILITATION
Call 888-8230 for an appointment
This twelve-week comprehensive outpatient program improves your quality of life following a cardiac event such as a heart attack.

PULMONARY REHABILITATION
Call 888-8230 for an appointment
If you live with a disease affecting the lungs, pulmonary rehabilitation can help you.

EXERCISE CLASS
Every Monday & Thursday
9–11am
Copley Woodlands, Stowe
Fee: $25 for 10 sessions
Call 253-7290
A blend of strength training, balance, stretching and free weights.

STOWE WINE & FOOD CLASSIC RAISES FUNDS FOR COPELY’S CHEMO SUITES
This annual 3-day event kicks off with a Friday evening “Blues, Brews and Food Truck Crews.” Enjoy unique pairings offered by Phantom Food Truck, The Common Man, B & S Jamaican Cuisine and Vermont Harvest Catering Food Trucks with Trapp Family Lodge Brews. While sampling the featured items you will enjoy entertainment by The Dave Keller Band. Rain or shine!

Saturday night’s Spanish Farm Table Dinner features wines from Cune Rioja. This is a dinner not to be missed!
On Sunday visit with wine makers, Vermont craft brewers, and culinary experts and enjoy world class food selections while bidding on collectible wines, vacation getaways and other great treasures at the silent auction.
All 3 events will be held beneath the tent at Trapp Family Lodge.
Proceeds of this year’s event benefit Copley Hospital. Tickets and more information are available at stowewine.com
COLELY CLOSE-UP ... continued from page 1

What would you describe as Copley’s greatest strength?
Mariann: Many of my patients talk about how nice it is to come to Copley because it’s so community oriented.
Steve: Back in 1976, Peter Kramer, my college advisor at JSC, told me I should go into PT. After many varied experiences, I graduated from UVM in 1998. Better late than never....

Saturday, July 11
Stowe Country Club, Stowe, VT
THANK YOU SPONSORS:
Gary Waring, MD
Paul Rogers, MD
Johnson: Independent Practice
Peter Sher, MD
Mark Lichtenstein, MD
Rosanna Welton, PA-C
Joseph Subasic, MD
Adam Putnam, MD
Patrick Heaghney, MD
Liam Gannon, MD
Jacqueline Gallagher, PA

Early Bird Special
$115 per player, if registered by May 31 ($135 as of June 1)
Register now!
copleyvt.org/CopleyScramble

COPLEY CLOSE-UP: Many of my patients talk about how nice it is to come to Copley because it’s so community oriented.

Rinse the fish under cold water. Remove the seeds and cores from the peppers and cut into thin strips. Cut the tomato into 12 wedges. Chop the scallions into 1” pieces. Peel the red onion. Mince the garlic.

Light your grill or start some charcoal. Lay the foil sheets on your work surface. Put a few red onion slices in the center of each sheet and top with a fish filet. Arrange the peppers, tomatoes and scallions over the fish. Cut the limes in half and squeeze the juice over each piece. In a small pan heat the olive oil, butter and minced garlic for 2 minutes until fragrant, but not browned. Remove from the heat and stir in the fresh dill, tarragon, celery salt and pepper. Drizzle over each filet. Wrap each foil packet tightly so they won’t leak. Place them on a hot grill about 4 inches above the coals and cook for 25 minutes or so. Remove from the grill with tongs and allow to rest 5-10 minutes before opening.

Serve with grilled corn on the cob and a green salad. Serves 4.

Grilled Fish Filet

Summertime

4 6-ounce fish fillets
(cod, salmon, haddock)
1 green bell pepper
1 red bell pepper
1 large tomato
1 bunch scallions
1 small red onion
2 limes
2 cloves garlic
2 tbsp olive oil
2 tbsp butter
2 tbsp chopped fresh dill
2 tbsp chopped fresh tarragon
1 tsp salt

Drizzle over each filet.

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