COMMUNITY SUPPORT HELPS COPLEY PURCHASE GAMMA CAMERA

The week of August 5th was an exciting time with the arrival of our new Gamma Camera. The Gamma Camera is a common diagnostic imaging tool used to determine the function of various organs within the body.

Copley was able to purchase the Gamma Camera thanks to the support of more than 560 donors to Copley’s Annual Fund, including a donation from Stowe Charities, Inc. from the 2013 Stowe Wine & Food Classic.

Copley cardiologist Dr. Adam Kunin uses the camera during cardiac stress tests to help evaluate his patients during exercise and at rest. The camera creates a 3D image of the heart, enabling Dr. Kunin to gauge blood flow to the heart muscle.

It is also a key diagnostic tool for oncologist Julie Olin, MD and neurologist Jean Marie Prunty, MD.

How does it work? Radiopharmaceuticals are administered to the patient, usually intravenously (IV), and images are taken of the organ of interest. The images are stored on a computer and displayed on the monitor for the physicians to read.

For patients, the camera’s newer technology means reduced imaging time, higher quality imaging and the smallest radiation dose available.

A PERSONALIZED SOLUTION TO KNEE PAIN

Mansfield Orthopaedic’s Bryan Huber, MD is the first surgeon in Vermont to offer a new knee implant that is custom-designed for each patient. The implant, called the ConforMIS® Total CR®, is designed to treat patients with damage to all three compartments of the knee.

The procedure starts with a CT Scan of the patient’s knee that is converted into a 3D representation of their knee. This virtual model is used to create an individualized implant, designed to mimic the natural shape of the patient’s femur and tibia. The unique shape of the knee affects how it moves when bending and flexing. The implant’s personalized fit and restoration of anatomic alignment results in a knee that feels more normal.

COPLEYS CLOSE-UP

John Macy, MD
Dr. Macy joined Copley’s Mansfield Orthopaedics in September, having previously been in private practice for thirteen years. He specializes in treating disorders and injuries of the shoulder including arthritis, instability, rotator cuff tears, shoulder replacement and reconstruction.

Where did you grow up?
I grew up in Franklin Lakes, N.J., a small suburban town close to NYC.

What is your favorite food?
I love fresh PEI mussels; marinated, grilled swordfish, and a cold pint of Guinness.

What are your hobbies?
My favorite hobbies are mountain biking, back-country skiing and mountain biking (yes, I said that twice!).

Describe your typical Friday night.
A typical Friday night for me involves working late, then dinner with my wife and family, if they have not eaten yet, then falling asleep during a movie.

What is your favorite holiday and why?
My favorite holiday is Fourth of July. I love watching the Burlington fireworks from our boat on a warm summer night with friends and family all around.

What is something about you that would be surprising to others?
Something that others would be surprised about me is…. I pass out whenever I give blood. I love to operate, just can’t stand someone trying to get blood out of me.

Why do you choose to work at Copley?
I work at Copley because of the staff and their dedication to getting the job done right the first time and their commitment to putting the patient first. All of my patients are treated like family, and that is how I would want to be treated if I was on the receiving end of health care.
As this goes to press, we are still enjoying the last, fleeting days of summer and embracing the approach of autumn. Like the seasons, health care is ever evolving. Copley is working hard to meet both federal and state expectations for health care reform. I hope you’ll join me at the upcoming Community Forum where I will be happy to answer your questions.

**Shared Decision Making (SDM)** Copley’s Mansfield Orthopaedics is working collaboratively with Informed Medical Decision Foundation of Boston, MA to improve the decision-making capabilities of patients and to encourage more informed, preference-based patient choice. Terry Khan, Copley’s Vice President of Physician Practices, is leading the research project, which will measure the effectiveness of patient decision aid tools to aid patients in improving their health. This project will formalize the SDM process and will track metrics on patient satisfaction and the outcomes of the process to help identify any process improvements. SDM is one of the leading quality indicators for Accountable Care Organizations.

**Welcome New Clinicians to Copley**

General surgeon Patricia Jaqua, MD, has joined the Copley Hospital Medical Group Practice, working in our Outpatient Services Center. Dr. Jaqua has more than 20 years of general surgery and has practiced at numerous hospital facilities in Vermont and New Hampshire. Dr. Jaqua has office hours Monday –Thursday from 9:30am to 4:00pm and patients may schedule appointments by calling 888-88372.

We welcome upper extremity specialists John Macy, MD, and Joseph Mclaughlin, MD, and trauma specialist Ryan Duffy, MD, to Mansfield Orthopaedics. Dr. Macy had been in private practice for 13 years, specializing in treating disorders of the shoulder including arthritis, rotator cuff tears and joint replacement and reconstruction. Dr. McLaughlin is excited about returning to Vermont, having served at Agiliti Orthopedics in MA. He specializes in treating the upper extremities, including hand, wrist, elbow and the shoulder. Dr. Duffy recently finished his residency at Fletcher Allen Health Care and will be with us for a year before he leaves to complete an orthopedic fellowship. He will work closely with our Emergency Department physicians to manage patients with orthopedic injuries. Patients may schedule appointments with physicians in our Mansfield Orthopaedics practice by calling 888-8405.

**EHR Update**

Electronic Health Records (EHRs) are ever evolving. I’m happy to report that, having introduced new EHR software in our cardiac and urology outpatient clinics last fall, we are ready to attest. Attestation is the formal submission to the Federal Government that you have met specific benchmarks of EHR documentation which are collectively called “meaningful use.” In addition, The Women’s Center, after becoming a Copley Hospital-owned practice in December, worked to customize their EHR to meet Copley’s needs. We are grateful for the support they gave Copley, enabling the hospital to continue to meet our community’s health needs.

**Remembering the Freemans**

I am saddened to share news of the recent passing of Mrs. Doreen Freeman. Mrs. Freeman and her husband Houghton, known also as “Buck,” contributed greatly to the health of our community. Over the years, the Freemans helped Copley purchase key diagnostic imaging equipment and supported nursing education. We are grateful for their support as they gave Copley, enabling the hospital to continue to meet our community’s health needs.

**Assistant Celebrates Second Chance Thrift Store 35th Anniversary and Welcomes New Gift Shop Manager**

Please join me in recognizing the extraordinary group of volunteers that make up the Copley Hospital Auxiliary. The Auxiliary operates the Second Chance Thrift Store on Brigham Street and the Gift Shop located in the main lobby of the hospital. Proceeds from both shops benefit Copley Hospital. I hope you’ll stop by Second Chance on October 4 to participate in the anniversary celebration (see page 4 for details). Former Stowe High School Librarian and Home Economics teacher Deb Wheeler was one of the original volunteers at Second Chance when it opened in 1978. Deb retired from Stowe High School two years ago and is looking forward to volunteering again. She is taking on a new role, serving as the volunteer manager of the Gift Shop. Many thanks to former volunteer Gift Shop manager Susan Burrill for her years of service and to interim manager Lenore Randolph and the Gift Shop volunteers for their extra efforts during the transition. I hope you’ll stop by both outlets to browse and thank all our volunteers for their ongoing support.

**Vermont Health Connect**

As of October 1, Vermont Health Connect the state’s new insurance exchange website, will be live. Vermont Health Connect promises to make it easier to compare the benefits and costs of each available plan. Every plan offered through Vermont Health Connect must offer basic services—also known as Essential Health Benefits—including checkups, emergency care, mental health services and prescriptions. Young adults up to age 26 can stay on their parents’ health plan. To learn more about how you can find health insurance coverage, go to vthealthconnect@state.vt.us.

Regards,

**Melvyn Patashnick**

President & CEO

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**Your support helps us to be here when neighbors need us the most.**

Yes, I/we wish to support Copley Hospital:

$25   $50   $100   $250   $500

$1,000 Other

Check enclosed (Please make the check payable to Copley Health Systems) or Visa / Mastercard / American Express

Credit Card # ___________________________ Expiration Date: __________

Name ___________________________

Address ___________________________

Town, State Zip ___________________________

E-Mail ___________________________

☐ Check if you wish to remain anonymous

☐ Please contact me

☐ Please send me information on how to include Copley Hospital in my will

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**Copley Health Systems**

525 Washington Street

Morrisville, VT 05661

802-888-8888

www.copleyvt.org

The Copley Courier is published quarterly by the Community Relations Department.
SUPPORT GROUP
Breathe Easier Support Group
Wednesdays October 9th, November 13th and December 11th
3:00 to 5:00pm
Free
Call 888-6867 to register
A monthly support group for adults living with lung disease and breathing disorders. A Copley Hospital and American Lung Association collaboration.

Diabetes Support Group
Thursdays September 26th, October 24th, December 5th
6:30 to 8:00pm
Copley Hospital Wellness Center
Free
Call 888-8226
Diabetes Support Group is free and open to people with diabetes and their families. Topics for our fall meetings include: progression of type 2 diabetes, importance of exercise, and healthy eating during the holidays.

DIABETES EDUCATION
You & Your Diabetes
1:1 Consultations
Call 888-8226 for an appointment
Diabetes can cause long-term health problems. Work one on one 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 Workshops
The Healthier Living Workshop is an evidence-based program that has been established to improve your quality of life, and reduce unscheduled visits to your healthcare provider and admissions to the hospital. Classes are free and available in Cambridge, Hardwick, Morrisville and Stowe. All classes are open to family members and caregivers.

- You can feel better by learning:
  - how to deal with frustration, pain, fatigue, and isolation
  - exercise techniques for maintaining and improving strength, flexibility, and endurance; use of medications
  - how to communicate with health professionals, family, and friends
  - nutrition and healthy lifestyles—and more!

To register for the Healthier Living Workshop, or for more information regarding the classes call 888-6026.

Chronic Pain Self-Management Workshop
Beginning in January
Cambridge Health Center
Call 888-6026 to register or for more information
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.

Tobacco Cessation Class
Call 888-6008 for class listing and to register
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.

Ready or Not, to Quit Smoking?
December 19th
Stowe Family Practice, noon-1:00pm
Morrisonville Family Health Care, 4:00-5:00pm
Call 888-6008 for more information or to register
Quitting smoking is the single most important thing you can do to improve your health. Come learn more about the benefits, common concerns and methods to successfully quit smoking. Are you ready to quit smoking?

LIFE SKILLS
HeartSaver for Beginners
November 26th
6:30 to 8:30pm
Fee: $30.00
This American Heart Association basic life support course covers adult, child, and infant CPR. Class also includes Automated External Defibrillator (AED) training.

AARP Smart Driver Class
October 14th and November 11th
8:30am to 1:00pm
Copley Hospital
Fee: $15.00 AARP member
$20.00 non member
This one-day, four-hour course is designed for drivers age 50 and older.

PARENTING PROGRAMS
Childbirth Education Classes
October 24th – December 12th
6:00 – 8:00pm
Fee: $110.00 (covered by most insurance plans)
Join other expectant parents for this six-week class. You’ll gain knowledge, confidence and increased comfort so you can be actively involved in the birth experience. You’ll also learn basic infant CPR and valuable nutritional information for mom and newborn.

HypnoBirthing
Contact Jesslyn Dolan, RN, CLD, CMT, CIMI, HBCE for more information.
email: rielysmom@yahoo.com
A class that teaches relaxation and self hypnosis techniques for a safe and comfortable birthing through guided imagery, visualization, and special breathing.

Infant CPR and Nutrition Education
October 24th
6:00 – 8:00pm
Fee: $10.00
Learn basic infant CPR instruction and nutritional information.

Baby Shower
December 3rd
4:30 – 6:00pm
Call 888-1357 to register
As an expecting mother, you want the best for you and your baby. Come celebrate, chat with other parents, and talk about what you can do to be as safe and healthy as can be. 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.

REHABILITATION PROGRAMS
Cardiac Rehabilitation
Call 888-8230 for an appointment
This twelve-week comprehensive outpatient program improves your quality of life following heart events.

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

COLEY WOODLANDS
Located in the heart of Stowe, Copley Woodlands provides close proximity to local establishments including the post office, art galleries, Stowe Free Library and a number of restaurants and shops as well as offers on-site management, dining services and an abundance of in-house activities and social events. For more information on leasing opportunities, or ownership – condos starting at $130,000, contact Site Manager Penny Davis 802-253-7200 or visit copleywoodlands.com.

“When my parents decided to sell their house and move, it was a relief to me that they didn’t choose to move far away. My siblings and I feel fortunate that our parents decided to move to Copley Woodlands. My mother is very well taken care of and very, very happy there.”
Camilla Behn, daughter of Ann Williams (Resident)

INDEPENDENT LIVING
Copley’s Community Forum
All are invited!
Thursday, September 26th 5:30pm
Stonegrill Restaurant, Banquet Room
RSVP 888-8302

Copley’s Community Forum
All are invited!
Thursday, September 26th 5:30pm
Stonegrill Restaurant, Banquet Room
RSVP 888-8302

Independent Living in a Supportive Community
Copley Hospital Auxiliary Events
Fall Luncheon
Monday, October 21st
1:00:00pm
This annual luncheon is open to anyone interested in learning more about Copley Hospital Auxiliary. For more information contact Lois Keith 888-3701 or Edna Snow at 888-3788.

“Pre-Thanksgiving” Bake Sale
Tuesday, November 26th
9:30am – 1:00pm
Stevens Conference Room, Health Center Building
Let someone else make that pie or bread for your Thanksgiving meal. Enjoy the many homebaked goods prepared for your special holiday. Breads, pies, cakes, cookies, canned goods and more. Proceeds of the bake sale benefit Copley Hospital.
**HEALTHY RECIPE**

**Butternut Squash and Cider Bisque**

Compliments of Copely’s Executive Chef

Steve Sprague

**Ingredients**

1 Large Butternut Squash, about 3 pounds
2 Medium Potatoes
2 Tart Apples; Granny Smith, Honey Crisp
1 Sweet Potato
1 Small Jar Roast Red Peppers; Drained
1 Tablespoon Minced Ginger Root
2 Teaspoons Ground Cardamom
4 Tablespoons Olive Oil
3 Cups Fresh Apple Cider
2 Cans Lite Coconut Milk
Toasted Sliced Almonds or Pumpkin Seeds

**Peel** the squash with a vegetable peeler. **Cut in half lengthwise** and remove the seeds. **Peel** the potatoes. **Peel and core** the apples. Dice everything in 1” cubes. 

Heat the oil in a heavy bottomed soup pot. **Saute** the ginger and cardamom for about 2 minutes; until fragrant. Add the squash, potatoes, apples and peppers. 

Peel the squash with a vegetable peeler. Cut in half lengthwise and remove the seeds. Peel the potatoes. Peel and core the apples. Dice everything in 1” cubes. Heat the oil in a heavy bottomed soup pot. Saute the ginger and cardamom for about 2 minutes; until fragrant. Add the squash, potatoes, apples and peppers. Simmer 45 minutes. Puree with a blender. Garnish bowls of soup with the toasted almonds or pumpkin seeds.

Serves 6-8 people.

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**26TH ANNUAL COPELY SCRAMBLE RAISES $15,000 FOR CHARITABLE CARE**

Seventy-six spirited golfers enjoyed a fun-filled day at the Copely Country Club on July 13th. Copely extends gratitude to the many local and regional businesses who supported the event through sponsorship, prizes and inkind donations.

Congratulations to our overall Tournament Team Winner with the lowest gross score: Bob Fair, Dan Hudson, Peter Kipp and Brian Niemi; a team of friends from the Hardwick/Greensboro area.

*“A Personlized Solution to Knee Pain” continued from front page*

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**A Personalized Solution to Knee Pain” continued from front page***

like the patient’s natural knee. It takes about seven weeks for each custom implant to be created. Precise placement of the implant is made using new surgical technique.

“Because it is individually designed to conform precisely to the patient’s unique anatomy, patients are finding that it feels more like their natural knee,” said Dr. Huber. “Everyone is different, but the majority of patients are experiencing quicker recovery, less blood loss, less swelling, and less pain than traditional knee replacements.”

Dr. Huber explains that there are a number of treatment options available for end stage knee arthritis. “We work with each patient to make sure they understand all of their options; including the benefits and the risks of each, so that they make an informed decision.”

**PHYSICIAN DIRECTORY AND HOSPITAL SERVICES**

Anesthesiology
Copely Hospital Medical Group Practice
Ryan Austin, CRNA 888-8888
Joan Fox, CRNA 888-8888
Travis Knapp, CRNA 888-8888
Chris Rohan, MD 888-8888

Birth Center/Obsetrics
888-8304

Cardiology
Copely Hospital Medical Group Practice
Adam Kinun, MD 888-8372

Clinical Nutrition/Dietitian
Copely Hospital Practice
Rebecca Ainsworth, RD 888-8233

Dentistry
Bird withdent dental Associates
Murray Diner, DDS 334-6965

Diabetes Educator
Copely Hospital Practice
Nancy Wagnier, RD, CDE 888-8226

Emergency Medicine
Copely Hospital Medical Group Practice
Jordice Cary, NP 888-8888
Liam Gannon, MD 888-8888
Jaeke wiel, PA 888-8888
Patrick Heagney, MD 888-8888
John Kading, MD 888-8888
Neil Nigro, MD 888-8888
Charles Osler, NP 888-8888
Adam Prahun, MD 888-8888
Joseph Subasic, MD 888-8888
Daniel Wolfson, MD 888-8888

Gastroenterology
Independent Practice
Joel Silverstein, MD 888-3111

General Surgery
Copely Hospital Medical Group Practice
Patricia Iona Jaspy, MD 888-8372

Green Mountain General Surgery
C. Dyea Racco, MD 888-2311
Brian Smale, MD 888-2311

Gynecology/Obsetrics
The Women’s Center, a Copely Hospital Practice
William Ellis, MD 888-8100
Anna Stohrer, MD 888-8100
Independent Practice
Fred Rosman, MD* 888-1966

*Gynecology Only.

Hospitalist Program
Apogee Physicians
Robert Cochran, MD 888-8173
Patrick Keil, MD 888-8173

Internal Medicine
Hardwick Health Center
Brendan Buckley, MD 472-3300
Independent Practice
Robert Kozul, MD 888-8888
Henry Southall, MD 888-8888

Laboratory Services
888-8340

Medical Records
888-8352

Neurology
Neurology Clinic (CHSV) 888-5688
Jean Marie Prunty, MD 888-5686

Nurse Midwifery
The Women’s Center, a Copely Hospital Practice
Alexandra “Kip” Bowy, CNM 888-8100
Jackie Brumley, CNM 888-8100
Marie Kalou, CNM 888-8100

Oncology & Cancer Care Program
THRHC Copely Hospital Oncology
Outback Clinic
Susan Hooper, APRN 888-8372
Jolee Olin, APRN 888-8372

Ophthalmology
Independent Practice
Mark Iverson, MD 888-7077

Optometry
Independent Practice
David Garbutt, OD 888-3089

Orthopedics & Sports Medicine
Mansfield Orthopaedics, a Copely Hospital Practice
Brian Aros, MD 888-8405
Laura Drnevich, NP 888-8405
Ryan Duffy, MD 888-8405
Nicole Ernst, PA-C 888-8405
Bryan Huber, MD 888-8405
John C. Macy, MD 888-8405
Joseph J. McLoughlin, MD 888-8405
Leah Morsa, PA-C 888-8405
Saad Trevino, MD 888-8405
Nello Wennberg, PA-C 888-9405

Otolaryngology (Ear, Nose & Throat)
Independent Practice
Paul Julien, MD 334-9009

Pain Management
Independent Practice
Anne Vitalletti-Coughlin, MD 888-8392

Patient and Family Services
888-8311

Pathology
Independent Practice
John Meach, MD 888-8304

Vermont Dermatopathology
Catherine Anfty, MD 658-6269

Pediatrics
Ryan Brook, Pediatrics
Soraya Bali, MD 888-2448

Pulmonology
Northern Vermont Center for Sleep Disorders
Veronika Jedlovzky, MD 888-8667

Quality Management
888-8351

Radiology
Vermont Radiologists
Richard Hannum, MD 888-8358
Harley Niehl, MD 888-8358
Candice Ortiz, MD 888-8358
Robert Smith, MD 888-8358

Diagnostic Imaging
(MRI/CT/Mammogram, etc) 888-8358

Rehabilitation Services
All Copely Hospital Practices
Copely Rehabilitation 472-6186
Orthopedics Rehabilitation /Hand Therapy 888-8634
Copely Rehabilitation in Stowe 888-8634

Rheumatology
Fletcher Allen Health Care Rheumatology
Nicole Hynes, MD 647-4574

Sleep Medicine
Northern Vermont Center for Sleep Disorders
David Alabrook, MD 888-8667
Innocent Ewano, MD 888-8667
Veronika Jedlovzky, MD 888-8667
Elaine Robinson, NP 888-8667

Urology
Copely Hospital Medical Group Practice
Betsy Perez, MD 888-8372

Wellness Center
888-8369

Family Practice
Hardwick Health Center (CHSV)
Mark Lichtenstein, MD 472-3300
Sarah Morgan, MD 472-3300
Peter Sher, MD 472-3300

Johnson – Independent Practice
Paul Rogers, MD 635-7325
Christina Tourangeau, NP 635-7325

Morrisonville Family Health Care (CHSV)
Kim Bruno, MD 888-5639
Allison Christie, MD, MPH 888-5639
David Coddianne, MD 888-5639
Cheryl Holton, FNP, CDE 888-5639
Philip Kiey, MD 888-5639
David Roy, MD 888-5639
Morrisonville – Independent Practice
Gary Waring, MD 888-3096

Stowe Family Practice (CHSV)
Susi Bazel, MD 253-4853
John Lowy, NP 253-4853
Katherine Marvin, MD 253-4853
Robert Quinn, MD 253-4853
Melissa Volarsky, MD 253-4853
Angela Winchell, FNP 253-4853

Stowe – Independent Practice
David Baboo, MD 793-8865

**888-8888**

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