Copley Hospital’s new Patient Portal offers convenient, secure, 24/7 online access to your health information. We are in the process of rolling out all of the various tools for your use.

**The Hospital Patient Portal** provides access to:
- Inpatient Stay Records, ED Records, Procedures, Medications, Allergies, Lab and Test Results, Discharge Instructions.

**The Physician Practice Portal** serves patients of Copley-owned practices, including:
- The Women’s Center
- Mansfield Orthopaedics
- Copley Hospital Medical Group (Patricia Jaqua, MD; Adam Kunin, MD & Betsy Perez, MD)

It provides access to:
- Summaries and Upcoming Appointments, Medications, Allergies, Lab and Test Results, Patient Education Information.

**CHECK OUT NEW PATIENT PORTAL**

Sign up today by asking the hospital or practice registrar to activate your Patient Portal. You’ll receive an email with a link to the Patient Portal. Check your email and use that link to launch the online Patient Portal. Follow the simple steps to activate your account.

After each admission to the hospital or each clinic appointment, a summary of your care will automatically be posted to your portal.

Already signed up? Access your portal at [copleyvt.org/my-health-online](http://copleyvt.org/my-health-online)

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**COPTLEY CLOSE-UP**

Joaone Rheaume, RN

Where did you grow up?
I grew up in Burlington, Vermont.

What is your favorite food?
I love steak, mashed potatoes, and peas!

Describe your typical Friday night.
Typically, I spend a relaxing night at home with my husband and our two dogs.

What are your top three hobbies?
Reading, playing with my dogs, and enjoying the great outdoors!

What is your favorite holiday and why?
Christmas. Lots of family time and everyone is in the giving spirit. My second favorite is the 4th of July because it’s warm and means summer is here!

What is something about you that would be surprising to others?
I have six siblings and that’s probably why I became so competitive and ambitious.

Why do you choose to work at Copley?
The staff at Copley have big hearts and are very passionate about what they do. The community is friendly and the landscape is beautiful.

What is Copley’s greatest strength?
The people. Our staff provides excellent care.

Why did you pick your career?
I like to help people. Nursing allows me to work in a lot of different job roles and help people in many different ways. The emergency setting allows me to have an immediate impact.

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**FOCUS ON: HERNIAS**

by General Surgeon Patricia Jaqua, MD

A hernia is a weakness in the muscular wall through which an organ or fat pushes through. Hernias are common and affect men, women, and children. They happen in parts of the body including the abdomen, groin, and upper thigh area, and can happen around the belly button or a surgical incision. Hernias may develop suddenly or over time, and they can be painful.

Most hernias are not life threatening, but eventually, will require surgery to prevent complications. If a hernia can be pushed back in, it is called “reducible,” and generally is not considered an emergency. A non-reducible hernia can become life threatening if part of the intestine gets trapped in the opening of the wall. The most common hernia is an “inguinal.” Located in the groin, inguinal hernias can be painful especially when you cough, bend over, or lift a heavy object.

The majority of hernias are caused by a combination of muscle weakness and straining. The following tips will help you prevent a hernia from occurring:

- stay at a healthy weight for your body height and body type.
- incorporate more fruits, vegetables and whole grains as part of your daily diet.
- never lift anything that is too heavy. Use proper body mechanics when lifting: bend from your knees, not your waist.
- see your doctor if you have a persistent cough or if you sneeze a lot from allergies.
- if you smoke, quit. Smoking causes persistent coughing and this can strain your abdominal muscles.

Continued on back page.
As this goes to press, we are enjoying the fall and feeling the crisp air of the approaching autumn. I look forward to the new season, but am also grateful for the wonderful summer we had. It was eventful personally, with the birth of my second grandchild, and for Copley, as we filed for a Certificate of Need to build a new Surgical Suite. The new Surgical Suite will replace our current ORs which date back to 1979; a project we have talked about for a long time.

Reducing Medical Radiation Copley is actively reducing exposure to medical radiation. We’ve done so by utilizing both new cardiac stress testing protocols and the technological advances made possible by our new Gamma Camera which we were able to purchase thanks to community support. The new “Stress-First Protocol” has lowered radiation exposure by as much as 75% for some patients. With the “Stress-First Protocol,” cardiologist Dr. Adam Kunin examines an image of a patient’s heart after exercise before deciding if another image is needed when the patient’s heart is at rest. We are also using “Definity,” an echocardiography (heart ultrasound) contrast agent, that enables us to obtain the best possible images of the heart.

Our Thanks to Dr. Kunin, Nuclear Medicine Technician Hannah Pardee, Cardiac Sonographer Bryna Bailey, Stress Technician Erin Niles, and Practice Manager Treva Southworth for these accomplishments on behalf of our patients.

FY2015 Budget and Certificate of Need The Green Mountain Care Board (GMCB) approved Copley’s FY2015 budget. Copley did not request a rate increase. We are projecting $611,723 in total operating revenue, with $59,527,735 in total expenses. That leaves us with a net operating revenue of $1,584,102. I testified to the GMCB with CFO Rassoul Rangavis and Debra Dorain, Director of Budget and Reimbursement. During the testimony, we were asked to describe the hospital in the future. We described Copley remaining, as we are now, active as a community hospital, providing services needed by the population we serve.

Our Certificate of Need application is winding its way through the GMCB’s process. We are in the Question and Answer phase of the process. We have responded to their questions and understand that our building design and construction plans are being reviewed. We’ve been told this process can take 3 to 6 months. Once we receive approval, we will begin construction as soon as possible. Once our shovel hits the ground, construction should be completed in 18 months. Our new surgical suite will be a direct replacement of existing services (3 operating rooms and 2 procedure rooms) to meet current Facility Guideline Institute (FGI) guidelines for healthcare code, space and utility requirements. The State of Vermont recognizes the latest FGI Guidelines as their Healthcare Code.

Construction will cost $12.5 million, the bulk of which Copley will cover with working capital and a loan. We are seeking $3.2 million in community support. The new suite will provide our patients and our clinicians with a facility that promotes optimal outcomes and smooth efficiency.

Healthcare Reform Copley continues to work collaboratively within the Blueprint for Health Program, the OneCare Vermont Accountable Care Organization (ACO), and the Community Health Accountable Care ACO. We have several quality initiatives underway to improve patient outcomes while also reducing the cost of care. We have been focusing on reducing readmissions to the hospital by improving our communication processes with other providers and helping ensure medication reconciliation occurs again after discharge. We are also working collaboratively to better manage the 40 or so frequent visitors to our Emergency Department. These patients use the Emergency Department frequently for care. We’ve learned that they are complex patients, that also utilize primary care frequently as well. Blueprint Care Coordinators in each primary care practice and hospital personnel are working closely with these patients to help reduce the need for emergency care. Copley’s readmission rate is below the national rate already, but with these initiatives, we believe we can reduce it further.

Healthcare Reform is a three-legged stool: quality, access, and affordability. Copley, along with all of Vermont’s hospitals, has worked for years improving quality and access; we continue, as a state, to struggle with affordability. Recent data from OneCare Vermont and the Blueprint for Health shows that the Copley Hospital Service Area, overall, is the lowest cost area in the state for the Medicare population, with utilization below the national norm and a higher use of home health services.

When considering Healthcare Reform, Copley believes there are several key mandates. It must:

- Address the issues around the cost of care for the people in our community
- Support universal coverage for all, but at a price our community members can afford
- Protect the relationship between a patient and their doctor
- Provide individuals access to high quality providers in their community

Hospitals are some of the state’s largest employers; Copley is one of the largest year-round employers in Lamoille County. It is important that Healthcare Reform protects both patients and our economy — so that every family and business is healthy and can prosper.

Regards
Melvyn Patashnick, CEO
Copley Pilots Pharmacy-Driven Med Reconciliation

Medication reconciliation ("med reconciliation") is a process during which a patient’s current home medication history is compared to their hospital provider’s admission, transfer, and discharge orders to identify and evaluate discrepancies that could affect the patient.

Med reconciliation involves talking with a patient to get a thorough medication history and compiling an accurate home medication list. It takes, on average, 20 minutes to do so. If the patient is a poor historian or unable to communicate, that time increases significantly, putting the collector of such critical information in the position of investigating and clarifying medication information.

In October 2013 Copley Hospital began a pharmacist-driven medication reconciliation pilot project involving our scheduled surgery patients. Previously, scheduled surgery patients’ medication history and entry of information into our electronic medical records system was initiated by pre-admit nursing staff via telephone interview with subsequent pharmacist review. This process led to significant numbers of clarifications to produce an accurate, final med list and resulted in additional phone calls to patients and occasional delays.

By having a pharmacist conduct the med reconciliation interview with the patient, we were able to significantly increase the accuracy of the initial medication history and medication list. We reduced the number of needed clarifications by 99%, resulting in fewer delays and greater efficiency.

The Centers for Medicare and Medicaid Services (CMS) and the federal department of Health and Human Services developed the Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS). The HCAHPS is a national standardized survey for collecting data from inpatients regarding their perception of the care received and publicly reporting the statistics online quarterly at www.hospitalcompare.hhs.gov. The inpatients are asked to rate their experience as sometime or never; usually or always. We share Copley’s HCAHPS data with a graph comparing the number of “always” responses for Copley, the state of Vermont and hospitals nationally.

ALS ICE BUCKET CHALLENGE

Earlier this month Copley department managers and senior leaders volunteered to be “dumped” on by nearly 40 staff members for the ALS Ice Bucket Challenge. Staffers donated money to the ALS Association for the opportunity. The event produced good spirits, lots of laughs, and a number of wet bodies when all was said and done. Huge thanks to those who participated including the many spectators. In total, staff raised $450.00 for the ALS Association. You can see the video on Copley Hospital’s Facebook Page.

FROM OUR PATIENTS:

Michael Cassidy, Waterville
“ They saved my life. I was having a heart attack right in the ER and I’m here because of them. I can’t thank Copley’s ER staff enough.”

William Haines, Worcester
“I am appreciative of the professional care provided by Betsy and Steve in your Pulmonary Rehabilitation Program. Their understanding of my diagnosis and selection of appropriate exercises have improved my situation. I have high regard for their work.”

Michael Tibbits, Pittsburg, NH
“ Everyone from the surgical team, nursing staff and LNAS to housekeepers, food service and registration were upbeat and positive. The staff at Copley exemplifies professionalism. I left Copley with a positive attitude and confidence because of the care I received. I appreciate all that Copley’s staff did for me.”
Avoiding the Flu

Simple things can help you avoid catching the flu and help prevent it from spreading.

• Stay away from people who are sick
• Stay home from work or school if you are sick
• Wash your hands often to stop the spread of germs
• Avoid touching your eyes, nose, and mouth
• Drink plenty of water and eat nutritious meals
• Get the flu vaccine. The CDC recommends everyone 6 months of age and older get vaccinated, but especially those who are at high risk or living/caring for someone at high risk. People considered high risk are those living in nursing homes or long-term care facilities, and/or who have medical conditions such as asthma, heart disease, diabetes, chronic lung disease or a weakened immune system.

Newborns Screened for Heart Disease

Copley’s Birthing Center tests every newborn for Phenylketonuria (also called PKU) and checks their hearing. Newborns also get a pulse oximetry, a test that checks for critical congenital heart disease (CCHD). CCHD is the most common type of birth defect. It can affect the way blood flows through the heart.

The bedside test uses a sensor on the baby’s skin to measure how much oxygen is in their blood. It helps identify babies affected with CCHD before they leave the hospital. That’s important because some babies with CCHD look and act healthy at birth but develop serious complications days later. If test results are outside of the normal range, the Birthing Center nurse notifies the baby’s doctor so that they may evaluate further before the baby leaves the hospital. The screening does not replace a complete history and physical examination performed by the baby’s doctor.

Early signs of critical congenital heart disease include:
• loss of healthy skin color
• rapid or troubled breathing
• swelling or puffiness in the face, hands, feet, legs or areas around the eyes
• shortness of breath or tires easily during feeding
• sweating around the head, especially during feeding
• poor weight gain

For more information on Copley Birthing Center’s team of providers visit: www.copleyvt.org/BirthingCenter

Move of the Month

with certified athletic trainer Vin Faraci

Tightness in the calf and Achilles tendon can contribute to lower leg issues such as shin splints, Achilles tendinitis, and plantar fasciitis. These injuries are common in sports that involve running and/or repeated jumping. Faraci recommends the following stretches be performed 2-3 times on both sides of the body, holding each stretch for 20-30 seconds each.

Calf Stretch
• Place your hands on a wall at about shoulder height.
• Step back about 12 inches with your right foot and step forward 12 inches with your left foot.
• Lean forward and allow your left knee to slightly bend.
• Keep your right foot flat on the floor and keep your knee straight.
• Continue to lean forward until you feel a stretching sensation in your upper right calf.

Achilles Stretch
• Place your hands on a wall at about shoulder height.
• Step back about 6 inches with your right foot and step forward 12 inches with your left foot.
• Lean forward and allow your left knee to slightly bend.
• Keep your right foot flat on the floor and bend your right knee.
• Continue to bend your right knee and lean forward until you feel a stretching sensation in your Achilles just above your heel.

Follow Copley’s Move of the Month online at: www.copleyvt.org/Rehabilitation

Work Conditioning Helps Injured Return to Job

Copley Hospital’s Work Conditioning Program helps people return to work safely after a workplace injury. Copley Physical Therapist Steve Hayes explains that the program is individually tailored; simulating movements the person needs on the job. “If the individual’s primary work duty involves lifting and stacking,” explains Steve, “their conditioning program would include learning proper lifting techniques and placing different weights on shelving at different heights.” In addition to strengthening and conditioning, participants learn about body mechanics and ergonomics to help prevent re-injury.

Work Conditioning is one of many services available through Copley Hospital Rehabilitation Services. For more information visit: www.copleyvt.org/Rehabilitation or call 888-8303.
**SUPPORT GROUP**

**Diabetes Support Group**  
October 23rd, December 4th  
6:30 – 8:00pm  
Copley Hospital Wellness Center  
Free  
Call 888-8226  
Free and open to people with diabetes and their families. Meeting topics vary.

**Alzheimer’s Support Group**  
3rd Thursday of each month  
4:00pm  
Lamoille Home Health & Hospice  
Call 888-4651  
Spouses, families, and caregivers enjoy a safe, comfortable space to meet others who are experiencing similar challenges of caring for a loved one with Alzheimer’s. Come 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 Workshops**  

**AARP Smart Driver Class**  
November 10th and January 12th  
8:30am - 1:00pm  
Copley Hospital  
Fee: $15.00 AARP member / $20.00 AARP non member  
A one-day, four-hour course designed for drivers age 50 and older.

**PARENTING PROGRAMS**

**Childbirth Education Classes**  
October 30th – December 11th  
6:00-8:00pm  
Fee: $110.00  
(covers 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.

**Infant CPR & Nutritional Information**  
December 11th  
6:00-8:00pm  
Fee: $10.00  
Learn basic infant CPR instruction and nutritional information.

**BABY SHOWERS**

**Pregnant Women**  
December 2nd  
4:30-6:00pm  
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 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.

**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.

**EXERCISE CLASS**

**HeartSaver for Beginners**  
November 18th  
6:30 - 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.

**EXERCISE CLASS**  
Every Monday and Thursday  
9:00-10:00am  
Copley Woodlands, Stowe  
Fee: $25 for 10 sessions  
Call 253-7200  
A blend of strength training, balance, stretching and free weights.

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**THANKSGIVING BAKE SALE**

The Copley Hospital Auxiliary will have lots of pies and other homemade goodies at the annual pre-Thanksgiving Bake Sale. Tuesday, November 25th  
9:00am - 1:00pm  
Copley Hospital Art Gallery.

**AUXILIARY AUTUMN LUNCHEON**

Come see the stylish clothes available at the Second Chance Thrift Store with members of the Copley Hospital Auxiliary at their upcoming autumn luncheon. The event includes a quick business meeting including an update on the hospital, the fashion show and door prizes.  
Date: October 20th  
Location: Stonegrill Restaurant, Banquet Room in Morrisville  
10:15am  
Tickets are $12.50  
Reservations are needed by October 13th; R.S.V.P. to Lois Keith at 888-3701 or Carol Chanania at 793-0037

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**COLEY WOODLANDS**

**Independent Living in a Supportive Community**

“Copley Woodlands is a wonderful place to be. You feel very secure and have your privacy.”  
Ann Williams, Resident  
A one-day, four-hour course designed for drivers age 50 and older.

“A Copley Woodlands, my mom has her life and loves her apartment. She is well taken care of and very, very happy.”  
Ann’s daughter, Camilla Behe  
Leasing and ownership options available.

Take a tour and see how you can enjoy independent living in a supportive community.

Call us today... (802) 253-7200 www.copleywoodlands.com  
125 Thomas Lane, Stowe, Vermont
Healthy Recipe

Country Style Baked Omelet

Compliments of Copley’s Executive Chef Steve Sprague

Ingredients

- 2 medium size Yukon gold potatoes
- 2 medium size red skin potatoes
- 2 thick cut slices of apple wood
- 2 Tbsp olive oil or butter
- 1 medium size red onion, diced
- 1 medium size yellow onion, diced
- 4 ounces sharp cheddar cheese, diced
- 8 eggs
- 1 cup milk (lowfat)
- ¼ tsp nutmeg
- 1 Tbsp chopped fresh thyme leaves
- ½ cup grated parmesan cheese
- 1 cup milk (lowfat)
- 4 ounces sharp cheddar
- 1 medium size yellow onion, diced
- 1 medium size red onion, diced
- 2 thick cut slices of apple wood
- 2 medium size Yukon gold potatoes

Put the potatoes, onions and bacon in a 8” x 12” glass casserole dish that has been sprayed with olive oil. Scatter the diced cheddar cheese on top. In a bowl, beat together the eggs, milk, parmesan and seasonings. Pour over the potato bacon mixture and bake at 325 degrees for about 45 minutes. Allow to set for 10 minutes before slicing.

Serves with a green salad or a caprese salad.

*Focus on Hernias* continued from front page.

Talk to your doctor if you notice a bulge or swelling in your groin, abdomen, scrotum, or thigh. Your doctor can confirm a hernia through a physical examination. While the only cure is surgery, you may be advised by your doctor to limit activity, lose weight or to wear a truss or binder for temporary relief.

Dr. Jaqua is one of three general surgery specialists who provide care at Copley Hospital. Her clinic is located in the hospital’s Outpatient Services Center.

Physician Directory and Hospital Services

Anesthesiology
Copley Hospital Medical Group Practice
- Ryan Austin, CRNA 888-8888
- John Balnis, CRNA 888-8888
- Joan Fox, CRNA 888-8888
- Travis Knapp, CRNA 888-8888
- Chris Rohde, MD 888-8888

Birthing Center/Obstetrics 888-8304
Cardiac/Pulmonary Rehabilitation 888-8230
Cardiology
Copley Hospital Medical Group Practice
- Adam Kunin, MD 888-8372

Clinical Nutrition/Dietitian
Copley Hospital Practice
- Rebecca Ainsworth, RD 888-8223

Dentistry
Birchwood Dental Associates
- Murray Diner, DDS 334-6965

Diabetes Educator
Copley Hospital Practice
- Nancy Wagner, RD, CDE 888-8226

Emergency Medicine
Copley Hospital Medical Group Practice
- Adam Boise, NP 888-8888
- Jordice Corey, NP 888-8888
- Jacqueline Gallagher, PA 888-8888
- Lisa Gannon, MD 888-8888
- Jacqueline Grass, PA 888-8888
- Patrick Hughney, MD 888-8888
- John Keeding, MD 888-8888
- Neil Nagda, MD 888-8888
- Charles Olson, FNP 888-8888
- Adam Purnam, MD 888-8888
- Joseph Subasic, MD 888-8888
- David Wolffson, MD 888-8888

Gastroenterology
Independent Practice
- Joel Silverstein, MD 888-3111

General Surgery
Copley Hospital Medical Group Practice
- Patricia Irons Jaqua, MD 888-8372

Green Mountain General Surgery
C. Doyenne Roseble, MD 888-2311
- Brian Smale, MD 888-2311

Gynecology/Obstetrics
The Women’s Center, a Copley Hospital Practice
- William Ellis, MD 888-8100
- Anna Stohrer, MD 888-8100

In independent practice
- Fred Rosman, MD* 888-1966
*Gynecology only

Hospitalist Program
Apogee Physicians
- Patrick Keigh, MD 888-8173
- Jennifer Peters, MD 888-8173

Internal Medicine
Hardwick Health Center
- Brendan Buckley, MD 472-3300

Independent Practice
- Robert Kosub, MD 888-8888
- Henry Southall, MD 888-5000

Laboratory Services 888-8352

Medical Records
Neurology
Neurology Clinic (CHSV)
- Jean Marie Prunty, MD 888-5668

Nurse Midwifery
The Women’s Center, a Copley Hospital Practice
- Alexandra “Pop” Boyd, CNM 888-8100
- Jackie Bromley, CNM 888-8100
- Marie Kalsi, CNM 888-8100

Oncology & Cancer Care Program
FMHC/Copley Hospital Oncology
- Susan Hooper, ARPN 888-8372
- Julie Joe Olin, MD 888-8372

Ophthalmology
Independent Practice
- Mark Ivenson, MD 888-7077

Optometry
Independent Practice
- Francis Pirard, OD 888-3089

Orthopedics & Sports Medicine
Manfied Orthopaedics, a Copley Hospital Practice
- Brian Anra, MD 888-8405
- Laura Drenen, NP 888-8405
- Nicole Ernst, PA-C 888-8405
- Alassa Gagner, PA-C 888-8405
- Bryan Huber, MD 888-8405
- John C. McCoy, MD 888-8405
- Joseph S. McLaughlin, MD 888-8405
- Leah Morrisa, PA-C 888-8405
- Saul Trevino, MD 888-8405
- Nella Weinberg. PA-C 888-8405

Otorhinolaryngology
(Kar, Nose & Throat)
Independent Practice
- Paul Julian, MD 334-9009

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

Patient and Family Services 888-8311

Pathology
Independent Practice
- John Mech, MD 888-8340

Vermont Dermatopathology
- Catherine Artley, MD 658-6269

Pediatrics
Ryder Brook Pediatrics
- Sara maker, HLS 888-2448

Copley Hospital Birthing Center
- Diane Szlacheltzka, APRN, NNP-BC 888-8304

Appleseed Pediatrics (CHSV)
- Adrienne Pahl, MD 888-7337

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

Quality Management 888-8351

Radiology
Vermont Radiologists
- Richard Bannen, MD 888-8358
- Horlsey Neal, MD 888-8358
- Caroline Ortiz, MD 888-8358
- Robert Smith, MD 888-8358

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

Rehabilitation Services
All Copley Hospital Practices
- Copley Rehabilitation in Stowe 888-8634

Copley Rehabilitation in Stowe
- Samantha Vile, MD 888-8303

Copley Hospital 888-8303
- Copley Rehabilitation in Stowe 888-8634
- Hardwick Physical Therapy 472-0186
- Orthopedic Rehabilitation/Hand Therapy 888-8634

Rheumatology
Flathers Allen Health Care Rheumatology
- Nicole Hynes, MD 847-4574

Sleep Medicine
Northern Vermont Center for Sleep Disorders
- David Alsbrook, MD 888-8667
- Innocent Ezenwa, MD 888-8667

Veronika Jedlovzky, MD 888-8667

Urology
Copley Hospital Medical Group Practice
- Betty Perez, MD 888-8372

Wellness Center 888-8369

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

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

Morriville Family Health Care (CHSV)
- Kim Bruno, MD 888-5639
- Allison Christie, MD, MPH 888-5639
- David Coddur, MD 888-5639
- Cheryl Holton, FNP, CDE 888-5639
- Philip Kiley, MD 888-5639
- David Roy, MD 888-5639

Morriville – Independent Practice
- Gary Waring, MD 888-3096

Stowe Family Practice (CHSV)
- Clea James, MD 253-4853
- Jed Lowy, NP 253-4853
- Katherine Marvin, MD 253-4853
- Robert Quine, MD 253-4853
- Melissa Volansky, MD 253-4853
- Angela Winchell, FNP 253-4853

Stowe – Independent Practice
- Daniel Bisbee, MD 253-5020

Stowe Natural Family Wellness
- Angela Robens, MD 253-2340

Health Care & More
- Art Gliner, MD 249-1279