Perimenopause, or “the change,” is a poorly understood time in a woman’s life. During perimenopause women begin experiencing changes in their menstrual period — periods may be shorter, longer, heavier, lighter, irregular, or farther apart. Other symptoms that cause both worry and discomfort include hot flashes, sleep problems, and vaginal dryness. Perimenopause is a natural and expected transition to menopause.

Women start perimenopause at different ages. Usually, women begin noticing the signs in their 40s, but some women begin in their 30s. Once you’ve gone through 12 consecutive months without a menstrual period, you’ve officially reached menopause, and the perimenopause period is over.

During the perimenopausal period some subtle, and some not so subtle, changes in your body may occur. Some things you might experience include:

• Menstrual irregularity. Due to hormonal changes and irregular or absent ovulation, the time between periods may become longer or shorter, menstrual flow may be very light or very heavy, and some women may skip some periods.

• Hot flashes and sleep problems. About 65 to 75 percent of women experience hot flashes, most commonly during late perimenopause. The intensity, length and frequency vary. Sleep problems are often due to hot flashes or night sweats, but sometimes sleep becomes erratic even without them. Insomnia is also a common complaint.

• Mood changes. Some women experience mood swings, irritability or depression during perimenopause. The cause

Doctor’s Office or Emergency Room?
Which Should I Choose?

Doctor’s Office
Call for help, advice, or an appointment.
For common illnesses:
• Fever
• Flu
• Sore throat, coughs
For problems that need care now:
• Asthma
• Infections
• Injuries, sprains
• Vomiting green stuff (bile)
And always for:
• Checkups and vaccinations
• Help with long-term or chronic conditions or illnesses

Emergency Room
Go when you are risking your health without help NOW!
• When bleeding won’t stop
• When breathing is very hard
• After a serious accident
• After a convulsion that lasts more than three minutes
• If you have symptoms of a heart attack (chest pain, sweating, shortness of breath, nausea or vomiting, dizziness) – call 9-1-1.

Focus on: PERIMENOPAUSE
By Anne Stohrer, MD, The Women’s Center

Perimenopause, or “the change,” is a poorly understood time in a woman’s life. During perimenopause women begin experiencing changes in their menstrual period - periods may be shorter, longer, heavier, lighter, irregular, or farther apart. Other symptoms that cause both worry and discomfort include hot flashes, sleep problems, and vaginal dryness. Perimenopause is a natural and expected transition to menopause.

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Good stewardship and careful administration
Confidentiality
Honesty
Commitment to a spirit of service
Commitment to professional competence
Compassion and respect for human dignity regardless of the ability to pay.
by providing the highest quality of care health status of the people of the community provider whose purpose is to improve the Copley Hospital is a not-for-profit healthcare health care services.

Vice President Operations
Greg Ward, RRT

Joel Silverstein, MD
Vice President Patient Care Services
Carolyn Roe, RN

Vice President Development, Marketing
Leah Hollenberger

Vice President Human Resources
Morrisville, VT 05661

Dana Wilkes, Chair Morrisville
Stowe
Brian Smale, MD
Morrisville

Walter Frame Morrisville

Janice Ray Morrisville

Jennifer Archambault, MSM, PHR
Vice President Human Resources

Leah Hollenberger Vice President Development, Marketing & Community Relations

Terry Khan Vice President Physician Practices and Hospital Practice Management

Carolyn Rae, RN Vice President Patient Care Services

Ronnell Ronauger Chief Financial Officer

Joel Silverstein, MD Chief Medical Officer

Greg Ward, RBT Vice President Operations

Our Vision
Copley Health System’s brand is providing high-quality compassionate, quality care with wellness at its core, and works collaboratively with our community to provide needed health care services.

Our Mission
Copley Hospital is a not-for-profit healthcare provider whose purpose is to improve the health status of the people of the community by providing the highest quality of care regardless of the ability to pay.

Our Core Values
- Compassion and respect for human dignity
- Commitment to professional competence
- Commitment to a spirit of service
- Honesty
- Accountability
- Good stewardship and careful administration

The new walk-in entrance to Copley Hospital’s Emergency Department (ED) opened on March 6th. The new entrance is located just inside the hospital’s main entrance and is open 24 hours a day, seven days a week. Having just one entrance improves traffic flow on the Copley campus and provides easier access for patient drop-off.

The new entrance also marks the end of the first phase of construction. The newly opened area features three treatment rooms with dedicated handicap accessible restroom areas, along with the new reception, triage, and waiting area. Finishing touches to “Russel’s Room,” a pediatric friendly treatment room in honor of Russell Page, MD, will be completed this month by muralist Gail Kiesler. Phase Two of our construction project connects the new area to the “old” emergency department. Work is currently underway bringing the two areas together.

The final phase of the project focuses on renovation in the main lobby. Work will include making our patient registration area more private and comfortable.

OneCare Vermont Notifies Medicare Beneficiaries
Last month, the state-wide accountable care organization (ACO) that Copley Hospital is participating in sent notification letters to each Medicare beneficiary assigned to a practitioner in the network. The letter informs the person that they have the ability to tell Medicare not to share their claims data with the ACO (OneCare Vermont). In order to help physicians and other healthcare providers give the best possible coordinated care, we hope beneficiaries allow Medicare to share their claims data with OneCare Vermont.

If you’re covered by Medicare, you will continue to be covered under the same Medicare program and your Medicare benefits, services, rights and protections won’t change. You still have the right to use any physician that accepts Medicare at any time, the same way you do now. You do not participate in the ACO, only your doctor participates in the ACO. You do not need to do anything.

Our goal with the ACO is to improve coordination between providers. Improved coordination could mean: less paperwork to fill out at the doctor’s office, getting you all the preventative care you need, ensuring you get the necessary medications and tests, avoiding unnecessary tests, and making sure you receive tailored care just for you, based on the best medical evidence and your doctor’s recommendation. We also hope improved coordination will lead to a reduced cost of delivering care.

A Greener Hospital – Composting Food Waste Program
Copley Hospital is participating in the Close the Loop community composting program with Highfields Center for Composting. The Copley program kicked off on April 1st, and involves staff and visitors to the hospital’s cafeteria. Outside the dish room window of the cafeteria is a compost bucket; everyone dropping off dishes to the window is asked to put their food waste in the bucket. Highfields stops by on a regular basis to empty the filled buckets and haul the food waste to their offsite composting location. Copley Hospital’s Executive Chef Steve Sprague figures that Copley’s participation in the program will reduce solid food waste from going into the landfill by 30%.

Workplace Wellness for Small Businesses
A healthy employee is a more productive and a happier one. The Lamoille Economic Development Corporation (LEDC) and Copley Hospital continue collaborating to bring health and wellness activities to small businesses in Lamoille County through Copley’s Workplace Wellness program.

LEDC underwrites the cost of on-site wellness activities, seminars and screenings up to 100% for participating businesses. Copley’s professional health coaches provide wellness activities that include diabetes screenings, weight management, blood pressure checks, and stress management.

For more information contact Linda Shaw at 802.888.8369.

Melvyn Patashnick
President & CEO

This year the Second Chance Thrift Shop celebrates 35 years in business. Today, the face behind the counter overseeing shop operations is local resident Robin Pugh who was recently appointed by the Copley Hospital Auxiliary as Manager of this local shop. Robin brings a background of retail sales and customer service stemming from her previous work experience. Robin will be responsible for all aspects of the thrift shop including its consignment program and managing its volunteer staff.

Second Chance Thrift Store is located on Brigham Street in Morrisville across from Brigham Dental. It has been an invaluable part of this community since 1978. Proceeds from the store’s sale of clothing and accessories, household goods, and children’s toys benefit Copley Hospital. Second Chance is open Tuesday through Friday, 10:00am to 4:00pm and Saturday, 9:00am to noon. Donations of clean, wearable clothing as well as consignment items are welcome.

Copley Hospital Auxiliary operates Second Chance Thrift Store and the Gift Shop, located in the Hospital’s main lobby. Thanks to their efforts, the Auxiliary has donated more than $750,000 to the hospital since the late 1970s. Their support has helped fund a number of renovation projects including: medical equipment, upgrading patient rooms, and providing charitable care for members of our community.

SECOND CHANCE WELCOMES ROBIN PUGH

Melvyn Patashnick
President & CEO

Copley Health Systems 525 Washington Street
Morrisville, VT 05661
802-888-8868
www.copleyvt.org

The Copley Courier is published quarterly by the Community Relations Department.
A calendar of classes and screenings to help you live a healthier life

Register in advance online at copleyvt.org/wellnessclassesandevents or call 888-8369.

PARENTING PROGRAMS
Childbirth Education Classes
May 9th – June 13th
June 13th – July 25th
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 birth through guided imagery, visualization, and special breathing.

Infant CPR and Nutrition Education
June 13th
6:00 – 8:00pm
Fee: $10.00
Learn basic infant CPR instruction and nutritional information.

It’s a Baby Party
June 4th
4:30 – 6:00pm
Free
Call 888-1357 to register
Come learn about breastfeeding, smoking cessation, child development, healthy prenatal care, and more. Offered by Copley Hospital and the Vermont Department of Health.

DIABETES EDUCATION
You & Your Diabetes
1:1 Consultations
Call 888-8226 for an appointment
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.

FOR A HEALTHIER YOU
Healthier Living Workshops
Call 888-6026 for class schedule
The Healthier Living Workshop is an evidenced-based program that has been proven to improve your quality of life, and reduce unscheduled visits to your healthcare provider and admissions to the hospital. Classes are free of charge and open to family members and caregivers.

LIFE SKILLS
HeartSaver for Beginners
Recertification Class
May 28th
June 25th
6:30 – 8:30pm
6:30 – 7:30pm
Fee: $30.00
Fee: $15.00
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 10th
6:00 – 9:30 pm
Fee $30.00
Meet OSHA, state or employer requirements for individuals to possess knowledge of immediate first aid.

AARP Driver Safety Program
August 5th
8:30am to 1:00pm
Copley Hospital
Fee: $12.00 AARP member
/ $14.00 AARP non member
This one-day, four-hour course is designed for drivers age 50 and older.

REHABILITATION PROGRAMS
Cardiac Rehabilitation
Call 888-8320 for an appointment
This twelve-week comprehensive outpatient program improves your quality of life following heart events.

Pulmonary Rehabilitation
Call 888-8320 for an appointment
If you live with a disease affecting the lungs, pulmonary rehabilitation can help you.

SUPPORT GROUP
Breathe Easier Support Group
Wednesdays May 8th, June 12th and July 10th
3:00 to 5:00pm
Free
Call 888-8637 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 May 23rd and June 27th
6:30 – 7:30pm
Copley Hospital Wellness Center
Free
Call 888-8226
Diabetes Support Group is free and open to people with diabetes and their families. Meeting topics vary.

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

STOWE WEEKEND OF HOPE
A celebration of life and learning for cancer survivors and those who love them.
May 3rd – 5th
Registration is now open for the 13th Annual Stowe Weekend of Hope. stowehope.com

COYPEL AIDUXILIARY BAKE SALE
May 10th
9:00am – 1:00pm
Copley Hospital Board Conference Room.
Copley Hospital Auxiliary will be holding its annual May Bake Sale featuring homemade pies, breads, cookies and so much more. Proceeds of the sale benefit Copley Hospital.

STOWE CHARITIES’ STOWE WINE & FOOD CLASSIC
June 21st – 23rd at Trapp Family Lodge
This year’s event includes a wine and chocolate tasting with award-winning food author Rowan Jacobson and five celebrity chefs each contributing a paired course for a truly memorable dinner. The event benefits the Vermont Foodbank and Copley Hospital. Tickets on sale at stowewine.com

THE 26TH ANNUAL COPLEY SCRAMBLE
Saturday July 13th,
8:00am shotgun start
Copley Country Club, Morrisville
18 holes of play, BBQ luncheon, awards, and prizes
Early Bird Registration
$99 per player
Deadline is May 31st, copleyvt.org/FundraisingEvents.

COYPELY WOODLANDS
Independent Living Community
Located in the heart of Stowe, Copley Woodlands provides close proximity to local establishments including the past office, art galleries, Stowe Free Library, and a number of restaurants and shops. Also available are on-site management, dining services, and an abundance of in-house activities and social events.
For more information on leasing opportunities, or ownership, contact Site Manager Penny Davis
802-253-7200 or visit copleywoodlands.com
**Healthy Recipe**

**Veggie Burger**

Compliments of Copley’s Executive Chef Steve Sprague.

It’s time to get the grills out for easy dinners. This veggie burger is perfect for grilling, but you can easily prepare it on the stove as well.

**Ingredients**

- 1½ Cup Minced Onion
- 1 Tablespoon Minced Garlic
- 1 Cup Grated Carrots
- 1 Cup Finely Chopped Cremi Mushrooms
- 2 Tablespoons Olive Oil
- 1 Cup Cooked Lentils
- 1 Cup Cooked Brown Rice
- 1 Cup Finely Ground Cashews
- 1 Cup Cooked Brown Rice
- 1 Cup Cooked Lentils
- 2 Tablespoons Olive Oil
- 1 Cup Finely Chopped Parsley
- 1 Tablespoon Lemon Zest
- 1 Cup Whole Wheat Bread Crumbs
- 4 Tablespoons Egg Whites

Sauté the onion, garlic, carrots, and mushrooms in olive oil until almost dry; about 5 minutes. Cool slightly. Add everything else and mix well. Shape into 6 equal sized burgers.

Grilling: Be sure grill is well cleaned and oiled. Grill on medium heat about 4 minutes each side.

**Stove top:** Cooks up best in a non-stick fry pan. Olive oil until almost dry; about 5 minutes. Cool slightly. Add everything else and mix well. Shape into 6 equal sized burgers.

Serve on fresh whole grain roll with your favorite condiments, lettuce and tomato.

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**Focus on Perimenopause** continued from front page.

- **Vaginal and bladder problems.** When estrogen levels diminish, vaginal tissues may lose lubrication and elasticity, making intercourse painful. Low estrogen levels may also lead you more vulnerable to urinary or vaginal infections. Loss of tissue tone may contribute to urinary incontinence.

- **Decreasing fertility.** As ovulation becomes irregular, the ability to conceive decreases. However, as long as a woman is having periods, pregnancy remains a possibility. To avoid pregnancy, use birth control until there have been no periods for 12 months.

- **Changes in sexual function.** During perimenopause, sexual arousal and desire may change. Good communication with your partner is an essential component of healthy sexual adjustment during this time of change.

- **Loss of bone.** As estrogen levels fall during perimenopause, bone loss increases which causes a higher risk of osteoporosis, or thinning of the bones.

- **Cholesterol.** Changed hormone levels may lead to changes in your blood cholesterol levels, including an increase in low-density lipoprotein (LDL) cholesterol — the “bad” cholesterol — which contributes to an increased risk of heart disease. At the same time, high-density lipoprotein (HDL) cholesterol — the “good” cholesterol — decreases in many women as they age, which also increases the risk of heart disease.

Some women seek medical attention for their perimenopausal symptoms. But others either tolerate the changes or simply don’t experience symptoms severe enough to warrant attention. Because subtle symptoms may come on gradually, you may not realize at first that they’re all connected to the same thing — fluctuating levels of hormones. If you do experience symptoms that interfere significantly with your quality of life or well-being, see your health care provider. Treatment is available for most of the symptoms of the perimenopause.

Dr. Anne Stohrer is an OB/GYN specialist at The Women’s Center, where she provides care for women through every stage of life. Dr. Stohrer, along with Dr. William Ellis and certified nurse midwives Kippy Bovey, Jackie Bromley and Marge Kelso, provide comprehensive menopause care, annual exams and screenings, prenatal and pregnancy care, family planning and treatment of gynecologic conditions and diseases. Learn more online at copleyvt.org/obgyn.

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**Physician Directory and Hospital Services**

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<thead>
<tr>
<th>Anesthesiology</th>
<th>Copley Hospital Medical Group Practice</th>
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<tbody>
<tr>
<td>Joan Fox, CRNA</td>
<td>888-8888</td>
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<tr>
<td>Travis Knapc, CRNA</td>
<td>888-8888</td>
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<tr>
<td>Mirjam McCormack, MD</td>
<td>888-8888</td>
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<tr>
<td>Chris Rohan, MD</td>
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<tr>
<th>Birth Center/Obstetrics</th>
<th>888-8304</th>
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<td>Cardio/Pulmonary Rehabilitation</td>
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<th>Cardioiology</th>
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<tr>
<td>Adam Kunin, MD</td>
<td>888-8372</td>
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<tr>
<th>Clinical Nutrition/Dietitian</th>
<th>Copley Hospital Practice</th>
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<tr>
<td>Rebecca Ainsworth, RD</td>
<td>888-8233</td>
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<tr>
<th>Dentistry</th>
<th>Birchwood Dental Associates</th>
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<tr>
<td>Murray Diner, DDS</td>
<td>334-6965</td>
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<th>Diabetes Education</th>
<th>Copley Hospital Practice</th>
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<tr>
<td>Nancy Wagner, CDE</td>
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<th>Copley Hospital Medical Group Practice</th>
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<tr>
<td>Jordice Corey, NP</td>
<td>888-8888</td>
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<tr>
<td>Liam Gannon, MD</td>
<td>888-8888</td>
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<td>Jacqueline Goss, PA</td>
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<td>Patrick Haagheley, MD</td>
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<td>John Kauing, MD</td>
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<td>Neil Ng, MD</td>
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<td>Charles Olser, FNP</td>
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<td>Adam Putnam, MD</td>
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<td>Joseph Sabotic, MD</td>
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<td>Daniel Wollson, MD</td>
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<th>Gastroenterology</th>
<th>Independent Practice</th>
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<tr>
<td>Joel Silverstein, MD</td>
<td>888-3111</td>
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<th>General Surgery</th>
<th>Green Mountain General Surgery</th>
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<tr>
<td>C. Dyanne Racette, MD</td>
<td>888-2311</td>
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<tr>
<td>Brian Smale, MD</td>
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<th>Independent Practice</th>
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<td>Patrick Jaque, MD</td>
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<tr>
<th>Gynecology/Obstetrics</th>
<th>The Women’s Center, Copley Hospital Practice</th>
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<tr>
<td>William Ellis, MD</td>
<td>888-8100</td>
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<tr>
<td>Anne Stohrer, MD</td>
<td>888-8100</td>
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<tr>
<td>Fred Rossman, MD*</td>
<td>888-1966</td>
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