

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.**

**Make the
RIGHT
CALL**



COPLEY CLOSE-UP



Margaret Higgins

A certified physical therapist, Margaret has been at Copley for 14 years providing therapy care to our community. She provides treatment of orthopedic and neurological conditions, and wound care. Margaret sees patients at the Hospital and at Copley Rehabilitation in Stowe, located in the Stowe/Flake Resort & Spa.

Where did you grow up?

Stowe, in the same farmhouse that I'm living in now.

What is your favorite food?

Cheese, what girl doesn't like cheese?

What are your top three hobbies?

X-C skiing, tele-skiing, and gardening.

What is your favorite holiday and why?

Thanksgiving in Philly. The family gets together, everyone in the kitchen prepping, cooking, and catching up.

What is something about you that would be surprising to others?

I guess I didn't talk until I was 6 according to family, family friends and classmates. It surprises me too. I guess I'm making up for it now.

What makes Copley such a special place to work?

The people that I work with (they are fun, energetic and supportive) and the community that supports the hospital.

What would you describe as Copley's greatest strength?

The ability to deliver a variety of services in a small hospital setting.

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.

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

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COMMUNITY UPDATE



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Vice President Operations

- Our Vision**
- Copley Health Systems leads in providing lifelong comprehensive 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
 - Confidentiality
 - Good stewardship and careful administration

Copley Health Systems
528 Washington Highway
Morrisville, VT 05661
802-888-8888
www.copleyvt.org

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Copley Named One of Top 100 Critical Access Hospitals

I'm proud to share the news that Copley Hospital was named one of the Top 100 Critical Access Hospitals (CAH) in the country. This is the second year in a row Copley received this honor; a testament to the quality care and overall performance of our community hospital.

Copley is the only CAH in Vermont included in the rankings, compiled by iVantage Health Analytics in collaboration with The National Rural Health Association. According to the NRHA, there are approximately 1,200 Critical Access Hospitals in the United States.



Emergency Department Renovation Continues

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 restrooms, along with the new reception, triage, and waiting area. Finishing touches to "Russel's Room," a pediatric friendly treatment room in honor of Russel 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 Melvyn Patashnick
President & CEO

SECOND CHANCE WELCOMES ROBIN PUGH



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.

WELLNESS CENTER

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 Jessilyn 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

6:30 – 8:30pm

Fee: \$30.00

June 25th

6:30 – 7:30pm

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

Meets 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 888-8230 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.

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

COPLEY AUXILIARY 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.

Thank you to our presenting sponsor:



and



COPLEY WOODLANDS



Independent Living Community

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. Also available are on-site management, dining services, and an abundance of in-house activities and social events.



A number of Copley Woodlands residents knitted scarves for athletes in the Vermont Special Olympics Winter Games.

For more information on leasing opportunities, or ownership, contact Site Manager Penny Davis **802-253-7200** or visitcopleywoodlands.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

- ½ Cup Minced Onion
- 1 Tablespoon Minced Garlic
- 1 Cup Grated Carrots
- 1 Cup Finely Chopped Cremini Mushrooms
- 2 Tablespoons Olive Oil
- 1 Cup Cooked Lentils
- 1 Cup Cooked Brown Rice
- 1 Cup Finely Ground Cashews
- 2 Tablespoons Ground Cumin
- 4 Tablespoons 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 to coat the pan. Cook burgers until each side is colored.

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

"Focus on Perimenopause" continued from front page.

of this may be hormonal changes, or may be a reaction to sleep problems. Mood changes may also be caused by factors not related to the hormonal changes of perimenopause, like life issues or relationship difficulties.

- **Vaginal and bladder problems.** When estrogen levels diminish, vaginal tissues may lose lubrication and elasticity, making intercourse painful. Low estrogen levels may also leave 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 Kipp 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.

PHYSICIAN DIRECTORY AND HOSPITAL SERVICES

Anesthesiology

Copley Hospital Medical Group Practice
Joan Fox, CRNA 888-8888
Travis Knapp, CRNA 888-8888
Mirjam McCormack, MD 888-8888
Chris Rohan, MD 888-8888

Birth 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 888-8233

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
Jordice Corey, NP 888-8888
Liam Gannon, MD 888-8888
Jacqueline Goss, PA 888-8888
Patrick Heaghney, MD 888-8888
John Kaeding, MD 888-8888
Neil Nigro, MD 888-8888
Charles Osler, FNP 888-8888
Adam Putnam, MD 888-8888
Joseph Subasic, MD 888-8888
Daniel Wolfson, MD 888-8888

Gastroenterology

Independent Practice
Joel Silverstein, MD 888-3111

General Surgery

Green Mountain General Surgery
C. Dyeanne Racette, MD 888-2311
Brian Smale, MD 888-2311

Independent Practice

Patricia Jaqua, MD 888-8888

Gynecology/Obstetrics

The Women's Center,
a Copley Hospital Practice
William Ellis, MD 888-8100
Anne Stohrer, MD 888-8100

Independent Practice

Fred Rossman, MD* 888-1966

*Gynecology Only

Hospitalist Program

Apogee Physicians
Robert Cochrane, MD 888-8173
Patrick Keith, MD 888-8173

Internal Medicine

Hardwick Health Center
Brendan Buckley, MD 472-3300

Independent Practice

Robert Kozub, MD 888-8888
Henry Southall, MD 888-5000

Laboratory Services

888-8340

Medical Records

888-8352

Neurology

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

Nurse Midwifery

The Women's Center,
a Copley Hospital Practice
Alexandra "Kipp" Bovey, CNM 888-8100
Jackie Bromley, CNM 888-8100
Marje Kelso, CNM 888-8100

Oncology & Cancer Care Program

FAHC/Copley Hospital Oncology
Outreach Clinic
Susan Hooper, APRN 888-8372
Julie Jae Olin, MD 888-8372

Ophthalmology

Independent Practice
Mark Iverson, MD 888-7077

Optometry

Independent Practice
David Garbutt, OD 888-3089

Orthopedics & Sports Medicine

Mansfield Orthopaedics,
a Copley Hospital Practice
Brian Aros, MD 888-8405
Laura Drenen, NP 888-8405
Nicole Ernst, PA-C 888-8405
Bryan Huber, MD 888-8405
Leah Morse, PA-C 888-8405
Saul Trevino, MD 888-8405
Nella Wennberg, PA-C 888-8405

Otolaryngology (Ear, Nose & Throat)

Independent Practice
Paul Julien, MD 334-9009

Pain Management

Independent Practice
Anne Vitaletti-Coughlin, MD 888-8392
888-8311

Patient and Family Services

888-8311

Pathology

Independent Practice
John Mech, MD 888-8340

Vermont Dermatopathology

Catherine Antley, MD 658-6269

Pediatrics

Ryder Brook Pediatrics
Sarayu Balu, MD 888-2448

Pulmonology

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

888-8351

Quality Management

888-8351

Radiology

Vermont Radiologists
Richard Bennum, MD 888-8358
Hartley Neel, MD 888-8358
Candice Ortiz, MD 888-8358
Robert Smith, MD 888-8358

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

Rehabilitation Services

All Copley Hospital Practices
Copley Hospital 888-8303
Hardwick Physical Therapy 472-6186
Orthopedics Rehabilitation
/Hand Therapy 888-8634
Copley Rehabilitation in Stowe 888-8634

Rheumatology

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

Sleep Medicine

Northern Vermont Center for Sleep Disorders
David Alsobrook, MD 888-8667
Innocent Ezenwa, MD 888-8667
Veronika Jedlovsky, MD 888-8667
Elaine Robinson, NP 888-8667

Urology

Copley Hospital Medical Group Practice
Betsy Perez, MD 888-8372

888-8369

Wellness Center

Family Practice

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

Johnson – Independent Practice

Christine Malcolm, FNP 635-7325
Paul Rogers, MD 635-7325

Morrisville Family Health Care (CHSLV)

Kim Bruno, MD 888-5639
Allison Christie, MD, MPH 888-5639
David Coddair, MD 888-5639
Cheryl Holton, FNP, CDE 888-5639
Philip Kiely, MD 888-5639
David Roy, MD 888-5639

Morrisville – Independent Practice

Gary Waring, MD 888-3096

Stowe Family Practice (CHSLV)

Sepi Bazel, MD 253-4853
David Bisbee, MD 253-4853
Jed Lowy, NP 253-4853
Katherine Marvin, MD 253-4853
Robert Quinn, MD 253-4853
Melissa Volansky, MD 253-4853
Angela Winchell, FNP 253-4853



COPLEY HOSPITAL

888-8888

www.copleyvt.org

