FOCUS ON: YOUR HEART HEALTH

An ounce of prevention is worth a pound of cure. Ben Franklin’s advice remains true today when it comes to your heart health. Copley Hospital cardiologist Adam Kunin, MD explains that good heart health begins with smart lifestyle choices. A healthy diet and lifestyle can reduce your risk of heart disease, heart attack, and stroke. It can also reduce your risk of conditions that lead up to heart disease including high cholesterol, high blood pressure, and other chronic health problems. “The most simple changes can result in big health benefits,” says Dr. Kunin.

Lifestyle changes recommended by Dr. Kunin include:

• Exercise. Make time for regular exercise. Walking briskly 30 minutes a day is considered regular exercise. Be creative by finding more ways to incorporate extra steps into your day: take the stairs instead of the elevator, park your car further from the store, re-energize with a lunch time walk. At Copley, staff periodically participates in walking challenges, competing to see which team can walk the most steps each week. We wear pedometers and aim for 10,000 steps a day.

• Eat more fruits and vegetables every day. Dr. Kunin recommends the Mediterranean diet.

• If you smoke, quit. If you don’t smoke, don’t start. Quitting smoking can be difficult, but it is a powerful way to reduce your risk of heart disease and other diseases. Smoking cessation classes are available in our community; see the schedule on page 3.

Focus on these three goals and take it one day at a time. It will become habit and you’ll notice how much better you look and feel. Dr. Kunin follows his own advice: he exercises five days a week, and has been doing so for years.

BUNDLE UP

Choosing clothes and layering them properly are keys to keeping comfortable while exercising outdoors, especially in cold temperatures. Adding or removing layers as needed will help you to stay warm and dry while staying active.

• Base Layer: This layer, closest to your skin, should wick moisture away from your body and into the air or outer layer where it can evaporate. The best base layer materials are synthetics (polypropylene and polyester). These materials are lightweight, too.

Skin chafing can be a concern, so check the base layer design features. Stretchy fabric allows you to move easily. Seamless or flat-seam clothing lies flat and won’t rub your skin.

• MidLayer: This insulating layer helps to take moisture away from the base layer. Wool and synthetics, such as fleece, work well. This layer should be snug but not constricting. Features such as full-length front zippers allow for venting.

• Outer Layer: This layer protects you from the elements. When it’s dry outside, go for a lightweight soft shell that provides warmth, breathability, and wind resistance. If the conditions are wet, make sure your outer layer is both breathable and waterproof.

Source: American College of Sports Medicine; Hope Health Library 2013

COPLEY CLOSE-UP

Kathy Parsons – Radiologic Technologist
Kathy has been part of Copley’s Radiology team for 25 years. She is a multimodality technologist certified or competent in more than one imaging modality. She holds Advanced Certification in Mammography and CT.

Where did you grow up?
I was born at the old Copley Hospital and grew up in Stowe.

What is your favorite food?
I love pizza. Some of my favorite pizza is with a homemade touch - I make wreaths.

What are your top three hobbies?
I love gardening, being outside and running or biking when I get the chance.

Why did you choose your field?
I first became interested in Radiology when I was a patient at Copley with a fractured elbow and ribs. I had been kicked by a horse.

Anna Keskula, RN – Medical Surgical Unit
Anna is a caring, compassionate nurse and an integral part of our Medical Surgical team. She joined Copley in November 2012.

Where did you grow up?
I grew up in central Massachusetts in a town called Holden.

What is your favorite food?
Most definitely spaghetti with bread crumbs, salty meatballs and lots of pepper and parmesan cheese.

What are your top three hobbies?
I love gardening, being outside and running or biking when I get the chance.

What is your favorite holiday and why?
Thanksgiving is my favorite holiday, I love it that’s just about food and being with family.

What is something about you that would be surprising to others?
Before I became a nurse, I was in graduate school for geology, doing research in Iceland.

What does Copley make a special place to work?
I love working at Copley. I enjoy meeting and getting to know my patients, and I work with great people. Copley is a small hospital, but it feels like a big family.

Why did you choose your field?
I have always had an interest in nursing, and wanted to make a change in my life.
Vermont's Health Care Reform

The Vermont Association of Hospitals and Health Systems (VAHHS) and hospitals have leadership roles in the four-year, $45 million, federally-funded State Innovation Model (SIM) grant program. With this initiative, our shared goals are, by 2017, to: change how hospitals and doctors are paid; improve the coordination and delivery of health care services; and advance technology solutions that will support both these efforts.

To accomplish these goals, Copley is collaborating with local Federally-Qualified Health Centers (FGHC) and our Medical Staff to test new ways to deliver care; to facilitate smooth patient transitions as they move across facilities; and coordinate resources to improve access, quality and efficiency. These efforts also include OneCareVermont, the Accountable Care Organization (ACO) for Medicare beneficiaries, and eventually Medicaid and commercial payers.

We ask that the State, work with us to create:
• a payment system that aligns provider incentives, contains costs and promotes care coordination and innovation;
• a data and analytics system that enables effective and efficient care management;
• innovation and accountability by all stakeholders, including the State of Vermont; and
• sustainable funding that covers the actual cost of care.

GMPPC

Copley Hospital is finishing our first year working with the Vermont State Department of Mental Health (DMH) to provide a variety of contracted services to Green Mountain Psychiatric Care Center (GMPPC), the 8-bed acute care psychiatric hospital in Morrisville.

Copley is providing primarily infrastructure-related services, including: lab services, pharmacy services, and medical supplies; EKG interpretations; Occupational, Physical, Speech-Language, and Respiratory therapies; management of medical, as opposed to psychiatric, problems; nutritional, dietary, and food services; linen services; medical waste management; and more. These services are provided under contract with the Vermont State Hospital; Copley Hospital does not bill any patient or insurance for GMPPC-related services.

According to the DMH, the GMPPC is a temporary facility and will close when the new Vermont State Psychiatric Hospital opens in Berlin. While we still have concerns regarding access to mental health care and the infrastructure of the state’s mental health system, I am proud that Copley is playing such a critical role in keeping much needed access to services available during this transition.

As 2013 draws to a close, I want to thank you for choosing Copley as your provider. Your support means the world to us.

Happy Holidays!

Mel Patashnick, President & CEO
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.

SUPPORT GROUP
Diabetes Support Group
Thursdays January 23rd, February 27th, March 27th and April 24th
6:30 – 8:00pm
Copley Hospital Wellness Center
Free
Call 888-8226
Open to people with diabetes and their families. Meeting topics vary.

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
January 7th – February 11th
1:30-4:00pm
Stowe Family Practice
March 11th – April 15th
6:00-8:30pm
Hardwick Health Center
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 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.

AARP Smart Driver Class
January 4th and April 28th
1:00-3:00pm
Copley Hospital
Fee: $15.00 AARP member
/ $20.00 AARP non member
This one-day, four-hour course is designed for drivers age 50 and older.

PARENTING PROGRAMS
Childbirth Education Classes
January 9th – February 13th
February 13th – April 3rd
Mary 8th – June 12th
6:00-8:00pm
Fee: $110.00
(covers all 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
January 5th & January 12th
4:30-8:00pm
Copley Hospital
Contact Jessilyn Dolan, RN, CLD, CMT, CIMI, HBCE
Email: rieylsmom@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 & Nutritional Information
February 13th and June 12th
6:00-8:00pm
Fee: $10.00
Learn basic infant CPR instruction and nutritional information.

Baby Shower
March 11th
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.

EXERCISE CLASS
Chair Yoga
Saturday, Jan. 4 10:30am
Join instructor Kate Graves to try Chair Yoga. If you like it, join the six-week class that starts January 11th.
Fee depends on number of people who register.

Circuit Training
Every Monday and Thursday
9:00 – 10:00am
Copley Woodlands, Stowe
Fee: 25 for 10 sessions
Copley 72700
A blend of strength training, balance, stretching and free weights.

LIFE SKILLS
HeartSaver for Beginners
Recertification Class
January 21st & February 18th &
March 18th & April 15th
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.

Tobacco Cessation Classes
Classes available in Morrisville and Stowe
Call 253-4853 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 4-week session, will help teach you how to quit smoking for good. Free nicotine replacement will be available to participants.

A blend of strength training, balance, stretching and free weights.

FOR A HEALTHIER YO U
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.

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• 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.

A blend of strength training, balance, stretching and free weights.

Copley Health Systems
Annual Meeting
Open to All
Monday, January 13th
5:30 pm
Stonegrill Restaurant, Banquet Room, Morrisville
Agenda:
• Election of Corporate Members
• Amendments to Bylaws
• Election of Governance and Committee Member-at-Large
Please RSVP to 888-8157 so we may plan for refreshments.

MANSFIELD ORTHOPAEDICS
Opens Waterbury Clinic
Mansfield Orthopaedics now has two locations to better serve you:
555 Washington Highway, Morrisville
6 North Main Street, Waterbury

For more information on leasing opportunities, or visit
copleywoodlands.com
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HEALTHY RECIPE

Eggplant Pancakes with Roasted Red Pepper Coulis

Compliments of Copley’s Executive Chef Steve Sprague.

Ingredients:
- 2 Medium Eggplants
- 1 Tbsp Olive Oil
- 3 Cloves Garlic, Chopped
- 1 Medium Onion, Chopped
- 2 Eggs
- 4 Tbsp Flour
- Salt and Pepper
- 1 Tbsp Brown Sugar

Preparing the Eggplant:
Pierce the eggplants with a knife several times. Grill on your BBQ for 20-30 minutes until very soft and collapsing. Remove from heat and allow to cool. Cut them open and carefully scrape the flesh into a bowl. Salt lightly.

Sauté the onions in olive oil until caramelized. Put in a blender with the peppers, vinegar, sugar and salt and pepper. Puree. Serve warm.

Preparing the Coulis:
Pierce the eggplants in olive oil until tender and browning. In a mixing bowl, beat the eggs. Add the flour and seasonings. Drain off any liquid from the eggplant and add to the batter. Mix well.

Heat a non-stick skillet, add olive oil, and drop in heaping tablespoonfuls of the batter, shaping into 2” pancakes. Cook until lightly browned on both sides. Transfer carefully to a warm plate and drizzle with warm red pepper coulis. Add some feta cheese, and if you like, sliced Kalamata olives.

Preparing the Pancakes:
2 Eggs
4 Tbsp Flour
Salt and Pepper
1 Tbsp Brown Sugar

In a mixing bowl, add to the batter. Mix well.

Sauté the onions in olive oil until tender and browning. In a mixing bowl,
1 Tbsp Brown Sugar
1 Cup Roasted Red Peppers
1 Tbsp Balsamic Vinegar
1 Eggplant
1 Tbsp Brown Sugar

Your invitation to Copley Hospital’s Patient Portal

Copley Hospital-owned practices and clinics now offer you easy and private online access to your medical information.

Your username is your email address.

It’s easy to get started!

1. Check your email for an invitation from “Patient Portal at Copley Hospital”
2. Activate your account using the link in the email invitation
3. You’ll be prompted to enter your personal access code to complete the process

After activating your account you can access your portal at https://health.eclinicworks.com/copley

It’s free and easy to use!

If you have any feedback or questions about Patient Portal – please e-mail cporter@chtri.org

Your Portal is connected to Patient Portal.

If you have any feedback or questions about Patient Portal – please e-mail cporter@chtri.org

Physician Directory and Hospital Services

Anesthesiology
Copley Hospital Medical Group Practice
Ryan Austin, CRNA
888-8888
Joan Fox, CRNA
888-8888
Travis Knapp, CRNA
888-8888
Chris Rosa, CRNA
888-8888

Birthing Center/Obstetrics
Copley Hospital Medical Group Practice

Cardiology
Copley Hospital Medical Group Practice
Adam Kunin, MD
888-8372

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

Dentistry
Archbold 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
Jordie Casey, NP
888-8888
Liam Gannon, MD
888-8888
Jacqueline Gross, PA
888-8888
Patrick Heaghney, MD
888-8888
John Kaeding, MD
888-8888
Neil Nigo, MD
888-8888
Charles Oster, FNP
888-8888
Adam Pulman, MD
888-8888
Joseph Subasic, MD
888-8888
Daniel Wollock, 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. Dyannne Racette, MD
888-2311
Brian Smale, MD
888-2311

Hospitalist Program
Apothic Physician
Patrick Kunth, MD
888-8173
Jennifer Peters, MD
888-8173

Internal Medicine
Hardwick Health Care
Brendan Buckley, MD
472-3300
Robert Kazub, MD
888-8888
Henry Southall, MD
888-5000

Laboratory Services
Copley Hospital Medical Group Practice

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

Nurse Midwifery
The Women’s Center,
Copley Hospital Practice
Alexandra “Kip” Bovey, CNM
888-8100
Jackie Bromley, CNM
888-8100
Monia Kelso, CNM
888-1000

Oncology & Cancer Care Program
FAHC/Copley Hospital Oncology
Outreach Clinic
Susan Hooper, APRN
888-8372
Julie Jee Olin, MD
888-8372

Ophthalmology
Independent Practice
Mark Iverson, MD
888-7077

Optometry
Independent Practice
David Gerhart, OD
888-3089

Orthopedics & Sports Medicine
Mansfield Orthopedics,
a Copley Hospital Practice
Brian Aros, MD
888-8405
Laura Drenen, 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 S. McLaughlin, MD
888-8405
Leah Morse, PA-C
888-8405
Saul Trevino, MD
888-8405
Nella Wannberg, PA-C
888-8405

Otolaryngology
Ear, Nose & Throat
Independent Practice
Paul Julian, MD
334-9009

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

Pathology
Independent Practice
John Mech, MD
888-8340

Vermont Dermatopathology
Catherine Antley, MD
658-6269

Pediatrics
Ryder Brook Pediatrics
Saroye Boli, MD
888-2448

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

Quality Management
Copley Hospital Medical Group Practice

Radiology
Vermont Radiologists
Richard Banum, MD
888-8358
Harley Neel, MD
888-8358
Candice Ortiz, MD
888-8358
Robert Smith, MD
888-8358

Diagnostic Imaging
(MR/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
Pfizer Allen Health Care Rheumatology
Nicole Hynes, MD
847-4574

Sleep Medicine
Northern Vermont Center for Sleep Disorders
David Malbrooks, MD
888-8667
Innocent Ezenwa, MD
888-8667
Veronika Jedlovzsky, MD
888-8667
Elaine Robinson, NP
888-8667

Urology
Copley Hospital Medical Group Practice

Wellness Center
Betsy Perez, MD
888-8372

Family Practice
Hardwick Health Care (NCHC)

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

Morrisville Family Health Care (CHSLV)
Kim Bruno, MD
888-5639
Allison Christie, MD, MPH
888-5639
David Coddain, MD
888-5639
Cheryl Halton, FNP, CDE
888-5639
Philip Kielby, MD
888-5639
David Roy, MD
888-5639
Morrisville – Independent Practice
Gary Waring, MD
888-3096

Stowe Family Practice (CHSLV)
Sapi Bazal, MD
253-4853
Jed Lowy, NP
253-4853
Katherine Marin, MD
253-4853
Robert Quinn, MD
253-4853
Melissa Valsalva, MD
253-4853
Angela Winchell, FNP
253-4853

Stowe – Independent Practice
David Bubbe, MD
793-8865

www.copleyvt.org

Physician Directory and Hospital Services

888-8888