

## 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.

**ask us about our New Patient Portal**

Convenient, user-friendly access anytime, anywhere, to your health information.

Enjoy private and secure online access to:

- ✓ **Appointments:** Keep track of past and upcoming appointments
- ✓ **Medical Records:** View your visit summary
- ✓ **Education:** Receive educational material

If you have any feedback or questions about Patient Portal – please e-mail [oppportal@chsi.org](mailto:oppportal@chsi.org)

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## 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.
- **Mid-Layer:** 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

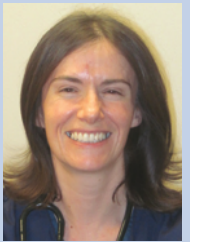


## COPLEY CLOSE-UP



**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.



**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.

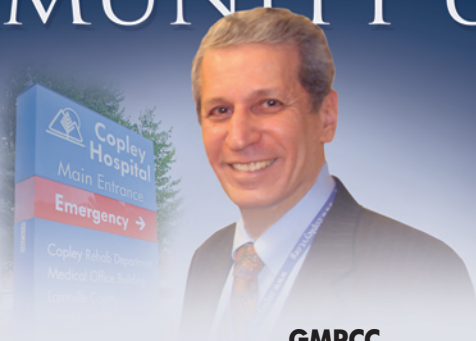
<b>Where did you grow up?</b>	<b>Where did you grow up?</b>
I was born at the old Copley Hospital and grew up in Stowe.	I grew up in central Massachusetts in a town called Holden.
<b>What is your favorite food?</b>	<b>What is your favorite food?</b>
Oh, it's probably Mexican, or anything spicy!	Most definitely spaghetti with bread crumb-rich, salty meatballs and lots of pepper and parmesan cheese.
<b>What are your top three hobbies?</b>	<b>What are your top three hobbies?</b>
I enjoy reading, gardening and riding my horses. Being out in the woods with good friends and horses is the best.	I love gardening, being outside and running or biking when I get the chance.
<b>What is your favorite holiday and why?</b>	<b>What is your favorite holiday and why?</b>
My favorite holiday is definitely Christmas. I love the lights, music, and decorations. I have a large family so much of our gift giving is with the homemade touch - I make wreaths. We always get together for a big meal.	Thanksgiving is my favorite holiday. I love that it's just about food and being with family.
<b>What is something about you that would be surprising to others?</b>	<b>What is something about you that would be surprising to others?</b>
My husband and I live in Jeffersonville on a class 4 town road which means we live off the grid. We need to be careful of how much power we are using or we will come home to a dark house!	Before I became a nurse, I was in graduate school for geology, doing research in Iceland.
<b>What makes Copley a special place to work?</b>	<b>What makes Copley a special place to work?</b>
Patients feel more comfortable when they see familiar faces and know they can trust that person to take care of them.	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.
<b>Why did you choose your field?</b>	<b>Why did you choose your field?</b>
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.	I have always had an interest in nursing, and wanted to make a change in my life.

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# COMMUNITY UPDATE



## Trustees

- Michael Alexander**  
Stowe
- Henry Binder, MD**  
Stowe
- Willa Farrell**  
East Hardwick
- Walter Frame**  
Stowe
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Morrisville
- Patrick Keith, MD**  
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Wolcott
- David Silverman**  
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- John Steel**  
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- Richard Westman**  
Cambridge
- Dana Wildes, Chair**  
Morrisville
- David Yacovone**  
Morrisville

## Senior Management Team

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President
- 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
- Rassoul Rangaviz**  
Chief Financial Officer
- Carolyn Roe, RN**  
Vice President Patient Care Services
- Joel Silverstein, MD**  
Chief Medical Officer
- Greg Ward, RRT**  
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

## 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 (FQHC) 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.

**"My mom said to me 'How wonderful it is as your mom to see you surrounded by so much loving care.'"**

Havilah and Scott Mann of Greensboro chose to birth their second son, Cosby, at Copley Hospital because of recommendations from friends.

"The water birth was incredible. I was able to be in the tub with her and it was more than being supportive. I was involved and felt really connected to the experience," said Scott. Havilah recalled: "My mom said to me 'How wonderful it is as your mom to see you surrounded by so much loving care.' The nurses were so attentive, supportive and generous; it felt like friends caring for me. Copley supported the natural birthing process I wanted."

Our healthcare system is undergoing great change. But the one thing that won't change is Copley's quality, compassionate care, here for you, close to home. For more than 80 years, friends and neighbors have helped Copley Hospital provide the care this community needs. Sure, the services have changed over the years, but what remains consistent is the extraordinary level of care our community hospital provides.

Your support of the Copley Annual Fund ensures everyone in our community has access to the best medicine and technology available today.

Gifts to Copley Hospital's Annual Fund can be made online at [www.copleyvt.org](http://www.copleyvt.org), by calling 802-888-8301, or by completing the reply slip below and mailing it to Copley Hospital Development Office, 528 Washington Highway, Morrisville, VT 05661.

Thank you!



Havilah and Scott Mann sought out Copley for the birth of their son, Cosby.

## GMPC

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 (GMPC), 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 GMPC-related services.

According to the DMH, the GMPC 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!

*Melvyn Patashnick*

Mel Patashnick, President & CEO

## Stowe Rotary Gift Helps Children & Families

Thank you Stowe Rotarians! The Stowe Rotary recently gifted Copley Hospital \$1,000.00 in support of nursing education. The gift was used to train nurses in S.T.A.B.L.E., a neonatal education program that focuses on the assessment and stabilization of sick newborns.

Pictured is Stowe Rotary President George Lewis with Copley Nurse Educator Phyllis Mitchell, RN and Birthing Center nurses Sarah Chouinard, RN; Marliese Carlson, RN; and Sue Fitzgerald, RN.



## Stowe Charities Helps Copley Purchase Gamma Camera

Trustees of Stowe Charities, Inc. recently presented a \$10,000 check to Copley toward the purchase of the hospital's new Gamma Camera. A donation was also made to the Vermont Foodbank. The funds were raised at the Stowe Wine & Food Classic. Copley's new Gamma Camera has been installed and is in use.



Pictured front (l-r): Copley Board Chair Dana Wildes, Johannes von Trapp and Melvyn Patashnick Copley CEO holding the Copley Hospital check, Stowe Wine and Food Classic Chair Donna Cox-Davies, Vt. Foodbank's Christine Foster, Event Coordinator Jenna Piper Emrich, Vt. Foodbank's Stephani Kononan. Backrow (l-r) Copley trustee Nancy Putnam, Stowe Wine and Food Classic Board Members Tony Campos, Greg Paus and Jack Sykas, Copley trustee Elaine Nichols and Copley VP Development Leah Hollenberger.

**Copley Health Systems**  
528 Washington Highway  
Morrisville, VT 05661  
802-888-8888  
[www.copleyvt.org](http://www.copleyvt.org)

The Copley Courier is published three times a year by the Community Relations Department.



Expert care with a personal touch

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

Return this card to:  
**Copley Hospital – Development**  
528 Washington Highway  
Morrisville, VT 05661

Yes, I/we wish to support **Copley Hospital**

\$25  \$50  \$100  \$250  \$500  \$1,000 Other: \_\_\_\_\_

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

Credit Card # \_\_\_\_\_ Expiration Date \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-Mail \_\_\_\_\_

- Check if you wish to remain anonymous  Please contact me  
 Please send me information on how to include Copley Hospital in my will



# WELLNESS CENTER

**A calendar of classes and screenings to help you live a healthier life**

**Register in advance online at [copleyvt.org/wellnessclassesandevents](http://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.**

### **Chronic Pain Self-Management Workshop**

January 9th – February 13th

1:00-3:30pm

Cambridge Health Center

Call 888-6026 to register or for more information

If you live with chronic pain, this class can help you better manage your condition. During this six-week class, we'll debunk myths; create an action plan that works for you; improve your fitness through exercise; discover coping techniques for emotions and fatigue; and help you better manage your sleep, healthy eating and medications.

### **Tobacco Cessation 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.

## **LIFE SKILLS**

### **HeartSaver for Beginners**

January 21st &  
March 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.

### **Recertification Class**

February 18th &  
April 15th

6:30 – 7:30pm

Fee: \$15.00

### **AARP Smart Driver Class**

January 4th and April 28th

8:30am - 1:00pm

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

May 8th – June 12th

6:00-8:00pm

Fee: \$110.00

(covered by most insurance plans)

Join other expectant parents for this six-week class. You'll gain knowledge, confidence and increased comfort so you can be actively involved in the birth experience. You'll also learn basic infant CPR and valuable nutritional information for mom and newborn.

### **HypnoBirthing**

January 5th & January 12th

4:30-8:00pm

Copley Hospital

Contact Jessilyn Dolan, RN, CLD, CMT,

CIMI, HBCE

Email: [rielysmom@yahoo.com](mailto:rielysmom@yahoo.com)

A class that teaches relaxation and self hypnosis techniques for a safe and comfortable birthing through guided imagery, visualization, and special breathing.

### **Infant CPR & 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

Call 253-7200

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



## SAVE THE DATE

### **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

### **Mansfield Orthopaedics Opens Waterbury Clinic**

Mansfield Orthopaedics now has two locations to better serve you:

555 Washington Highway, Morrisville  
6 North Main Street, Waterbury



A PRACTICE OF COPLEY HOSPITAL

802-888-8405

[www.mansfieldorthopaedics.com](http://www.mansfieldorthopaedics.com)

## COPLEY WOODLANDS



### **Independent Living in a Supportive Community**



Resident Pat Watson moved to Copley Woodlands eight years ago without knowing anyone. "I am an avid bridge player and one of the first things I found out was that there was a bridge group. Before I knew it, I had a whole group of new friends."

Pat's daughter Anne Bongiorno says: "Copley Woodlands is where I'd like to go when I retire. It offers everything you would want for your loved one as they age. It is a well-rounded, caring facility."



**COPLEY  
WOODLANDS**

For more information on leasing opportunities, or ownership, contact Site Manager Penny Davis  
802-253-7200  
or visit  
[copleywoodlands.com](http://copleywoodlands.com).



# 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  
½ tsp Oregano  
½ tsp Basil  
Salt and Pepper  
½ Cup Crumbled Feta Cheese

### Coulis

1 Cup Chopped Onion  
1 Tbsp Olive Oil  
1 Cup Roasted Red Peppers  
1 Tbsp Balsamic Vinegar  
1 Tbsp Brown Sugar

### Preparing the Pancakes

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 onion and garlic 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 platter and drizzle with warm red pepper coulis. Add some feta cheese, and if you like, sliced Kalamata olives.

### Preparing the Coulis

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

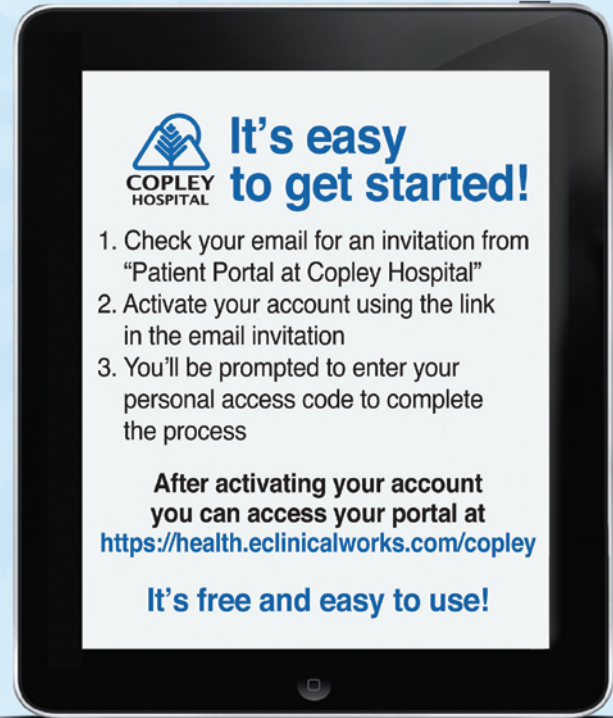


"Patient Portal" continued from front page.

## 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.



If you have any feedback or questions about Patient Portal – please e-mail [opportal@chsi.org](mailto:opportal@chsi.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 Rohan, 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 888-8233

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

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

**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  
Patrick Keith, MD 888-8173  
Jennifer Peters, 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  
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 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

**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

**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

**Wellness Center** 888-8369

**Family Practice**  
Hardwick Health Center (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 Coddaira, 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  
Jed Lowy, NP 253-4853  
Katherine Marvin, MD 253-4853  
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