BOOST FOR TRANSITION IN CARE

Copley Hospital is focusing on making transitions in care as seamless and as effective as possible. Our clinicians are using a nationally recognized program called “Better Outcomes By Optimizing Safe Transitions” – BOOST for short – with our Medical/Surgical and Special Care Unit patients. The program is used as part of Copley’s discharge planning process.

Discharge planning actually begins when the patient is first admitted. The patient’s admitting nurse uses an 8-point risk assessment. Using the scores from these assessments, we can determine any concerns and/or risks that could make continued healing difficult once back home or in long term care or rehabilitation. By identifying concerns early, we can work to solve them while still hospitalized or provide for appropriate interventions after the patient has been discharged. For example, arranging Meals on Wheels to assist with meals or requesting a risk assessment to secure Home Health services once the patient returns home.

Communications play a key role throughout. When being discharged, a patient receives a written summary that lists key information. This information includes:

- Why they were hospitalized;
- List of medications they are taking and should continue to take, including information on medication they had been taking prior to hospitalization that was changed and/or stopped during their hospitalization;
- Date and time for follow-up appointment with their primary care physician (booked for them by a member of their Copley healthcare team);
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ANNUAL MEETING

COPLEY HEALTH SYSTEMS, INC.

Open to All

Monday, January 12th 5:30pm
Stonegrill Restaurant, Banquet Room, Morrisville

Healthcare Reform

Join us in recognizing trustees Dana Wildes and John Steel for their years of service to Copley

Other Business

Election of Corporate Members
Election of Trustees
Election of Governance Committee
Member at Large

Your RSVP is encouraged so we may provide refreshments for all. Please call 888-8180

TRANSITIONS

With the new year, we wish general surgeon’s Dyeanne Racette, MD and Brian Smale, MD of Green Mountain General Surgery all the best as they close their practice at Copley. Over the past twelve years, Drs. Racette and Small were instrumental in rebuilding the general surgery program in our community, and provided tremendous service to our patients, to Copley, and to our community. We thank them and hope they enjoy many good years of health and happiness.

Three generations of Copley Laboratory Services Directors helped Laboratory Technician Carol Hayden celebrate her retirement. Carol worked nearly 40 years in Copley’s lab. Pictured with Carol are Francis Favreau, David McIlane and current Lab Director, Amy Shopland.

Continued on back page.
COMMUNITY UPDATE

2015 will be an exciting year for Copley Hospital. We plan to break ground on a new surgical suite—the working heart of every hospital. We will be replacing our surgical suite to make every patient’s path through care comfortable and seamless with facilities designed for workflow efficiency. We’ve worked carefully to combine this quality of care with Copley’s tradition of strong financial stewardship. The new surgical suite will cost $12.5 million. The project will be funded via a loan and working capital plus $3.2 million in community support. We have already raised $2.3 million in community support. Our Certificate of Need application is currently being reviewed by the Green Mountain Care Board.

Advancing Technology
We continue to build our electronic health record, with the Emergency Department scheduled to “go digital” in the Spring. We recently introduced our Hospital Patient Portal and our Physician Practice Patient Portal, providing patients with secure, online access to their medical records. You can learn more about our Patient Portals at www.copleyvt.org/PatientPortals.

We are updating our mammography suite to offer digital tomosynthesis, providing 3-dimensional images of the breast. Conventional digital mammography produces one image of overlapping tissue. Research on breast tomosynthesis in large populations consistently shows improved breast cancer detection rates and a decrease in call backs, which can lessen anxiety for patients.

Commitment to Quality
In the Emergency Department, we are referring patients without a primary care physician to a Blueprint for Health Care Coordinator. The Care Coordinator then assists the patient in securing a primary care physician. Since September 2012, Copley has referred more than 460 patients for assistance in getting a primary doctor. Of those 460, Blueprint for Health officials confirmed 63% have been connected to a primary care physician. The premise of this effort is that if you have a primary care physician, your care is more coordinated and you are more likely to avoid using the Emergency Room for non-urgent problems.

Healthcare Reform
2015 also promises to be a challenging time as we continue to work with other providers and state and federal entities to balance quality care, affordability, and sustainability while we transform our healthcare system. Our core principles of healthcare reform are the foundation of every initiative as well as our day-to-day operations. These principles are:

- **Cost.** Focus should be on personal costs, not system costs.
- **Universal Coverage.** The system must be fair and equitable for every Vermonter.
- **Patient Rights, Patient Choice, Patient Access.** Patients should be able to choose their provider, be involved in deciding their treatment options, and have access to quality care close to home.
- **Healthy Vermonters.** Reform measures must focus on outcomes and improve the health of individual Vermonters.
- **The Economy.** Health care is an economic issue. Health care reform must also protect and strengthen the economy.

We want to make certain healthcare reform protects both patients and our community — so every family and business is healthy and can prosper. We need your help in making sure our legislators, our town leaders and the Green Mountain Care Board understand how important Copley is to this community and for making sure care remains accessible.

Wishing you health and happiness in the New Year!

Mel Patashnick, President & CEO

"They saved my life. I was having a heart attack and I’m alive because of them. I can’t thank the ER staff enough!"

It’s important for our community to have access to outstanding health care. That’s why we’re including this friendly reminder. Please make your gift today.

Your gift to Copley Hospital makes a critical difference. When a grandfather with Parkinson’s can play cards with his grandchild thanks to the Intersocietal Accreditation Commission (IAC). The IAC evaluates the skill of the technicians, type of testing equipment used, knowledge of the interpreting physicians, and quality and detail of the records. Copley is one of four hospitals in Vermont to achieve Intersocietal Accreditation laboratory accreditation.

Focus on Population Health
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Mel Patashnick
President & CEO
UNDERSTANDING HEALTH STATISTICS

One Time Book Discussion at Your Local Library
Book Title: "Know Your Chances: Understanding Health Statistics"

February 4th 3:30-5:00pm
Morristown Centennial Library
Call 888-3853 or 888-8347

Or
March 11th 6:00-7:30pm
Lanpher Memorial Library
Call 888-4628 or 888-8347

Presented by Copley Hospital and community libraries. Health messages can be confusing and misleading. The goal of this one time book discussion is to provide background information and tools on how to better understand what those numbers in health messages mean. Learn what questions to ask to see behind the hype to discover what the message is actually saying. Your reservation is necessary as we provide the book.

SUPPORT GROUPS

Diabetes Support Group
January 22nd, February 26th and March 26th 6:30 – 8:00pm
Copley Hospital Wellness Center
Free
Call 888-8349
Free and open to people with diabetes and their families. Meeting topics vary.

Alzheimer’s Support Group
3rd Thursday of each month
4:00pm
Lamoille Home Health & Hospice
Call 888-4631
Spouses, families, and caregivers enjoy a safe, comfortable space to meet others who are experiencing similar challenges of caring for a loved one with Alzheimer’s. Come share experiences, information and support.

DIABETES EDUCATION

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

Diabetes can cause long-term health problems. Work 1:1 with Copley’s Certified Diabetes Educator to learn how to control your blood sugar and reduce the impact diabetes can have on your health. Copley’s Diabetes Educator works in coordination with your physician.

FOR A HEALTHIER YOU

Healthier Living Workshops
January 7th – February 11th
1:30-4:00pm
Morrisville Family Health Care
February 6th – March 13th
6:00-8:30pm
Hardwick Health Clinic
March 9th
5:30-6:30pm

Diabetes Prevention Program
Morrisville Family Health Care
A free program for anyone dealing with a chronic condition, including family members and caregivers. You can feel better by learning:
• how to manage symptoms, medications and nutrition
• how to improve strength, flexibility and endurance
• how to communicate with health professionals, family, and friends
To register for the Healthier Living Workshop, or for more information regarding the classes, call 888-6026.

LIFE SKILLS

HeartSaver for Beginners
January 20th and March 17th
6:30 – 8:30pm
Fee: $30.00
Copley Hospital 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.

AARP Smart Driver Class
January 12th and April 27th
8:30am – 1:00pm
Copley Hospital
Fee: $15.00 AARP member / $20.00 AARP non member
One a day, four-hour course designed for drivers age 50 and older.

PARENTING PROGRAMS

Childbirth Education Classes
January 8th – February 5th
March 5th – April 2nd
6:00-8:00pm
Fee: $110.00 (covered by most insurance plans)
Join other expectant parents for this live-week class. You’ll gain knowledge, confidence and increased comfort so you can be actively involved in the birth experience.

Baby Shower for Pregnant Women
March 17th
4:30-6:00pm
Call 888-1357 to register
Come celebrate, chat with other parents, and talk about what you can do to be as safe and healthy as can be during your pregnancy. Topics include healthy eating, weight gain, breastfeeding, oral health, birthing information, and more. Bring your partner, friend or family member too! Offered by Copley Hospital and the Vermont Department of Health.

REHABILITATION PROGRAMS

Cardiac Rehabilitation
Call 888-8230 for an appointment
This twelve-week comprehensive outpatient program improves your quality of life following heart events.

Pulmonary Rehabilitation
Call 888-8230 for an appointment
If you live with a disease affecting the lungs, pulmonary rehabilitation can help you.

EXERCISE CLASS

Every Monday and Thursday
9:30-10:00am
Copley Woodlands, Stowe
Fee: $25 for 10 sessions
Call 253-7200
A blend of strength training, balance, stretching and free weights.

WORKPLACE WELLNESS

Copley Hospital Community Health & Wellness will work with your team leaders to develop a customized program to encourage your employees to improve their overall health and identify risk reduction strategies. Working together, we can help your employees make healthier choices. Services include:
• confidential computerized health assessment
• biometric screening to track height, weight, BMI, body fat, blood sugar, cholesterol, HDL and blood pressure
• personal confidential 1:1 sessions with employees with health coach to create goals/action plans
• stress management
• quit smoking, and more
Let Copley’s Workplace Wellness Program help you create a healthier workforce. 888-8349

SAVE THE DATE!

Hilarious STOWE SQUARES REVIVAL
Saturday, Jan. 17th
8:00pm
The Rusty Nail, Mtn Rd, Stowe
Cover Charge; Proceeds Benefit Copley Hospital
Call 253-6245

Stowe’s hysterical, zany ADULT version of the “Hollywood Squares” featuring famous politically incorrect characters, Hollywood stars, and sports athletes returns during the Stowe Winter Carnival. Contestants picked randomly, great prizes! Come enjoy the laughs!

2015 Stowe Wine & Food Classic
Friday, Saturday, Sunday, June 13-15
Presented by Stowe Charities to benefit Copley Hospital
stowewine.com
Featuring Spanish wines, a farm-to-table dinner with wine pairings, the popular Grand Tasting and Blues, Brews and Food Truck Crews. Enjoy a more casual weekend of all the best Vermont has to offer paired with exquisite wines. Volunteers are needed; if interested, please call 802-898-8301.

2015 Copley Scramble
Saturday, July 11th
For all levels and experience!
“Boast for Transition in Care,” continued from front page

• Questions or tests they should ask their primary care physician about during that follow-up appointment;
• Instructions for what they need to do at home;
• Any symptoms to watch out for and what to do in the event they occur;
• A discharge nurse note and/or verbal report to help with timely handover communication.

After being discharged from the hospital, an RN calls the patient in a few weeks for follow-up and to answer any questions the patient may have. Our thanks to Nurse Director Donna Powell, Hospitalists Drs. Patrick Keith and Jennifer Peters, Patient and Family Services team of Claire Hancock and Sharon Rabillione, along with Pharmacy Director Carrie Phillips and their staffs for their work in implementing this program for our patients’ well-being.

Move of the Month

Quadriiceps Stretch

Your quadriiceps play a key role in everyday movement. Stretching your “quads” before and after performing an activity can help prevent injury. Before you start, certified athletic trainer Vin Fanucchi recommends that you warm up with a brisk walk, light jog, or a few minutes on a stationary bike because a warmed up muscle stretches easier.

This stretch is done lying down and should be performed 2-3 times per side, holding each stretch for 20-30 seconds. Stretching should not be painful. If you experience pain while performing the stretch you are doing too much and should back off on the intensity.

• Lie on your right side
• Reach back and grasp your left leg, just above the ankle.
• Gently bend your knee by pulling your heel towards your buttocks.
• Be sure to also pull your hip back and straighten your upper thigh.
• Keep your thigh level to the ground, do not allow your knee to lift upwards.

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

Copley welcomes two general surgeons, Mark Nuqui, DO and Andrew Smith, MD. They are already familiar to Copley patients as they have served as locums.

Dr. Nuqui completed his residency at Wyckoff Heights Medical Center in Brooklyn, New York, participated in an MIS/Bariatric Surgery Fellowship in Akron, Ohio, and participated in a research program at the Mount Sinai School of Medicine in New York, NY. While in residency he was presented with an Award of Excellence from the Nursing Department and was also honored with the Student Choice Award for Excellence in Teaching. Dr. Nuqui holds a Doctor of Osteopathic Medicine and is a member of the American College of Osteopathic Surgeons.

Dr. Smith completed his medical training at Hahnemann University School of Medicine, with commendations in pathology and surgery. He completed his residency in surgery at Easton Hospital in Easton, Pennsylvania. After serving for four years as a general surgeon in the U.S. Navy, he worked in private practice at a number of areas on the East Coast. He has been Vice Chairman of the Department of Surgery at St. Luke’s Quakertown Hospital since 2012.

Drs. Nuqui and Smith see patients in our Outpatient Services Center.

Physician Directory and Hospital Services

Anesthesiology
Copley Hospital Medical Group Practice
Ryan Austin, CRNA 888-8888
John Kimm, CRNA 888-8888
Joan Fox, CRNA 888-8888
Trops 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 Kin, MD 888-8372

Clinical Nutrition/Dietitian
Copley Hospital Practice
Rebecca starin, MD 888-8233

Dentistry
Birchwood Dental Associates
Murray, DDS 625 334-6965

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

Emergency Medicine
Copley Hospital Medical Group Practice
Adam Bose, NP 888-8888
Jordie Corey, NP 888-8888
Jacqueline Gallaghger, PA 888-8888
Liam Connor, MD 888-8888
Jacqueline Goss, PA 888-8888
Patrick Henry, MD 888-8888
John Kaeling, MD 888-8888
Neil Nigo, MD 888-8888
Charles Oiler, FNP 888-8888
Adam Pustain, MD 888-8888
Joseph Sibasic, MD 888-8888
Rossano Walton, PA-C 888-8888
Daniel Wallon, MD 888-8888

Gastroenterology
Independent Practice
Joel Silvick, MD 888-311

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

Weatherby Physicians
Mark Nuqui, DO 888-8372
Andrew Smith, MD 888-8372

Gynecology/OBSTETRICS
The Women’s Center, a Copley Hospital Practice
William Ellis, MD 888-8100
Anne Shaver, MD 888-8100

Independent Practice
888-8766

Gynecology Only
88610200

Hospitalist Program
Agape Physicians
Patrick Keith, MD 888-8733

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

Independent Practice
Rahul Kozub, MD 888-8888
Henry South, MD 888-8888

Laboratory Services
888-8340

Medical Records
888-8352

Neurology
Neurology Clinic (CHSV)
Jean Marie Proux, MD 888-5688

Nurse Midwifery
The Women’s Center, a Copley Hospital Practice
Alexandra ‘Kip’ Bowy, CNM 888-8100
Jodie Briner, CNM 888-8000
Marie Kelso, CNM 888-8000

Oncology & Cancer Care Program
HANC/Copley Hospital Oncology
Frician Outreach Clinic
Susan McDermott, APRN 888-8372
Julie Jao Oln, MD 888-8372

Ophthalmology
Heron Eye Care
Mark Iwamoto, MD 229-9554

Optometry
Green Mountain Eye Care
Frances Peters, OD 888-3069

Orthopedics & Sports Medicine
Manoahel Orthopedics
Copley Hospital Practice
Brian Ari, MD 888-8405
Laura Drenen, NP 888-8405
Alexis Gagne, PA-C 888-8405
Bryan Huber, MD 888-8405
John Kimm, CRNA 888-8405
Joseph S. McLaughlin, MD 888-8405
Leah Morse, PA-C 888-8405
Paul Trefino, PA-C 888-8405

Otolaryngology
(Ear, Nose & Throat)
Independent Practice
Paul Julian, MD 334-9099

Pain Management
Independent Practice
Anne Velasquez-Coughlin, MD 888-6992

Patient and Family Services
888-8311

Pathology
Independent Practice
John Mach, MD 888-8340

Vermont Dermatopathology
Catherine Arleby, MD 658-6269

Pediatrics
Ryder Brook Pediatrics
Saraya Bolu, MD 888-2448

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

Appellepediatrics (CHSV)
Adrienne Pahl, MD 888-7337

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

Quality Management
888-8351

Radiology
Vermont Radiologists
Richard Bennum, MD 888-8358
Horley Neal, 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

Copley Rehabilitation in Stowe
888-8634

Rehabilitation in Stowe
888-6634

Harrick Physical Therapy 472-6186

Orthopedics Rehabilitation/Hand Therapy 888-6634

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

Sleep Medicine
Northern Vermont Center for Sleep Disorders
D avid Goodside, MD 888-6559
C heryl H allon, FNP, CDE 888-6559
Phil Kiley, MD 888-6559

Sno rway Benevolent Foundation
888-8304

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

Stowe Personalized Medical Care
D avid Bisbee, MD 505-2020

Stowe Natural Family Wellness
Angela Roberts, MD 253-2340

Independent Practice
Sara Norris, MD 860-3366

Health Care & Social Services
Art Gleiner, MD 249-1279

Copley Hospital
888-8888
www.copleyvt.org