Celebrating 20 Years of Midwifery Services

This month marks a milestone for midwifery services at Copley. Twenty years ago, Copley Hospital began offering midwifery services to our community.

Marjorie Kelso, then a registered nurse at Copley’s Birthing Center, remembers the hospital spearheading a community-wide survey asking women what they were looking for as it pertains to their healthcare. “The results were clear: women in our community wanted midwifery care available to them,” said Kelso. At the time, babies were being delivered and women’s health needs were being tended to by Copley’s OB/GYN specialists and family practice physicians. Women wanted a new care model.

The midwifery model of care – which is mother-and-child-based – differs from the traditional medical model, which is about controlled medical management of a safe, healthy pregnancy and birth. Copley’s midwives are with the mother from the time true labor begins, all the way through the birth of the baby. Women who use a combination of a midwife with an OB/GYN are statistically less likely to require labor induction, pain medications, epidurals and other medical/surgical interventions. The OB/GYN is available, if needed, in the event medical/surgical interventions are necessary.

“We provide care to women throughout their lifespan. You don’t need to be cared for by a midwife for just pregnancy; we treat the whole woman through every stage of life,” Jackie Bromley, CNM

In addition to pregnancy care, which includes pre-conception to postpartum care, midwives provide routine gynecological care such as annual exams and screenings. “We provide care to women throughout their lifespan. You don’t need to be cared for by a midwife for just pregnancy; we treat the whole woman through every stage of life,” says Jackie Bromley, CNM, Copley’s first certified nurse midwife.

Bromley joined Copley’s medical staff in 1996, at the same time Kelso left Copley to complete her midwifery certification, returning in 1998. Bromley and Kelso helped birth babies in the Birthing Center while also providing well woman care in the clinic. This made for some long nights followed by a full day at the clinic for this duo if more than one mother was in labor at a time.

In 2012 The Women’s Center welcomed its third midwife. Alexandra “Kipp” Bovey began her career in Copley’s Birthing Center working as a nurse. She returned to Copley in 2012 to join the hospital’s midwifery team. Earlier this year certified nurse midwife April Vanderveer joined the team. She too was a former nurse in Copley’s Birthing Center, having spent 11 years in nursing before pursuing midwifery.

“We’ve got something special at The Women’s Center. We are very proud of the care we provide and that we have helped inspire future nurse midwives like Kipp and April,” said Bromley.

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Janessa Vandette, PA-C
Janessa is a Board Certified Physician Assistant at Mansfield Orthopaedics. She works alongside hand and upper extremity specialist Joseph McLaughlin, MD. Janessa received her Master’s Degree in Physician Assistant Studies at Missouri State University.

Where did you grow up? I grew up in the neighboring state of New Hampshire.

What is your favorite food? I love pan fried catfish.

What are your top three hobbies? I’m an outdoor person and enjoy soccer, cycling, and snowboarding.

What is your favorite color? Silken moss, it’s in the green family.

What word best describes you? Adventurous, I love a good adventure!

What is something about me that would be surprising to others? I like ketchup on my pizza!

Who do you look up to the most, and why? My parents. They are the most hardworking and caring people I know.

What makes Copley a special place to work? Copley’s mission statement and values contribute to making it a special place to work, but it is also located within a close-knit community that is filled with passionate and caring people.

Why did you pick your career? I chose this career because I wanted to help give better healthcare access to people who live in more remote and rural areas.
The Copley Courier is published three times a year by the Community Relations Department.

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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 health care 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
Honor
Confidentiality
Good stewardship and careful administration

Construction for our new Surgical Center continues to be the buzz around campus with staff and visitors. Site work continues to be on target, with concrete poured and steel going up. You can now make out the size and whereabouts of the building.

WELCOMING NEW PHYSICIANS
I am pleased to welcome doctors Marty Linseisen, MD and Nicholas Antell, MD (shown right; top to bottom) to Copley. Dr. Linseisen is an emergency services physician and joined our ED team in July. He comes to us having previously served as chief resident physician in the Maine-Dartmouth Family Medicine Residency Program in Augusta, Maine for three years. Dr. Antell is a native Vermonter and moved back from California in mid-August. He joins Copley’s Mansfield Orthopaedics working closely with our Emergency Services, caring for patients with acute musculoskeletal injuries. Both Drs. Antell and Linseisen were drawn to Copley for the focus we place on our patients and their outcomes.

SCRAMBLE NETS BIG FOR COPLEY
By far, this year’s golf outing held at the Stowe Country Club was one for the record books. One hundred forty golfers registered and for the first time in the event’s 29-year history, golfers were pulled off the course due to torrential rain. Prior to that, golfers had been enjoying several hours of comfortable playing conditions and friendly rivalries. I am happy to report that, thanks to the support of our community and our many vendors, the event raised $24,000 for our new Surgical Center.

WELCOME TO THE Copley family!

BUDGET
We presented our 2017 budget to the Green Mountain Care Board (GMCB) in August. Copley is not requesting a rate increase, meaning there will be no impact on Commercial Insurance payor rates. The GMB is continuing to seek a 3% cap on Net Patient Revenue (NPR) as it has for the past several years. We, along with other hospitals, have expressed concern to the GMB about the continued use of the 3% NPR cap and its long range impact on hospitals. NPR minus our expenses makes up our operating margin – typically 2% of our budget – which is used to reinvest in equipment and our facility. The GMB’s 3% NPR cap is based on budget figures only and has not been reabsorbed to reflect actual utilization trends since 2012. We are requesting a Net Patient Revenue exception of 4% and our FY2017 budget reflects the cost pressures we face, including increases in variable costs due to multiple years of increased utilization and challenges with recruitment, employee turnover and a very competitive labor market. Our focus remains on keeping Copley’s great tradition of excellent compassionate care and access to care for all thriving.

COPELEY COMPOSTS!
Over the past year Copley has been working with Black Dirt Farm in Greensboro Bend and composting food scraps. To date, we have composted 81,000 pounds of food scraps. Our food services team continues to be instrumental in educating staff and visitors as to what can be composted.

LIVE WELL LAMOILLE BLOG
Copley recently launched a friendly on-line community blog that shares information, strives to build community and encourages readers to make healthy choices. The blog is a collaborative effort with a number of community leaders and social service agencies throughout Lamoille. The goal is to provide a one-stop place to integrate information on healthy choices from the full spectrum of determinants: behavior, social and economic factors, physical environment, and clinical care/prevention. If you haven’t already, I encourage you to check it out at www.livewelllamoille.com.

Looking ahead, I hope to see some of you at our SK Run for the Heart on Saturday October 1st. I plan to have my running shoes on and will lead a warm-up!

Art Mathisen, CEO

Extraordinary care starts with you.

YES, I WISH TO SUPPORT COPLEY HOSPITAL
Please accept my gift of:
$25 $50 $100 $250 $500 $1000 Other $

Check enclosed payable to COPLEY Hospital.

Please charge my gift to:
None Visa MasterCard

Please return this card to:
COPELEY HOSPITAL – DEVELOPMENT
528 WASHINGTON HIGHWAY
MORRISVILLE, VT 05661

Signature:

Art Mathisen, CEO

**C O M M U N I T Y  U P D A T E **
Exercise Class

STEP UP EXERCISE PROGRAM
Mondays & Fridays | Noon–1pm
Fee: $36 for 12 sessions
Copley Rehabilitation Services. Call 888-8303.
This supervised group exercise program includes
independent warm-up with use of cardio equipment
followed by stretching and strengthening/balance
activities. Participants must be capable of independent
exercise. A written referral from your physician is
required as well as an evaluation by a physical therapist.

MORNING EXERCISE AT COPLEY WOODLANDS
Mondays & Thursdays | 9–10am
Copley Woodlands, Stowe. Call 253-7200.
Fee: $25 for 10 sessions
A blend of strength training, balance, stretching and
free weights.

Support Groups

DIABETES EDUCATION & SUPPORT GROUP
September 22, October 28, December 1 | 6:30–8pm
Copley Hospital Wellness Center. Call 888-8369.
Free and open to anyone affected by diabetes.
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 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.

Retire in Stowe...
Where retired living is easy.

Enjoy an independent lifestyle in a friendly, supportive community. Located
in the heart of Stowe, Copley Woodlands is within walking distance of the
post office, art galleries, Stowe Free Library and a number of restaurants
and shops. Lease or own your spacious condominium while enjoying fine
dining service and the many in-house activities and social events available.
For more information contact Site Manager Penny Davis (802) 253-7200 or
visit copleywoodlands.com

For A Healthier You

HEALTHIER LIVING WORKSHOP
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 or for more information, call 888-6026.

TOBACCO CESSATION CLASS
Once a week for 4 weeks.
The “Quit in Person Program” provides free individual
or group stop smoking and chew tobacco services
within the community to help you quit. You can
choose to have free or reduced cost Nicotine Replace-
ment Therapy such as gum, lozenges or patches.
Call Shannon at 253-9161 for class listing and
to register.

1:1 QUIT SMOKING WITH COPLEY COACH
As a Tobacco Treatment Specialist, Nancy Wagner
of Copley’s Wellness Center provides 1:1 coaching.
Nancy will help develop a quit plan, talk through
barriers and provide the necessary support for a
successful quit smoking story.
Call Nancy Wagner at 888-8226 to register or
for more information.

Life Skills

HEARTSAVER FOR BEGINNERS
September 20, November 15 | 6:30–8:30pm
Fee: $30

RECERTIFICATION CLASS
October 18 | 6:30–7:30pm | Fee: $15
This American Heart Association basic life support
course covers adult, child, and infant CPR. Class also
includes Automated External Defibrillator (AED) training.

APPLE FESTIVAL AT COPLEY WOODLANDS
October 7 | 2pm
RSVP by September 27, 253-7200
Enjoy some of your favorite apple treats during
Copley Woodlands’ Apple Festival. Meet the
staff, tour the facility, and learn about the many
amenities that promote independent living in
a supportive community. Copley Woodlands
is located minutes from Stowe’s library, post
office, galleries, shops, and restaurants.

LITERATURE & MEDICINE BOOK DISCUSSION SERIES
Monthly beginning in September
Call 888-8347
Participants meet monthly, sharing stories that
explore issues of whole people, not just sick bodies,
and how health care affects lives beyond the hospital
doors. Books being discussed include: Wonder, by
R.J. Palacio; The Glass Castle: A Memoir, by Jeannette
Walls; The Shadow Box, Act 1 and Act 2, by Matt
Christopher; and Being Mortal: Medicine and What
Matters in the End, by Atul Gawande.

Abby L. Leventhal, RN, CNE, BSN
Education Director
Copley Hospital
888-8369

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