



Courier

THE NEWSLETTER OF
COPLEY HEALTH SYSTEMS, INC.
528 WASHINGTON HIGHWAY
MORRISVILLE, VT 05661

SPRING 2016



Surgical Center Site Work Begins

It is an exciting time at Copley Hospital as we begin site work in preparation for construction of our new Surgical Center. Copley is building a replacement for our current operating rooms, which were built in 1979. The new construction is separate from our current surgical services area. This means Copley's surgical services will not be disrupted; we will continue to provide high quality surgical services in our current area while the new surgical center is built.

Construction of the 19,560 square-foot center is expected to begin this summer, with construction taking 18 months. The preliminary site work involves reconfiguring the parking lot in front of the hospital rehabilitation services building (just past the hospital's main entrance) and relocating underground telephone lines. The existing traffic flow around the hospital will be maintained.

Watch for details about our upcoming groundbreaking! A video about the project, answers to frequently asked questions and more are available at copleyvt.org/support-copley.

[COPLEY CLOSE-UP]

Tina Creller Robarge

Tina is a senior patient account representative in Patient Financial Services. She has been a member of the Copley team for 3 years.



Where did you grow up?
I grew up in Owego, New York.

What is your favorite food?
Like many others, I truly enjoy my New York Style Pizza!

What are your top three hobbies? Fire fighting, walking, reading

What is your favorite color? Any variation of green

What word best describes you? I am a go-getter and very ambitious.

What is something about you that would be surprising to others? Because people know me as an outgoing and ambitious person, it might surprise them to know that I used to be very shy.

Who do you look up to the most, and why?
My Dad is my hero. He has always been my biggest cheerleader in life and has never given up on me.

Why do you choose Copley? The people; both patients and my coworkers. Every day is a new adventure where you get to interact with people. One day I might be helping a patient and the next day meeting a new employee and sharing a story.

What would you describe as Copley's greatest strength? One of our greatest strengths is in how we care for our patients. Many times I have taken calls from patients who share their Copley story on how the staff contributed to such a good experience.

Trustees Announce New CEO

Arthur (Art) Mathisen, FACHE, has been selected by the Copley Board of Trustees to serve as CEO and President of Copley Health Systems, Inc. "Given our commitment to the long-term sustainability of our community hospital, it was important to the trustees that we do our due diligence with a national search," said Nancy Putnam, chair of the CEO Search Committee. "We attracted candidates with great depth and breadth of experience, but it was Art's personal commitment to delivering exceptional care in a rural community hospital setting that made him our CEO. Healthcare reform is quickly evolving and Art is comfortable leading through change."



Mathisen will take over leadership of the hospital when CEO Melvyn (Mel) Patashnick retires, having led Copley Hospital for the last 10 years of his 30 years in healthcare administration. Mathisen is currently Chief Operating Officer at Copley Hospital. He joined Copley in July 2015.

Keeping Your Feet Healthy

Tuesday, May 24, 10:15am | Copley Hospital Auxiliary Luncheon | Green Mountain Technology and Career Center | Hyde Park

Healthy feet contribute to a full and active lifestyle as well as reducing the risk for falls. Physical therapist Ellen Adams, Copley Hospital's Director of Rehabilitation Services, will share tips on keeping your feet healthy and improving balance at the upcoming Copley Hospital Auxiliary Luncheon. The Luncheon is open to the public. Reservations are requested by Wednesday, May 17 to Lois Keith at 888-3701.



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802-888-8888
www.copleyvt.org

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 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

I am pleased with the Trustees' selection of Art Mathisen as Copley's new CEO [see related story, page 1]. Art and I share the same passionate dedication to ensuring access to high quality care regardless of the ability to pay. We will work closely together to ensure a smooth transition. The upcoming groundbreaking for

the new Surgical Center will be an extraordinary moment and a wonderful symbol of what we – Copley's staff, clinicians, volunteers and community members – have achieved together. I can't think of a better way to close out my healthcare administration career than with a public celebration of our exceptional community hospital. Thank you for this opportunity; it has been a privilege to serve you.

COPLEY ACHIEVES NEW FEDERAL STANDARDS FOR CLEANROOM CONSTRUCTION

We have completed renovations to the pharmacy Cleanroom and have completed the inspection process for certification. The Cleanroom is a highly controlled environment to minimize air and surface contamination of any kind. It is used by our pharmacists to prepare sterile IVs. U.S. Pharmacopeia (USP) Chapter 797 dictates very strict facility requirements for this key environment to ensure safety of compounded sterile products.

COPLEY'S WELLNESS PROGRAM RECOGNIZED WITH RISING STAR AWARD

Governor Peter Shumlin and Dr. Harry Chen, Commissioner of the Vermont Department of Health, recognized Nancy Wagner, RD; Holly Cooke, RN; and Miranda Roberts of Copley's Wellness Center with the Rising Star Award during the 2016 Vermont Worksite Wellness Conference. The state recognized them for their efforts in promoting health and wellness among employees of Copley and other area employers. Copley's Employee Wellness program provides staff with a number of wellness initiatives including smoking cessation education, diabetes counseling, use of the hospital's rehabilitation gyms, regularly scheduled screenings, lunch and learn gatherings, and more. "Our goal is to help our employees and our community recognize healthy choices and encourage them to make healthy choices every day," says Wagner.

LIVE WELL LAMOILLE BLOG TO LAUNCH IN MAY

Keep an eye out for a new, friendly online blog that shares information, strives to build community and encourages readers to make healthy choices. We are working with community members and social service agencies throughout Lamoille County to create this 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. The idea for this community blog grew out of conversations during a visioning process with Healthy Lamoille Valley and Copley Hospital Community Health Needs Assessment Steering Committee meetings. Live Well Lamoille is funded and curated by Copley Hospital. Participating bloggers include Steve Ames (Building Bright Futures),

Scott Johnson (Lamoille Family Center), Mary Collins (The Manor and Lamoille Home Health & Hospice), Tricia Follert and Tod Thomas (Town of Morristown), Lynda Marshall (Lamoille County Mental Health Services), Michele Whitmore (Johnson State College), Caleb Magoon (Powerplay Sports & Waterbury Sports), Valerie Valcour (Vermont Department of Health), Jessica Bickford (Healthy Lamoille Valley), Lisa Mugford (North Central Vermont Recovery Center), and David Vinick, Nancy Wagner and Leah Hollenberger (Copley Hospital). We look forward to creating this community space with you.

LOCAL FOODS ON THE MENU

Stop by Copley's cafeteria and you'll see a selection of locally sourced food from which to choose. Everything from Kingdom Creamery yogurt to a variety of apples from Sunrise Orchards. Our culinary crew, led by chef Steve Sprague, is incorporating locally sourced ingredients, using vegetables from Deep Root Organic Co-op and cream, buttermilk and yogurt from Butterworks Farm. David Vinick, our Director of Nutritional Services, confirms we use as much locally sourced food as possible in the 110,000 meals a year served to patients, staff, and visitors.

CELEBRATING VOLUNTEERS AND HOSPITAL STAFF

At Copley, we are invested in caring from the heart every day of the year. Please join me in thanking Copley clinicians and staff for all they do, to support your health and well-being. We have some special activities planned for staff during Hospital Week, May 8-14.

As this edition goes to press, we will be honoring and thanking our more than 100 volunteers for their service to Copley and our community. This year, they have donated more than 14,232 hours. During our annual Volunteer Appreciation Breakfast we recognize volunteers' many years of service and celebrate the many milestones shared together. I think the volunteers enjoy the opportunity to socialize and honor each other for their shared commitment. It truly is a wonderful event that I look forward to every year.

Wishing you health and happiness.

Melvyn Patashnick, CEO

29TH ANNUAL
COPLEY
GOLF
SCRAMBLE

Saturday, July 9
Stowe Country Club, Stowe, VT

Early Bird Special: \$115 per player,
if registered by May 31 (\$135 as of June 1)

Register now: copleyvt.org/CopleyScramble

PRESENTED BY
STEWART CONSTRUCTION
QUALITY • INTEGRITY • SERVICE

Extraordinary care starts with you.

YES, I/WE 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: Visa MasterCard

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- Check if you wish to be anonymous
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Please return this card to:
COPLEY HOSPITAL – DEVELOPMENT
528 WASHINGTON HIGHWAY
MORRISVILLE, VT 05661

wellness calendar



A calendar of classes and screenings to help you live a healthier life. Register in advance online: copleyvt.org/wellnessclassesandevents | 888-8369

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

April 28, May 26, June 23 | 6:30–8pm

Copley Hospital Wellness Center. Call 888-8369.

Free and open to anyone affected by diabetes.

Meeting topics vary.

ALZHEIMER'S SUPPORT GROUP

Third Thursday of each month | 4pm

Lamoille Home Health & Hospice. Call 888-4651.

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.



Retire in Stowe

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. Let go of property taxes and on-going maintenance; Copley Woodlands will take care of it plus offers dining services and numerous in-house activities and social events.

For more information on leasing opportunities or ownership, 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 Replacement Therapy such as gum, lozenges or patches.

Call Shannon at 253-9161 for class listing and to register.

Life Skills

HEARTSAVER FOR BEGINNERS

May 17 & September 20 | 6:30–8:30pm | Fee: \$30

RE-CERTIFICATION CLASS

June 21 | 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.

COMMUNITY BASED FIRST AID COURSE

September 13 | 6–9:30pm | Fee: \$30

Call 888-8369

Meets OSHA, state or employer requirements for individuals to possess knowledge of immediate first aid.

AARP SMART DRIVER CLASS

July 12 | 8:30am–1pm | Copley Hospital

Fee: \$15 AARP member, \$20 AARP non member

A one-day, four-hour course designed for drivers age 50 and older.

Parenting Programs

CHILDBIRTH EDUCATION CLASSES

May 12–June 9, June 23–July 22,

July 29–August 25 | 6–8pm

Fee: \$110 (covered by most insurance plans)

Join other expectant parents for this five-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

June 21 | 4–5:30 pm | 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 a cardiac event such as a heart attack.

PULMONARY REHABILITATION

Call 888-8230 for an appointment

If you live with a disease affecting the lungs, pulmonary rehabilitation can help you.

April 29–May 1

STOWE WEEKEND OF HOPE

stowehope.com

An annual forum for education, enlightenment and sharing for cancer survivors and those who love them.

- educational presentations
 - inspirational musical events
 - flags of Hope & Healing ceremony
- Registration is now open for the 16th Annual Stowe Weekend of Hope.



June 25

LACING UP FOR CANCER

Saturday, 11am, Trackside at Peoples Academy High School

"Today is a Gift" is the theme for this year's walk that benefits Lamoille Area Cancer Network. A signature event for Copley Hospital, we are pleased to again join the many local businesses and individuals supporting this annual community walk.



August 26–28

STOWE WINE & FOOD CLASSIC

**Spruce Peak at Stowe & Stowe Mountain Lodge
stowewine.com**

New date, new venue! The 3-day Classic brings together some of Vermont's best cuisine, craft beers and food specialists with the world's top vintners. Celebrate these culinary gems at the beautiful Spruce Peak at Stowe. This year's event benefits Camp Ta-Kum-Ta and Copley Hospital.

STOWE WINE & FOOD CLASSIC
8/26-28/16



October 1

COPLEY 5K RUN/ WALK FOR THE HEART

Saturday, Oxbow Park, Morrisville

Flat, fast and family-friendly! Join us for this 5K walk or run – you choose – to kick off Rocktoberfest. Watch for details!



ROCKTOBERFEST!
Downtown Morrisville
music, food, crafts, foot race, friends and more!

[PHYSICIAN DIRECTORY & HOSPITAL SERVICES]

Anesthesiology 888-8888
Copley Hospital Medical Group Practice
Ryan Austin, CRNA
Stephen Fischer, MD
Joan Fox, CRNA
Travis Knapp, CRNA
Chris Rohan, MD

Birthing Center/Obstetrics 888-8304

Cardiac/Pulmonary Rehabilitation .. 888-8230

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

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

Dentistry 334-6965
Birchwood Dental Associates
Murray Diner, DDS

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

Emergency Medicine 888-8888
Copley Hospital Medical Group Practice
Lisa Black, PA-C
Adam Boise, NP
Jordice Corey, NP
Liam Gannon, MD
Jacqueline Goss, PA
Patrick Heaghney, MD
John Kaeding, MD
Neil Nigro, MD
Christopher Niles, MD
Charles Osler, FNP
Adam Putnam, MD
Joseph Subasic, MD
Rosanna Welton, PA-C
Daniel Wolfson, MD

Family Practice
Hardwick Health Center (NCHC) 472-3300
Mckalyn Leclerc, MD
Christine Malcolm, FNP
Sarah Morgan, MD
Peter Sher, MD
Jeri Wohlerg, FNP
Johnson: Independent Practice 635-7325
Paul Rogers, MD
Kirsty Garbarino, NP
Morrisville: Independent Practice 888-3096
Gary Waring, MD
Morrisville Family Health Care (CHSLV)..... 888-5639
Delores Burroughs-Biron, MD
Kim Bruno, MD
Allison Christie, MD, MPH
David Coddair, MD
Kim Dacek, FNP
Cheryl Holton, FNP, CDE
Philip Kiely, MD
David Roy, MD
Stowe Family Practice (CHSLV) 253-4853
Clea James, MD
Katherine Marvin, MD
Robert Quinn, MD
Melissa Volansky, MD
Angela Winchell, FNP
Stowe Personalized Medical Care 253-5020
David Bisbee, MD
Health Here & Now 249-1279
Art Gleiner, MD

Gastroenterology 888-3111
Independent Practice
Joel Silverstein, MD

General Surgery 888-8372
Copley Hospital Medical Group Practice
Donald Dupuis, MD
Weatherby Healthcare
Andrew Smith, MD

Gynecology/Obstetrics 888-8100
The Women's Center, a Copley Hospital Practice
William Ellis, MD
Independent Practices (*Gynecology only*)
Fred Rossman, MD 888-1966

Hospitalist Program 888-8173
Apogee Physicians
Patrick Keith, MD
Jennifer Peters, MD

Internal Medicine
Hardwick Health Center 472-3300
Brendan Buckley, MD
Independent Practice
Robert Kozub, MD 888-8888

Laboratory Services 888-8340

Medical Records 888-8352

Naturopathic Medicine
Stowe Natural Family Wellness 253-2340
Angela Robens, ND
Jennifer Tuttle, ND

Independent Practice
Sara Norris, ND 860-3366

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

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

Oncology & Cancer Care 888-8372
The University of Vermont Medical Center/
Copley Hospital Oncology – Outreach Clinic
Susan Hooper, APRN
Julie Jae Olin, MD

Ophthalmology 229-9554
Doyle Eye Care
Brian Doyle, MD

Optometry 888-3089
Green Mountain Eye Care
Francis Pinard, OD

Orthopedics & Sports Medicine 888-8405
Mansfield Orthopaedics, a Copley Hospital Practice
Brian Aros, MD
Alexis Gagne, PA-C
Bryan Huber, MD
John C. Macy, MD
Joseph S. McLaughlin, MD
Leah Morse, PA-C
Margaret Rowell, RN, BSN, ONC
Matt Salter, PA-C
Saul Trevino, MD
Nella Wennberg, PA-C

Otolaryngology 334-9009
Independent Practice
Paul Julien, MD

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

Patient & Family Services 888-8311

Pathology
Independent Practice
John Mech, MD 888-8340
Vermont Dermatopathology 658-6269
Catherine Antley, MD

Pediatrics
Copley Hospital Birthing Center 888-8304
Diane Szlachetka, APRN, NNP-BC
Appleseed Pediatrics (CHSLV) 888-7337
Sarayu Balu, MD
Adrienne Pahl, MD

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

Quality Management 888-8351

Radiology 888-8358
Vermont Radiologists
Richard Bennum, MD
Hartley Neel, MD
Candice Ortiz, MD
Amy Sherman, MD
Robert Smith, MD
Diagnostic Imaging
MRI/CT/Mammogram, etc. 888-8358

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

Rheumatology 847-4574
The University of Vermont Medical Center
Rheumatology
Nicole Hynes, MD

Sleep Medicine 888-8667
Northern Vermont Center for Sleep Disorders
Mandy Degre, FNP
Weili Gray, MD
Veronika Jedlovzsky, MD
Francis Lee, MD

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

Wellness Center 888-8369



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healthy recipe

STEVE SPRAGUE, COPLEY'S EXECUTIVE CHEF



Sweet Potato Soup with Grilled Shrimp and Condiments

Soup

2 large sweet potatoes peeled and cut in 1" chunks
2 medium leeks, white parts washed and cut in 1" chunks
1 tsp minced fresh ginger
1 tsp minced fresh garlic
2 cans "lite" coconut milk
6 cups low sodium chicken stock
1 tbsps canola oil

Heat the oil in a heavy bottomed soup pot. Sweat the leeks, ginger and garlic for 5 minutes. Add everything else to the pot and simmer for about 40 minutes. Puree until very smooth and transfer to a soup tureen if you have one. Keep hot.

Shrimp

1½ lb peeled and deveined shrimp
1 tbsps minced ginger
1 tbsps sesame oil
2 tbsps fresh lime juice
1 tbsps low sodium soy sauce

Marinate the shrimp in minced ginger, sesame oil, lime juice and soy sauce for 20 minutes. Broil for 5 minutes, turning them once. Keep warm.

Condiments

3 bananas sliced 1" thick
1 cup unsweetened coconut flakes
1 cup sliced almonds
1 lime cut into wedges
fresh parsley or cilantro
Sriracha sauce

Place slices of bananas on a sprayed cookie sheet and broil for 3 minutes. Toast coconut flakes for 5 minutes. Toast almonds in the oven for 5 minutes.

Put the shrimp, bananas, coconut flakes, almonds, parsley (or cilantro) and lime wedges in separate bowls so everyone can garnish their soup as they like.

Serve with homemade zucchini bread or whatever you prefer. Serves 6.



Celebrating Dr. Hartley Neel's Milestone

Radiologist Dr. Hartley Neel was recently presented with a plaque honoring his 40 years of service with Copley by CEO Mel Patashnick and members of our Radiology team. Dr. Neel expressed his gratitude to the staff, commenting that the time has gone by quickly. "Copley is a wonderful place to work and the people are great." Dr. Neel is one of five radiologists providing coverage at Copley.