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.

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.

Tina Crelle 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.
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 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. Pharmacopoeia (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 gym, 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 LAOMILLE 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 Morrisville), 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 Holmen (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

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

*EXCEPTIONAL CARE. COMMUNITY FOCUSED.*

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

**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  
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 5, 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.

**Spruce Peak at Stowe & Stowe Mountain Lodge**

**STOWE WINE & FOOD CLASSIC**  
October 1 | Copley 5k Run/Walk for the Heart  
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!
**Anesthesiology**  
888-8888

Copley Hospital Medical Group Practice

Ryan Austin, CRNA  
Stephan 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 Kชนen, MD  
Robert Libel, MD

**Clinical Nutrition/Dietitian**  
888-8233

Copley Hospital Practice

Rebecca Ainsworth, MD

**Dentistry**  
334-6965

**Diabetes Educator**  
888-8226

Copley Hospital Practice

Nancy Wagnner, MD, 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 Heagney, MD

John Kaeling, MD

Neil Nigro, MD

Christopher Niles, MD

Charles Orino, FNP

Adam Putnam, MD

Joseph Subasic, MD

Rosanna Wolters, PA-C

Daniel Wolfrom, MD

**Family Practice**  
Hardwick Health Center (NHC)  
472-3300

Mckayl Leclerc, MD  
Christine Malcolm, FNP

Sarah Morgan, MD

Peter Sher, MD

Jim Wohlgem,FNP

Johnson: Independent Practice  
635-7325

Paul Rogers, MD

Kirsty Garbarino, MD

Morrisville: Independent Practice  
888-3096

Gary Waring, MD

**Gastroenterology**  
Morristown Family Health Care (CHSLV)  
888-5639

Delores Burroughs-Biron, MD

Kim Bruno, MD

Allison Christie, MD, MPh

David Codaire, MD

Kim Dacek, FNP

Cheryl Holton, FNP, CDE

Philip Kiley, MD

David Moy, MD

Stowe Family Practice (CHSLV)  
253-4833

Clara James, MD

Katherine Marvin, MD

Robert Quinn, MD

Melissa Volansky, MD

Angela Winclel, FNP

Stowe Personalized Medical Care  
253-5020

David Bibeau, MD

Health Here & Now  
249-1279

Art Gleiner, MD

**Gynecology**  
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

Alexandra “Kipp” Bovey, CNM

Jackie Brandon, CNM

Mary Kate, CNM

April Vanderveer, CNM

**Oncoogy & Cancer Care**  
888-8372

The University of Vermont Medical Center/  
Copley Hospital Oncology – Outreach Clinic

Susan Hooper, APRN

Julie Linn Olin, APRN

**Ophthalmology**  
229-9554

Doyle Eye Care

Brian Doyle, MD

**Optometry**  
888-3089

Green Mountain Eye Care

Francis Pinard, OD

**Orthopedics & Sports Medicine**  
888-8405

Mendfield Orthopaedic, a Copley Hospital Practice

Brian Aros, MD

Alexis Gagne, PA-C

Bryan Huber, MD

John C. Mazy, MD

Joseph S. McLaughlin, PA-C

Leah Morse, PA-C

Margaret Rowell, RN, BSN, ONC

Matt Stalter, PA-C

Saul Trevino, PA-C

Netta Wenneberg, PA-C

**Otolaryngology**  
334-9009

Independent Practice

Paul Julien, MD

**Patient & Family Services**  
888-8311

**Pathology**  
Independent Practice

John Mech, MD

Vermont Dermatopathology  
658-6269

Catherine Aylward, MD

**Pediactrics**  
Copley Hospital Birthing Center  
888-8304

Diane Stacherek, APRN, NP-C

Applesied Pediatrics (CHSLV)  
888-7337

Sarayu Balu, MD

Adrienne Pahl, MD

**Pulmonology**  
888-8667

Northern Vermont Center for Sleep Disorders

Veronika Jodovska, MD

**Quality Management**  
888-8351

**Radiology**  
888-8350

Vermont Radiologists

Richard Bennun, MD  
Hartlcy 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

Copley Rehabilitation in Stowe  
888-8634

Hardwick Physical Therapy  
472-6186

Orthopedics Rehabilitation Hand

Therapy  
888-8634

**Rheumatology**  
647-4574

The University of Vermont Medical Center  
Rheumatology

Nicole Hynes, MD

**Sleep Medicine**  
888-8667

Northern Vermont Center for Sleep Disorders

Mandy Ogies, FNP

Weibl Gray, MD

Veronika Jodovska, MD

Francis Lee, MD

**Urology**  
888-8372

Copley Hospital Medical Group Practice

Betsy Perez, MD

**Wellness Center**  
888-8369

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**EXCEPTIONAL CARE.**  
BDHUUDM FYD HDLOF, XHCUFXI CIYRU DHDR.

**healthy recipe**

**STEVE SPRAGUE, COPLE Y EXE CUTE F CHEF**

**Sweet Potato Soup with Grilled Shrimp and Condiments**

**Soup**  
2 large sweet potatoes peeled and cut in "chunks"  
2 medium leeks, white parts washed and cut in 1" chunks

1 tsp minced fresh ginger

1 tsp minced garlic

2 cans "lite" coconut milk

6 cups low sodium chicken stock

1 tbsp 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 tsp minced garlic

1 tbsp minced ginger

1 tbsp minced onion

1 tbsp fresh lime juice

1 tbsp 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 lime cut into wedges

1 cup unsweetened coconut flakes

1 cup sliced almonds

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.

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**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.

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[PHYSICIAN DIRECTORY & HOSPITAL SERVICES]