



Courier

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

WINTER 2016/2017

Tracking Patient Outcomes Following Shoulder Surgery

Renowned orthopaedic surgeon John Macy, MD is spearheading a new research tool for Copley Hospital and Mansfield Orthopaedics. “Surgical Outcomes System” (SOS) looks at long-term outcomes for total shoulder replacement, rotator cuff repair and shoulder instability. A key factor in this data is that it is not from the doctor’s point of view; the patients themselves evaluate how they are doing post-operatively in intervals of 6 weeks, 3 months, 1 year and 2 years.

“SOS allows us to measure how patients value their outcomes,” explained Dr. Macy. “Everyone’s goal is different. An 80-year old woman in pain and with limited mobility that two years out is pain free with a little mobility may be very satisfied. A younger athletic person will not be happy with the lesser mobility.”

Until now, Dr. Macy has had “no real-time data” that measures how his patients are doing post-surgery compared to other providers providing the same treatment. He believes he has the largest resurfacing cohort of patients in the world. “Outcomes are phenomenal, but they are antidotal. Now they will be measured,” he says.

SOS enables Copley Hospital and Mansfield Orthopaedics to have validated long-term outcomes regarding strength, functionality, range of motion, pain, and return to desired activities. This data, once collected and analyzed in aggregate, allows providers to see how satisfied their patients are compared to other providers locally, regionally and nationally and assists in continuous quality improvement initiatives.

Administered by Arthrex, Inc., SOS is a web-based program. Data is first collected from the patient via an iPad or tablet in the clinic. At intervals, the SOS system automatically sends surveys to the patient via email. The patient can click into the program and fill out the survey. Copley’s clinical coordinator for the SOS project is Sharon Mansfield, RN, MS, FNP-C, RNFA.

Dr. Macy is the first orthopaedic surgeon in Vermont to be using SOS, joining 650 other orthopaedic physicians globally.

Dr. Macy, who specializes in the reconstruction of the shoulder, has been performing surgery at Copley since 2001 and joined Mansfield Orthopaedics in 2013. He has performed reverse shoulder replacement for the past 10 years having been the first to do so in the state. He also performs a minimally invasive bone-sparing total shoulder replacement using a resurfacing technique. 3D

technology is used to model an individual’s shoulder virtually, enabling Dr. Macy to more accurately size and place components based on an individual’s anatomy. Use of these state of the art procedures and technology decreases the amount of bone loss, leaving more options for patients later in life for any needed revision surgery. Dr. Macy believes they improve long-term outcomes. A belief that can now be measured thanks to SOS.



John Macy, MD of
Mansfield Orthopaedics



Understanding Type 1 Diabetes

BY NANCY WAGNER, CERTIFIED DIABETES EDUCATOR

T1D is a genetic auto-immune disease that affects people of all ages and requires constant monitoring. A person with T1D does not produce insulin and must depend upon injected or pumped insulin for life. Insulin enables your cells to absorb glucose, so you can use it for energy or store it as fat for later use. The risk of dangerously high or low blood glucose levels is high and may be life-threatening or result in life-changing complications.

BALANCING AND MONITORING

Because a person with T1D does not produce insulin, they must monitor their blood sugar multiple times a day. Blood sugar levels can be affected by carbohydrates, exercise, and lack of sleep. With Type 1, it is important to determine how many carbohydrates one is eating so the appropriate amount of insulin can be administered. Carbs turn into glucose, or blood sugar, which is why you hear people with T1D talk about “counting carbs.” Exercise can deplete your blood sugar, as you use up your energy, so monitoring may

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SAVE THE DATE

Copley Health Systems Annual Meeting

Monday | January 9 | 5 pm
Charlmont Restaurant, Banquet Room
Morrisville

GUEST SPEAKER:
Jeff Tieman, CEO of Vermont Association of
Hospitals & Health Systems

Business Agenda:
Election of Corporate Members and Governance
Committee Member-at-Large

Please RSVP to 888-8291 so we may plan for
refreshments.

[COMMUNITY UPDATE]



COPLEY HEALTH SYSTEMS
528 WASHINGTON HIGHWAY
MORRISVILLE, VT 05661
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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

In the seven months as Copley's CEO, we've broken ground on the new Surgical Center, presented our FY17 budget to the Green Mountain Care Board, welcomed new faces and worked through transitions while continuing to strive for *excellence* in a time when there is still so much uncertainty regarding the future of healthcare.

I am reminded every day of the good work we do at Copley – the outstanding care we provide our patients, the team work of our staff. It that makes me proud to serve you well and be grateful for being part of this wonderful community.



SURGICAL CENTER

We continue to be on track for the fall opening of our new Surgical Center – the **James and Mary Louise Carpenter Surgical Center**. The Center will bring our current physical space needs up to today's standards. The project is necessary as our current operating rooms, procedure room and pre-and post-operative areas were built in 1979 – built when surgeons were using scalpels. We now do minimally invasive surgeries using lasers and 3D modeling in cramped crowded space. The new space will improve the patient's overall experience and work flow for our staff.

FY17 BUDGET

The Green Mountain Care Board approved our FY17 budget. We appreciate the GMCB's willingness to work with us to have a healthy FY17 budget which allows us time to put several cost saving actions in motion. We plan to decrease our expenses enabling us to be a more efficient organization.

CLINICAL STAFF

We welcomed doctors **Marty Linseisen, MD** and **Nicholas Antell, MD** to our medical staff. Dr. Linseisen joined our Emergency Services team and Dr. Antell, an orthopaedic trauma surgeon, works with our Emergency Department and Mansfield Orthopaedic clinic. Both have settled in well at Copley becoming more and more familiar with our community each day.

In September, **Joel Silverstein, MD** was honored for his years serving as our Chief Medical Officer (CMO). Dr. Silverstein has returned to his full-time gastroenterology practice. After much discussion, it was decided to pilot a co-CMO model of shared leadership. Serving as co-CMOs are general surgeon Dr. Donald Dupuis and cardiologist Dr. Adam Kunin. Three months into the new structure all continues to be working out well. Dr. Dupuis oversees the clinical focus and Dr. Kunin focuses on governance and policy.

Michael Brigati, BSN, RN, CEN, CHEP, joined our

Emergency Services team in September as Nurse Director. Prior to Copley, Mike was the Clinical Manager for Critical Care and Emergency Services at Weeks Medical Center in Lancaster, NH.

In October we welcomed general surgeon **Sholan Cole, MD**. Dr. Cole has been contracted by the hospital to provide long-term coverage working with Dr. Donald Dupuis. We continue to recruit for a full-time general surgeon.

LRCCS' LEADERSHIP LAMOILLE PROGRAM

Tammy Pasette with Materials Management was chosen as Copley's sponsored participant in this year's Lamoille Regional Chamber of Commerce's annual Leadership Lamoille program. The goal of the 10-month program is to inspire participants to learn more about how Lamoille County works and grow their leadership skills. Tammy has been employed at Copley for 6 years. She continues to grow in her current position and we're delighted to work with her to grow her leadership skills.

LIVE WELL LAMOILLE BLOG

We continue to welcome more writers to our blog: livewellamoille.com. The blog is a collaborative community effort with the goal of promoting various aspects of health to help readers make healthy choices. Community posts have included articles on early childhood education, nutrition, stress, substance abuse and more. I hope you will take the time to check it out and comment and share posts.

NO SHAVE NOVEMBER

November was a little hairy with our **Employee No Shave November** fundraiser for the new Surgical Center's Infusion Suite. Twenty-one employees participated in the "no shave" while many others supported them with their vote. Crowned as the hospital's Hairiest Hero was OR's Travis Knapp, CRNA.

GIVING BACK

Our staff again demonstrated service above self with our the **Thanksgiving Food Drive** for Lamoille Food SHARE and annual **Holiday Toy Drive** sponsored by the Lamoille Family Center. Copley's team has been participating in the two community projects for many years.

I end with wishing you all health and happiness in 2017. I look forward to seeing you at our Annual Meeting on January 9th at the Charlmont Restaurant.

Best,

Art Mathisen, CEO

Matching grant challenge *doubles your gift*

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

NAME _____
 ADDRESS _____ TOWN _____ STATE _____ ZIP _____
 CARD NUMBER _____ EXPIRATION DATE _____
 PLEASE PRINT NAME AS IT APPEARS ON CARD _____

SIGNATURE OF CARD HOLDER _____

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



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

The Copley Hospital Auxiliary has issued a challenge grant. Right now your gift to Copley can be doubled.

It is an exciting time for Copley Hospital and for our community. We are on schedule to open the doors to the James and Mary Louise Surgical Center next fall. The new state-of-the-art facility will replace current operating rooms last updated in 1979. The Campaign for the New Surgical Center is at 90% of our campaign goal. Any new gift now to the campaign will be matched by the Auxiliary, up to a total of \$30,000.

Make your gift at copleyvt.org/campaign-for-surgical-center, or by mail using this form.

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

**December 1, January 26, February 23, March 23
6:30-8pm**

Copley Hospital Wellness Center

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.

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

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.

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

January 17, February 21, March 21, April 18

6:30-8:30pm | Fee: \$55 for class; \$15 for book

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

March 28 | 5:30-9:30pm

Fee: \$40 for class; \$15 for book

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

AARP SMART DRIVER CLASS

February 1, April 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

January 12-February 9

March 9-April 6

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

March 1 | 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.



Come home to 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. 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



Preventing Winter Colds and Flu

Winter is the season for colds and flu. The best way to avoid, or to keep the viruses at bay, is to practice good health hygiene. Good habits everyone should be practicing include:

- avoid people who are sick
- stay home if you are sick
- cover your mouth and nose when sneezing or coughing
- wash your hands often
- avoid touching your eyes, nose and mouth
- drink plenty of water and eat nutritious meals

The CDC encourages everyone who is at least 6 months of age to get a flu vaccine this season. More importantly, those who are at high risk or living/caring for someone at high risk should get vaccinated to prevent further complications. People considered at high risk include:

- People who have certain medical conditions, including asthma, heart disease, diabetes, chronic lung disease and a weakened immune system
- Pregnant women
- People living in nursing homes or other long-term care facilities



[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
Lindsey Hoar, 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
Adam Boise, NP
Jordice Corey, NP
Liam Gannon, MD
Patrick Heaghney, MD
John Kaeding, MD
J. Martin Linseisen, MD
Neil Nigro, MD
Christopher Niles, MD
Charles Osler, FNP
Adam Putnam, MD
Joseph Subasic, MD
Daniel Wolfson, MD

Family Practice
Hardwick Health Center (NHC) 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
Kristy Garbarino, NP
Morrisville: Independent Practice 888-3096
Gary Waring, MD
Morrisville Family Health Care (CHSLV) 888-5639
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Kim Bruno, MD
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David Coddair, MD
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Philip Kiely, MD
David Roy, MD
Stowe Family Practice (CHSLV) 253-4853
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Clea James, MD
Richard James, MD
Monique Karthaus, PA
Katherine Marvin, MD
Robert Quinn, MD
Melissa Volansky, MD
Angela Winchell, FNP
Stowe Personalized Medical Care 253-5020
David Bisbee, MD

Gastroenterology 888-3111
Independent Practice
Joel Silverstein, MD

General Surgery 888-8372
Copley Hospital Medical Group Practice
Donald Dupuis, MD, MS
Weatherby Healthcare
Sholan Cole, 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

Laboratory Services 888-8340

Medical Records 888-8352

Naturopathic Medicine
Stowe Natural Family Wellness 253-2340
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
Christine Malcolm, CNM, NP
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
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Nicholas Antell, MD
Brian Aros, MD
Alexis Gagne, PA-C
Mae Hickory, AGNP-C
Bryan Huber, MD
John C. Macy, MD
Sharon Mansfield, RN, MS, FNP-C, RNFA
Joseph S. McLaughlin, MD
Leah Morse, PA-C
Margaret Rowell, RN, BSN, ONC
Saul Trevino, MD
Janessa Vandette, PA-C
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 Jedlovszky, MD

Quality Management 888-8351

Radiology 888-8358
Vermont Radiologists
Richard Bennum, MD
Hartley Neel, MD
Candice Ortiz, 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 Jedlovszky, 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 Onion and Fontina Focaccia



Dough

1 package active dry yeast
1 1/2 cups warm water (110°F)
3 1/2 - 3 3/4 cups unbleached flour
2 Tbsp olive oil
1 Tbsp kosher salt
1 Tbsp sugar
1 Tbsp chopped fresh rosemary
1 tsp coarse black pepper

Dissolve the yeast in the water and let stand for 10 minutes in a large bowl. Add everything else to the water and yeast, and mix to form a ball. Knead for at least 5 minutes on a floured surface. When it is elastic and springy put back into the bowl with a little oil, cover and let rise for 45 minutes.

Topping

6 medium onions (2 yellow, 2 white, 2 red); peeled and sliced with the grain
1 large leek (white part only); cleaned and sliced thinly
4 cloves garlic; minced
2 Tbsp olive oil
1 Tbsp butter
1/4 cup dry red wine
1/4 cup brown sugar
1 Tbsp chopped fresh rosemary
salt and pepper to flavor
2 cups shredded fontina cheese

In a large non-stick pan saute the onions, leek and garlic over medium heat until very brown and beginning to dry out. Stir often to prevent burning. Add the wine and reduce heat by half. Add brown sugar and cook, stirring until melted in. Season with salt, pepper and rosemary. Let cool.

Divide the dough in two and roll out to loosely fit on oiled cookie sheets. Cover and let rise 30 minutes. Heat oven to 400°F. Remove the cover and dimple the surface of the dough with your fingertips. Cover the flat breads with onions and sprinkle with cheese. Bake for about 15-18 minutes. Cut into squares and serve.

Diabetes 101...continued from page 1

be necessary during play. Planning ahead and monitoring your blood sugar throughout daily activities help keep glucose levels from going too low or too high.

HYPOGLYCEMIA: SIGNS AND SYMPTOMS

Low blood sugar can be the result of eating too few carbohydrates, skipping or delaying a meal, increased activity, or taking too much insulin. Signs may include:

- excessive sweating
- shakiness
- confusion
- fatigue
- not making sense when talking
- pale skin

If someone shows these signs check their blood sugar right away. If lower than 70, Wagner recommends the "15-15" rule: Give 15 grams of simple carbohydrates or something high in sugar. Wait 15 minutes and recheck. If still low, drink something high in sugar again. Once blood sugar returns to normal, eat a meal or snack.

Quick 15 grams of simple sugar can be found in 4 ounces of juice or regular soda, 4-5 lifesavers (or candy that you can chew quickly), 1 cup skim milk, 3-4 teaspoons of sugar or 4 glucose tablets.

The information provided in this article should be considered general information. Each individual may react differently to low or high blood sugar. Care plans are specific to each individual. Talk with the person and/or their parent to get the information you need to help keep a person with T1D safe.

Nancy Wagner is a certified diabetes educator at Copley Hospital. In addition to providing 1:1 counseling, she facilitates the monthly Diabetes Education Support Group Meeting and is also a quit smoking coach. Contact Nancy at 888-8369.