



Courier

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

SUMMER/FALL 2017



Pictured are some of the providers at Mansfield Orthopaedics. Pictured front row, left to right: Leah Morse, PA-C; Nella Wennberg, PA-C; Mae Hickory, AGNP-C and Janessa Vandette, PA-C. Back row left to right: Margaret Rowell, RN, BSN, ONC; Alexis Gagne, PA-C and Sharon Mansfield, RN, MS, FNP-C, RNFA.

Anterior Cruciate Ligament Injuries and Reconstruction

BY LEAH MORSE, PA-C

The Anterior Cruciate Ligament (ACL) is an important stabilizing ligament in the middle of the knee. It is at risk of being torn in soccer players, skiers, and other athletes who commonly use cutting or twisting movements. About half of the time, an ACL tear will be accompanied by a meniscal tear and/or medial collateral ligament tear due to the overwhelming rotational or hyperextension force to the knee. Patients with ACL tears typically experience sudden pain and giving way of the knee, sometimes with an audible “pop” at the time of injury. The knee will typically swell with fluid, become painful and unstable.

If this happens to you, initial treatment includes a period of rest, ice, compression, elevation (RICE), bracing, crutches, and anti-inflammatories. Early range of motion of the knee as tolerated with a trained physical therapist is also helpful. Then an MRI is usually ordered to better visualize the ACL and further assess the knee injury.

Definitive treatment of an ACL tear depends on the patient’s age, desired activity level, and associated injuries. For young, active patients, ACL reconstruction offers a good chance of a successful return to sports and the pre-surgery level of activity.

Like many things in medicine, ACL reconstruction has advanced over the years. Mansfield Orthopaedics offers patients a minimally invasive “double-bundle” ACL reconstruction done arthroscopically. This reproduces the two naturally occurring components of the ACL, the anteriomedial and posterolateral bundles, through a few small incisions. Our orthopaedic surgeons can restore the location and orientation of the two ACL bundles using cadaver tissue or the patient’s own tissue to build a new ACL. Surgery usually takes 60-90 minutes, and any meniscal or cartilage injury can also be addressed arthroscopically at that time.

Continued on page 4

Jack Mitrani, with Hannah Rose, ready to be discharged following successful surgery. Both gave enthusiastic “thumbs up” for the care Jack received at Copley. Jack, X Games host and co-founder of the Frenly Gathering, broke his leg while out of town, but chose to return home to Vermont and come to Copley for the surgery needed to fix it. Jack was the first patient in Copley’s new James and Mary Louise Carpenter Surgical Center.



[COPLEY CLOSE-UP]

Paul O’Kane, RN Health Informatics Specialist



Paul manages and communicates data and information to nurses and other health care providers. He helps evaluate technology, helps determine end-use requirements and functionality, and designs and delivers IT-related training to clinicians.

Where did you grow up? I was born in Belfast, Northern Ireland and lived there until the age of 7. The troubles in Northern Ireland at the time hit close to home a few times so my parents decided to move to Canada. I lived in Canada from the age of 7 to adulthood growing up in Guelph, Ontario (just west of Toronto).

What is your favorite food? Pizza!

What are your top three hobbies? Spending time with my son doing anything, skiing, and traveling.

What is your favorite color? Sky blue is my favorite.

What word best describes you? I am a very friendly person.

What is something about you that would be surprising to others? I had an adventurous start in life! Prior to the age of seven my mother and I were saved by a soldier when we were caught in machine gun crossfire. A few months later I narrowly escaped a bomb going off in a building I was playing in.

Who do you look up to the most, and why? Harvey Milk. He stood up for his community and would not accept anything but complete equality. He was incredibly courageous and inspiring.

What makes Copley a special place to work? We have amazing nurses, physicians, providers and ancillary staff who provide patient care that is second to none.

Why did you pick your career? I wanted to champion clinical practice and patient care through the adoption of new technologies and ensure that the patient experience remained the highest priority.



COPLEY Run for the heart

SATURDAY, SEPTEMBER 30
9AM Registration | 10AM Start

5K RUN/WALK
1-MILE HEALTH WALK
LAMOILLE VALLEY RAIL TRAIL

Kicking off Morrystown’s Rocktoberfest at Oxbow Park. Form a Team, Join a Team, Run/Walk in honor of a loved one.
All proceeds benefit Copley’s heart health programs.

REGISTER ONLINE: www.runreg.com/copley-hospitals-run-for-the-heart



Part of the Downtown Morrisville
ROCKTOBERFEST!



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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



healthy recipe

Check out Copley's recipe for

Tangy Cucumber Salad

on our community blog
LiveWellLamoille.com

Food Services Director David Vinick used the recipe in Copley's Café to showcase cucumbers sourced from West Farm in Jeffersonville.



[COMMUNITY UPDATE]

It has been great connecting with so many of you on the trails and at events this summer. I am grateful to live in an area that makes it easy for me and my family to enjoy the great outdoors. Like many of our staff, I value the fact I can put in a full day of work and step outside and be just minutes from the best hiking and biking trails. That means a lot given it has been such a busy spring and summer for Team Copley. All good work that, in the end, benefits our patients and our community. Together, we have a lot to celebrate!



THE NEW CARPENTER SURGICAL CENTER OPENS

More than 200 community members gathered for the ribbon cutting ceremony celebrating the James and Mary Louise Carpenter Surgical Center. Guests were treated to a tour of the new surgical center. The new surgical center opened for surgery on July 31. For our first surgery, we were honored to provide surgical services to Jack Mitrani, one of Vermont's most well-known athletes. (See story page 1).

COPLEY SUCCESSFULLY CONCLUDES \$3.2M CAPITAL CAMPAIGN

With donations from nearly 700 supporters, Copley Hospital surpassed the \$3.2 million goal for its Campaign for the New Surgical Center. Thank you to the many donors that supported this campaign, enabling Copley to modernize its surgical facility. We are humbled and grateful for your support. Highlights of the ribbon cutting ceremony and a tour of the new Carpenter Surgical Center are available online at copleyvt.org/campaign-surgical-center.



Copley Hospital Trustee Nancy Putnam, VP of Community Relations Leah Hollenberger, Board of Trustees Chair Lainie Nichols, Chief of Surgery Dr. Bryan Huber, Senator Rich Westman and CEO Art Mathisen cut the ribbon on the James and Mary Louise Carpenter Surgical Center at Copley Hospital.

INFUSION SUITE RENOVATION

The new Surgical Center construction project has three phases. Now that phase 1 – the new surgical center – has been completed, we are underway with phases 2 and 3. Earlier this month, phase 2 began with renovations to our Infusion Suite. In order to meet community need, we are expanding from having two infusion rooms to four. During the renovation, we have moved our Infusion Suite temporarily to the second floor. This ensures that our Oncology patients can continue to receive treatment and care without interruption. The third phase of the project involves renovation to our "old operating rooms" area. These renovations will create a waiting room and locker room for the Birthing Center, as well as expand seating for our cafeteria. We expect this construction to be finished by the end of the year.

ONCOLOGY SERVICES A PARTNERSHIP BETWEEN CVMC AND COPLEY

Our oncologist, Dr. Julie Olin, retired in June. We wish her the best and thank her for her many years of service on Copley's campus as part of a visiting physician agreement we had with the University of Vermont Medical Center. To continue Oncology and Hematology services at Copley, we have partnered with Central Vermont Medical Center. Oncologists Dr. David Ospina and Dr. Eswar Tipirneni will see you on referral in Berlin with Copley's clinical experts providing your cancer treatment on-site at Copley. There's more information at copleyvt.org/oncology-cancer-care.

SUPPORTING LACING UP

It was great to see Copley staff and their families at the annual LACiNg Up for Cancer walk. In addition to the Copley ACU Family and Friends team, a number of staff

were on teams with their families, while many other staffers served as volunteers at the event.

HONORING EXCELLENCE

What makes Copley so unique is the people; our team. Copley has many wonderful professionals who come from all walks of life, and every member of the team brings a special dimension to each patient's hospital experience. We recently honored our employees enjoying milestone service anniversaries, and recognized several extraordinary members of Team Copley at our Employee Appreciation Banquet.

Penny Paquette, RN of Surgical Services was honored as Copley's Employee of the Year. Penny started at Copley in 1987 as an RN on our Medical/Surgical Unit. She joined Surgical Services in 1993 and was later promoted to Assistant Nurse Manager. Penny has been an integral part of leading the OR team to improve performance and outcomes. She works tirelessly with our team, enabling us to consistently provide an exceptional level of care.

Shirley Draper, LNA in our Outpatient Services Center, received a standing ovation for her 60 years of service. She has assisted in every facet of outpatient services and has been a cheerful source of support for both patients and staff.

Each year, Copley's Medical Staff recognizes two staff members for their service. This year, J. Subasic, MD, Medical Staff President, presented The Edward French Memorial Award, honoring nursing excellence, and the Goddard Family Award, recognizing non-clinical staff for outstanding service.

Betsy Cookson of Health Information Management was recognized with the Goddard Family Award. Our providers appreciate her work and describe her as the department's historian.

The Edward French Memorial Award was given to **Katherine Mazer, RN**, Medical/Surgical unit. Katherine was honored for her willingness to always go above and beyond for her patients. The Medical Staff "values her ability to see and understand the big picture while also attending to the minute details."



We celebrated 20 years of midwifery care at Copley with a good old fashion ice cream social this spring. We were able to capture a group "I was born at Copley" photo with our midwifery team. It was great watching our midwives reconnecting with their patients and families while enjoying family fun time, and ice cream!

REGISTRATION OPEN FOR COPLEY RUN/WALK FOR THE HEART

I am looking forward to participating in our annual 5K Run for the Heart on September 30th. I hope to see you there – running, walking, or cheering friends on.

Best,

Art Mathisen, CEO

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

September 28, October 26, December 7 | 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.

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 253-9171.

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 Erica Coats at 253-9171 for class listing and to register.

1:1 QUIT SMOKING WITH COPLEY COACH

Call 888-8226 to register or for more information.

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.

Life Skills

HEARTSAVER: BEGINNERS & RECERTIFICATION

September 12, October 17

6:30-8:30pm | Fee: \$25 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

September 26 | 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

November 14 | 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

September 14-October 12

November 12-December 14

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

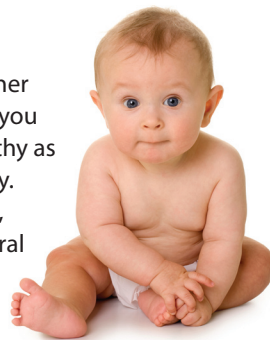
September 19 | 4-5:30 pm

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.

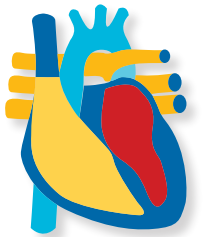


Rehabilitation Programs

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.

19th Annual Stowe Wine & Food Classic Grand Tasting

Sunday, August 27 | 1-4pm

Topnotch Resort Mountain View Pavilion

Enjoy an all-inclusive afternoon of wine tasting along with artisan spirits and craft beer for one ticket price. Distinctive food pairings from leading Vermont chefs and mountain views from Topnotch Resort make the Grand Tasting a must-attend event.

All-inclusive ticket: \$65 in advance/\$75 at the door

Copley Hospital is honored to be the beneficiary of the Stowe Wine & Food Classic, an event of Stowe Charities, Inc., a 501(c)(3) non-profit organization.

For tickets and more information, visit www.stowewine.com



Your support helps us to be here *when neighbors need us the most.*



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YES, I WANT TO SUPPORT COPLEY HOSPITAL'S ANNUAL FUND.

Please accept my gift of: \$25 \$50 \$100 Other \$_____ to help where needed most.

Check enclosed payable to COPLEY Hospital. Please charge my gift to: AMEX Discover MasterCard Visa

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Birthing Center/Obstetrics 888-8304

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Sarah Morgan, MD
Peter Sher, MD
Martha Whitfield, FNP
Jeri Wohlerg, FNP
Johnson: Independent Practice 635-7325
Paul Rogers, MD
Kristy Garbarino, NP
Morrisville Family Health Care (CHSLV)..... 888-5639
Delores Burroughs-Biron, MD
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David Roy, MD
Elise Rozendaal, FNP
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Clea James, MD
Richard James, MD
Monique Karthaus, PA
Katherine Marvin, MD
Robert Quinn, MD
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Independent Practice
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Weatherby Healthcare
Shola Cole, MD

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The Women's Center, a Copley Hospital Practice
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Alexandra "Kipp" Bovey, CNM
Jackie Bromley, CNM
Marje Kelso, CNM
April Vanderveer, CNM
Independent Practice (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
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Independent Practice
Sara Norris, ND 860-3366

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

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CVMC/Copley Hospital Oncology Outreach Clinic
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David Ospina, MD
Elaine Owen, APRN
Eswar Tipirneni, MD

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Green Mountain Eye Care
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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

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

Patient & Family Services 888-8311

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Independent Practice
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Vermont Dermatopathology 658-6269
Catherine Antley, MD

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Copley Hospital Birthing Center 888-8304
Diane Szlachetka, APRN, NNP-BC
Applesed 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/Diagnostic Imaging 888-8358
Vermont Radiologists
Richard Bennum, MD
Hartley Neel, MD
Candice Ortiz, MD
Robert Smith, MD

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

Sleep Medicine 888-8667
Northern Vermont Center for Sleep Disorders
Mandy Degre, FNP
Weili Gray, MD
Veronika Jedlovzsky, MD
Danielle Speer, NP

Urology 888-8823
Independent Practice
Betsy Perez, MD

Wellness Center 888-8369



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Golf Scramble Nets \$19,000



Eighty golfers helped raise \$19,000 by participating in the 30th Annual Copley Scramble Golf Tournament, held July 15 at Stowe Country Club. It was a picture-perfect Vermont summer day to spend with friends for a good cause, thank you!

1ST PLACE TEAM Thomas Marhevko, Ben and Renaye Novogroski (mother and son), and Bert Peterson. *Pictured above.*

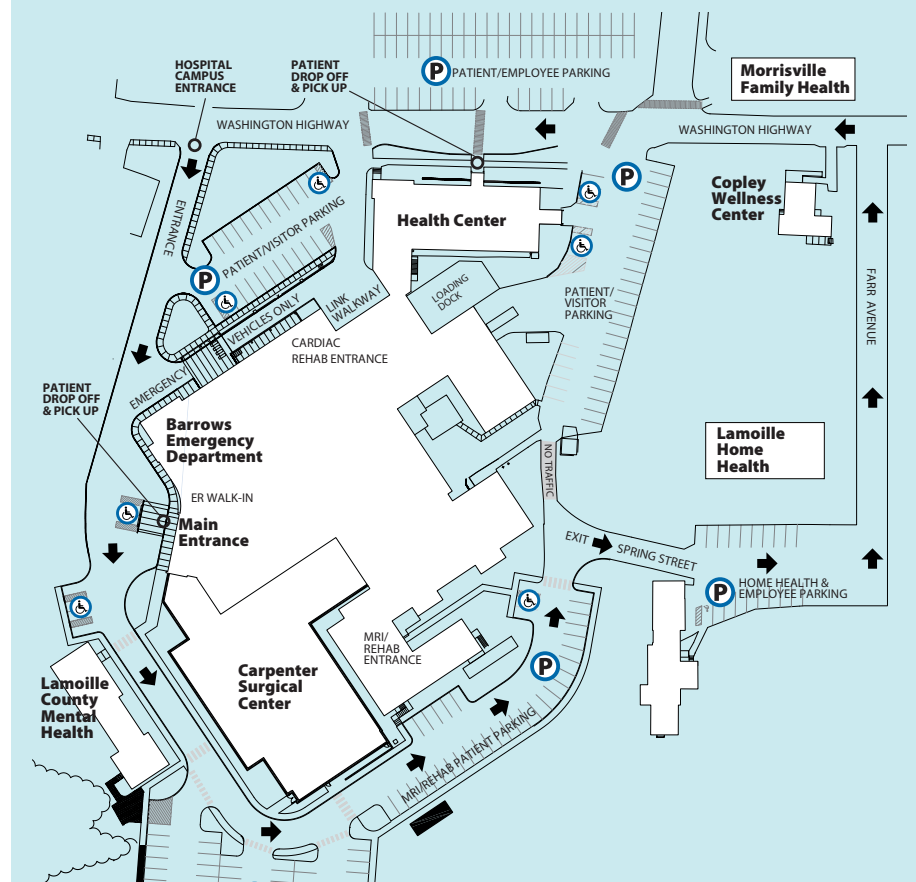
2ND PLACE TEAM Chris Cappello, Lucie Garand, Sylvia Pope, and Susan Rogers

3RD PLACE TEAM David and Mary Jean Coddaira and Jim and Patricia Mogan

Copley thanks our title sponsor, ReArch Company, and leading sponsors NFP, Bourne's Energy, Coca Cola, MVP Health Care and Union Bank. Their support made the Scramble possible.

One Way Traffic on Copley Campus

Please note the new traffic pattern on Copley's campus. All traffic is one-way, with vehicles entering from Washington Highway and exiting from Farr Avenue. The one-way traffic pattern creates a safer exit route for all vehicles. Additional parking for patients and visitors is available just past the new Carpenter Surgical Center. Dedicated parking is available for MRI and Rehabilitation Services patients near the entrance to Rehabilitation Services. Patient drop-off and pick-up continues to be available at the hospital's main entrance. A number of handicap parking spaces are near the entrance to the Emergency Room and Main Entrance.



ACL...continued from page 1

Patients who undergo ACL reconstruction take on the small risks of surgery to regain knee stability and the ability to return to sports. Surgery is done on an outpatient basis and physical therapy is restarted one week after surgery. Rehabilitation after ACL reconstruction is a lengthy process – it takes many months for the body to reincorporate the new tissue into the knee. Patients who have undergone ACL reconstruction may start sports-specific agility training and drills five to six months after surgery, and running four months after surgery. It does take one year for full recovery and to properly rebuild muscle strength.

Leah Morse is a Certified Physician Assistant with Mansfield Orthopaedics at Copley Hospital. She specializes in hip and knee joint replacement and sports medicine as well as coordinates both the research program and the inpatient total joint replacement team.



Come home to Stowe...

Enjoy an independent lifestyle in a friendly, supportive retirement community 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 condo while enjoying fine dining service and the many in-house activities and social events available. Contact Penny Davis for more information, (802) 253-7200 or visit copleywoodlands.com

