



# Courier

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

WINTER 2015/2016

## Move of the Month: Mini-Crunch

We lift, twist and bend many times throughout the day. Copley Athletic Trainer Vin Faraci says that these types of movements require a great deal of core and leg strength. He recommends the Mini-Crunch exercise to help build this strength.

- Lie on your back with your knees bent and feet flat on the floor. (Use a yoga mat or lay on a padded floor.)
- Support your neck by lacing your fingers low on the back of your neck. When performing the crunch do not pull on your head.
- Curl straight up until your shoulder blades just leave the floor.
- As you curl up, exhale.
- Pause briefly at the top of the motion and then slowly return to the start position.

The entire motion should take about 3-4 seconds. Start with a goal of 10 repetitions and gradually increase the number of repetitions over several weeks.

As you gain strength, you may need to increase the difficulty or intensity of this exercise. As a variation, curl up toward your right knee, then toward your left knee – curling up just until your shoulder blades leave the floor.

*Copley provides a full range of inpatient and outpatient rehabilitation services for people of all ages and ability. Clinics in Morrisville, Stowe (in Stowe/Flake Mountain Resort) and Hardwick for your convenience. Contact us to learn more: 888-8303 | [copleyvt.org/rehabilitation](http://copleyvt.org/rehabilitation).*



## Extraordinary Care Starts With You

A key reason the staff at Copley Hospital choose to work at this community hospital is because they value the relationships they develop with their patients. That translates into excellent care.

It is easy to take the hospital and our staff for granted. We ask you not to. Copley is here because hundreds of people just like you understand how important it is to our community.

Your support of Copley Hospital directly benefits our community. By supporting Copley's Charitable Care program, you are providing flexible support for the hospital's highest ongoing priority – caring for our community. Gifts to the Equipment Fund help us continue to update needed medical equipment.

Whether born here, treated in the emergency department, or visiting for a routine diagnostic test, you and your friends and neighbors both support and benefit from Copley's presence. It's a good feeling to know you're keeping these services available and close to home.

Please make your gift today at [copleyvt.org/donate-online](http://copleyvt.org/donate-online), or use the form on page 2. Thank you in advance.

### [ COPLEY CLOSE-UP ]

#### Lori Profota, DNP, RN, NE-BC

Lori joined Copley's team in October as Chief Nursing Officer. She had been with Dartmouth Hitchcock Medical Center since 2006, serving in four key leadership positions, culminating in her last position as Administrative Director of Nursing Operations. Her clinical and operational experience as well as her strong leadership contributes to our day-to-day operations.



#### Where did you grow up?

In the Midwest and New England

#### What is your favorite food?

Baskin Robbins Mint Chocolate Chip Ice Cream

#### What are your top three hobbies?

Traveling, fly fishing, being outdoors

#### What is your favorite color?

Seafoam Green

#### What word best describes you?

Passionate

#### What is something about you that would be surprising to others?

My grandfather taught me how to fly fish when I was nine years old and I've been doing it ever since. I love being outside in a quiet way. There's such a beauty in the species.

#### Who do you look up to the most, and why?

My mother. She inspired me and kept me on track. She supported me on both my academic and personal journey. And, she never thought I was crazy and set me free.

#### What makes Copley a special place to work?

Copley's mission, vision and commitment to the community make it a special place to work.

#### Why did you pick your career?

I always wanted to be a nurse. There's no one in medicine or nursing in my family, but I was always playing "nurse" since I can remember.

### Copley Health Systems, Inc. Annual Meeting

Open to All  
Monday, January 11, 5:30pm  
Charlmont Restaurant, Morrisville

The evening will feature discussion relating to "The role of a community hospital in Vermont's changing health care system."

Your RSVP is encouraged so we may provide refreshments for all. Call 888-8157.

[ COMMUNITY UPDATE ]



COPLEY HEALTH SYSTEMS  
528 WASHINGTON HIGHWAY  
MORRISVILLE, VT 05661  
802-888-8888  
[www.copleyvt.org](http://www.copleyvt.org)

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

**TRUSTEES**

- Henry Binder, MD, Stowe
- Kathy Demars, Morrisville
- Willa Farrell, East Hardwick
- Walter Frame, Stowe
- Sharon Green, Morrisville
- Harry Miller, Craftsbury Common
- Elaine Nichols, Stowe
- Melvyn Patashnick, Copley CEO, Morrisville
- Nancy Putnam, Chair, Jeffersonville
- Janice Roy, Wolcott
- Carl Szlachetka, Hyde Park
- David Silverman, Morrisville
- Joseph Subasic, MD, Wolcott
- Jamey Ventura, Hyde Park
- Richard Westman, Cambridge
- David Yacovone, Morrisville

**SENIOR MANAGEMENT TEAM**

- Melvyn Patashnick  
President
- Arthur Mathisen  
Chief Operating Officer
- Leah Hollenberger  
Vice President Development,  
Marketing & Community Relations
- Rassoul Rangaviz  
Chief Financial Officer
- Lori Profota, DNP, RN, NE-BC  
Chief Nursing Officer
- Joel Silverstein, MD  
Chief Medical Officer
- Greg Ward, RRT  
Vice President Support & Ancillary Services

**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

2016 will be a transformative year personally and professionally for me. In early October, I announced my plans to retire in August 2016. At 72 years of age, and after nearly 9 years serving as Copley's CEO, I am looking forward to moving closer to family and spending more time with my grandchildren.



I am very proud of what we have achieved during my tenure at Copley. Being part of this community has truly been an honor and privilege. We are so fortunate to live in such a supportive community with the staff at Copley providing extraordinary care every single day for our friends, families and neighbors. Copley is well positioned strategically and financially for the future. While there will be challenges ahead, I am confident that this organization is up to taking on those challenges. August is still months away and I remain dedicated to helping make a smooth transition and continuing to lead the hospital forward.

**CERTIFICATE OF NEED UPDATE**

As this newsletter goes to print, we anticipate Copley will be in the waiting phase of receiving approval from the Green Mountain Care Board regarding our Certificate of Need for a new surgical suite, following the public hearing scheduled for December 16th. We plan to build a new 19,560 square foot addition with a construction cost of \$12.5 million. The new Surgical Suite will replace our current ORs, built in 1979, which are significantly smaller than Vermont's current standards. The new space will enable us to improve patient and family comfort and privacy while also improving workflow. This is a critical project, helping to secure Copley's surgical program now and into the future. The \$12.5 million project is being paid for via working capital and a reasonable loan; there is no bond or debt to the community. We are seeking \$3.2 million in community support and we have already reached 75% of that goal. I want to thank everyone who has been supportive of this project.

**STAFF NEWS**

In September, David Vinick stepped into the role of Food Services Director, taking over for Pamela Allen, who after 30 years at the helm is now enjoying her retirement. Food services has always been a part of David's career. David worked in this role at Copley in the 1980's before leaving to open a restaurant and catering service. Most



Nearly 140 years of Copley history in this photo. (L to R): Max Paine, Francis Favreau, Esther Greaves, Pam Allen and Mel at a special gathering celebrating Pam's retirement.

recently he had been a member of Copley Woodlands' food services team. It's nice to have him back at the hospital. Randy Chesley has joined our Information Technology (IT) team as Director. Randy brings a wealth of healthcare IT expertise and leadership skills. Most recently, he was the Manager of IT Infrastructure and Systems at the University of New Mexico Hospitals.

Brett Eagan, RN may be a familiar face to people that have used our surgical services. Brett recently transitioned over to our Patient and Family Services Department, working alongside Claire Hancock, LCSW. Brett and Claire work with patients and their families and physicians to evaluate individual needs and plan for any services that may be needed once discharged. This might include outpatient physical therapy, special medical equipment, Meals on Wheels, long term nursing care, home health nursing or other options.

**ELECTROPHYSIOLOGIST DR. ROBERT LOBEL SEES PATIENTS AT COPLEY**

Copley's Cardiology Clinic welcomes electrophysiologist Dr. Robert Lobel. Through a collaboration with UVM Medical Center, Dr. Lobel is on-site the last Wednesday of every month along with pacemaker/defibrillator nurses. We are delighted to be able to offer this service to our community.



Runners and walkers gather for a pre-5K race group photo

**5K RESULTS**

It was a great turn out in support of Copley's first ever 5K Run for the Heart on October 3rd. The ninety people who turned out to run or walk the 5K or 1-Mile Health Walk appreciated the flat, fast course. The run was the inaugural event for the Lamoille Valley Rail Trail and a kick-off event for Morrisville's 2015 Rocktoberfest. Thanks to our volunteers, sponsors and participants, the event netted \$2,560 for heart health programs at Copley.

**GIVING BACK TO OUR COMMUNITY**

Keeping with the holiday tradition, Copley's staff supported the Lamoille Area Food Share's Annual Thanksgiving Drive. On November 17, Food Share volunteer Kevin happily loaded more than a dozen cartons to help with their drive. Staff also enjoys helping with the Lamoille Family Center's Holiday Project. At press time, they were continuing to fill our large toy bins with donated goodies to help area families.



David Vinick, Becky Ainsworth and Whitley Wescom with the second box of toys donated by staff.

Wishing you health and happiness in the New Year!

Melvyn Patashnick, CEO

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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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](http://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

Fourth Thursday of each month | 6:30–8pm

Copley Hospital Wellness Center. Call 888-8369.

Free and open to people with diabetes. 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.



### AND THEY'RE OFF

You may have noticed a group of runners and walkers out for exercise on Washington Highway every Thursday afternoon. It is Copley's new running/walking group through our Employee Health program. The group started just before Thanksgiving, with a goal to encourage one another to participate in the 5K outing each week. The group meets at 4pm each Thursday in the main lobby to learn that evening's route. Feel free to join us if you'd like.

## 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 CLASS

The "Quit in Person Program" provides free individual or group stop smoking and chew tobacco services within the community to help you quit.

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

## Life Skills

### HEARTSAVER FOR BEGINNERS

January 19 & March 15 | 6:30–8:30pm | Fee: \$30

### RECERTIFICATION CLASS

February 16 & April 19 | 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

March 22 | 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

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.



[ REHABILITATION SERVICES ]

## "We'll help you get back out to play."

### CLINIC LOCATIONS

Copley Hospital ..... 888-8303  
 Orthopaedics Rehab./Hand Therapy ... 888-8634  
 Hardwick Physical Therapy ..... 472-6186  
 Copley Rehabilitation in Stowe ..... 888-8634

### THERAPIES OFFERED INCLUDE:

- Aquatic
- Cardiac
- Occupational
- Physical
- Speech
- Urinary Incontinence
- Work Conditioning Program
- Athletic Training
- Hand
- Pediatric
- Pulmonary



[copleyvt.org/rehabilitation](http://copleyvt.org/rehabilitation)

## Parenting Programs

### CHILDBIRTH EDUCATION CLASSES

January 14–February 11 | March 10–April 7  
 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 15 | 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.

## INDEPENDENT LIVING IN A FRIENDLY, SUPPORTIVE COMMUNITY

Now is a great time to act upon your retirement plans to secure an independent lifestyle in a friendly, supportive community. Stowe's premier retirement community offers leasing or ownership. Located in the heart of Stowe, Copley Woodlands provides close proximity to local establishments including the post office, art galleries, Stowe Free Library and a number of restaurants and shops. Copley Woodlands also offers on-site management, dining services and an abundance of in-house activities and social events. For more information, contact Site Manager Penny Davis (802) 253-7200 or visit [copleywoodlands.com](http://copleywoodlands.com)



## [ PHYSICIAN DIRECTORY & HOSPITAL SERVICES ]

<b>Anesthesiology</b> .....	888-8888
Copley Hospital Medical Group Practice	
Ryan Austin, CRNA	
Stephen Fischer, MD	
Joan Fox, CRNA	
Travis Knapp, CRNA	
Chris Rohan, MD	
<b>Birthing Center/Obstetrics</b> .....	888-8304
<b>Cardiac/Pulmonary Rehabilitation</b> ..	888-8230
<b>Cardiology</b> .....	888-8372
Copley Hospital Medical Group Practice	
Adam Kunin, MD	
Robert Lobel, MD	
<b>Clinical Nutrition/Dietitian</b> .....	888-8233
Copley Hospital Practice	
Rebecca Ainsworth, RD	
<b>Dentistry</b> .....	334-6965
Birchwood Dental Associates	
Murray Diner, DDS	
<b>Diabetes Educator</b> .....	888-8226
Copley Hospital Practice	
Nancy Wagner, RD, CDE	
<b>Emergency Medicine</b> .....	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	
<b>Family Practice</b>	
Hardwick Health Center (NCHC).....	
472-3300	
Mckalyn Leclerc, MD	
Sarah Morgan, MD	
Peter Sher, MD	
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	
Delores Burroughs-Biron, MD	
Kim Bruno, MD	
Allison Christie, MD, MPH	
David Coddaira, MD	
Kim Dacek, FNP	
Cheryl Holton, FNP, CDE	
Philip Kiely, MD	
David Roy, MD	
Stowe Family Practice (CHSLV).....	
253-4853	
Joshua Gleiner, PA	
Clea James, MD	
Katherine Marvin, MD	
Robert Quinn, MD	
Melissa Volansky, MD	
Angela Winchell, FNP	
Stowe Personalized Medical Care.....	
253-5020	
David Bisbee, MD	
Stowe Natural Family Wellness.....	
253-2340	
Angela Robens, ND	
Jennifer Tuttle, ND	
Independent Practice	
Sara Norris, ND.....	
860-3366	
Health Here & Now.....	
249-1279	
Art Gleiner, MD	
<b>Gastroenterology</b> .....	888-3111
Independent Practice	
Joel Silverstein, MD	
<b>General Surgery</b> .....	888-8372
Copley Hospital Medical Group Practice	
Donald Dupuis, MD	
Weatherby Healthcare	
Andrew Smith, MD	
<b>Gynecology/Obstetrics</b> .....	888-8100
The Women's Center, a Copley Hospital Practice	
William Ellis, MD	
Anne Stohrer, MD	
Independent Practices ( <i>Gynecology only</i> )	
Fred Rossman, MD.....	
888-1966	
<b>Hospitalist Program</b> .....	888-8173
Apogee Physicians	
Patrick Keith, MD	
Jennifer Peters, MD	
<b>Internal Medicine</b>	
Hardwick Health Center.....	
472-3300	
Brendan Buckley, MD	
Independent Practice	
Robert Kozub, MD.....	
888-8888	

<b>Laboratory Services</b> .....	888-8340
<b>Medical Records</b> .....	888-8352
<b>Neurology</b> .....	888-5688
Neurology Clinic (CHSLV)	
Jean Marie Prunty, MD	
<b>Nurse Midwifery</b> .....	888-8100
The Women's Center, a Copley Hospital Practice	
Alexandra "Kipp" Bovey, CNM	
Jackie Bromley, CNM	
Marje Kelso, CNM	
<b>Oncology &amp; Cancer Care</b> .....	888-8372
The University of Vermont Medical Center/ Copley Hospital Oncology – Outreach Clinic	
Susan Hooper, APRN	
Julie Jae Olin, MD	
<b>Ophthalmology</b> .....	229-9554
Doyle Eye Care	
Brian Doyle, MD	
<b>Optometry</b> .....	888-3089
Green Mountain Eye Care	
Francis Pinard, OD	
<b>Orthopedics &amp; Sports Medicine</b> .....	888-8405
Mansfield Orthopaedics, a Copley Hospital Practice	
Brian Aros, MD	
Laura Drenen, NP	
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	
<b>Otolaryngology</b> .....	334-9009
Independent Practice	
Paul Julien, MD	
<b>Pain Management</b> .....	888-8392
Independent Practice	
Anne Vitaletti-Coughlin, MD	
<b>Patient &amp; Family Services</b> .....	888-8311
<b>Pathology</b>	
Independent Practice	
John Mech, MD.....	
888-8340	
Vermont Dermatopathology.....	
658-6269	
Catherine Antley, MD	
<b>Pediatrics</b>	
Ryder Brook Pediatrics.....	
888-2448	
Sarayu Balu, MD	
Copley Hospital Birthing Center.....	
888-8304	
Diane Szlachetka, APRN, NNP-BC	
Appleseed Pediatrics (CHSLV).....	
888-7337	
Adrienne Pahl, MD	
<b>Pulmonology</b> .....	888-8667
Northern Vermont Center for Sleep Disorders	
Veronika Jedlovzsky, MD	
<b>Quality Management</b> .....	888-8351
<b>Radiology</b> .....	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	
<b>Rehabilitation Services</b>	
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	
<b>Rheumatology</b> .....	847-4574
The University of Vermont Medical Center Rheumatology	
Nicole Hynes, MD	
<b>Sleep Medicine</b> .....	888-8667
Northern Vermont Center for Sleep Disorders	
Mandy Degre, FNP	
Veronika Jedlovzsky, MD	
<b>Urology</b> .....	888-8372
Copley Hospital Medical Group Practice	
Betsy Perez, MD	
<b>Wellness Center</b> .....	888-8369



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www.copleyvt.org



## healthy recipe

STEVE SPRAGUE, COPLEY'S EXECUTIVE CHEF

### Winter Squash and Pear Timbales

- 1 lb. winter squash; peeled and diced (buttercup or butternut)
- 1 lb. sweet potatoes; peeled and diced
- 2 large onions; peeled and diced
- 2 tbsp. butter
- 3 single pears; peeled, cored and diced 1/2" (anjou or bartlett; ripe but not mushy)
- 1/2 cup white wine
- 1/2 cup cream
- 5 eggs
- salt and pepper to season
- nutmeg; dash
- bread crumbs
- red pepper puree (see recipe)



#### Red Pepper Puree

- 1/2 cup chopped onion
- 2 tsp. olive oil
- 3/4 cup roast red peppers, drained
- 1 tbsp. cider vinegar
- 1 tbsp. brown sugar

Simmer the squash and sweet potatoes in water until very tender, drain. Sautee the onions in butter on medium heat until caramelized and browned. Scrape the onions into a blender. In the same pan, sauté the diced pears gently for 5 minutes, add the wine and cover; simmer on low for 10 minutes. To the blender, add the squash, sweet potatoes and cream. Blend until very smooth then pulse in the eggs. Season with salt, pepper and a dash of nutmeg. Stir in the pears but don't puree. Prepare 8 custard cups or ramekins with butter and bread crumbs. Fill them with the mixture. Place the cups on a cookie sheet and add water to make a water bath and bake in the oven for about 1 hour at 325 degrees.

Unmold by sliding a thin knife around the edge and inverting on to your serving plate. Garnish with red pepper puree.

**Red Pepper Puree:** Caramelize the onions in oil. Season with salt and pepper. Put in a blender with the peppers, vinegar and sugar. Puree until very smooth.

Put all the ingredients, except for the parmesan cheese, in a large oven-proof casserole dish. Toss well. Bake in oven at 350 degrees for about 2 hours, tossing lightly every half hour. When tender, sprinkle the parmesan cheese on top and brown under the broiler.

Chef Steve recommends serving the vegetables with a roasted chicken or grilled fish. Serves 6.

## Welcoming a Newborn is a Joyous Event

Copley's staff is honored to be a part of each family's journey and our volunteers help celebrate each memorable event. Every newborn at Copley's Birthing Center receives a handmade hat created by volunteer knitters. In addition, our little ones are wrapped in a gift made possible by the Copley Hospital Auxiliary. In the past, this gift has been a t-shirt or a fleece blanket. This year, the Auxiliary collaborated with the Vermont Flannel Company to create a welcoming plaid flannel blanket embroidered with "I was born at Copley Hospital." There are two plaids: more pink and purple for the girls and green and blue for the boys. "We are delighted to provide this welcoming gift in support of Copley's Birthing Center," said Copley Auxiliary President Judy Shanley.



Copley Auxiliary members Judy Grosvenor, Edna Snow and Lois Keith holding the new flannel blankets given to newborns in Copley's Birthing Center.