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 Stoweflake Mountain Resort) and Hardwick for your convenience. Contact us to learn more: 888-8303 | 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, or use the form on page 2. Thank you in advance.

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?
Sealfoam Green

What word best describes you?
Passionate

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.

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.
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 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.

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.

Extraordinary care starts with you.

YES, I/WISH TO SUPPORT COLEY 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

City State Zip

Donation for: Extraordinary Care Community Development

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

Melvyn Patashnick, CEO
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 COLEY 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.

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.

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.

PULMONARY REHABILITATION
This twelve-week comprehensive outpatient program
improves your quality of life following a cardiac event
such as a heart attack.

Rehabilitation Programs
CARDIAC REHABILITATION
Call 888-8230 for an appointment

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

“Welcome to Copley Woodlands. You’re never alone.”
Copley Woodlands
A retirement community where you’ll feel at home.

CLINIC LOCATIONS
Copley Hospital
Orthopaedics Rehab/Hand Therapy
Hardwick Physical Therapy
Copley Rehabilitation in Stowe
THERAPIES OFFERED INCLUDE:
• Aquatic
• Athletic Training
• Cardiac
• Hand
• Occupational
• Pediatric
• Physical
• Speech
• Urinary Incontinence
• Work Conditioning Program

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.

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.

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
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Winter Squash and Pear Timbales

1 lb. winter squash; peeled and diced (butternut 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. Sauté 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 on top and brown under the broiler. 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 caserole 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 and 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 born 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 plaid: 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.