



# Courier

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

SPRING 2017

## Lawn Mowers and Children Are a Dangerous Combination

BY NICK ANTELL, MD

As temperatures start to rise we look forward to beginning our outdoor lawn and garden projects. Some of the most devastating injuries I've seen are those sustained by children in accidents involving riding or push mowers. According to the United States Consumer Product Safety Commission, approximately 12,000 children in the U.S. were injured by power mowers in 2015 alone. These events can happen in a split second if a child slips while running towards a mowing parent, if the child falls off the riding mower, or the mower is placed in reverse without knowing a child is behind the operator. Unfortunately, the effects of these injuries often remain with the child and their family forever.



*Nick Antell, MD, is an orthopaedic trauma surgeon at Mansfield Orthopaedics at Copley Hospital. He works closely with Copley's Emergency Services.*

Mowers are powerful machines that can cause severe or life threatening injuries. Contact with the engine or blades can cause severe burns, lacerations, broken bones, and even limb amputations. The effect a spinning blade can have on still developing bones and growth plates can leave a child with devastating limb-length discrepancies or permanent orthopaedic deformities.

Fortunately, these injuries are completely preventable.

Here is a list of tips to help keep children safe around power mowers:

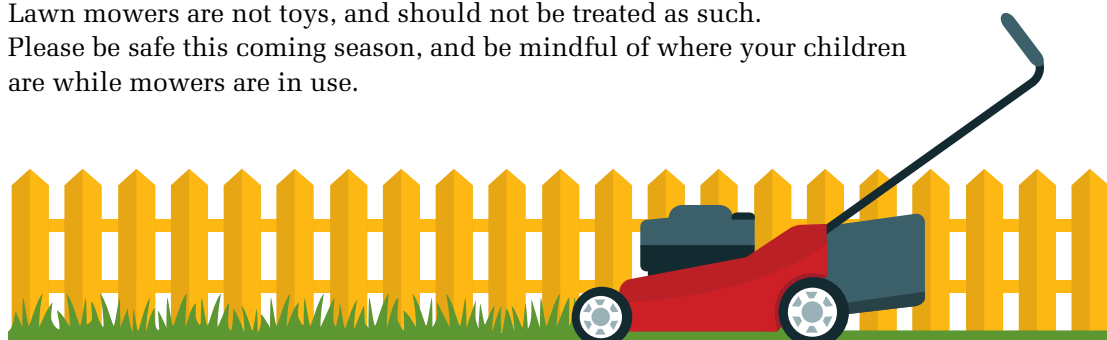
- Children should not be allowed in the yard when mowers are being used.
- Children should be at least 12 years old before being allowed to operate a push mower; 16 years old before operating a riding mower.
- Riding mowers should have the reverse switch located behind the driver, forcing the operator to look behind them when placing the machine in reverse.
- Children should never be passengers on ride-on mowers, even when the blade is not spinning.
- Push mowers should have a control that stops forward motion when the handle is released.
- All toys, stones, and debris should be removed from the lawn before mowing to prevent injuries from flying objects.

One of my jobs as an orthopaedic trauma surgeon is to treat broken bones (fractures). Fractures seen in mower injuries are often open, meaning the skin over the bone has been cut and the underlying bone has been exposed to the environment. This greatly increases the risk of infection, which can have serious consequences on the musculoskeletal system. Treatment for this kind of injury involves surgery to thoroughly clean the area before fixing the fracture. The broken bones are then put back into place and held with wires, screws, plates, and/or rods.

Severe mower injuries may require reconstructive surgery. This is where healthy tissue from an uninjured portion of the body is surgically removed and placed in a new position to help compensate for the body part that is damaged or missing as a result of the mower injury. If the injury is so severe that reconstruction is not possible, amputation is likely.

Lawn mowers are not toys, and should not be treated as such.

Please be safe this coming season, and be mindful of where your children are while mowers are in use.



## Collaboration Connects Patients to Services

Helping patients connect to needed healthcare and social services is an ongoing collaborative effort between Copley Hospital and providers throughout our community. A collaboration with Community Health Services of Lamoille Valley (CHSLV) has placed medical social workers in Copley Hospital's Emergency Department and in The Women's Center.

Dominique Couture, BA, assists patients in Copley's Emergency Department. Our goal is to remove barriers that prevent patients from seeing their primary care physician and reduce avoidable use of emergency services, which in turn will reduce the overall cost of healthcare.

Kathy Mai, MSW, is the medical social worker in The Women's Center. Her position is funded through the Vermont's Women's Health Initiative (WHI). The WHI came about because currently half of all pregnancies in Vermont are unintended. These pregnancies often result in unhealthy mothers and babies and affects the long-term wellbeing of families throughout Vermont.

Both Dominique and Kathy see patients that providers have identified as needing assistance. Typically, they provide screening, counseling and brief intervention to help patients connect with a primary care provider, secure insurance coverage, transportation, meals, and other social services.

*Celebrating 20 Years of Midwifery at Copley*

**Ice Cream Social**  
You're invited! Saturday, May 13, 11am-1pm

**FREE Ice Cream, Music & Family-Friendly Games**

## move of the month Push-Up Progression

How-to, tips on best form and more: [LiveWellLamoille.com](http://LiveWellLamoille.com)





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802-888-8888

[www.copleyvt.org](http://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

[ COMMUNITY UPDATE ]

It is an exciting time for Copley Hospital and our community. We are in the final stretch of construction for the new Surgical Center and planning for an official ribbon cutting this summer. The new Surgical Center will provide our patients and visitors with improved comfort and privacy. It replaces our current operating rooms which were built in 1979. I am humbled to share that we have reached 98% of our \$3.2million fundraising goal, with just \$51,000 left to raise, thanks to the generosity of community members. This truly is a community that takes care of one another.



Once the Surgical Center is open, renovation begins on our Infusion Suite within our Outpatient Services Center. We'll also begin renovations to repurpose the current operating room space. Altogether, our construction project should be completed by the end of the year.

All this construction inspired the Copley Hospital Auxiliary. The Gift Shop at Copley Hospital has a new look thanks to some cosmetic upgrades and a new layout. Volunteer Sara Waskuch is handling merchandising and display in collaboration with volunteer shop manager Deb Wheeler who handles the shop's bookkeeping and volunteer support. The Gift Shop is now an oasis featuring spa and wellness products, flowers, jewelry, scarves, cards and stationary, gifts for infants, and Vermont-made items along with healthy snacks. Please stop in and check it out.

**ON THE STATE LEVEL**

According to Vermont Association of Hospitals and Health Systems, Vermont hospitals contained growth in net patient revenue to 4.4% in Fiscal Year 2016, down from 5% in fiscal 2015, and significantly lower than annual increases of nearly 9% a decade ago. Net patient revenue, the main financial metric evaluated by the Green Mountain Care Board (GMCB), refers to the amount of revenue hospitals collect from delivery of patient care before accounting for any expenses.

Net Patient Revenue is not the best way to gauge the health of our hospitals as it is only one metric, but it does indicate that we are meeting the needs of our community, while slowing the cost growth and maintaining the country's #1 health care system. (The 2017 edition of the Commonwealth Fund Scorecard on State Health System Performance ranked Vermont at the top.) We're doing so amid an ever-changing health care environment. With recent events, we have no idea what is in store at the Federal level. Which makes it difficult to make budget predictions for the future.

Our concern continues to be hospitals, even as a not-for-profit, need a 2-3% operating margin annually. Copley may have a \$65m budget, but our expenses run around that much. We operate on a slim margin and face the same rising costs in insurance, utilities, cost of living, etc. as other organizations. Because we have experienced an increase in utilization with more patients seeking care at Copley, we have reduced our rate to try to meet the GMCB's preferred net patient revenue increase of no more than 3%. However, increased utilization

also increases costs, and depending on the payor, the hospital's costs are not fully covered. It is a balancing act. What happens during a lean year, when our utilization doesn't meet budgeted goals? We continue to work with the GMCB to create a dashboard of metrics on which the health of a hospital may be more accurately measured.

**MENTAL HEALTH**

Dr. Liam Gannon, our Emergency Services Medical Director, testified in February to members of the House Health Care and Senate Health and Welfare committees. He spoke about challenges patients and hospital staff face regarding treatment of the mentally ill in hospital emergency rooms throughout the state. He also appeared on Vermont Public Radio for a recent "Vermont Edition" discussing the same topic.

We are actively exploring ways we can better care for patients in the ER experiencing a mental health crisis. I hope you'll join us for our upcoming Community Forum on May 3 as we explore how best to care for mentally ill in our ERs.

**LOVE OUR VOLUNTEERS**

April is the month we honor our volunteers with our annual Appreciation Breakfast. From running the Gift Shop and Second Chance Thrift Store to greeting patients and families to accompanying our pet therapy dogs on their visits, volunteers help make Copley Hospital a successful community hospital. Next time you're in the hospital, please say thanks to our volunteers. We are so grateful for their dedication and commitment.



**HONORING SERVICE**

Copley Woodlands resident Gene Rothman was recently honored by the Philippine government for his participation in a WWII operation to liberate the Philippines from Japanese occupation. Congratulations to Gene and his shipmates. We are grateful to you for your service to our country.

Best,  
  
Art Mathisen, CEO



**98% of the Way Toward \$3.2M Goal**

We are on schedule to open the doors to the James and Mary Louise Carpenter Surgical Center this summer. Our fundraising campaign is just \$51,000 away from our needed goal. Please make your gift now at [copleyvt.org/campaign-for-surgical-center](http://copleyvt.org/campaign-for-surgical-center), or by mail using this form.

**Help Copley Cross the Finish Line!**

**Your gift will help raise the last \$51,000 needed for the new Surgical Center.**

**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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Please return this card to:  
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# 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

## AUXILIARY SPRING LUNCHEON

May 16 | 10:15am

Green Mountain Technology and Career Center

Fee: \$15 | Call 888-9106 to make your reservation

### MIDWIFERY: MORE THAN BIRTHING BABIES

Following the short business meeting, Copley certified nurse midwife Kipp Bovey will present on midwifery services at Copley. The served meal will be prepared by the students at the GMTCC's Culinary Arts Program.

## 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

May 25, June 22 | 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

May 16, June 20

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

July 26 | 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 11-June 8

June 22-July 20

July 27-August 24

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.



## Community Forum: Mental Health Treatment in ER Wednesday, May 3, 7pm

Green Mountain Technology & Career Center  
Community Room, 738 VT-15, Hyde Park, VT

### Nowhere to Go: A Mental Health Patient in the Emergency Room

A multi-media presentation by Copley Hospital in collaboration with Creative Media, Art & Design students at Green Mountain Technology & Career Center

### Panel Discussion, Q and A, with Frontline Professionals:

Michael Brigati, Emergency Services Nurse Director, Copley Hospital;

Monique Reil, Mobile Crisis Team Manager, Lamoille County Mental Health Services; Dale Porter, RN, Emergency Services

RSVP at [copleyvt.org/classes-and-events/2017-05](http://copleyvt.org/classes-and-events/2017-05)

### BABY SHOWER FOR PREGNANT WOMEN

June 20, 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.

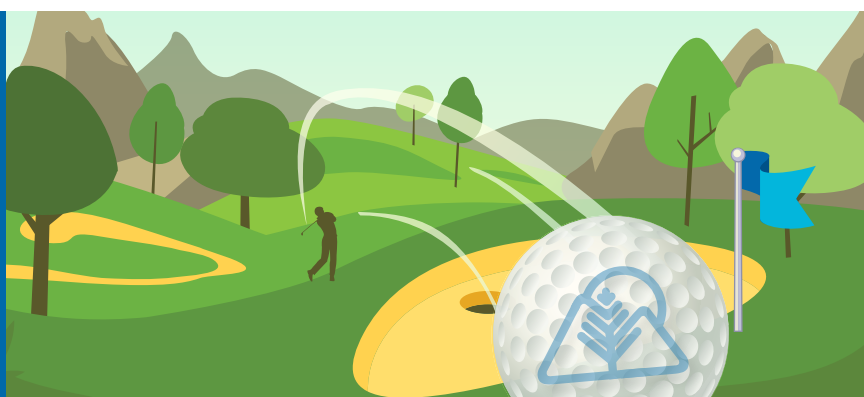


### PULMONARY REHABILITATION

Call 888-8230 for an appointment

If you live with a disease affecting the lungs, pulmonary rehabilitation can help you.

30TH ANNUAL  
COPLEY  
**Golf**  
SCRAMBLE  
Saturday, July 15  
Stowe Country Club, Stowe, VT  
Register now! [copleyvt.org/CopleyScramble](http://copleyvt.org/CopleyScramble)



Early Bird Special:  
Register by May 31: \$115 per player  
Register after May 31: \$135 per player  
Thank you Sponsors:  
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<b>Cardiac/Pulmonary Rehabilitation</b> .. 888-8230
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<b>Clinical Nutrition/Dietitian</b> ..... 888-8233
Copley Hospital Practice Lindsey Hoar, RD
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<b>Diabetes Educator</b> ..... 888-8226
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<b>Emergency Medicine</b> ..... 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
<b>Family Practice</b>
Hardwick Health Center (NCHC)..... 472-3300
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Johnson: Independent Practice..... 635-7325
Paul Rogers, MD Kristy Garbarino, NP
Morrisville Family Health Care (CHSLV)..... 888-5639
Delores Burroughs-Biron, MD Kim Bruno, MD Allison Christie, MD, MPH David Coddair, MD Cheryl Holton, FNP, CDE Philip Kiely, MD David Roy, MD
Stowe Family Practice (CHSLV)..... 253-4853
Laura Felsted, OD 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
<b>Gastroenterology</b> ..... 888-3111
Independent Practice Joel Silverstein, MD
<b>General Surgery</b> ..... 888-8372
Copley Hospital Medical Group Practice Donald Dupuis, MD, MS Weatherby Healthcare Shola Cole, MD
<b>Gynecology/Obstetrics</b> ..... 888-8100
The Women's Center, a Copley Hospital Practice William Ellis, MD Independent Practice ( <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
<b>Laboratory Services</b> ..... 888-8340
<b>Medical Records</b> ..... 888-8352
<b>Naturopathic Medicine</b>
Stowe Natural Family Wellness..... 253-2340
Jennifer Tuttle, ND Independent Practice Sara Norris, ND..... 860-3366

<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 Christine Malcolm, CNM, NP April Vanderveer, 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 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
<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>
Copley Hospital Birthing Center..... 888-8304
Diane Szlachetka, APRN, NNP-BC
Appleseed Pediatrics (CHSLV)..... 888-7337
Sarayu Balu, MD 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 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>Sleep Medicine</b> ..... 888-8667
Northern Vermont Center for Sleep Disorders Mandy Degre, FNP Weili Gray, MD Veronika Jedlovzsky, MD Francis Lee, MD
<b>Urology</b> ..... 888-8372
Copley Hospital Medical Group Practice Betsy Perez, MD
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## healthy recipe

FROM COPLEY'S NUTRITIONAL SERVICES TEAM

### Chicken with Provencal Sauce

A heady combination of dried basil, thyme, marjoram, rosemary, lavender, and sage make up "herbes de provence," a classic French seasoning. Serve with roasted potato wedges.

4 (6oz) skinless, boneless chicken breast halves

¼ tsp salt

¼ tsp freshly ground black pepper

1½ Tbsp olive oil

1 garlic clove, minced

1 cup fat-free, low sodium chicken broth

1½ tsps dried herbes de provence

1 tsp butter

1 tsp fresh lemon juice

Fresh thyme sprigs (optional)



1. Place each chicken breast half between 2 sheets of heavy duty plastic wrap; pound to ½ inch thickness using a meat mallet or rolling pin. Sprinkle chicken evenly with salt & pepper.
2. Heat oil in a large non-stick skillet over medium heat. Add chicken; cook 6 minutes on each side or until done. Remove chicken from pan, keep warm.
3. Add garlic to pan; cook 1 minute, stirring constantly. Add broth and Herbes de Provence; bring to a boil, scraping pan to loosen browned bits. Cook until broth mixture is reduced to ½ cup (about 3 minutes). Remove from heat; add butter and lemon juice, stirring until butter melts. Serve sauce over chicken. Garnish with thyme sprigs, if desired.

Yield: 4 servings. Serving size: 1 chicken breast half with about 2 Tbsp sauce.

Calories 248 (30% from fat); Fat 8.2g (sat 1.8g mono 4.5g poly 1g); Protein 40.2g; Carbohydrate 1g; Fiber 0.3g; Cholesterol 101mg.; Iron 1.5mg; Sodium 376mg; Calcium 32mg

## [ COPLEY CLOSE-UP ]

### Jeffrey Lewis

Jeff is a Sous Chef at Copley. He's been an integral part of Copley's Nutritional Services team for nearly 9 years. Jeff works alongside head Chef Robert Wescom.



**Where did you grow up?** Mt. Vernon, Maine which is a small town located in Kennebec County.

**What is your favorite food?** Anything with chocolate!

**What are your top three hobbies?** I consider spending time with my family my #1 hobby followed by gardening and summertime BBQs.

**What is your favorite color?** Because I'm an earthy kind of guy, I am drawn to burnt umber.

**What word best describes you?** I think of myself as twisted! My craziness has a way of creating laughter.

**What is something about me that would be surprising to others?** I'm really a gentle giant, not a mean bone in my body.

**Who do you look up to the most, and why?** My grand dad was the best person I have ever known. I cherish my memories spent with him and the many stories he told. He was a warm man who taught me so much. I wish every day that he was still here – my boys would have loved him, and he them!

**What makes Copley a special place to work?** The people. My co-workers truly make my day.

**Why did you pick your career?** I like to create different dishes – I play with food. I'm in heaven behind my work station!



## 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](http://copleywoodlands.com)

