



# Courier

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

SPRING 2015

## [ C O P L E Y C L O S E - U P ]

### Mariann Mangiapane

Radiology Technologist  
Mangiapane has been part of the Diagnostic Imaging team at Copley since 2010. She holds a BS in Radiology Sciences, is ARRT Certified, and holds Advanced Certification for Mammography and CT. Her peers describe her as the go to person in the department.



### Steve Hayes

Hayes specializes in Industrial Rehabilitation, working with our local business community. He provides work conditioning, ergonomic assessment and function capacity evaluation.



#### Where did you grow up?

**Mariann:** West Barnet, VT on Harvey's Lake.

**Steve:** We moved from Groton, VT when I was five to upstate NY. I went to high school in Honeoye Falls, which is south of Rochester.

#### What is your favorite food?

**Mariann:** A good New York pizza with anchovies!

**Steve:** With five brothers and sisters, you learned to eat everything that was put on your plate really fast.

#### Describe your typical Friday night.

**Mariann:** Dinner and a movie.

**Steve:** Now that the kids are out of the house, Friday night is a nice meal and a glass of red wine.

#### What are your top three hobbies?

**Mariann:** I enjoy waterskiing, swimming, and arts and crafts.

**Steve:** My three top hobbies are Nordic skiing, hunting, and hiking.

#### What is your favorite color?

**Mariann:** I have two; purple and blue.

**Steve:** It would have to be blue.

#### What is your favorite holiday and why?

**Mariann:** Christmas. I love the decorations, the music, and just being with family.

**Steve:** My favorite holiday is Halloween; you can be anything, or anybody, you want for the night.

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

**Mariann:** During high school and college breaks, I worked in the local garage and worked on automobiles. I know quite a bit about cars.

**Steve:** That I really can count.

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

**Mariann:** It's a close community.

**Steve:** The staff is very supportive of each other. You cannot walk down the hall without someone smiling and greeting you.

*continued on page 4*

## 3D Mammography for Earlier Detection



Doctors agree that early detection is the best defense against breast cancer. Successful treatment and survival rates for breast cancer patients are dramatically affected by early detection of breast cancer.

Diagnostic Imaging at Copley Hospital offers 3D Mammography, with a breast tomosynthesis system that delivers great clarity. In research published by the *Journal of American Medical Association* (JAMA), this technology has been proven to detect 41% more invasive breast cancers. And, it has been proven to reduce the need for follow-up breast exams by up to 40%. Our site uses the lowest radiation dose available, about the same as a standard 2D mammogram, and lower than a traditional film.

#### WHY 3D?

The breast is a 3-dimensional object composed of different structures, such as blood vessels, milk ducts, fat, and ligaments. All of these structures, which are located at different heights within the breast, can overlap and cause confusion when viewed as a 2-dimensional flat image. This confusion of overlapping tissue is a leading reason why small breast cancers may be missed and normal tissue may appear abnormal, leading to unnecessary call backs.

#### WHAT IS 3D MAMMOGRAPHY?

3D Mammography uses high-powered computing to convert digital breast images into a stack of very thin layers, like the pages of a book. If you look down at the cover of the book, you cannot see all the pages – but when you open it up, you can go through the entire book page-by-page to see everything between the covers. 3D



Mammography is designed with the same concept in mind.

#### WHAT TO EXPECT DURING YOUR EXAM

Like a traditional mammogram, the technologist will position you, compress your breast, and take images from different angles. There is no additional compression and it only takes a few seconds longer for each view. The technologist will view the images of your breasts at the computer workstation to ensure quality images have been captured for review. A radiologist will then examine the images and report results to your physician.

To schedule your 3D Mammogram, please call **802-888-8358**. Please check with your insurance company for coverage before any diagnostic imaging.

## In-Office Diagnostic Arthroscopy Offers New Way to View Joints

Physicians at Mansfield Orthopaedics are using new minimally-invasive, arthroscopic imaging technology that allows them to clearly view and evaluate the condition of your joint right in the office. Until now, an MRI has been the non-surgical diagnostic tool used to help determine the root cause of your discomfort.

VisionScope Imaging (VSI) is a fast and effective non-surgical diagnostic tool. A VSI exam takes about 10 minutes and uses a tiny needle camera scope (smaller in diameter than a bicycle spoke) and requires only local anesthesia. It is performed by your doctor in the office exam room. Within minutes, high-definition images are available to show you the results of the exam and allows you to discuss the best course-of-action with your physician as part of the first visit.

Mansfield Orthopaedics participated in a prospective multicenter study using the new technology. “The study found VSI to be more accurate for diagnosing cartilage injuries than an MRI,” says lead researcher Bryan Huber, MD. In-office diagnosis can eliminate additional procedures, such as MRI or surgery, thereby reducing multiple medical appointments that can interfere with work, life, and family. Most importantly, the healing process can immediately be set in motion.

Physicians at Mansfield Orthopaedics are successfully using the VSI exam on knees and shoulders. They plan to expand use of the tool on elbows and ankles later this year.



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.

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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

Here on the cusp of Summer, it is easy to list all of the reasons we love living in Vermont. From the extraordinary natural beauty that surrounds us to the vibrant arts, farmers’ markets, and community events that fill our days. For me, the top reason is because of the people with whom I work. Incredibly talented, hard-working, and caring professionals and volunteers power Copley. Each contributes to the overall experience of every patient we serve. I thank each and every one of them for their service to Copley and to our community.



GENERAL SURGEON DONALD DUPUIS, MD JOINS COPLEY

In August, Dr. Donald Dupuis will join Copley Hospital to lead our General Surgery program. Dr. Dupuis is board certified, and a graduate of the UVM School of Medicine. He did his general surgery residency at the Lahey Clinic in Burlington, MA. Previously, he has served at Dartmouth-Hitchcock Medical Center in Keene, NH. He and his wife are looking forward to returning to Vermont.



ADVANCING TECHNOLOGY

We successfully launched our Electronic Health Record (EHR) in the Emergency Department in March. It was our smoothest “go live” yet. We continue to build out our EHR capabilities, striving to provide better communication to you and all of your healthcare providers.

COPLEY HONORED FOR EXCELLENCE

For the fourth year in a row, Copley Hospital was named a HealthStrong Hospital by iVantage Analytics. This award recognizes the top performing hospitals – measuring them across 62 different performance metrics, including quality, outcomes, patient perspective, affordability and efficiency.

The readers of Vermont Sports Magazine have named Mansfield Orthopaedics the “best orthopedist” practice in the annual Black Diamond Awards. This is the third year in a row Copley’s orthopedic program has received this honor.



Copley Hospital’s Community Relations staff and Jennings, a healthcare marketing firm, have been recognized for our current print advertising campaign by the New England Society for Healthcare Communications. Our “Exceptional Care – Community Focused” campaign won in the “Success on a Shoestring” category.

Pictured with Copley’s Board Chair Nancy Putnam and VP Marketing, Development and Community Relations Leah Hollenberger are volunteers recently honored (left to right): Flo Ciccolo, Joyce LaRow, Ken Salls, Addie Salls, Jeannette Randolph, Donna Merriam and Judy Ward. Missing from the photo: Betty Busch, Bob Ianni, Don Lange, Bill Minton and Irene Wilkins.



CELEBRATING STAFF

Just before this goes to press, we will celebrate staff with our Employee Service Awards Banquet. In addition to recognizing our Employee of the Year, we will celebrate employees that have dedicated their career at Copley. These include:

- 25 years**  
Darlene Lambert, RN, Surgical Services  
Connie Rockwood, LNA, Medical/Surgical  
Annette Thompson, Rehabilitation Services  
Joseph Subasic, MD, ER

- 30 years**  
Karin Vossler, Radiology Services

- 35 years**  
Dawn Sweetser, Purchasing  
Joyce Tenney, LNA, Outpatient Services

- 40 years**  
Lise Hamel, Radiology Services

- 45 years**  
Denise Marcoux, RN, Surgical Services

CELEBRATING VOLUNTEERS

We also depend upon our talented and dedicated volunteers. It was my pleasure to honor all of them at our recent Volunteer Appreciation Brunch. Our volunteers do so much, from staffing the Second Chance Thrift Shop on Brigham Street and the Gift Shop in the hospital lobby to staffing the front desk, Health Sciences Library, to serving as patient ambassadors, helping with fundraising events and governing on our Board of Trustees. Thank you for your service to Copley and to your community!

All of the above is what makes the care at Copley so unique – your community caring for you.

Regards,  
  
Melvyn Patashnick, CEO

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



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

YES, I/WE WISH TO SUPPORT COPLEY HOSPITAL

Please accept my gift of: ☐ \$25 ☐ \$50 ☐ \$10 ☐ \$250 ☐ \$500 ☐ \$1000 ☐ Other \$ \_\_\_\_\_

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- ☐ Check if you wish to be anonymous
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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](https://copleyvt.org/wellnessclassesandevents) | 888-8369

## Support Groups

### DIABETES SUPPORT GROUP

June 25 & September 24 | 6:30–8pm

Copley Hospital Wellness Center

Call 888-8226

Free and open to people with diabetes and their families. Meeting 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. 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

Thursdays, June 4–July 9 | 1:30–4pm

Stowe Family Practice

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 for the Healthier Living Workshop, or for more information, call 888-6026.

### CHRONIC PAIN SELF-MANAGEMENT WORKSHOP

Fridays, August 7–September 11 | 2–4:30pm

Cambridge Health Center

If you live with chronic pain, this class can help you better manage your condition. During this six-week class, we'll debunk myths; create an action plan that works for you; improve your fitness through exercise; discover coping techniques for emotions and fatigue; and help you better manage your sleep, healthy eating and medications. Call 888-6026 to register or for more information.

### TOBACCO CESSATION CLASS

Classes available in Morrisville and Stowe

It can be hard to quit smoking, but there is help when you're ready to quit. This free four-week session, will help teach you how to quit smoking for good. Free nicotine replacement will be available to participants. Call Shannon at 253-9161 for class listing and to register.

## Annual LACiNg Up For Cancer Walk

Saturday, June 27 | 11am–11pm

Trackside, People's Academy High School

*Together, we can go the extra mile* is the theme for this year's walk that benefits Lamoille Area Cancer Network. This yearly event continues to be a signature event for Copley and our community. Copley Hospital is pleased to join the many local businesses and individuals supporting this annual community walk.



## Life Skills

### HEARTSAVER FOR BEGINNERS

September 15 & November 17 | 6:30–8:30pm

Fee: \$30

### RECERTIFICATION CLASS

June 16 & October 20 | 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

September 22 | 6–9:30 pm

Fee: \$30

Call 888-8369

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

### AARP SMART DRIVER CLASS

July 20 & November 16 | 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 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.

### EXERCISE CLASS

Every Monday & Thursday

9–10am

Copley Woodlands, Stowe

Fee: \$25 for 10 sessions

Call 253-7200

A blend of strength training, balance, stretching and free weights.

## Parenting Programs

### CHILDBIRTH EDUCATION CLASSES

June 18–July 16

July 30–August 27

September 24–October 22

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

June 16 | 4:30–6pm

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.



### STOWE WINE & FOOD CLASSIC RAISES FUNDS FOR COPLEY'S CHEMO SUITES

This annual 3-day event kicks off with a Friday evening "Blues, Brews and Food Truck Crews." Enjoy unique pairings offered by Phantom Food Truck, The Common Man, B & S Jamaican Cuisine and Vermont Harvest Catering Food Trucks with Trapp Family Lodge Brews. While sampling the featured items you will enjoy entertainment by The Dave Keller Band. Rain or shine!

Saturday night's Spanish Farm to Table Dinner features wines from Cune Rioja. This is a dinner not to be missed!

On Sunday visit with wine-makers, Vermont craft brewers, and culinary experts and enjoy world class food selections while bidding on collectible wines, vacation getaways and other great treasures at the silent auction.



All 3 events will be held beneath the tent at Trapp Family Lodge.

Proceeds of this year's event benefit Copley Hospital. Tickets and more information are available at [stowewine.com](https://stowewine.com)

## Copley Rail Trail Run for the Heart

Saturday, September 12 | 9am–1pm | Oxbow Park, Morrisville

The **5K** (3.1 mile) begins at the Oxbow field and takes runners and walkers on the Rail Trail ending back at Oxbow Park. Join Copley's Cardiac/Pulmonary professionals in the **1 Mile Health Walk**, walking the Oxbow loop. Enjoy post race festivities that include music, games, food and more.

Watch Copley's Facebook page for details. [f](#)



COPLEY CLOSE-UP ...continued from page 1

What would you describe as Copley’s greatest strength?

Mariann: Many of my patients talk about how nice it is to come to Copley because it’s so community oriented.

Steve: The staff, services, and size of Copley are what makes this a very special hospital to work for.

Why did you pick your career?

Mariann: I have a few relatives that have worked in radiology and I enjoyed shadowing them and I like being able to help people. I also like that there are so many different exams that can be done in Radiology such as Computed Tomography, MRI, Mammography and many others.

Steve: Back in 1978, Peter Kramer, my college advisor at JSC, told me I should go into PT. After many varied experiences, I graduated from UVM in 1998. Better late than never....

28TH ANNUAL

COPLEY

GOLF

SCRAMBLE



Saturday, July 11

Stowe Country Club, Stowe, VT

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Early Bird Special

\$115 per player, if registered by May 31 (\$135 as of June 1)

Register now!

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



healthy  
recipe

STEVE SPRAGUE, COPLEY’S EXECUTIVE CHEF

Summertime  
Grilled Fish Filet

4, 6 ounce fish filets  
(cod, salmon, haddock)  
1 green bell pepper  
1 red bell pepper  
1 large tomato  
1 bunch scallions  
1 small red onion  
2 limes  
2 cloves garlic  
2 tbsp olive oil  
2 tbsp butter  
2 tbsp chopped fresh dill  
2 tbsp chopped fresh tarragon  
1 tsp celery salt  
½ tsp black pepper  
4, 12" x 18" pieces heavy  
duty aluminum foil



Rinse the fish under cold water. Remove the seeds and cores from the peppers and cut into thin strips. Cut the tomato into 12 wedges. Chop the scallions into 1" pieces. Peel the red onion. Mince the garlic.

Light your grill or start some charcoal. Layout the foil sheets on your work surface. Put a few red onion slices in the center of each sheet and top with a fish filet. Arrange the peppers, tomatoes and scallions over the fish. Cut the limes in half and squeeze the juice over each piece. In a small pan heat the olive oil, butter and minced garlic for 2 minutes until fragrant, but not browned. Remove from the heat and stir in the fresh dill, tarragon, celery salt and pepper. Drizzle over each filet. Wrap each foil packet tightly so they won't leak. Place them on a hot grill about 3 or 4 inches above the coals and cook for 25 minutes or so. Remove from the grill with tongs and allow to rest 5-10 minutes before opening.

Serve with grilled corn on the cob and a green salad. Serves 4.

[ PHYSICIAN DIRECTORY & HOSPITAL SERVICES ]

Anesthesiology..... 888-8888

Copley Hospital Medical Group Practice  
Ryan Austin, CRNA  
John Bistrick, CRNA  
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

Clinical Nutrition/Dietitian..... 888-8233

Copley Hospital Practice  
Rebecca Ainsworth, 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  
Jacqueline Gallagher, PA  
Liam Gannon, MD  
Jacqueline Goss, PA  
Patrick Heaghney, MD  
John Kaeding, MD  
Neil Nigro, MD  
Charles Osler, FNP  
Adam Putnam, MD  
Joseph Subasic, MD  
Rosanna Welton, PA-C  
Daniel Wolfson, MD

Family Practice

Hardwick Health Center (NHC)..... 472-3300  
Mark Lichtenstein, 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

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

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

Independent Practice

Sara Norris, ND..... 860-3366  
Health Here & Now..... 249-1279  
Art Gleiner, MD

Gastroenterology..... 888-3111

Independent Practice  
Joel Silverstein, MD

General Surgery..... 888-8372

Weatherby Healthcare  
Daniel Gwan-Nulla, MD  
Andrew Smith, MD

Gynecology/Obstetrics..... 888-8100

The Women's Center, a Copley Hospital Practice  
William Ellis, MD  
Anne Stohrer, MD  
Independent Practices (*Gynecology only*)  
Fred Rossman, MD..... 888-1966  
Nancy Carlson, MD..... 861-0200

Hospitalist Program..... 888-8173

Apogee Physicians  
Patrick Keith, MD  
Jennifer Peters, MD

Internal Medicine

Hardwick Health Center..... 472-3300  
Brendan Buckley, MD  
Independent Practice  
Robert Kozub, MD..... 888-8888

Laboratory Services..... 888-8340

Medical Records..... 888-8352

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

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

Iverson Eye Care  
Mark Iverson, MD

Optometry..... 888-3089

Green Mountain Eye Care  
Francis Pinard, OD

Orthopedics & Sports Medicine..... 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

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

Ryder Brook Pediatrics..... 888-2448  
Sarayu Balu, MD  
Copley Hospital Birthing Center..... 888-8304  
Diane Szlachetka, APRN, NNP-BC  
Applesed Pediatrics (CHSLV)..... 888-7337  
Adrienne Pahl, MD

Pulmonology..... 888-8667

Northern Vermont Center for Sleep Disorders  
Veronika Jedlovsky, 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  
David Alsobrook, MD  
Innocent Ezenwa, MD  
Veronika Jedlovsky, MD

Urology..... 888-8372

Copley Hospital Medical Group Practice  
Betsy Perez, MD

Wellness Center..... 888-8369



COPLEY  
HOSPITAL

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