



Courier

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

FALL 2016

Celebrating 20 Years of Midwifery Services

This month marks a milestone for midwifery services at Copley. Twenty years ago, Copley Hospital began offering midwifery services to our community.

Marjorie Kelso, then a registered nurse at Copley's Birthing Center, remembers the hospital spearheading a community-wide survey asking women what they were looking for as it pertains to their healthcare. "The results were clear: women in our community wanted midwifery care available to them," said Kelso. At the time, babies were being delivered and women's health needs were being tended to by Copley's OB/GYN specialists and family practice physicians. Women wanted a new care model.

The midwifery model of care – which is mother-and-child-based – differs from the traditional medical model, which is about controlled medical management of a safe, healthy pregnancy and birth. Copley's midwives are with the mother from the time true labor begins, all the way through the birth of the baby. Women who use a combination of a midwife with an OB/GYN are statistically less likely to require labor induction, pain medications, epidurals and other medical/surgical interventions. The OB/GYN is available, if needed, in the event medical/surgical interventions are necessary.

"We provide care to women throughout their lifespan. You don't need to be cared for by a midwife for just pregnancy; we treat the whole woman through every stage of life," JACKIE BROMLEY, CNM

In addition to pregnancy care, which includes pre-conception to postpartum care, midwives provide routine gynecological care such as annual exams and screenings. "We provide care to women throughout their lifespan. You don't need to be cared for by a midwife for just pregnancy; we treat the whole woman through every stage of life," says Jackie Bromley, CNM, Copley's first certified nurse midwife.

Bromley joined Copley's medical staff in 1996, at the same time Kelso left Copley to complete her midwifery certification, returning in 1998. Bromley and Kelso helped birth babies in the Birthing Center while also providing well woman care in the clinic. This made for some long nights followed by a full day at the clinic for this duo if more than one mother was in labor at a time.



Certified Nurse Midwives Kipp Bovey, April Vanderveer, Marjorie Kelso and Jackie Bromley.

In 2012 The Women's Center welcomed its third midwife. Alexandra "Kipp" Bovey began her career in Copley's Birthing Center working as a nurse. She returned to Copley in 2012 to join the hospital's midwifery team. Earlier this year certified nurse midwife April Vanderveer joined the team. She too was a former nurse in Copley's Birthing Center, having spent 11 years in nursing before pursuing midwifery.

"We've got something special at The Women's Center. We are very proud of the care we provide and that we have helped inspire future nurse midwives like Kipp and April," said Bromley.

Continued on page 4

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

Janessa Vandette, PA-C

Janessa is a Board Certified Physician Assistant at Mansfield Orthopaedics. She works along-side hand and upper extremity specialist Joseph McLaughlin, MD. Janessa received her Master's Degree in Physician Assistant Studies at Missouri State University.



Where did you grow up? I grew up in the neighboring state of New Hampshire.

What is your favorite food? I love pan fried catfish.

What are your top three hobbies? I'm an outdoor person and enjoy soccer, cycling, and snowboarding.

What is your favorite color? Silken moss, it's in the green family.

What word best describes you? Adventurous, I love a good adventure!

What is something about me that would be surprising to others? I like ketchup on my pizza!

Who do you look up to the most, and why? My parents. They are the most hardworking and caring people I know.

What makes Copley a special place to work? Copley's mission statement and values contribute to making it a special place to work, but it is also located within a close-knit community that is filled with passionate and caring people.

Why did you pick your career? I chose this career because I wanted to help give better healthcare access to people who live in more remote and rural areas.



COPLEY
Run for the heart

SATURDAY, OCTOBER 1
9AM Registration | 10AM Start
5K RUN/WALK & 1-MILE HEALTH WALK
LAMOILLE VALLEY RAIL TRAIL

Kicking off Morristown'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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528 WASHINGTON HIGHWAY
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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



COMMUNITY UPDATE

Construction for our new Surgical Center continues to be the buzz around campus with staff and visitors. Site work continues to be on target, with concrete poured and steel going up. You can now make out the size and whereabouts of the building.

WELCOMING NEW PHYSICIANS

I am pleased to welcome doctors **Marty Linseisen, MD** and **Nicholas Antell, MD** (shown right; top to bottom) to Copley. Dr. Linseisen is an emergency services physician and joined our ED team in July. He comes to us having previously served as chief resident physician in the Maine-Dartmouth Family Medicine Residency Program in Augusta, Maine for three years. Dr. Antell is a native Vermonter and moved back from California in mid-August. He joins Copley's Mansfield Orthopaedics working closely with our Emergency Services, caring for patients with acute musculoskeletal injuries. Both Drs. Antell and Linseisen were drawn to Copley for the focus we place on our patients and their outcomes.



SCRAMBLE NETS BIG FOR COPLEY

By far, this year's golf outing held at the Stowe Country Club was one for the record books. One hundred forty golfers registered and for the first time in the event's 29-year history, golfers were pulled off the course due to torrential rain. Prior to that, golfers had been enjoying several hours of comfortable playing conditions and friendly rivalries. I am happy to report that, thanks to the support of our community and our many vendors, the event raised \$24,000 for our new Surgical Center.



Presenting Sponsor
Stewart
Construction's
team tied
second place
with a net
score of 59.

BUDGET

We presented our 2017 budget to the Green Mountain Care Board (GMCB) in August. Copley is not requesting a rate increase, meaning there will be no impact on Commercial Insurance payor rates. The GMCB is continuing to seek a 3% cap on Net Patient Revenue (NPR) as it has for the past several years. We, along with other hospitals, have expressed concern to the GMCB about the continued use of the 3% NPR cap and its long range impact on hospitals. NPR minus our expenses makes up our operating margin – typically 2% of our budget – which is used to reinvest in equipment and our facility. The GMCB's 3% NPR cap is based on budget figures only and has not been rebased to reflect actual utilization trends since 2012. We are requesting a Net Patient Revenue exception of 4% and our FY2017 budget reflects the cost pressures we face, including increases in variable costs due to multiple years of increased utilization and challenges with recruitment, employee turnover and a very competitive labor market. Our focus remains on keeping Copley's great tradition of excellent compassionate care and access to care for all thriving.

COPLEY COMPOSTS!

Over the past year Copley has been working with Black Dirt Farm in Greensboro Bend with composting food scraps. To date, we have composted 81,000 pounds of food scraps. Our food services team continues to be instrumental in educating staff and visitors as to what can be composted.

LIVE WELL LAMOILLE BLOG

Copley recently launched a friendly on-line community blog that shares information, strives to build community and encourages readers to make healthy choices. The blog is a collaborative effort with a number of community leaders and social service agencies throughout Lamoille. The goal is to provide a one-stop place to integrate information on healthy choices from the full spectrum of determinants: behavior, social and economic factors, physical environment, and clinical care/prevention. If you haven't already, I encourage you to check it out www.livewelllamaille.com.



Looking ahead, I hope to see some of you at our 5K Run for the Heart on Saturday October 1st. I plan to have my running shoes on and will lead a warm-up!

Best,

Art Mathisen, 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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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 | 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 22, October 28, December 1 | 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.



Apple Festival at Copley Woodlands

October 7 | 2pm

RVSP by September 27, 253-7200

Enjoy some of your favorite apple treats during Copley Woodlands' Apple Festival. Meet the staff, tour the facility, and learn about the many amenities that promote independent living in a supportive community. Copley Woodlands is located minutes from Stowe's library, post office, galleries, shops, and restaurants.



Retire in Stowe... Where retired living is easy.

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



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

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 FOR BEGINNERS

September 20, November 15 | 6:30–8:30pm

Fee: \$30

RECERTIFICATION CLASS

October 18 | 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

Date to be determined | 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

November 9 | 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 22–October 20

November 10–December 15

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

December 6 | 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.

LITERATURE & MEDICINE BOOK DISCUSSION SERIES

Monthly beginning in September

Call 888-8347

Participants meet monthly, sharing stories that explore issues of whole people, not just sick bodies, and how health care affects lives beyond the hospital doors. Books being discussed include: *Wonder*, by R.J. Palacio; *The Glass Castle: A Memoir*, by Jeannette Walls; *The Shadow Box*, Act 1 and Act 2, by Matt Christofer; and *Being Mortal: Medicine and What Matters in the End*, by Atul Gawande.

[PHYSICIAN DIRECTORY & HOSPITAL SERVICES]

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Copley Hospital Medical Group Practice
Ryan Austin, CRNA
Stephen Fischer, MD
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
Robert Lobel, MD

Clinical Nutrition/Dietitian 888-8233
Copley Hospital Practice
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Dentistry 334-6965
Birchwood Dental Associates
Murray Diner, DDS

Diabetes Educator 888-8226
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Jordice Corey, NP
Liam Gannon, MD
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J. Martin Linseisen, MD
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Christopher Niles, MD
Charles Osler, FNP
Adam Putnam, MD
Joseph Subasic, MD
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Family Practice
Hardwick Health Center (NHC) 472-3300
Mckalyn Leclerc, MD
Christine Malcolm, FNP
Sarah Morgan, MD
Peter Sher, MD
Jeri Wohlerg, FNP
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
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Cheryl Holton, FNP, CDE
Philip Kiely, MD
David Roy, MD
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Katherine Marvin, MD
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Angela Winchell, FNP
Stowe Personalized Medical Care 253-5020
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Health Here & Now 249-1279
Art Gleiner, MD

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Independent Practice
Joel Silverstein, MD

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Weatherby Healthcare
Alan Licup, MD

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William Ellis, MD
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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
Angela Robens, ND
Jennifer Tuttle, ND

Independent Practice
Sara Norris, ND 860-3366

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
April Vanderveer, 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
Doyle Eye Care
Brian Doyle, MD

Optometry 888-3089
Green Mountain Eye Care
Francis Pinard, OD

Orthopedics & Sports Medicine 888-8405
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Alexis Gagne, PA-C
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Bryan Huber, MD
John C. Macy, MD
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Joseph S. McLaughlin, MD
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Margaret Rowell, RN, BSN, ONC
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Otolaryngology 334-9009
Independent Practice
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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
Copley Hospital Birthing Center 888-8304
Diane Szlachetka, APRN, NNP-BC
Appleseed 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 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
Mandy Degre, FNP
Weili Gray, MD
Veronika Jedlovzsky, MD
Francis Lee, MD

Urology 888-8372
Copley Hospital Medical Group Practice
Betsy Perez, MD

Wellness Center 888-8369



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healthy
recipe

STEVE SPRAGUE, COPLEY'S EXECUTIVE CHEF



Wilted Spinach Salad with
Lemon Dressing

Croutons 4 thick slices of stale country french bread
3 tbsp. extra virgin olive oil
3 cloves garlic, peeled
Kosher salt

Trim the crusts from the bread and dice ¾". Place on a cookie sheet. Crush the garlic cloves with the side of your knife and add to the oil in a small pan. Heat gently until just starting to brown. Remove from heat and let stand 30 minutes. Discard the garlic and drizzle the bread cubes with the oil. Toss well and spread evenly on the pan. Bake at 400 degrees for about 15 minutes or until brown and crispy. Drain on paper towel.

Salad 1½ pounds (or more) fresh spinach, stems removed
8 strips of bacon
2 cloves garlic, minced
1 shallot, sliced thinly
1/4 lb. shiitake mushrooms, caps only, sliced thinly
1/4 lb. cremini mushrooms, washed, sliced thinly
1/4 lb. chanterells, cut in half
1/4 cup extra virgin olive oil
Zest and juice of 1 large lemon
1 tbsp. maple syrup
1/2 tsp. dijon mustard
Salt and black pepper
Colorful heirloom tomatoes for garnish

Tear spinach into large pieces and wash in cold water. Drain. Dry the leaves in a salad spinner and place in a large bowl, set aside. Cook the bacon until crispy. Drain on paper towels. Break into large pieces and add to the spinach. Heat the olive oil in a skillet over medium heat. Add the garlic, shallot, and mushrooms and saute 5 minutes until tender. Remove with a slotted spoon and add to the spinach. Remove skillet from heat, add the lemon juice and zest, syrup, mustard and salt and pepper whisk until well blended. Pour over the spinach in the bowl and toss quickly. Add croutons and toss again. Put on 4 plates garnished with heirloom tomatoes and serve right away. Also good garnished with some shredded parmesan cheese.

Midwifery...continued from page 1

It's the continuity of care that guides the practice's philosophy and attracts nurses to the field, according to Bromley. The Women's Center offers a complete team approach, from the office staff to the providers. Throughout a woman's pregnancy, expectant moms will meet each midwife during their clinic visits. This allows the patient to develop a relationship with the midwifery team. "Our patients understand it's a team midwifery effort and it works," continued Bromley.

Having the practice on the hospital's campus is convenient as it allows the midwives to check in on their delivering moms, as well as visit with new moms and their newborn. "We work in tandem with the Birthing Center team," says Bromley. "This patient-centered team work is evident at every birth and I think it is why Copley and The Women's Center have such a great reputation."

"As providers we value and respect each woman's desire and choice for all healthcare needs," says Kelso. "We understand the changes women go through. We are here to provide care and educate women on their options allowing them to make the best decision for themselves and for their family."