Welcome General Surgeon Courtney Olmsted, MD

Copley welcomed General Surgeon Dr. Courtney Olmsted MD earlier this month. “We value her expertise and knew as soon as we met her that she is a great fit for our community,” says Art Mathisen, Copley Hospital CEO.

Dr. Olmsted brings extensive surgical experience involving the gastrointestinal tract, liver, colon, breasts, and other major parts of the human body. She has a special interest in returning surgical breast care services to Copley, along with surgical care of the thyroid.

“I choose to practice at Copley because they share my philosophy of the patient being the most important member of the healthcare team,” said Dr. Olmsted. “The medical staff has great depth and breadth of expertise and experience, which is what I want for my patients. Plus I enjoy being an active member in a small community.”

Dr. Olmsted received her medical degree from the Brody School of Medicine at East Carolina University in Greenville North Carolina. She completed her residency in general surgery at the University of Iowa Hospitals and Clinics. She was a Veterans Affairs National Quality Scholar, completing her Fellowship at the Iowa City Veterans Affairs Healthcare System. She also holds a Master of Science in Clinical Investigation from the University of Iowa. Dr. Olmsted discovered her interest in general surgery while pursuing her bachelor of science degree in biomedical engineering at Duke University in North Carolina.

Dr. Olmsted is an avid outdoors enthusiast. She enjoys skiing, hiking, scuba diving, rugby, and golf. She has finished and placed in many triathlons, duathlons and runs. She also enjoys stained glass, painting, and wheel ceramics.

Dr. Olmsted joins general surgeon Donald Dupuis, MD in the hospital’s Multi-Specialty Clinic.

Hospice in Our Community

Free community discussion
October 10, 6:30pm
Green Mountain Technology Careers Center
RSVP: Call Mary at 888-8291 or at copleyvt.org

What is hospice? What can I expect from hospice? When should hospice start? Who pays for hospice? Who provides hospice care? These questions and more will be answered in a free community discussion about “Hospice in Our Community.” We invite you to attend and bring your questions and concerns.

Hospice care provides support to you and your loved ones during the final phase of life. It is care that focuses on your comfort to enable you to have an alert, pain-free life and live each day as fully as possible.

Jonna Goulding, MD, Director of Palliative and Spiritual Care at Central Vermont Medical Center, will open the discussion. She will share her care philosophy and talk about the importance of palliative care.

Following Dr. Goulding’s presentation, local providers, hospice volunteers and community members will share their roles and experiences, followed by a Q&A session. The panel includes:
• Dawn Lefevre, RN, Hospice Nurse, Lamoille Home Health & Hospice
• Phil Kiely, MD, Hospice & Palliative Medicine Specialist
• Jenne Mathisen, Hospice Volunteer
• Alden Launer, Chaplain, Copley Hospital
• Laura Labow, ARNP, Oncology & Infusion, Copley Hospital
• Community family members

Registration is requested as refreshments will be provided. This community forum is being coordinated by Copley Hospital’s Ethics Committee.

Vermont Taste

CEO Art Mathisen announced Vermont Taste raised $16,407 for Copley at a wrap-up gathering held for participating venues and sponsors. The event, which ran May 1-June 30, included a mix of one-time events, on-going food and drink specials and dedicated nights at a number of local restaurants. Showcasing our area’s talented chefs, bakers, brewers, winemakers, distillers, roasters, and creators, Vermont Taste celebrates good food, friends and family gathering together to create a vibrant and healthy community. Planning is underway for 2019.
COMMUNITY FOCUSED.

COMMUNITY FOCUSED.

It has been a very busy summer for team Copley caring for an unusually high inpatient census, welcoming a surge of newborns, participating in events and fundraisers all while enjoying the abundance of activities our community offers. I cannot be more proud of this team and the exceptional care they provide to our patients and our community. Wishing you all a wonderful fall season.

EMPLOYEE APPRECIATION

During Hospital Week we recognized staff for their service to our community. This year’s Employee of the Year, Chaplain Alden Launer, was recognized for the support he provides our patients, community and staff. Copley’s Medical Staff honored Surgical Services’ Kelly Langston, RN with the Edward French Memorial Award and James Wills with the Goddard Family Award. We also honored Dorothy Cook, RN of the Emergency Department for her 45 years of service.

SUCCESSFUL CONTRACT NEGOTIATIONS

Positive and collaborative negotiations led to a new contract agreement between Copley Hospital and the United Nurses and Allied Professionals Local $109. The success was due in part to nursing union leaders and hospital officials coming together with a shared vision of safe, efficient, quality nursing care throughout our organization. Both teams demonstrated hard work, respect, and a commitment to patient care and patient safety; all key factors in reaching an agreement.

RETIRING PROVIDERS

Earlier this month, foot and ankle specialist Saul Trevino, MD retired. Dr. Trevino joined the Mansfield Orthopaedics practice in 2011. Over the past year he has been key to a successful transition for foot and ankle specialist Bryan Monier, MD. We are grateful to Dr. Trevino for the exceptional care and strong leadership he has brought to the practice in the area of foot and ankle care. Registered Nurse Margaret Howell continues in her role at Mansfield Orthopaedics, assisting Dr. Monier. Certified Nurse Midwife Marjorie Kelso has announced her transition from full time to per diem at The Women’s Center. Marje’s history at Copley began as a registered nurse. Her interest in becoming a midwife was encouraged by Copley leaders. In 1998, after receiving her midwifery certification, Kelso returned to Copley. She has shared how grateful she is to our community, creating a career she “will always cherish.”

DR. LEWIS BLOWERS

We were saddened to learn that Dr. Lewis “Lew” Blowers passed away in July. Dr. Blowers came to Copley in 1965 as a general surgeon and spent the next 35 years caring for our community. After retiring from surgery, Dr. Blowers became Copley’s first Medical Officer. Widely respected by both clinicians and community members, he was a visionary, actively recruiting physicians to develop the medical services we presently have at Copley. An extraordinary mentor, he is greatly remembered for his kindness and his generosity in nurturing a solid foundation for generations to come. When Dr. Blowers retired and relocated, the Copley Medical Staff commissioned the statue of the Blowers family that greets patients and visitors on the hospital’s front lawn.

DAVIDA, COPLEYS NEWEST MEMBER

Thank you to the Copley Hospital Auxiliary for their generous gift in support of clinical training. The Auxiliary’s $30,000 gift helped purchase a computerized simulating mannequin for our Education Center. Davida, named by the Auxiliary, is a full-featured mannequin with palpable pulses in the heart and lungs sounds, body temperature, etc. With this technology, trainers can change the mannequin’s clinical status mid-training, mimicking how a human patient may respond, providing more of a ‘real-time’ experience. Copley’s clinical educators use the computer commands to have the mannequin respond to interventions, including asking questions of their providers.

MORE TELE-HEALTH SERVICES TO BE AVAILABLE

This spring we began offering Tele-Rheumatology services in collaboration with Dartmouth-Hitchcock Connected Care. Dartmouth’s Rheumatologist Daniel A. Albert, MD meets with patients at Copley via telemedicine and provides evaluations, follow-up exams and recommendations for relevant therapies or interventions. We are currently finalizing details with Dartmouth Hitchcock to bring Tele-Pulmonology and Tele-Nephrology services to our community hospital this Fall.

Offering Pulmonology, Nephrology and Rheumatology via telemedicine helps provide high quality care that is efficient and reduces barriers to accessible care, improving access for patients living in rural north central Vermont.

RISEVT-LAMOILLE

Cole Pearson in Copley Hospital’s Wellness Center is the Lamoille County Program Manager for RiseVT. RiseVT is a community collaborative working to make it easy for Vermonters to embrace healthy lifestyles. Part of the organization’s strategy is to seek out opportunities to get active that are already happening in Lamoille County, spread the word, and offer resources to reduce barriers in participation. One example of this is that RiseVT is offering to cover the entry fee for the first twenty first-time participants in the Copley 5K Run for the Heart. Email Cole for details at cpearson@chsi.org. And check out RiseVT-Lamoille at lamoille.risevt.org and on Facebook.

FY19 BUDGET

Copley, like all Vermont hospitals, recently presented to the Green Mountain Care Board on our FY19 budget. Cumulatively, over the past 5 years, Copley has had a 3.2% rate decrease, resulting in less than a penny on the dollar operating margin (0.8%). In the same time frame, the cumulative state-wide rate increase was 18.1%, resulting in a 3.2% operating margin state-wide. Like all hospitals, our expense drivers are labor costs (including market adjustments for retention, recruitment, travelers, and investments in growing our workforce from within), double-digit inflation with drug costs and drug shortages, and supply costs. For Copley, supply costs are increasing 6.8%, due to the mix of services we provide. More than half of our services are orthopaedic and we perform a high rate of total joint surgeries. Orthopaedics has larger supply costs compared to other services as it uses more equipment and instruments as well as implants, prosthetics and tissues. These cost pressures in addition to the need to rebuild our operating margin is driving Copley’s request for a 7.9% rate increase in FY19. This proposed increase will result in a cumulative rate decrease of 3.2% over the four years ending in FY19. We believe that the GMCB’s goal of 3.5% state-wide may be an achievable goal, but individually, each hospital’s budget needs to be considered on a case by case basis based on utilization trends, service mix, capital needs, and overall financial health.

As we look ahead, I hope to see some of you at our September 29 Copley SK Run for the Heart. I am also looking forward to our October 10th community forum about hospice featuring Jonna Guilling, MD, the Director of Palliative and Spiritual Care at CVMC, along with members of palliative and hospice services in our community. Please join us for this important discussion.

Art Mathisens, CEO

[COMMUNITY UPDATE]

[Image 57x78 to 288x266]

[Image 531x85 to 692x130]
SYRINGE SERVICES & HARM REDUCTION MOBILE VAN
1st Monday of every month | 10am–12pm
Free, Anonymous | Morristown Rescue, Morrisville
Vermont Cares provides free syringes, safe disposal of used syringes, safer injection supplies, overdose reversal kits, HIV/HCV testing, treatment options and safer sex supplies. For more information or to enroll, call Vermont Cares at 371-6222 or 748-6802.

HOSPICE IN OUR COMMUNITY
October 10 | 6:30–8pm
Green Mountain Technology Careers Center
Learn the real story about Hospice in Our Community. Guest speaker is Jonna Goulding, MD, Director of Palliative and Spiritual Care at Central Vermont Medical Center. The evening will include a panel discussion with Q&A. Learn more about palliative and hospice services in our community. To RSVP, call 888-8291.

MEDICARE & YOU WORKSHOP
September 18: Stowe Free Library
October 2: Green Mountain Support Services, Morrisville
November 13: Waterbury Public Library
5:30–7pm
Tuning in and have questions about applying for Medicare? Confused about the options available within Medicare plans? Join a free workshop in your community to learn more. The workshops are presented by Central Vermont Council on Aging (CVCOA). Pre-registration is required, call 479-0531 or medicareworkshops@cvcoa.org.

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 Erica Coats at 888-6035.

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. To register or for class listing, call Erica Coats at 888-6035.

DIABETES PREVENTION PROGRAM
It’s important to take steps to reduce your risk and prevent diabetes. This is because diabetes can lead to serious health problems. You have a greater risk of getting diabetes if you:
• Are overweight or obese
• Don’t get enough exercise
• Have high blood pressure
• Have abnormal cholesterol
• Have a parent, brother, or sister with diabetes
The good news is there’s a lot you can do to help prevent diabetes – and we can help. Get started today by joining a Nationally Recognized Diabetes Prevention Program near you. Call Erica Coats at 888-6035 for more information.

1:1 QUIT SMOKING WITH COPELY DOCTOR
As a Tobacco Treatment Specialist, Rebecca Wheeler of Copley’s Wellness Center provides 1:1 coaching. Rebecca will help develop a quit plan, talk through barriers and provide the necessary support for a successful quit smoking story. To register or for more information, call Rebecca Wheeler at 888-8632.

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 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.

Life Skills
HEARTSAVER: BEGINNERS & RECERTIFICATION
September 18, October 16, November 13
6:30–8:30pm
Fee: $40 for class; $15 for book
Copley Rehabilitation Services. Call 888-8303.
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 25 | 5:30–9:30pm
Fee: $55 for class; $15 for book
Meets OSHA, state or employer requirements for individuals to possess knowledge of immediate first aid.

DRIVERS SAFETY CLASS
November 14 | 8:30am–1pm
Fee: $15 AARP member / $20 AARP non-member
A one-day, four-hour course designed for drivers age 50 and older. Participants will learn and recognize links between drivers, vehicle and road environment. Participants may receive a discount, depending on your automobile insurance carrier.

Parenting Programs
CHILD BIRTH EDUCATION CLASSES
September 20–October 18
November 1–December 6
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 4 | 4–5:30pm
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. Call 888-1357 to register.

Rehabilitation Programs
CARDIAC REHABILITATION
This comprehensive outpatient program improves your quality of life following a cardiac event such as a heart attack. Call 888-8230 for an appointment.

PULMONARY REHABILITATION
If you live with a disease affecting the lungs, pulmonary rehabilitation can help you. Call 888-8230 for an appointment.

LSVT BIG & LOUD THERAPY
A therapy program for people living with Parkinson’s disease or other neurologic conditions. The LSVT Loud program has shown to improve vocal loudness, and big teaches large movement to improve motor function. A physician referral is required. Call 888-8303 for more information.

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

YES, I WISH TO SUPPORT COPLELY HOSPITAL
Please accept my gift of:
$25  $50  $100  $250  $500
☐ Check enclosed payable to Copley Hospital. Change my gift to: ☐ Visa ☐ MasterCard

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

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MORRISVILLE, VT 05661

E X C E P T I O N A L  C A R E .  3  C O M M U N I T Y  F O C U S E D .
Come home to Stowe...

At Copley Woodlands, you’ll enjoy your independent lifestyle in a friendly, supportive retirement community 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. You may leave or own your spacious condominium while enjoying fine dining service and the many in-house activities and social events.

Contact Penny Daves for more information, (802) 253-7200 or visit copleywoodlands.com

healthy recipe

Risotto with Fresh Mozzarella, Grape Tomatoes and Basil

3 tablespoon balsamic vinegar

4½ cups fat free, less sodium chicken broth
2 tablespoon extra virgin olive oil, divided
2 cups cooked leek
1½ cups arborio or other medium grain rice
1/3 cup dry white wine
1½ cup half and half
1 teaspoon salt
1/4 teaspoon freshly ground black pepper
1/4 cup halved grape tomatoes
1/4 cup chopped fresh basil
5 ounces fresh mozzarella cheese, thinly sliced

Put vinegar in a small heavy saucepan. Bring to a boil over medium heat. Cook until slightly syrupy and reduced to 1 tablespoon (about 4 minutes), set aside. Bring broth to a simmer in a medium saucepan (do not boil); keep warm.

Heat 1 tablespoon oil in a large sauté pan over medium high heat. Add leek to pan; sauté 13 minutes or until tender. Add rice; cook 2 minutes stirring constantly. Stir in wine and cook 1 minute or until liquid is nearly absorbed, stirring constantly. Stir in 1 cup broth, cook 5 minutes or until liquid is nearly absorbed stirring constantly. Reduce heat to medium. Add remaining broth 1/2 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 25 minutes total). Stir in half and half, salt and pepper, cook 2 minutes. Remove from heat. Stir in tomatoes, basil and cheese. Drizzle with the balsamic sauce and oil and serve.

Yields 6 servings. Calories 376; Fat 21.1 grams; Protein 11.2 grams; Carbohydrates 51.6 grams; Fiber 1.6 grams; Cholesterol 24mg.

Another Great Golf Tournament FORE Copley

It was a picture perfect day for 144 golfers participating in the 31st annual Copley Scramble Golf Tournament. The event raised $21,200 for the hospital’s Charitable Care Program, a program that helps ensure patients receive care regardless of their ability to pay. This year’s event honored former Hospital Trustee Cynthia Borek (1950-2018).

The Scramble would not be possible without the generous support of our sponsors. This year’s leading sponsors included: NFP; Vermont Federal Credit Union, MVP Health Care, Union Bank, and Vermont Mechanical, Inc. Businesses and individuals participating the event as hole sponsors were: Berry Dunn, Coca Cola, Community National Bank, Merna DeCoveny, Downs Rachlin Martin PLLC, Freeman Freeman Inc., Hickok & Boardman Retirement Solutions, Thomas Marhevko, Northeast Delta Dental, and Stowe Area Realty. Country Home Center and Sunset Motor Inn provided silver sponsor support and McMahon Chevrolet Buick continued their long-time support as Hole-in-One sponsor.

In addition to sponsors, Copley extends gratitude to the many golf courses, restaurants and local businesses who supported the event with certificates for team and individual prizes. They include: Stowe Mountain Club, Stowe Country Club, Copley Country Club, Bradford Country Club, Orleans Country Club, Trapp Family Lodge, Hobbie Inn, Stowe Kitchen Bath & Linens and Decisions, The Whip, Shaw’s General Store, Stowe Kitchen Bath & Linens and Decisions, Charlesmont Restaurant, and Stowe Cinema 3-Plex.

A huge thank you to Polly Manosh for her efforts in organizing the event and filling the field.

Compliments of David Vinick, Director of Nutritional Services

Grape Tomatoes and Basil

Risotto with Fresh Mozzarella

4½ cups fat free, less sodium chicken broth
2 tablespoon extra virgin olive oil, divided
2 cups cooked leek
1½ cups arborio or other medium grain rice
1/3 cup dry white wine
1½ cup half and half
1 teaspoon salt
1/4 teaspoon freshly ground black pepper
1/4 cup halved grape tomatoes
1/4 cup chopped fresh basil
5 ounces fresh mozzarella cheese, thinly sliced

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