Prescription Medication Drop Box

Community members now have an additional location to drop off unused and unwanted prescription medications year-round. A secure medication drop box was installed in the main hallway outside of the Laboratory check-in. The drop box allows community members a safe and convenient way to dispose of unwanted or expired prescription medications. Community members can access the drop box during normal business hours 8am–6pm.

Drop off is anonymous, no ID is required. Before dropping any of your medications, please cross your name off the container and put all medications together in a sealed clear plastic zip lock bag. If you do not have the original container, place the medications in a sealed zip lock bag with the name of the medication/s on the bag.

The Drop Box accepts prescription, over-the-counter and pet medication in any form:
- Pills
- Creams
- Patches
- Capsules
- Gels
- Powders
- Blister Packs
- Inhalers
- Sprays

Meg Morris, RPh, Copley Hospital’s Director of Pharmacy, with Sheriff Roger Marcoux, Copley CEO Art Mathisen and Chief Medical Officer Donald Dupuis, MD, flank the area’s newest prescription medication drop off box for unused or expired medications.

Zero Suicide Project

Copley Hospital is pleased to be participating in the planning process for our community’s Zero Suicide project. The project is geared toward healthcare providers working together to create safer suicide care. According to Michael Hartman, the Behavioral Health Director at Lamoille County Mental Health Services (LCMHS), Lamoille County ranks #1 in binge drinking, depression, substance abuse and suicide among young and older people.

Last month, several Copley employees, along with staff from Community Health Services of Lamoille Valley (CHSLV), Lamoille Home Health & Hospice (LHHH), and LCMHS, began Collaborative Assessment and Management of Suicidality (CAMS) training. Funding for the training is provided by United Way. CAMS is an evidenced-based therapy approach, helping healthcare professionals be more effective in suicide prevention efforts. The training helps providers better identify signs and symptoms, evaluate risks, and how best to refer a person to appropriate resources for more help.

Brian Aros, MD

Dr. Aros is Chief of Surgery at Copley Hospital. He specializes in sports medicine, disorders of the knee, hip, and shoulder; and joint replacement with a focus on minimally-invasive techniques. He is certified by the American Board of Orthopedic Surgery.

Why did you choose your career?
I enjoy helping patients maintain an active lifestyle by reducing joint pain and recovering from injuries.

What makes Copley a special place to work?
Being a part of the Copley care team that is responsible for making the wonderful Copley experience happen for our patients.

What would you describe as Copley’s greatest strength?
The staff and the technology that we choose to use here at Copley. It is really patient specific, based on the patient’s disorder and what their preferences are for the different available options. I feel very fortunate because we do have options here at Copley and I’m able to do what I feel is the best for my patients.

Where did you grow up?
Ohio.

What are your top three hobbies?
In the summer I enjoy mountain biking, in the winter downhill skiing. I enjoy spending time with my family doing outdoor activities.

Increasing Access to Care

Copley Hospital, in partnership with Dartmouth-Hitchcock (D-H) Connected Care, is expanding Copley’s Telehealth services to include Tele-Nephrology and TelePulmonology in addition to TeleRheumatology. The partnership brings together D-H specialists and Copley’s patients via teledmedicine, improving access for people living with renal and respiratory diseases and disorders in the area. Learn more at copleyvt.org/copley-dartmouth-hitchcock-expand-telehealth-collaboration.

Nephrologists Charles Hopley, MD, MPH and Brian Remillard, MD.

Copley Health Systems, Inc. Annual Meeting

Guest Speaker:
ADAM HERGENROTHER
UVM graduate Adam Hergenrother is Founder and CEO of Adam Hergenrother Companies. Fearless and purposeful; unconventional and systematic, Adam shares his leadership philosophy coaching, training, and inspiring leaders worldwide.

Monday, January 14, 5:30pm
Charlmont Restaurant, Morrisville

Agenda
- Election of Corporate Members
- Election of Trustees
- Election of Governance Committee Member at Large

Public welcome. Your RSVP is needed to plan refreshments. Call 888-8291.
As 2018 draws to a close, I want to thank you for choosing Copley as your health care provider. Integral to Copley’s mission is ensuring access to needed care for all in our community. That commitment to ensuring access is constantly on my mind, especially as our state and our country struggle to determine how to best fix a fractured health care system. There is no one solution and it will be challenging, but I remain confident that Copley has the expertise, the ability, and most importantly, the passion to meet our mission.

Our entire Human Resources team, which includes Chaplain Alden Launer, Copley Wellness Center and the Health Sciences Library, are now together in one suite located on the 2nd floor of the Health Center Building.

FISCAL HEALTH

Copley, like so many small community hospitals, is facing some complex challenges: provider and clinical staff recruitment and retention, double-digit medical inflation, and rising fixed costs as we invest in our infrastructure to meet current standards of care. Over the past several years, we have seen the costs of the hospital rising faster than the state-regulated 3% cap on Net Patient Revenue. In order to meet the cap, the hospital must reduce its expenses.

The mix of services Copley provides makes the hospital more vulnerable to variable costs. More than half of Copley’s patients use our Orthopaedic and Infusion services. Both of these services use more supplies and medication compared to other service lines, making them sensitive to variable costs. As we see more patients at Mansfield Orthopaedics and in our Infusion Center, our supply costs increase. And these supplies and medications are where we are seeing double-digit inflation.

Labor, including benefits, makes up 60% of Copley’s expenses. Several years ago we did a market adjustment to bring our salaries to the 50% median and we offer a 2% cost of living adjustment annually, keeping us competitive for recruitment and retention purposes. Competition continues to be fierce to attract physicians, nurses and specialty-skilled staff.

For the past two years, Copley has worked to reduce our expenses by nearly $2 million. We no longer offer Sleep Medicine, we froze some hires, have aggressively recruited RNs to replace travelers, reduced our supply costs, and we brought our new general surgeon onboard, reducing our costs for locum coverage. We have invested in education and training, with a goal of “growing our own.” Copley is working with 14 educational institutions to provide opportunities for onsite clinical rotations and with 8 graduate programs in nursing, medicine, and healthcare administration. We continue to work to improve efficiency, at the same time we are evolving our practices and collaborations with local providers and community agencies and organizations with a focus on population health.

Unfortunately, this has not been enough and the hospital ended FY2018 $2.2 million in the red.

We have taken additional steps to reduce labor and supply costs to further address our ongoing challenges. In November, our Board of Trustees approved a revised budget for FY19, reflecting the expense reduction. It has a 0.3% operating margin, giving Copley a net operating margin of $232,541 if our budget projections and assumptions hold.

We anticipate FY19 to be challenging and we don’t see the next several years getting any easier. This also affects our planning for needed infrastructure improvements such as the ones mentioned earlier, making capital planning even more complex.

The ongoing sustainability of Copley – of any small rural community hospital – will be challenging until state and federal healthcare reform has truly been made. It is imperative that Vermont’s small community hospitals receive support to remain viable during this transition. Everyone here, from staff to providers to volunteers, including our Trustees, are committed to continuing to provide high quality care to our community, helping people live healthier lives.

Rassoul Rangaviz, Chief Financial Officer
Lori Profota, DNP, RN, NE-BC, Chief Nursing Officer
Vera Jones, Chief Operating Officer
Joseph Subasic, MD, Wolcott
Janice Roy, Wolcott
Nancy Putnam, Jeffersonville
Dan Noyes, Wolcott
Elaine Nichols, Stowe
Art Mathisen, MD, Elmore
Sharon Green, Morrisville
Wolcott
Rasool Rangaviz, Chief Financial Officer
Lori Profota, DNP, RN, NE-BC, Chief Nursing Officer
Vera Jones, Chief Operating Officer
Joseph Subasic, MD, Wolcott
Richard Westman, Cambridge

COMMUNITY UPDATE
SYRINGE SERVICES & HARM REDUCTION MOBILE VAN
1st Monday of every month | 10am–12pm
North Central Vermont Recovery Center
275 Brooklyn Street, Morrisville
Vermont Cares provides this free, anonymous, safe and easy to use mobile van service. The Syringe Services and Harm Reduction Program provides free syringes, safe disposal of used syringes, syringe 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.

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
Call Erica Coats 888-6035 to register or for more information.

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.

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 Erica Coats at 888-6035 for more information.

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.

Life Skills

HEARTSAVER: BEGINNERS & RECERTIFICATION
January 15, February 19, March 19
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
March 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.

DRIVERS SAFETY CLASS
April 17 | 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 driver, vehicle and road environment. Participants may receive a discount, depending on your automobile insurance carrier.

Parenting Programs

CHILDBIRTH EDUCATION CLASSES
January 10–February 7 | February 21–March 21
6–8pm | Fee: $110 (covered by most insurance plans)
You’ll gain knowledge, confidence and increased comfort so you can be actively involved in the birth experience.

BABY SHOWER FOR PREGNANT WOMEN
March 12 | 4:30pm | 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
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 functioning. A physician referral is required. For more information call 888-8303.

LiveWellLamoille.com
The Live Well Lamoille blog is a collaborative community effort. We hope you find it to be a valuable resource. Use it to share information and encourage one another to make healthy choices.
## Vermont Taste

### MID-MAY to JUNE 30

Various venues around the greater Lamoille Valley. Look for updates, schedules and tickets at [vermonttaste.org](http://vermonttaste.org).

Community celebration of the area’s chefs, brewers, bakers, and creators.

Events at restaurants, resorts, breweries to benefit Copley Hospital.

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### Recipes

#### Roasted Root Vegetables with Maple Glaze

- **Yield:** 4, ½ cup servings
- **Calories:** 150
- **Fat:** 4.9g
- **Protein:** 1.7g
- **Carbohydrate:** 261g
- **Fiber:** 3.8g
- **Cholesterol:** 0mg
- **Iron:** 0.8mg
- **Sodium:** 379mg
- **Calcium:** 63mg

Yields 4, ½ cup servings: calories: 150; fat: 4.9g; protein: 1.7g; carbohydrate: 261g; fiber: 3.8g; cholesterol: 0.0mg; iron: 0.8mg; sodium: 379mg; calcium: 63mg

1. Preheat oven to 450 degrees.
2. Combine carrots, parsnip, turnip, olive oil, salt and pepper in a 13” x 9” baking dish coated with cooking spray. Toss well to coat. Bake for 10 minutes.
3. Stir in maple syrup and bake an additional 20 minutes or until tender and golden.

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### Tips to Maintain Good Foot Health

**BY BRYAN MONIER, MD**

1. **Stretching:** Focus on your calves, hamstrings and Achilles tendon. This will allow the muscles to work properly and allow more motion and less pressure through your ankles and feet. Try to do five minutes of stretching each morning and evening.

2. **Weight Loss:** Each step puts 5-7 times your body weight through your feet and ankles. Maintaining a healthy weight will minimize the strain and stress that your joints see.

3. **Weight Bearing Activities:** Walking, running, stair climbing, dancing, etc. are all ways to strengthen the muscles in your lower legs which will help stimulate growth and strength of the bones in your skeleton to prevent breaks or injuries. 30 minutes of exercise three times a week is a good place to start.

4. **Stop Smoking:** Smoking has bad effects on all of the organs and tissues in your body. Nicotine found in cigarettes causes the blood vessels to constrict which will diminish the delivery of oxygen to the tissues in your feet and toes which can make healing any type of injury more difficult.

5. **Comfortable Shoes:** Any shoe that constricts your foot and causes pain is not good as it prevents the normal joint motions and puts stress and strain through your ankles and feet. Measure your feet each time you shop for shoes as your foot shape can change over time. Look for shoes with plenty of room for your toes and good support through the arch.

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**Dr.Monier is an expert in total ankle replacements**