A Chat with Copley’s New President & CEO

With two months under his belt as Copley’s president and CEO, Joseph “Joe” Woodin has been familiarizing himself with the hospital, its providers and staff, and the role that Copley plays in the community. The Copley Courier wanted to chat with Joe about his first impressions of the hospital and learn about the man leading Copley into the next decade.

Joe, first off, even though you’ve been here several weeks, welcome to Copley! People familiar with your history of healthcare leadership in Vermont were excited that you agreed to join Copley as president and CEO. Can you tell everyone why you decided to return to Vermont?

My wife and I moved to Vermont in 1983. We were two high school sweethearts who got married and wanted to find the best place to settle down and raise our family. That’s exactly what we did. For most of that time, we were in Randolph where I spent 17 years at Gifford Medical Center. We built a home and focused on raising our three amazing children. Then in 2011, my wife was diagnosed with triple negative breast cancer. She fought a hard fight, ultimately losing her battle with the disease in 2013. I was deeply connected to Vermont, but with her passing, grown kids and an empty nest, I felt that I needed to make a change, explore new opportunities and discover new places. And I did, ultimately ending up about as far away as one could possibly go without a passport – Homer, Alaska.

But I’m a New Englander, born and raised in Massachusetts, and with nearly 40 years of my adult life spent in Vermont, so this is home. My kids still live here. My son’s in medical school at UVM. One of my daughters lives in Underhill and makes felted soap. My oldest daughter got the furthest away. She’s a classically trained dancer in NYC. Coming back was always a desire of mine, then I heard about this opportunity at Copley. That is what set the wheels in motion for my return. I use the expression “wheels in motion” quite literally, too, because I got here by driving my truck from Homer to Vermont! It was a 5,260 mile journey across a huge swath of the U.S.

Copley’s Robotics-Assisted Surgical System

Robotic technology is an increasingly common tool used in 21st century operating rooms, so it was only a matter of time before robotics-assisted surgery made its debut at Copley Hospital. In early September, orthopaedic surgeons Nicholas Antell, MD, and Brian Aros, MD, introduced NAVIO, a robotics-assisted surgical system to Copley’s knee replacement program, performing their first total knee surgery using NAVIO on September 23. They Surgeons expect to have completed 18 surgeries using the system by the end of the year.

Although NAVIO uses the latest in robotic technology, the system is not a robot. The surgeon remains in complete control, using the hand-held robotics-assisted surgical system to maximize the accuracy of each knee replacement procedure. In the surgeon’s skilled hand, NAVIO generates a real-time 3D rendering of the patient’s knee, creating an incredibly accurate reference for the placement of a knee implant.

Although the NAVIO system can be used to perform both total and partial knee replacements, Dr. Antell points out that the technology may not be ideal for every patient. Patients must meet certain criteria to be considered. To date, however, NAVIO is living up to expectations. “We are just over a couple of months out from the first patients whose surgeries were performed using NAVIO, and we are happy to report that those patients are doing well. Post-operative imaging is impressive, with the implants being exactly where we wanted,” said Dr. Antell.

“Copley’s joint replacement program is committed to creating the best experience and outcomes for our patients, and NAVIO is another tool we are excited to be using.”

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At our monthly Team Hero event, Copley leadership recognizes an individual who has been nominated by their coworkers for going above and beyond for patients and the Copley community, embodying the compassionate, patient-focused culture that makes Copley special. We are pleased to introduce some recent Copley Team Heroes.

ANGELA GRIGGS, Patient Account Representative, Patient Financial Services
Helping a community member with healthcare enrollment or applying for financial assistance. Assisting a co-worker in need of insurance information. Angela regularly goes above and beyond to get people the information and support they need. Angela is a keen listener, identifying areas in which a patient may be struggling, so she can connect those folks to programs and services that can provide assistance.

KATHIE DEWALD, OR Service Technician, Surgical Center
Kathie is an integral member of the Perioperative team, and someone who takes great pride in her work. Kathie pushes herself to develop skills that have a positive effect on patient care and her patients’ Copley experience, like earning her LNA certification.

ADAM LESURE, Technical Systems Analyst, Information Technology
Adam Lesure was nominated for Team Hero by the Rehabilitation Services Team because of his expert IT support resolving programming issues, implementing upgrades, and improving internet reliability that ultimately prevented disruptions to patient care in that department.

MIRANDA WESCUM, Licensed Nursing Aide, The Women’s Center
Miranda was selected as Team Hero for her dedication and passion for patient care. Miranda brings a strong work ethic and thoughtful passion for caring for others, which makes her a shining example of what it means to be a Copley Team Hero.

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of Alaskan and Canadian wilderness. It was a very interesting experience, especially seeing Bison, Moose, Bear, and Elk on the road throughout the Yukon Territory, but I cannot overemphasize what a nice feeling it is to be back in the Green Mountains. There is nowhere quite like Vermont!

What is it about Copley that attracted you to this opportunity?
First and foremost, it was my love of community hospitals. Small, close-knit towns like ours are special places where people embrace the meaning of “community”. We live together in a beautiful place, raising kids, working, and going about our days together. And we look out for one another. Take a look at the places where I have worked over the last 20+ years and you’ll see that I’ve been drawn to hospitals that support communities like ours. That’s because hospitals are often the cornerstone that keeps these communities strong, and people have a lifelong connection to their community hospital. I am a firm believer that you should be able to get the care you need in the place where you live. It’s that focus on community care that I love about my job, and it’s something I admire about Copley because this hospital does that really well. Exceptional care that is community-focused. I knew this was the right place for me to continue doing what I do because I believe in the same approach.

You’ve been on the job for two months.
Tell us something you’ve been pleasantly surprised to discover about Copley?
That is easy. The passion. People care deeply about Copley. There is so much enthusiasm and community pride in this hospital. Grocery shopping, in the hardware store, at church, wherever I go I get to talk to people, and each of them have a Copley story to share. And these are great stories about the care they received as a patient, or that a family member or friend received. Families have built relationships with this hospital that span generations! They value having a great hospital so close to where they live and work, and many know the staff and physicians personally. It’s close-knit, rural Vermont at its best.

I also see the same passion for Copley among the people who work here. Every member of our team is extremely proud of their part in helping patients have a positive experience. “Above and beyond”, people say that a lot. At Copley, though, “above and beyond” really gets to the heart of how we treat our patients. And it’s how we treat one another. It’s engrained in the culture of the place. You see that in our quality rankings and patient satisfaction scores. The numbers are impressive because they reflect our commitment to doing our best.

Before we go, what would you like our readers to know?
Copley isn’t just me, the doctors, nurses and staff. Each of you is also an important part of Copley. That is why your input is so important. We need you to tell us how we are doing. We want to know how we can make your experience better. We want to share our good news with you. And I promise to do the same because there are a lot of excellent things happening here!

Take pride in knowing that your community hospital is as committed as ever to providing you and your loved ones with the exceptional, community-focused care you’ve come to expect from Copley!
Health & Wellness Seminar Series
To register for one of our free seminars call 888-8302 or online at copleyvt.org.
Future seminars will include women’s health with a focus on breast care, healthy shoulders, and more.

STOP THE BLEED
January 21 | Noon–1pm
Most people know how to care for a minor cut or scrape. But what about bleeding from a more serious injury? Stop the Bleed uses hands on training to teach how to respond when faced with a bleeding emergency while waiting for professionals to arrive.

MANAGING CHRONIC DISEASE
January 21 | Noon–1pm
Join Copley’s Infection Preventionist Jodie Legacy, RN as she will talk about ways you can manage your disease and provide tips on what you can do to feel better every day. She will discuss:
• Taking Medications
• Eating Healthy
• Developing and exercise plan – how to start and how to maintain

COLON HEALTH
March 18 | Noon–1pm
Join General Surgeon Courtney Olmsted, MD for a candid and informational discussion about hemorrhoids, polyps and colon health.

For A Healthier You
1:1 QUIT SMOKING WITH COPLEY COACH
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. Call 888-8632 to register or for more information.

Life Skills
HEARTSAVER: BEGINNERS & RECERTIFICATION
January 21, February 18, March 17
6:30–8:30pm | Fee: $40 for class; $5 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: $55 for class; $15 for book
Meets OSHA, state or employer requirements for individuals to possess knowledge of immediate first aid.

DRIVERS SAFETY CLASS
April 15 | 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.

Exercise Class
STEP UP EXERCISE PROGRAM
Mondays & Fridays | Noon–1pm
Fee: $36 for 12 sessions
Participants may receive a discount, depending on your automobile insurance carrier.

Parenting Programs
CHILDBIRTH EDUCATION CLASSES
January 16–February 13 | March 5–April 2
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
March 17 | 4–5:30pm | 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.

Syringe Service Program
Vermont Cares provides this service. The program is free, anonymous, safe and easy to use. The service provides free syringes, safe disposal of used syringes, safer injection supplies, overdose reversal kits, HIV/HSV testing, treatment options, safer sex supplies and case management. For more information, or to make an appointment call 802-448-4989 or 802-528-1139.
To learn more about knee replacement surgery, visit Mansfield Orthopaedics online at www.mansfieldorthopaedics.com.

Robotic surgery...

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