



# Courier

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

WINTER 2019

## 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

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Joseph Woodin, Copley President & CEO

### Copley Health Systems, Inc. Annual Meeting

**Monday, January 13, 5:30pm**  
**Charlmont Restaurant, Banquet Room**  
**Public Welcome**

**Guest Speaker: Governor Phil Scott**

#### Agenda

Governor Scott address  
Election of Corporate Members  
Election of Trustees  
Election of Governance Committee Member at Large

*Your RSVP is needed to plan refreshments.*  
*Call 888-8291.*



Brian Aros, MD and Nicholas Antell, MD

## 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

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528 WASHINGTON HIGHWAY  
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802-888-8888  
[www.copleyvt.org](http://www.copleyvt.org)

*The Copley Courier is published quarterly by the Community Relations Department.*

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#### OUR MISSION

To help people live healthier lives by providing exceptional care and superior service.

#### OUR CORE VALUES

Community  
Service Excellence  
Respect & Compassion  
Life-long Learning  
Not-for-Profit

CEO...continued from page 1

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 was 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 help you. We want you to share your good news with us. 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!

## Hero’s in Healthcare

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 WESCOM, 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.



From left: Adam Lesure, Kathie Dewald, Angela Griggs, and Miranda Wescom



# wellness calendar



A calendar of classes and screenings to help you live a healthier life. Register in advance online: [copleyvt.org/wellnessclassesandevents](http://copleyvt.org/wellnessclassesandevents) | 888-8369

## Health & Wellness Seminar Series

To register for one of our free seminars call 888-8302 or online at [copleyvt.org](http://copleyvt.org).

Future seminars will include women's health with a focus on breast care, healthy shoulders, and more.

### STOP THE BLEED

January 15 | 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.

- What causes hemorrhoids
- Are polyps dangerous
- Treatment options
- What you can do to reduce your risk of colon cancer

## 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

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.

## 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

Every Monday | Noon–2pm

51 Brigham Street, Morrisville

Mobile van available by appointment:

Monday–Friday: call 802-448-4898 or 802-528-1139

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/HCV testing, treatment options, safer sex supplies and case management. For more information, or to make an appointment call 802-448-4898 or 802-528-1139.



## 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.

## 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 \$ \_\_\_\_\_

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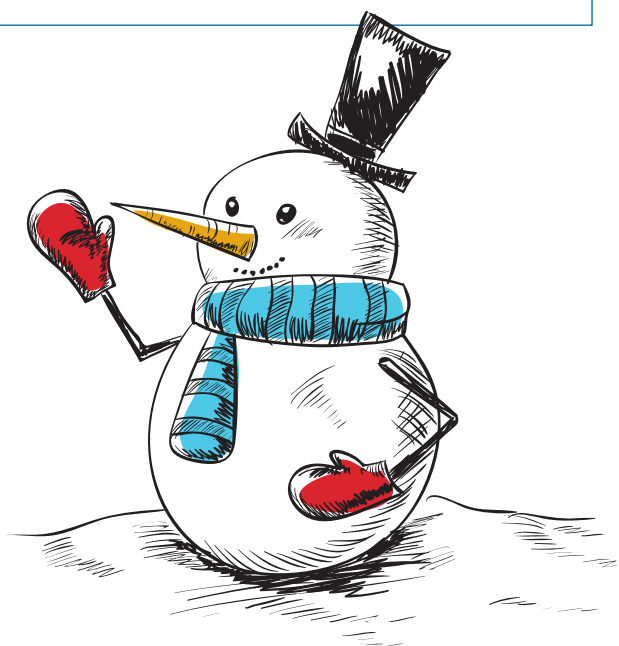
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## [ PHYSICIAN DIRECTORY & HOSPITAL SERVICES ]

**Anesthesiology** ..... 888-8888  
Copley Hospital Medical Group Practice  
Michael Flaherty, CRNA  
Joan Fox, CRNA  
Michael Hawkins, CRNA  
Travis Knapp, CRNA  
Emily Nesler, CRNA

**Birth 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  
Alexandra Duquette, RD, CLC  
Selina Rooney, RD  
Joan West, RD

**Emergency Medicine** ..... 888-8888  
Copley Hospital Medical Group Practice  
Adam Boise, NP  
Jordice Corey, NP  
Liam Gannon, MD  
Patrick Heaghney, MD  
Nathan Hemmer, MD  
Megan Lea, MD  
Elizabeth Libby, PA  
J. Martin Linseisen, MD  
Neil Nigro, MD  
Charles Osler, FNP  
Adam Putnam, MD  
Kelvey Wilson, MD  
Daniel Wolfson, MD

**Family Practice**  
Hardwick Health Center (NHC) ..... 472-3300  
Emily Alfano, NP  
Ann Marie Dryden, PNP  
Alison Landrey, MD  
Mckalyn Leclerc, MD  
Sarah Morgan, MD  
Elise Rozendaal, FNP  
Rebecca Tatel, FNP  
Martha Whitfield, FNP  
Jeri Wohlerg, FNP

Morrisville Family Health Care (CHSLV) ... 888-5639  
Lawrence Campbell, MD  
David Coddaira, MD  
Caroline Connolly, NP  
Claire Lindberg, NP  
David Roy, MD

Stowe Family Practice (CHSLV) ..... 253-4853  
Laura Felsted, DO  
Clea James, MD  
Richard James, MD  
Monique Karthaus, PA  
Katherine Marvin, MD  
Robert Quinn, MD  
Melissa Volansky, MD  
Angela Winchell, FNP

Stowe Personalized Medical Care ..... 253-5020  
David Bisbee, MD  
Tamarack Family Medicine ..... 802-851-0999  
Kim Bruno, MD  
Allison Christie, MD, MPH  
Cheryl Holton, FNP, CDE  
Philip Kiely, MD

**Gastroenterology** ..... 888-3111  
Independent Practice  
Joel Silverstein, MD

**General Surgery** ..... 888-8372  
Copley Hospital Medical Group Practice  
Donald Dupuis, MD, MS  
Courtney Olmsted, MD, MSCI

**Gyn/Obstetrics/Nurse Midwifery** ..... 888-8100  
The Women's Center, a Copley Hospital Practice  
William Ellis, MD  
Alexandra "Kipp" Bovey, CNM  
Jackie Bromley, CNM  
Rebecca Gloss, CNM  
Marje Kelso, CNM  
Christine Malcolm, CNM  
Jennifer Tramantana, CNM

**Hospitalist Program** ..... 888-8173  
Apogee Physicians  
Steven Levine, MD  
Jennifer Peters, MD

**Laboratory Services** ..... 888-8340

**Medical Records** ..... 888-8352

### Naturopathic Medicine

Stowe Natural Family Wellness ..... 253-2340  
Jennifer Tuttle, ND

**Nephrology** ..... 888-8372  
Telehealth with Dartmouth Hitchcock Medical Center  
Charles Hopley, MD, MPH  
Brian Remillard, MD

**Neurology** ..... 888-5688  
Neurology Clinic (CHSLV)  
Jean Marie Prunty, MD

**Oncology & Cancer Care** ..... 888-8372  
CVMC/Copley Hospital Oncology Outreach Clinic  
Laura LaBow, NP  
David Ospina, MD  
Elaine Owen, APRN  
Eswar Tipirneni, 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  
Mansfield Orthopaedics, a Copley Hospital Practice  
Nicholas Antell, MD  
Brian Aros, MD  
Jennifer Fabian, CNOR, RNFA  
Alexis Gagne, PA-C  
Mae Hickory, AGNP-C  
Bryan Huber, MD  
John C. Macy, MD  
Sharon Mansfield, RN, MS, FNP-C, RNFA  
Joseph S. McLaughlin, MD  
Bryan Monier, MD  
Margaret Rowell, RN, BSN, ONC  
Stuart Sutherland, PA-C  
Janessa Vandette, PA-C  
Nella Wennberg, PA-C

**Pain Management** ..... 888-8392  
Independent Practice  
Anne Vitaletti-Coughlin, MD

**Patient & Family Services** ..... 888-8311

**Pathology**  
Independent Practice ..... 888-8340  
Armando Ciampa, MD  
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  
Susan Sykas, DNP

**Pulmonology** ..... 888-8372  
Graham Atkins, 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.)

### Rehabilitation Services

All Copley Hospital Practices  
Copley Hospital ..... 888-8303  
Hardwick Physical Therapy ..... 472-6186  
Orthopaedics Rehabilitation Hand Therapy ..... 888-8634

**Rheumatology** ..... 888-8372  
Telehealth with Dartmouth Hitchcock Medical Center  
Daniel Albert, MD  
Stephanie Mathews, DO

**Urology** ..... 888-8823  
Independent Practice  
Betsy Perez, MD

**Wellness Center** ..... 888-8369



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Craig Luce, PT, and Peter Kramer, PT, in Copley's foot care treatment room

## Treating Patients from Head to Toe: Copley's Foot Care Program

Some years ago, Copley Hospital general surgeon Dr. Philip Goddard sent a patient to see a young physical therapist named Peter Kramer. Peter examined her feet and then gave Dr. Goddard a call. "I looked at the patient you sent over and she has a callus but no signs of infection," Peter said. There was a quiet pause on the other end of the line before Dr. Goddard calmly offered his reply. "Peter, have you never heard the expression 'an ounce of prevention'?" Thus began Copley Hospital's foot care program.

Some 1,300 foot care procedures are performed annually at Copley. Peter and Craig Luce, PT, the clinicians who provide foot care to Copley patients, perform procedures ranging from toenail clipping, removal of corns and calluses and treating ingrown toenails. For older patients and those living with diabetes or other conditions that can cause neuropathy and poor circulation, proper, regular care of one's feet is an important way to stay healthy and keep active. Without good foot care, a loss of protective sensation (adequate feeling in the foot to notice a problem or injury) can lead to skin damage, often an ulceration or infection, before one even notices they have an issue. Left untreated, that person's risk of losing a toe or foot is significantly increased.

"Over the years, it is not overstating to say that Copley has helped hundreds of patients avoid potentially serious foot infections thanks to our foot care program," says Luce. "People are extremely grateful to have this program here and they understand the difference it makes to their overall health. That is why most of our patients schedule their next one or two appointments before they leave our office. They know foot care is important and they appreciate that we are here to help keep their feet in good condition."

Even for those with healthy feet, a small corn can prove a debilitating condition that hinders movement and reduces physical activity because of the often extreme discomfort. "With a corn, a fifteen minute visit can be life changing," said Kramer. "I see patients come in hobbling, the pain in their foot is so terrible. Once I remove the hardened layers of skin eliminating painful pressure points, they stroll out of the office with a smile on their face. The difference can be that immediate."

If you are having issues with your feet, or have a concern, Peter and Craig are available to help in Copley's Morrisville or Hardwick Rehabilitation Clinics. Appointments can be scheduled by calling 802-888-8303 (Morrisville) or 802-472-6186 (Hardwick).

Robotics...continued from page 1

patients. Robotic-assisted surgery gives our program the opportunity to improve the value-based care it delivers to patients undergoing knee replacement surgery," says Dr. Aros. "Our program has a fantastic team of clinical and non-clinical providers and staff focused on delivering high quality care. This is what makes Copley, Copley."

To learn more about knee replacement surgery, visit Mansfield Orthopaedics online at [www.mansfieldorthopaedics.com](http://www.mansfieldorthopaedics.com).