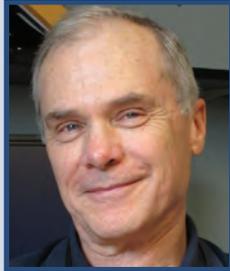


## YOU ARE IN CHARGE

BY DR. CHRISTOPHER SCHMIDT

Chronic diseases in both youth and the elderly have reached epidemic levels, worldwide, and are now the leading cause of death and disability.



The most prevalent chronic diseases (defined as any condition that requires ongoing treatment) include arthritis, obesity, and depression. 70% of all deaths in the U.S. are due to chronic diseases, and almost half of all Americans suffer from at least one chronic illness.

Life is a series of investments, and the best investment we can make is in ourselves. We have all the data available to us to make the right choices. The World Health Organization and Centers for Medicaid and Medicare Studies agree that the two factors that are causing this epidemic of chronic disease are: 1) lack of physical exercise and 2) poor nutrition. In the U.S., 35% of us are obese and another 34% are overweight.

Therefore, as individuals, the choice we need to make is clear and the steps are simple. There is now no question that a healthy diet, combined with an active lifestyle, help us to combat a variety of illnesses and diseases, not just the chronic ones. Working together with our medical provider and our Community Health Team, we can set goals, invest in prevention, and get ourselves on the path to living a longer, healthier life. If you doubt me, go to [www.bluezones.com](http://www.bluezones.com) and click on Tools to get to the Vitality Compass. Offered in collaboration with the University of Minnesota School of Public Health, this tool calculates your biological age, your overall life expectancy, your healthy life expectancy, and the years you are gaining/losing because of your habits. You'll be amazed and, I hope, motivated!

## WELCOMING ALL TO GRACE COTTAGE

**GRACE COTTAGE** is in the process of creating a new front entrance and waiting room, thanks to generous donations from Ernie Friedli, in memory of his beloved wife, and the family of Catherine N. Stratton, in her memory and in honor of Dr. Robert Backus.

The Sheila B. Friedli Entrance, located at the current lab entrance, and the Catherine N. Stratton Waiting Room will become the main entry point for the hospital. This will increase privacy in the Emergency Department and provide a more private and comfortable reception area for outpatient Lab and Diagnostic Imaging patients. The next issue of Cottage Door will include photos of the upcoming ribbon-cutting ceremonies, and profiles of Sheila Friedli and Catherine Stratton.

Meanwhile, construction of a new roof over the hospital (including R57 insulation) is proceeding and completion of this major project is expected by late fall.



A beautiful new front entrance is rapidly taking shape at Grace Cottage.

## DR. BRICKLEY WELCOMED AT GRACE COTTAGE

**DR. JESPER BRICKLEY** is now seeing patients at Grace Cottage Family Health. A native of Billings, Montana, Dr. Brickley attended The Evergreen State College in Olympia, Washington, and New England College of Osteopathic Medicine in Portland, Maine. He received his Doctor of Osteopathic Medicine at Western University of Health Science in Pomona, California, and he completed his residency at Rose Family Medicine Residency in Denver, Colorado.



As a Doctor of Osteopathy, Dr. Brickley practices family medicine, and he is also able to provide osteopathic manipulative techniques to diagnose and treat patients. "The body wants to be healthy, and often these manipulations can help it along," said Dr. Brickley, "combined with a focus on health promotion and disease prevention. I am excited to be bringing this additional specialty to Grace Cottage's patients."

Dr. Brickley and his wife, Cara, who is a wildlife biologist, have two young children. He enjoys skiing and mountain biking.

Call (802)365-4331 to schedule an appointment with Dr. Brickley.

## A MESSAGE FROM THE CEO

“The best way to predict your future is to create it.” —Peter F. Drucker



**C**HANGE IS THE ONLY CONSTANT in the national and state healthcare arena today, and we at Grace Cottage cannot afford to be complacent nor can we be satisfied with status quo.

Therefore, we have formed a Futures Committee, made up of employees and board members, and we have taken a long, hard, analytical look at 1) all of our current services to determine their sustainability; 2) how our current and potential healthcare services align with what our community wants us to provide (see Community Health Needs Assessment article below); and 3) how we can collaborate with other area community organizations.

We have emerged from this analysis with a firm focus on Primary Care and Wellness. With our emphasis on keeping all but the most acute out of hospitals, and on helping our patients to achieve the best possible state of wellness, our providers and Community Health Team are working with our patients, one-on-one, to set wellness goals that are realistic and attainable. As our Chief Medical Officer, Dr. Christopher Schmidt, notes (see page 1) the world is experiencing a pandemic of chronic diseases, and it is up to each one of us to combat this....starting with ourselves.

With Grace Cottage's emphasis on prevention, primary care, and wellness, we have changed our name to more accurately reflect what we do. Hospitals treat sick people and we still do this, but we also want community members to come to us when they are well, so that we can work together to help keep them this way. Therefore, Grace Cottage Hospital is now Grace Cottage. Not a radical change, but descriptive. Come tell us how we can help you – even if you're not a Grace Cottage patient, our Community Health Team can help you get on track....at no financial cost to you.

We don't know who the experts are when it comes to solving the healthcare crisis that our nation is in, but we do know that we have an expert team of providers here and that we are well positioned for the future as it relates to primary care and helping you to achieve your maximum level of health and wellness.

*Roger Allbee, CEO*

## A grateful family member writes:

“Dear Grace Cottage Staff:

In February, my brother, James Martin, became a patient in your hospice care. Our family had never been in a hospital where a patient and his family were cared for with such caring and passion. We were very happy to see Jim dressed in a shirt instead of a hospital top, and Lorraine came in to shave him and help keep his spirits up. All the doctors and nurses kept the entire family up to date as to Jim's failing condition. We were all very grateful for the wonderful, tender, loving care that Jim received, and for your support of all of us. Jim's family was very impressed with the special room for hospice care and another room for family. We are so grateful that Grace Cottage has a special section that allows a patient to have such outstanding care in their final days.”

*Stuart & Ellen Archambault*  
LONDONDERRY, VT

## COMMUNITY HEALTH NEEDS ASSESSMENT

**IN ORDER TO RETAIN** their charitable status, all non-profit hospitals in the U.S. are required by the Internal Revenue Service to complete a Community Health Needs Assessment every three years; Grace Cottage's 2015 CHNA is now complete, along with an Implementation Plan adopted by the Board of Trustees.

Grace Cottage has identified the following priorities for the 2015 Implementation Plan: ♦ Aging ♦ Breast Cancer ♦ Colorectal Cancer ♦ Diabetes ♦ Heart Health – High Blood Pressure/Heart Disease ♦ Mental Health.

For each priority, the Implementation Plan describes Grace Cottage's objectives, goals, and strategies for addressing the community needs.

The complete CNHA and Implementation Plan are posted on Grace Cottage's website ([www.gracecottage.org](http://www.gracecottage.org)).



COTTAGE DOOR is published by

Grace Cottage

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[info@gracecottage.org](mailto:info@gracecottage.org)

The mission of Grace Cottage is to provide excellence in health care and well-being, putting people first. The vision for the future is to be the standard for patient care.

## WISHES GRANTED...

- ♥ Jean Danilow donated the funds to purchase a centrifuge for the blood bank in the Laboratory, and a hot table for the Dietary Department.
- ♥ Heather Prescott made a donation for the purchase of a trapeze for an inpatient bed.
- ♥ Stacy Murphy donated the funds to purchase two walker baskets for inpatient wheelchairs.
- ♥ Gary & Sylvia Rast made a donation for the purchase of a sling for a hospital inpatient lift.
- ♥ Stanley Knapp made a donation for pulse oximeters and assorted Rehab Department and Dietary Department items.
- ♥ The Thomas Thompson Trust donated the funds to purchase a heavy-duty treadmill for use by outpatients in rehab therapy.
- ♥ A couple who prefer to remain anonymous made a gift for the purchase of a table for the Dietary Department and heavy-duty potholders.
- ♥ Ernie Friedli donated the funds to buy a wide variety of items for the Dietary Department.

- ♥ Elizabeth Walker made a donation for the purchase of hanging flower baskets in memory of Joan McConnel.
- ♥ Agnes M. Lindsay Trust made a grant for the purchase of a Theratouch ultrasound for the Rehab Department.



Thank you to the Dunham-Mason Fund at The Vermont Community Foundation for a grant to Grace Cottage to purchase a collection of assistive eating devices. These eating utensils are specially designed for people with little or no muscle strength. Occupational therapist Wendy Stone is pictured here with a patient who is benefiting from the utensils.

## WISHES MADE...

- ♥ The inpatient pharmacy is in need of a hanging closet with a key-pad combination lock so that medications that hospital inpatients bring from home can be stored securely for their use. \$493.
- ♥ Rehab patients would benefit from a seated massage table so that therapists can more easily work the knots out of their shoulders. \$271.
- ♥ The Dietary Department needs a case of trays on which to serve patient meals. \$358.
- ♥ Hospital patients would benefit from fleece liners for the Continuous Passive Motion (CPM) machine. \$88.
- ♥ A replacement septic tank is needed...soon! \$8,000.
- ♥ Housekeeping/Laundry needs a new heavy-duty dryer. \$600.
- ♥ An electric HiLo Stand-in Table is needed for hospital inpatients, to help them transition from sitting to standing. \$2,920.

*Grace Cottage's Wish List is updated monthly on our website, at [www.gracecottage.org](http://www.gracecottage.org) or call (802) 365-9109 for more information.*

## NURSE PRACTITIONER DEVAN LUCIER

**ADULT-GERIATRIC**  
Nurse Practitioner (AGNP) Devan Lucier is now seeing patients at Grace Cottage Family Health. A graduate of



Leland & Gray Union High School in Townshend, Lucier received her BSN and her MSN from the University of Vermont. As part of her graduate work, Lucier did clinical rotations at UVM Medical Center, Gifford Medical Center, and Grace Cottage Family Health. Prior to joining Grace Cottage, Lucier worked at UVM Medical Center in Burlington. Lucier's areas of interest are adult and geriatric medicine.

## PSYCHIATRIC NURSE PRACTITIONER BEN WRIGHT

**PSYCHIATRIC NURSE PRACTITIONER BEN WRIGHT** has joined Grace Cottage Family Health.

A native of Morgantown, Pennsylvania, Ben's career track began with the study of film scoring and jazz performance at Berklee College of Music in Boston, and he continued on to play the guitar, piano, bass, drums, and saxophone in Philadelphia and Los Angeles. He returned to the Boston area and received his Associates degree in Liberal Arts at North Shore Community College and then his BA in Psychology from the University of Massachusetts. He earned his Bachelor and Master of Science in Nursing degrees from the MGH Institute of Health Professions, and was recently board certified through the American Nursing Credentialing Center (ANCC) to practice as a psychiatric mental health nurse practitioner.



Ben has relocated from Marblehead, MA, with his wife, Jennifer, and daughter, Harper (2); their second child is due momentarily. In his free time, Ben enjoys music, bicycling, and brewing beer.

## GRACE COTTAGE GETS GREENER

EXCERPTED FROM AN ARTICLE  
 BY MIKE FAHER,  
 BRATTLEBORO REFORMER (5/15/15)

**S**TANDING IN THE PARKING LOT outside Grace Cottage Hospital, Scott Hitchcock smiles proudly as he displays a graph titled “total energy use per square foot.”

Starting in 2012, the document features a steadily descending blue line – a trend that hospital administrators attribute to a variety of initiatives including additional insulation, more efficient boilers, and LED lighting.

More such work is on the way, including a new hospital roof and participation in an off-site solar project. “It’s awesome to see that line go down,” said Hitchcock, the hospital’s facilities director.

Some of the mechanisms that drive Grace Cottage’s push for efficiency can’t be seen by most visitors to the hospital’s Grafton Road campus. For instance, the facility saw a 40 percent drop in propane use from 2012 to 2014, and Hitchcock credited a change in heating infrastructure.

“We changed two boilers out for high-efficiency boilers,” he said. Also, the building is no longer losing heat from various nooks and crannies. “We’re insulating in areas where we hadn’t had insulation before,” Hitchcock said. An upgrade to LED lighting throughout the hospital was completed in January with financial assistance from Efficiency Vermont and a private donor. Hitchcock reported that Grace Cottage already is seeing an approximate 10 percent savings on electricity due to that project.



## 65TH ANNUAL HOSPITAL FAIR DAY Saturday, August 1st

**T**HE 65TH ANNUAL HOSPITAL FAIR DAY brought fair skies to the Townshend Common even though (as also happened in 2013) it rained in many towns around us, but never here.

The Fair was an unqualified success! Thanks to the support of the community and an army of volunteers, we were able to raise \$75,000 before expenses on the Common, which is slightly more than last year. Thanks to all who helped to make this a really great Fair. Thanks to you, we are able to pay for the following items needed by Grace Cottage, totaling over \$47,000.



- ◆ Stryker Inpatient Bed (Hospital)
- ◆ Hausmann Parallel Bars (Rehab)
- ◆ Waiting Room Furniture (Hospital)
- ◆ Steam Pipe Repairs (Maintenance)
- ◆ Range Replacement (Dietary)
- ◆ Hospital Grade Adjustable Shelving (Purchasing)

We’re starting to collect items for Hospital Fair Day 2016, so it’s not too early to call me at 802-365-9992 to schedule a pick-up of furniture, books, toys, and other household items. And save the date of Saturday, August 6!

*Laura Smith*  
 FAIR DAY CHAIRPERSON



Fair Day Chairperson  
 Laura Smith and  
 Dr. Robert Backus



# SIXTH ANNUAL TEE IT UP FOR HEALTH

**T**HANKS TO VERY generous sponsors, golfers, and volunteers, Grace Cottage Hospital's sixth annual *Tee It Up for Health* raised almost \$25,000 for Grace Cottage's Patient Care Fund.

Twenty-eight teams participated in the tournament, held on Saturday, June 13, at The Hermitage Club at Haystack Mountain. The winning team was John Curran, Darryl Bucossi, Joe Garofalo and Don Lazeski. Second place team was Jim Lindsay, Eileen Ranslow, Elizabeth Walker, and Jon Wilson. The third place team was Coop Bills, Scott Cleary, LindaJane Parson, and John Streeter.

**EVENT SPONSORS** were The Richards Group and The Hermitage Club at Haystack Mountain. **THE PLATINUM SPONSOR** was Elizabeth Walker. **GOLD SPONSORS** were: Brattleboro Subaru and WTSA 96.7. **SILVER SPONSORS** were: Andy & Linda Barber, Brattleboro Memorial Hospital, Brunelle & Son, Cerner Corporation, Lawrence & Lober Electric Services, and People's

United Bank. **HOLE SPONSORS** were: Brattleboro Savings & Loan, Dead River, Durand Motors, Five Maples, G. S. Precision, Howard Printing, Multiview, Northeast Delta Dental, Primmer Piper Eggleston & Cramer, Southern Vermont Podiatry, West River Family Dental, and the Windham Foundation. **BRONZE SPONSORS** were: Advance Notice Advertising, BlueCross BlueShield VT, Lawton Floor Design, and Leader Beverage. The **HOLE-IN-ONE SPONSORS** were Brattleboro Subaru (nobody won the 2015 Subaru Crosstrek) and The Hermitage Club at Haystack Mountain (no winners of the \$85,000 lifetime membership). Brown Computer Solutions of Brattleboro donated an Ipod Nano for the putting contest, which was won by Jill Zachary.

**SPECIAL THANKS** to The Hermitage Club's golf pro, Johnny Cleanthes, and his staff, and the many volunteers who made this possible, especially volunteer organizers



Haystack Mountain provided a spectacular background on a beautiful June afternoon at the sixth annual *Tee It Up for Health*.

Elizabeth Walker, Eileen Ranslow, and Betsy Miller.

Save the date of Saturday, June 11, for the seventh annual *Tee It Up for Health* at The Hermitage Club at Haystack.

## A grateful patient writes:

“Thank you all so much for the wonderful care I received while I was a patient there...for your kindness, understanding, patience, and for taking the time to talk to me and for making me laugh. I miss your company.”

*Annie Bellstrom*  
BRATTLEBORO, VT

## A grateful family member writes:

“Grace Cottage is filled with such wonderful staff members. Whether a patient or a family member or friend visiting, you are welcomed with a smile and made to feel as though you are part of a community. I am eternally grateful for the manner in which both mom and dad [Ragna & Magnor Somme of West Wardsboro, VT] were cared for during their many visits to Grace Cottage. They were treated like human beings with kindness and caring and professionalism.”

*Nancy O'Malley*  
MAHOPAC, NY



## A grateful patient writes:

“You're not a number here. Everyone knows your name. It feels very homey and comfortable. The professionalism and friendliness are outstanding. They just do a fantastic job.”

*John Allen*  
WARDSBORO, VT



Congratulations to Denise Choleva, Grace Cottage's Food Services Director. Denise was awarded the Platinum State Achievement Award for 2015-2016 by the Association of Nutrition & Foodservice Professionals at their recent conference in Orlando, Florida!

## TOUR DE GRACE

The tenth annual *Tour de Grace* bike rally from Stratton Mountain to Grace Cottage Hospital raised an all-time record amount of \$4,457 (after expenses) for the hospital on Saturday, July 11, and a fun and fit day was enjoyed by all 94 riders and 28 volunteers!

Special thanks to Rescue, Inc., which provided the safety sweep by paramedics on bicycles, and to the Windham County Sheriff's Dept. for their help in calming traffic along the route. Ernest, the pot-bellied pig at Gerda's Animal Aid, and a bald eagle along the West River were highlights of the ride, along with help provided by the Leland & Gray boys' soccer team members, who carried riders' bikes up the many Townshend Dam steps.

Sponsors of *Tour de Grace* were: D&K Jamaica Grocery, Equipe Sport, Howard Printing, Solstice at Trailside in Stratton, Stratton Mountain Resort, Village



Square Shops at Stratton, and Three Mountain Inn. Cota & Cota provided water along the route; Von Barga's Jewelry donated a silver bear keychain for a raffle; and a Trek Mountain Bike was raffled off, donated by Norm's Bike Shop in Keene and Toni & Mimi Cooke of Scituate, Rhode Island.

Riders echoed the sentiment of Bruce Benson, of Jamaica, VT, and Morris Plains, NJ, who wrote: "Thank you for organizing a fantastic bike ride. I am truly impressed by the quality and quantity of volunteers supporting Tour de Grace!"

## THE GIFT OF GIVING

### CABIN FEVER AUCTION COMING UP

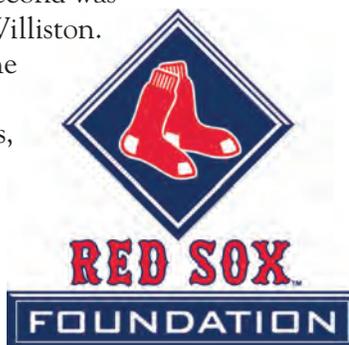
DO YOU HAVE a vacation home at the beach? Or maybe a ski condo in the mountains? Please consider donating a week or weekend at your vacation house to our annual on-line auction. Each year, this annual event benefits our Patient Care Fund, which allows Grace Cottage to provide free care to those lacking adequate resources. Last year, one of the highest bids was for a week at a donor's Caribbean condo. Other possibilities include a pair of tickets to a Red Sox, Celtics, or Bruins game. Or tickets to the symphony or a play? The 2016 Cabin Fever Online Auction will be held February 1st to February 28th. If you are interested in donating a vacation stay, tickets, artwork or another item, please call Andrea Seaton at (802) 365-9109 or email [info@gracecottage.org](mailto:info@gracecottage.org). Your donation is tax-deductible to the fullest extent of the law.

## RED SOX FOUNDATION'S IMPACT AWARD TO GRACE COTTAGE

GRACE COTTAGE HAS BEEN AWARDED third place in Vermont by the Boston Red Sox Foundation for their 2015 IMPACT (Inspiring More Philanthropy Across Charities Together) Awards.

The IMPACT Award process allowed Vermont residents to vote for their favorite Vermont non-profit by casting online votes; each resident could vote only once in the IMPACT Awards. The three charitable organizations with the most votes in each New England state received an IMPACT Award from the Red Sox Foundation; 2015 was the first year for these awards. As third place winner for the State of Vermont, Grace Cottage was given a \$2,000 charitable donation from the Red Sox Foundation. The first place winner was The Brattleboro Retreat and second was the National Gardening Association, based in Williston.

"We are thrilled to receive this award from the Red Sox Foundation," said Roger Allbee, CEO. "This award shows the dedication of our patients, volunteers, and supporters who took the time to go online and vote for Grace Cottage. The donation from the Red Sox Foundation is a significant contribution and will help us to continue to provide the quality care that we are known for in our community."



### A grateful patient writes:

"This is an 'at-a-boy' note to the ER staff. I had an adventure coming down the Long Trail on Stratton Mountain (not too bad – but two stitches).

The staff was outstanding – from the woman at the desk to Andrew [RN] and Danny [PA]. They were all friendly, professional, and personal; they gave me time and answered my questions. They are a credit to the medical profession (in a 'not-industrial' mode). Thanks to all of you."

*Jim Pepe*

POMFRET CENTER, CONNECTICUT

## A grateful patient writes:

“ When we first came to Vermont 25 years ago, ‘little’ Grace Cottage sat quietly beside the road, and I remember my thought each time I passed – how can patients be treated in such a small center?

I had worked in medical records at a hospital in New Jersey, which was undergoing lots of changes to keep up with regulations and other necessities to guarantee governmental and other insurance payments. Several years after I left, that hospital closed.

I’m so glad that Grace Cottage is on top of everything and growing.”

*Lois Sippel*  
SAXTONS RIVER, VT

Grace Cottage & Grace Cottage Foundation are 501(c)(3) nonprofit organizations. The mission of Grace Cottage Foundation is to raise funds on behalf of Grace Cottage.

Donations to Grace Cottage Foundation are tax deductible to the extent allowable by law. Grace Cottage Foundation’s Federal Tax ID # is: 03-0343282.

Donations may be made by cash, credit card, check, stocks, bonds, or other tangible assets. Call Andrea Seaton, Executive Director, at (802) 365-9109.

An audit of Grace Cottage & Grace Cottage Foundation is available upon request.

## NEW FOUNDATION BOARD MEMBER

LYNDALL BOAL of Brookline, Vermont, has been elected to Grace Cottage Foundation’s Board of Directors.

Born in England, Lyndall became a Canadian citizen when she was 15, attending Bishop Strachan school. A graduate of Swarthmore College, she received her Master of Science in social work from Simmons College. Boal taught social policy at Fordham University’s School of Social Work and, for ten years, was Director of Social Work at Northern Westchester Hospital in Mt. Kisco, NY. For 24 years prior to moving full-time to her home in Brookline, Boal was a school social worker in the Chappaqua, NY school system. She is a Guardian Ad Litem in Windham County, and is a member of the Leland & Gray School Board. Welcome, Lyndall!



### GIFTS WERE RECENTLY RECEIVED IN HONOR OF:

Dan & Peg Arguimbau & Family ♦ Dr. Robert Backus ♦ Katie & Mr. Boots  
The Lindsay Family ♦ RSI Flooring ♦ Dan Gysling ♦ Ellen Hamilton  
Betty Saunders ♦ Andrea Seaton ♦ Dr. Timothy Shafer ♦ Tracy Sloan

### ♦ MEMORIAL GIFTS ♦

*Donations have been received between April 16, 2015, and August 31, 2015, in memory of the following individuals:*

David Abolafia ♦ Richard Albert ♦ David Allbee ♦ Harlan & Jessie Allbee  
Kjell Anker ♦ Peg Barry ♦ Priscilla Behnken ♦ Stanley & Margaret Bills  
John & Ruth Broutsas ♦ Elizabeth Brown ♦ Gladys Brown ♦ Kevin Brown  
Donnell Camp ♦ Effie Chamberlin ♦ Osmer Clark ♦ Chris Coleman ♦ Phil Coleman  
Phyllis Coleman ♦ Harry & Luella Conklin ♦ Wendell Covey ♦ Tom Danemiller  
Dr. & Mrs. Briant Decker ♦ Richard & Mary Dexter ♦ Marjorie Eginton ♦ Don Elliott  
Nat & Irene Fillow ♦ Victoria Fletcher ♦ Kenneth Flynn ♦ Sheila Friedli  
Frank & Frances Grout ♦ Joseph Hamilton ♦ Fred Hard ♦ Helen Hobbs  
Bert & Louise Howard ♦ Edward Hurley ♦ Harold Igoe ♦ Ruth Jacobs ♦ Joel Johnson  
Joe Kohout ♦ Warren Kronemeyer ♦ Jack Lambert ♦ Richard Lapan  
Barbara Litchfield ♦ Jamis Lott ♦ Steve Lott ♦ Jim Martin ♦ Randy Mattson  
Lester & Susan Mayer ♦ Joan McConnel ♦ Florence Moore ♦ Timothy Nichols  
Ryan Ostebo ♦ Dr. Carlos & Ruth Otis ♦ John & Ethel Patenaude ♦ Neil & Ruth Pelsue  
Kim Perry ♦ Peter Petty ♦ Irene Phelps ♦ Edward Pisacik ♦ Gerhardt Rast  
Lois Penner Riley ♦ June Schlachman ♦ Roger Schultz ♦ Paul Schwippert  
Patricia Seaton ♦ June Shine ♦ Magnor & Ragne Somme ♦ Eric & Gert Spafford  
Elizabeth Spencer ♦ Georg Steinmeyer ♦ Dominic Tagariello ♦ Lillian Thayer  
Betty Waite ♦ Terry Ward ♦ Alma Welker ♦ Wanda Welker ♦ Arthur Wellman  
Harold Wenker ♦ Sophie Wolchok ♦ Forest Woodruff ♦ Karen Alice Yelin

*We extend our sympathy to the families and friends of these loved ones, and our appreciation to those who have given in their memories. When memorial gifts are received by Grace Cottage, the donor is thanked, and the next of kin is notified of the gift. (The amount given is never divulged.)*



## A grateful patient writes:

“The only thing small about Grace Cottage is its physical footprint. I was very well taken care of by capable, articulate, and friendly professionals from start to finish. Thank you, one and all.”

*Jim Sexton*  
GRANBURY, TX



P.O. Box 216  
Townshend, VT 05353-0216

NON-PROFIT  
U.S. POSTAGE  
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PUTNEY, VT  
PERMIT NO. 1

## GOOD HEALTH HABITS PAY OFF

BY ELIZABETH HARRISON, GRACE COTTAGE HEALTH COACH

**D**ID YOU KNOW that lack of water can be a cause of hunger pangs, back and joint discomfort, and daytime fatigue? Drinking enough water can reduce the toxic load in your tissues, reducing your risk of many symptoms. Did you know that a sugar-sweetened cola drink can dissolve a steak in two days, and that it easily cleans corrosion on your car's batteries? What do you think it does to your stomach?

These are just a few of the things that I share with my patients as a Health and Nutrition Coach at Grace Cottage. Residents of the Grace Cottage community have access to a whole range of health support services through Grace Cottage's Community Health Team (CHT), a group of health professionals who work in conjunction with Grace Cottage Family Health's clinic providers to offer coordination of services, behavioral health counseling, nutrition and exercise coaching, and diabetes education.

We work with you to assess your situation, develop plans, and establish attainable goals that move you in the right direction, one step at a time. CHT team members can also help you in many other areas, including: finding financial resources, insurance, support emotional health, educational, and/or substance abuse help. Funding for the CHT's work comes from the Vermont Department of Health and from private insurance companies, so the services offered by the CHT are free to you.

My particular focus is to guide patients through improvements in their eating and exercising habits. We teach people to take “baby steps” toward their goals. Sudden changes can be stressful, and stress takes a toll on one's health, while small shifts can lead to lasting results.

Here are the most important goals I urge my patients to work toward: get 8 hours of interrupted sleep a night; have three reasonably-sized meals and two snacks each day to keep your blood sugar steady; have protein with each meal and snack; vary what you eat; control your portions; eat food with color; chew until your food is mushy; drink 8 glasses of water each day; and get 30 minutes of aerobic activity per day (walking is a great low-impact activity). The overconsumption of refined starches and sugar are the cornerstone of the obesity epidemic occurring in our country today. For individuals who are obese, the average medical costs are approximately \$1,400 higher per year than those of normal weight.

I also work with my patients to remove misconceptions about the difficulties of eating a healthy diet. You can make a quick meal of frozen chicken, fish, or another meat with rice and a frozen vegetable in a skillet in about 20 minutes, and it's less expensive than take-out fried chicken.

I'm wishing you all a future of good health!

*Elizabeth Harrison is a Board Certified Clinical Nutritionist.*

