

# COTTAGE DOOR

Townshend, Vermont

Spring 2012



## A GREAT DAY FOR GRACE COTTAGE PATIENTS



As the crowd looks on (reflected in the windows of the new addition), Grace Cottage Hospital's Board of Trustees President Deborah Boyle and CEO Mick Brant pose for photographers as they prepare to cut the ribbon on the new Medical Imaging Suite. The ribbon cutting and dedication ceremony took place on November 18, 2011. It was a very cold and windy day, and attendees were given tours and refreshments (indoors!) following the ribbon cutting and entertainment by talented performers: Grace Cottage employees Cindy Kenyon and Eddie Benoit.

## DR. KATYA PETROVA

Dr. Katya Petrova is now seeing pediatric patients at Grace Cottage Family Health, adding to the pediatric services already provided by Dr. Linder. Dr. Petrova sees patients on Wednesdays and Fridays and Dr. Elizabeth Linder sees pediatric patients on Mondays, Tuesdays, and Thursdays.



Dr. Petrova received her master's degree in biomedical sciences at Albany Medical College, Center for Immunology and Microbial Diseases, after having completed her first medical degree at Russian State Medical University in Moscow. She finished her residency at State University of New York Downstate in Brooklyn, New York. She has been seeing patients at Just So Pediatrics in Brattleboro, which she will continue to do on the days that she is not at Grace Cottage.

Dr. Petrova has served as an English language interpreter for medical missions to the Ukraine and Russia. Her interests include sewing, reading, volleyball, and ice skating.

Dr. Petrova sees patients up to age 21. Her professional interests include obesity, digestive diseases, and autism. For more information or for an appointment, call 365-4331.

## DR. LYNN MADSEN JOINS GRACE COTTAGE

Dr. Lynn Madsen joined Grace Cottage Family Health in December, 2011, and is a welcome addition to the medical team.



A native of northern California, Dr. Madsen spent five years working on a horse ranch and landscaping after her high school graduation. This led to an interest in biology. She graduated from The University of California-Davis and then obtained her PhD in psychology from the University of Minnesota.

"I practiced psychology in Minnesota for 19 years," said Dr. Madsen, "and during that time I got married and had three children. But I'd had a longtime dream of being a doctor, and several events transpired that convinced me I should pursue this dream, even though I was getting on in years! I applied and was accepted at UVM, so my husband and I moved our family to Shelburne, Vermont."

Dr. Madsen's family then moved to Portland, Oregon, where she completed her medical internship at Oregon Health & Science University and her residency at Providence Milwaukee Hospital. For the past six years, she had a private practice in Oregon and had also worked for an urgent care center and a hospital ER. She and her husband divorced and, with her youngest child about to go off to college, Dr. Madsen decided it was time to return to Vermont.

"I fell in love with this state and the culture here when I was at UVM," she said. "Vermont has always felt like a piece of heaven to me and that's why I came back. I like the idea that most grocery stores aren't open 24 hours a day and that sometimes my cell phone won't work. I chose Grace Cottage because it offers a strong community response to people in need."

In her free time, Dr. Madsen enjoys hiking, writing fiction, playing the piano, and singing. She also enjoys gardening, and intends to spend some of her leisure time pursuing beekeeping.

## A WORD FROM THE CEO



I'D LIKE TO THANK ALL (literally over 1,000 of you) whose gifts helped to make the Medical Imaging Suite addition and technology upgrades possible (see pages 4 and 5). With your generosity, we've almost achieved the fundraising goal of \$800,000.

Now it's time to prepare for the next key projects to improve patient care. All of Grace Cottage's projects are part of the hospital's five-year Master Plan that was approved by the Board of Trustees in 2009.

Thanks to an initial grant from The Fanny Holt Ames and Edna Louise Holt Fund towards this project, Grace Cottage's Messenger Valley Pharmacy will receive a much-needed renovation this year. Architect Vance Hosford has agreed to donate his expertise again (as he did for the Community Wellness Center two years ago) and ServCorps, that wonderful group of volunteers from Hartford, Connecticut, will come to Townshend for two weeks in September to work on construction (as they did for the Community Wellness Center). The footprint of the Messenger Valley Pharmacy won't change, but the barn behind the pharmacy will be renovated for pharmacy use. This renovation will help accommodate the tremendous increase in services that the pharmacists provide to customers on a daily basis. Over the past 14 years, the number of prescriptions filled at Messenger Valley Pharmacy has increased by 216% to 56,000 prescriptions per year, and the medication counseling services that pharmacists provide, including the Medicine-on-Time program, have also increased.

Another grant from the Holt Fund will enable Grace Cottage to start planning for the renovation of the Emergency Department, also part of the hospital's five-year Master Plan. More details about planning for this project will follow in future issues of *Cottage Door*.

The intent of Grace Cottage's Master Plan is to enhance the community's health care in the future, with continued focus on what Grace Cottage does best: delivering high-quality, patient-focused primary care.

*Mick Brant, CEO*

### A grateful patient writes:

“After my double-knee replacement at Brattleboro Memorial Hospital, I went to another facility for rehab, but that didn't work out. In my first hour at Grace Cottage, I received more care and attention than I'd gotten in a whole day at the other place. Everyone welcomed me with open arms and I was informed about everything regarding my care and treatment the entire time I was there.”

*Joe Speno*  
BRATTLEBORO, VT

## WORDS OF WISDOM

### “No, you TRY IT!”

“Did you try it?”

“I'm not going to try it, you try it.”

“I'm not going to try it.”

“Let's find someone else.”

Recent surveys show that about 72% of us are reluctant to use AEDs, also known as Automatic External Defibrillators (those boxes that say AED that you see in airports and other public places, including almost every building on the Grace Cottage Hospital campus).

Yet sudden cardiac arrest is a leading cause of mortality in North America and Europe, and the odds of survival decline by 7% to 10% per minute of delay in defibrillation. This is why AEDs are increasingly available in public spaces.

Do you know how to use an AED, and would you be willing to use one to save a life? All AEDs have instructions on them and are easy to use. Plus, you won't be held legally responsible if your attempt doesn't work, thanks to the Good Samaritan law. The life you save may be that of someone you know.

For more information, go to  
[www.gracecottage.org](http://www.gracecottage.org)



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Mick Brant, Administrator & CEO  
Andrea Seaton, VP Planning/  
Development & Editor  
Nancy Burgess, Graphic Design

The mission of Grace Cottage Hospital 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...

- ♥ Funds to purchase new chairs for the doctors' waiting room at Grace Cottage Family Health were donated by Edith Serke in memory of Stephen Serke and by Anna Mae Ray in memory of Joseph & Mabel Ray.
- ♥ Dr. Renee Bergner donated the funds to purchase a new coffee/magazine table for the Grace Cottage Family Health waiting room in memory of Dr. Richard & Suzanne Kirsch.
- ♥ A donation to purchase a pediatric cart for the Emergency Department was made by Dr. Marvin & Connie Wool.
- ♥ Bill & Leona Tabell donated the funds to purchase new plates, bowls, and tablecloths for the Dietary Department.
- ♥ The Thomas Thompson Trust donated the funds for the purchase of a Polycom video conferencing system, primarily to reduce travel time and costs between Grace Cottage and Brattleboro Memorial Hospital. The system is being used for other long-distance videoconferencing as well.
- ♥ Margaret Bernache donated the funds for the Housekeeping Department to purchase a carpet shampooer.

## WISHES MADE...

- ♥ A knee-bearing walker attachment is needed for patients who cannot bear weight while engaging in physical therapy exercises. \$185
- ♥ Grace Cottage Family Health is in need of a pediatric pulse oximeter. \$860
- ♥ Two additional ultraviolet lamps are needed by the physicians in Grace Cottage Family Health for the detection of various skin and scalp ailments. \$164 each.
- ♥ The Laundry Dept. is in need of a sewing machine so that sheets and towels can be repaired. \$150.
- ♥ A new medical-grade freezer is needed for the laboratory. \$6,000.

To learn about additional items not on this Wish List, or to fund one of these items, call Andrea or Mary at (802) 365-9109.

## PHIL DIBBLE RECEIVES AWARD FOR VOLUNTEERING

ONE OF GRACE COTTAGE'S fabulous Grace Greeter volunteers was recently presented with a "Successful Aging" Award, presented by Senior Solutions (Council on Aging for Southeastern Vermont).

Grace Cottage's Volunteer Coordinator Liz Harrison nominated Phil for the award, noting that Phil showed up for his regular Grace Greeter volunteer shift just a few days after he and his wife, June (also a Grace Greeter), lost their house in a fire in July. Then, when Tropical Storm Irene made the driveway where he and June were staying impassible in August, Phil asked a neighbor to help him fill in a gully so that he wouldn't miss his volunteer shift at Grace Cottage.

Phil also volunteers as a greeter, usher, carpenter, and youth group leader at the Wardsboro church. In addition, he delivers Meals on Wheels, is in the American Legion Honor Guard, runs the shortcake booth at the Wardsboro 4th of July Parade, maintains equipment for the Wardsboro Library, and was the 2011 winner of the Wardsboro School's Volunteer Award.

June and Phil "retired" to Vermont from Simsbury, Connecticut, and June was a nurse at Grace Cottage Hospital during the summer from 1983 to 1994. Until 2008, they would spend winters in Fort Myers Beach, Florida, but then decided they'd rather stay in Vermont year-round. Florida's loss is clearly Vermont's gain! And the very good news is that their home has been rebuilt and they've moved back in, just seven months after the fire.

This is a great opportunity to thank all of the Grace Greeters who do such a fabulous job at Grace Cottage. Although this program is less than two years old, Grace Cottage's employees and patients now count on these volunteers for so much, and it's wonderful to have them, with their smiling faces, here every day!



## NEW EMPLOYEES

LILLIAN BAIER  
Pharmacist

DEBORAH BERRY  
Unit Secretary

CARRYN FRANCIS  
Registered Nurse

LYNN MADSEN  
MD Family Health

JENNA MCWILLIAM  
Occupational Therapy Assistant

KATYA PETROVA  
Pediatrician, Family Health

MARGIE TOLES  
Licensed Practical Nurse

AMY VISSER-LYNCH  
Registered Nurse

## A grateful patient writes:

“Thank you all for your professional and personal care that you gave to me during my recovery at Grace Cottage. In addition to the professional care that I required, you gave me courage and inspiration when I needed it. You provided me with a feeling ‘I can do this!’ ”

Art Benedict  
DUMMERSTON, VT

# MEDICAL IMAGING SUITE CAMPAIGN CONTRIBUTORS

Would you like to have your name or the name of a loved one added to this list of those who contributed as of January 15, 2012? Only \$70,000 to go!

Contact Andrea or Mary at Grace Cottage Foundation  
(802) 365-9109 ♦ info@gracecottage.org ♦ www.gracecottage.org

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## SPRING INTO HEALTH 5K

### AND THEY'RE OFF!

The third annual Spring Into Health 5K will be held in Townshend (beginning and ending at the Townshend Common) on Saturday, May 12, at 8:30 a.m. Registration forms are available at [www.gracecottage.org/events](http://www.gracecottage.org/events). The registration fee is \$15 for adults, \$10 for children 13 and under, and includes a race shirt for the first 150 registrants.

## TEE UP FOR HEALTH



Grace Cottage's third annual Tee Up For Health Golf Benefit will be held on Sunday, June 10, at Tater Hill Golf Club. Registration is \$125 per golfer, and an online auction will again be part of this year's fundraiser. See [www.gracecottage.org/events](http://www.gracecottage.org/events) for more information and to register. Better weather is PROMISED for this year!

## TOUR DE GRACE

The eighth annual Tour de Grace 19-mile "mostly downhill" bike ride from Stratton to Grace Cottage will be on Saturday, July 14th. This is a great event for ALL ages — bring the whole family. This year, Stratton's busses will be providing bicyclists with rides in either direction for those who prefer to start out at Grace Cottage. Registration details are at [www.gracecottage.org/events](http://www.gracecottage.org/events), or call (802) 365-9109.



# A GREAT RECIPE FOR A HOSPITAL FAIR

### TEMPERATURE:

70 degrees and sunny on the first Saturday in August

### INGREDIENTS:

- ◆ Entertainment by the Taconic Pipers and Circus Arts
- ◆ Auctioneers Kit and Art, many truckloads of donated items
- ◆ Bingo equipment, prizes, and tireless caller
- ◆ Tents, booths (both old and new), and chairs
- ◆ Countless donations of white elephant items, plants, and interesting books
- ◆ A lovely green Town Common with flowing fountain
- ◆ Delicious gourmet lunches, pies, corn, watermelon, fried dough, maple cotton candy, lemonade, burgers, and onion rings
- ◆ A cranky old ice cream machine
- ◆ A Dunking Booth to make you laugh
- ◆ A Hole-in-One and raffles to make you rich
- ◆ Costume jewelry to make you beautiful
- ◆ Toys, "dress-up," bouncy-house, and pony rides

Using many dedicated volunteers, combine the above ingredients on August 4th, to make a crowd of smiling, happy adults and children. Finish with the melodious sounds of the Grafton Band.

For the next day enlist a large group of volunteers to clean the Common.

Send a generous check from the Auxiliary Hospital Fair Day proceeds to Grace Cottage Hospital.



Be an ingredient or worker by calling "chefs" Barb Barber 365-4707 or Stan Holt 365-4455 ([spenholt@svcable.net](mailto:spenholt@svcable.net))

*Stan Holt, Fair Chair*



## A grateful patient writes:

An e-mail to Dr. Lynn Madsen:

“It was a breath of fresh air to have a doctor like you! I think you may have a second career ahead of you – teaching doctors in New York how to deal with patients in the ER!”

Michael Schnitzer  
ROSLYN HEIGHTS, NY

## GIFTS WERE RECENTLY RECEIVED IN HONOR OF

Dr. Bob Backus  
Judy Carpenter  
Dr. Kenneth Chao  
Heather Chaudoir  
Aaron Connor  
Greg Crafts  
Nancy Evans  
Grace Cottage Family Health Staff  
Grace Cottage Hospital Staff  
Sindy Hassig  
Eda Kent  
Dr. Ronald Klinger  
Beatrice MacFarland  
Dr. Ajay Misra  
Dr. Edward Mulhern & Staff  
Andrea Seaton  
Dr. Tim Shafer  
Laura Smith  
David Wyman

Grace Cottage Hospital & Grace Cottage Foundation are 501(c)(3) nonprofit organizations. The mission of Grace Cottage Foundation is to raise funds on behalf of Grace Cottage Hospital. 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 Mary Gyor, Director of Development, at (802) 365-9109. An audit of Grace Cottage Hospital is available upon request.

## ✧ MEMORIAL GIFTS ✧

*Donations have been received between October 1st and January 15th in memory of the following individuals:*

Sam Abolafia ✧ Harlan Albee ✧ Andrew G. Andersen ✧ Gene & Marie Avenia  
Stephen Ballantine ✧ Russ Barber ✧ Mollie Beattie ✧ Jack & Shirley Benson  
Bill Berry ✧ Cecil Bills ✧ Stanley & Margaret Bills ✧ Amanda Blum ✧ Edwin Bristol  
Gladys Brooks ✧ Mort Brooks ✧ Roy Brooks ✧ John & Ruth Broutsas  
Bomber Brown ✧ Eugene Brown ✧ Gladys Brown ✧ Earl Caddell  
Tom & Marge Cann ✧ Charlene Clayton Carey ✧ Rose Ann Carsley ✧ Nancy Chard  
Raymond Clayton ✧ Leon & Isabel Cohen ✧ Brad Cohn ✧ Chris Coleman  
Phil Coleman ✧ Harry Conklin ✧ Clarence Connolly ✧ Wendell Covey  
Luke Crispe ✧ Robert Crowell ✧ Casey Crozier ✧ Dana Danforth  
Anne Dean ✧ Dr. & Mrs. Briant Decker ✧ Dr. Forbes Delany ✧ Robert DiCesare  
Bonnie Dowley ✧ Ken & Stella Dowley ✧ Dr. Albert & Lillian Ebeling ✧ Verne Eddy  
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*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 Hospital, the donor is thanked and the next of kin are notified of the gift. (The amount given is never divulged.)*



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## VERMONT NAMED HEALTHIEST STATE AGAIN IN 2011 AMERICA'S HEALTH RANKINGS®

**V**ERMONT WAS AGAIN NAMED the healthiest state in the nation as the United Health Foundation released its 2011 edition of America's Health Rankings®. Vermont has been among the top five healthiest states for the past eight years, climbing steadily from 20th in 1990 to 12th in 2000, to become first in 2007, 2009, and 2010.

**“Vermont is notable for its high rates of high school graduation, lower incidence of infectious disease, low violent crime rate, and high use of early prenatal care.”**

This year, Vermont ranked among the top 10 healthiest states in 15 of 23 public health measures relating to behaviors, community and environment, health policies, clinical care, and health outcomes.

Vermont is notable for its high rates of high school graduation, lower incidence of infectious disease, low violent crime rate, and high use of early prenatal care. Vermont also this year received the first and only “A” on the March of Dimes Premature Birth Report Card.

America's Health Rankings®, published by the United Health Foundation, the American Public Health Association, and Partnership for Prevention is the longest running annual assessment of the nation's health. For 22 years, the Rankings have provided an analysis of national health on a state-by-state basis by evaluating a historical and comprehensive set of health, environmental, and socio-economic data to determine national health benchmarks and state rankings.

For more information about the Rankings, an interactive map, and information on actions that everyone can take to improve public health, go to [www.americashealthrankings.org](http://www.americashealthrankings.org).