

EMERGENCY DEPARTMENT CO-DIRECTORS



DR. KIMONA ALIN and **DR. KENNETH RUDD** are co-directing Grace Cottage's Emergency Department, taking over the position that was held by Dr. Christopher Schmidt, who is now Chief Medical Officer.

Dr. Alin has been employed at Grace Cottage since 2002. She graduated from State University of New York with a degree in biochemistry and then received her MD/PhD in microbiology at Columbia University Medical School, followed by a three-year residency in orthopedics at Albert Einstein. She completed her Family Medicine residency at the University of Massachusetts.

A graduate of Princeton University, Dr. Rudd received his MD and Master of Public Health degrees from the University of Connecticut, and he has a Master of Health Care Delivery Science from Dartmouth College. He is an Assistant Professor with the Geisel School of Medicine at Dartmouth-Hitchcock Medical Center, and he joined Grace Cottage in 2014.

"For a small rural hospital like Grace Cottage to have two professionals of this caliber as co-directors of our Emergency Department is a win-win situation for us and for our patients," said Dr. Schmidt.

REACHING YOUR PERSONAL HEALTH GOALS

By MELODY LIVELY

SOME PEOPLE have personal trainers who work with them one-on-one to help them get into shape. It might be useful to think this way about Grace Cottage Hospital's Community Health Team (CHT), which provides an entirely free service. This group of health care professionals works one-on-one with patients to develop individualized plans and to provide extra support to reach health goals.

Here's how it works: your primary care provider refers you to the Community Health Team when you and the provider agree that you could benefit from some additional guidance to improve a health issue. At risk for diabetes? Blood pressure/weight too high? Feel depressed? Want to stop smoking? Working together with your provider and the CHT, you have access to free classes and free one-on-one educational sessions with a member of the CHT team. Grace Cottage also has a Patient Resource Advocate who can identify financial resources for help with food, fuel, health insurance, and medical bills.

Grace Cottage's CHT is part of our Patient-Centered Medical Home,



Grace Cottage Hospital's Community Health Team: (front row, l. to r.) Behavioral Health Specialist Jennifer Burtis, Care Team Coordinator Melody Lively; (back row, l. to r.) Resource Advocate Jane Wheeler, Certified Diabetes Educator Hotie Smith, Health Coach Liz Harrison.

which is a model of coordinated primary care that focuses on each patient individually so that they receive the right care at the right time.

Melody Lively, the Community Health Team Care Coordinator, is a Registered Nurse who joined Grace Cottage Hospital in 1999.

JORDA DAIGNEAULT ACCEPTING NEW PATIENTS

BEGINNING IN JUNE, Family Nurse Practitioner (FNP) Jorda Daigneault will see patients at Grace Cottage Family Health. Born at Grace Cottage Hospital (delivered by founder Dr. Carlos Otis), Jorda received a diploma from St. Elizabeth's Hospital School of Nursing in Boston, her BSN from the University of the State of New York, and her FNP from the University of Vermont. She also has an MS in Disaster Medicine and Management from Philadelphia University. Jorda has worked at Dartmouth-Hitchcock Medical Center since 1988. Jorda was born at Grace Cottage Hospital, as were two of her children. To make an appointment with Jorda, call (802)365-4331.



A grateful family member writes:

“Dear Grace Cottage Hospital staff,

From ‘check in’ to ‘check out’ during our stay at Grace Cottage, when my beloved husband, Kjell, was at the end of his life, you made everything seamless. We truly felt at home. We felt like family. My friend who stayed with me and has a graduate degree in hospice and hospice administration said: ‘Now, this is EXACTLY how a hospital and hospice program should be.’ You are absolutely first class and I will always be grateful to you.”

Andrea Anker
WEST DOVER, VT

A MESSAGE FROM THE CEO

ONE OF MY RESPONSIBILITIES is to ensure that Grace Cottage hospital is on track in the state, regional, and national healthcare arena, so I regularly attend meetings with the “experts” at Dartmouth-Hitchcock Medical Center, Vermont Association of Hospitals and Health Systems, New England Alliance for Health, etc.

A term that constantly comes up at these various meetings is “Population Health Management.” I’m not sure that anyone fully understands what this term means, including the so-called experts, but it’s sure to become part of generally-understood vocabulary within the next few years (If you had said “I’ll Google that” in 1995, a puzzled look would have been the guaranteed response!).

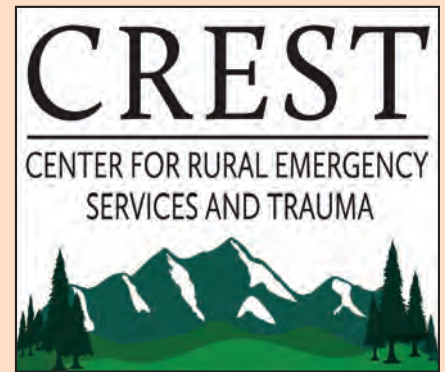
The traditional model of healthcare delivery was that a doctor would see you when you were sick or injured (and you might also visit your healthcare provider once a year for a routine physical). There is no question that urgent medical care will always be needed, but under the new Population Health Management model, the stress will be on working to maintain good health to prevent disease before it gets started.

Many people say that it’s too late to begin to work on Population Health Management with my generation, the Baby Boomers; those who think this maintain that we’ve developed (and nurtured) our bad habits and we already have our chronic diseases. I refuse to accept this. As all of our medical providers here at Grace Cottage constantly tell anyone who will listen, it’s never too late to reverse trends with a balanced, nutritious, healthy diet and exercise.

There is no argument, however, that Population Health Management will make a difference for the next generation. And, no matter what your age, it is our job, as a community hospital and healthcare center, to improve the health of all of our patients through preventive care, wellness classes and activities, education, and the creation of an environment that encourages and promotes healthy lifestyles. Our medical providers and Community Health Team are here to help.

I’m off to grab an apple and take a walk. Will you join me?

Roger Allbee, CEO



Grace Cottage Hospital is proud to be a member of CREST, the Center for Rural Emergency Services and Trauma, a collaborative of Dartmouth-Hitchcock Medical Center and 18 community hospitals. Designed to improve the emergency care of patients in rural New England, the principal components of CREST include provider education and protocols, telehealth advancement, and the sharing of best practices in rural emergency and trauma care. CREST was founded at Dartmouth-Hitchcock Medical Center to improve emergency services and trauma care in rural communities.



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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...

- ♥ Ernie Friedli donated the funds to purchase an AccuVein for the Emergency Department, and Kip & Helen Friedli made a donation towards the purchase of a second AccuVein for the lab.
- ♥ Ken & Ellie Lemire made donations for the purchase of paring knives, muffin tins, and a frying pan for the Dietary Department.
- ♥ Dr. Richard & Alice Thall donated the funds to purchase a Stryker cast cutter with safety guard for the Emergency Department, and a food labeling system for the Dietary Department.
- ♥ Dave & Millie Austin, Barbara Rounds, Maynard Rounds, Wayne Rounds, Wilfred & Edie Rounds, and George & Lorraine Varney donated the funds to purchase a heavy-duty industrial vacuum cleaner for the Housekeeping Department, in memory of William & Florence Rounds.
- ♥ Jacqueline Sharwell made a donation for the purchase of a Dental Box for the Emergency Department.
- ♥ Dennis & Charlotte Choleva made a donation for washable placements for patient trays for the Dietary Department, in honor of Denise Choleva.
- ♥ Bruce Sweeter and Leesette Bengar donated the funds to purchase a Peanut Ball for use by patients working with rehab therapists.

WISHES MADE...

- ♥ Grace Cottage Family Health needs a wall-mounted AED just in case a patient receiving care has a sudden issue (the patient could be transferred to the ER, but in a case like this, seconds save lives). The cost is \$1,740.
- ♥ The Dietary Department needs new commercial pot holders, at a cost of \$75 per case of 24, and a new \$175 stainless steel work table.
- ♥ Grace Cottage Family Health medical providers need three additional pulse oximeters, at a cost of \$60 each.
- ♥ A sling for a device that helps nurses to lift patients who aren't particularly mobile is needed for the hospital. The cost is \$231. A new \$564 trapeze for an inpatient bed is also needed (if you've ever had to use one, you know how important these are).
- ♥ Grace Cottage Family Health needs an isolation station, for the distribution of facemasks, gowns, tissues, and gloves, to help with infection control. \$720.

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

SARAH LOGAN



DR. SARAH LOGAN is a new face in Grace Cottage's Emergency Department, but she has fit right in. A graduate of Middlebury College and the University of Vermont College of Medicine, she completed her Emergency Medicine Internship at Stanford University Hospital, and was the Chief Resident at the Montana Family Medicine Residency Program. Dr. Logan and her husband have one son, Dylan, and she is currently training for a half-Ironman triathlon and a 100K race this summer. "I love getting to know the community and staff at Grace Cottage, and taking care of patients in this setting," said Dr. Logan.

EMPLOYEE MILESTONES

30 years	Berenice Brooks	Family Health
30 years	Kerry Capponcelli	Nursing
20 years	Christine Aither	Housekeeping
20 years	Amie Leavitt	Quality/Informatics
10 years	Margaret Bourbeau	Pharmacy
10 years	Dee Gibson	Family Health
5 years	Christine Aguiar	Nursing
5 years	Diane Bousquet	Rehabilitation
5 years	Warren Montgomery	Emergency Dept.
5 years	Walter Rae	Nursing
5 years	Brenda Smith	Diagnostic Imaging
5 years	Sue Tweedy	Housekeeping

GCH EMPLOYEES RALLY FOR TOWNSHEND FOOD SHELF



Grace Cottage Hospital's Dietary Department recently organized a food drive to benefit the Townshend Food Shelf. Grace Cottage employees contributed funds to purchase enough food to fill two large carts. Pictured here (l. to r.) are Dietary Department employees Kathi Chase, Christina Kratz, Amber Ahearn, and Jim Martis (missing from photo: Denise Choleva & Margaret Dowley)

SIXTH ANNUAL TEE IT UP FOR HEALTH

IT'S NOT TOO LATE to register to golf in Grace Cottage's sixth annual Tee It Up for Health at The Hermitage Club at Haystack, to be held on Saturday, June 13. The \$150 registration fee includes greens fees, cart, lunch, dinner, logo-wear, and contests. The Hole-in-One prizes are a 2015 Subaru XV Crosstrek (donated by Brattleboro Subaru) and a lifetime membership at The Hermitage Club at Haystack.

The Event Sponsor is The Richards Group; Gold Sponsors are The Hermitage Club at Haystack and Elizabeth Walker; Silver Sponsors are Brattleboro Memorial Hospital, Brunelle & Son, Cerner Corporation, and People's United Bank. Hole sponsors are Brattleboro Savings & Loan, Dead River Company, 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 are Advance Notice Advertising, Blue Cross Blue Shield VT, and Lawton Flooring. Sponsorship opportunities are still available, and a number of

local individuals have sponsored flags as well.

Registration for golfers closes on June 7, so go to www.gracecottage.org/events for more information. All proceeds from Tee It Up for Health benefit Grace Cottage's Patient Care Fund.



SPRING INTO HEALTH 5K



Students from Leland & Gray Middle and High School's graphic arts class competed recently to design the t-shirt for the sixth annual **Spring into Health 5K**, which took place on May 9, co-sponsored by People's United Bank and Grace Cottage Hospital. Elizabeth Bills, center, was the design winner who received a prize presented by Dr. Moss Linder.

TOUR DE GRACE



Grace Cottage's tenth annual **Tour de Grace** bicycle rally will be held on Saturday, July 11. Registration, \$25 per rider, is open now; the registration fee goes up to \$30 after midnight on July 8th. The route is 17.7 miles, mostly downhill; sturdy tires are recommended and helmets are required. For more information about this family-friendly, fun event, or to register to ride, call (802) 365-9109 or go to www.gracecottage.org/events.

AUXILIARY NEWS



BOOKS

DO YOU LOVE BOOKS? Grace Cottage Hospital Auxiliary is looking for volunteers to help sort and organize books prior to our Annual Hospital Fair Day in August. If you are interested, please call Laura Smith at 802-365-9992 to volunteer. One hour, one day, one week – any amount of time would help!

65TH ANNUAL HOSPITAL FAIR DAY SATURDAY, AUGUST 1ST

FOR MANY FAMILIES, Hospital Fair Day is marked in permanent ink on the calendar every year – the first Saturday in August is when multiple generations meet on the Townshend Common to see the bagpipers lead the stork, the kids play in the fountain, the New England Circus Arts performers entertain. All of this happens while Mom is browsing the Book Booth, Grandma is picking up a bargain at the White Elephant Booth, Dad's checking out the perennials and annuals in the Plant Booth, Uncle Don is enjoying a grilled sausage burger, Aunt Linda is bidding on Auction items, little Emily is on a free pony ride, and teenager Josh is soaking his friends in the Dunking Booth.

With free parking, free admission, 22 Bargain Booths, all-day entertainment, an all-day Auction (entertainment in itself thanks to auctioneers Kit Martin and Art Monet), Arts & Crafts Show, and food to please any palate, Fair Day gets better and better every year. Come join us and help the Grace Cottage Hospital Auxiliary raise funds for our favorite community hospital.

Laura Smith

FAIR DAY CHAIRPERSON



VOLUNTEERS NEEDED

WE'RE ALWAYS LOOKING for volunteers who can donate an hour, a day, or a week of time between now and Fair Day. Contact Laura Smith if you'd like to help, in any capacity: 802-365-9992. It's lots of fun, and we can get you started right away!

DONATIONS

We're collecting treasures now, so call 802-365-9992 if you'd like us to pick up, or if you'd like to drop off household goods. Many people wait until the last minute, but we don't, so call us today! And thank you in advance for your support.

CABIN FEVER AUCTION

Thank you to everyone who participated in Grace Cottage Hospital's **Cabin Fever Online Auction** this past February. Thanks to the generosity of so many people and organizations that donated wonderful items and to those who bid on them, the Auction raised \$15,709! Auction proceeds benefitted the Patient Care Fund, which helps Grace Cottage Hospital provide free care to those lacking adequate resources.

RED SOX IMPACT AWARDS

HELP GRACE COTTAGE HOSPITAL win funding from the Red Sox Foundation! The Red Sox Foundation has just launched the IMPACT (Inspiring More Philanthropy Across Charities Together) Awards, which will award a total of \$75,000 among charities in the five New England States. Online voting will determine a first, second, and third place winner in each state. First place winners will receive \$10,000, second and third place winners will receive \$3,000 and \$2,000 respectively.

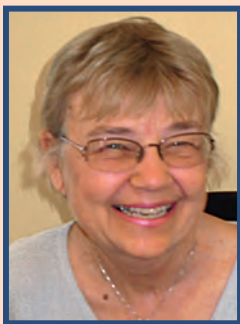
The voting deadline for Vermont is Friday August 7th. To vote for Grace Cottage Hospital, visit www.redsox.com/impact. You do not need to be a Red Sox fan to vote, but you do need to be a Vermont resident. If you are not currently registered to receive emails from the Red Sox, use the password GEN1396 in the online form. (You can always unsubscribe from Red Sox emails after you vote!). You can only vote once, so every vote really does count!



PATRICIA MACK ELECTED TO BOARD OF DIRECTORS

PATRICIA MACK of Grafton has been elected to the Grace Cottage Foundation Board of Directors.

Born in and raised in Bridgeport, Connecticut, Mack graduated from Syracuse University with a B.S. in Interior Design. She



worked as a designer at Ethan Allen in Connecticut, and later ran her own interior decorating company. She and her husband, Stan, moved to Vermont in 1979, where they owned and operated several businesses including Partridge in a Pantry in Stratton and Mack's Place Eatery in Grafton. Mack has served on the Grafton Select Board and Grafton Planning Board, and is currently an auditor for the Town of Grafton. The Macks designed and built their house in Grafton, which they share with their dog, Ruby; they enjoy traveling and have visited five continents so far.

"We are delighted to welcome Pat Mack to the Foundation Board," said Roger Allbee, CEO of Grace Cottage Hospital. "Pat's dedication to Grace Cottage Hospital is well known and her experience in business will benefit Grace Cottage enormously."

Grateful patients write:

"We couldn't ask for anything better than Grace Cottage Hospital!"

Warren & Ruby Baur
BONDVILLE, VT

WORKSITE WELLNESS AWARD



FOR THE THIRD TIME, Grace Cottage Hospital has been recognized for its worksite wellness efforts by the Governor's Council on Physical Fitness & Sports and the Vermont Department of Health. The award was presented on March 25th in Burlington, Vermont. This is the second year in a row that Grace Cottage has won Gold, in recognition of a work environment that encourages and enables employees to improve their overall health.

A grateful patient writes:

"I am a patient of Dr. Moss Linder's for more than just his medical acumen – he has genuine feelings for the emotional needs of his patients."

Jay Karpin
BRATTLEBORO, VT



Grace Cottage supporter Jay Karpin resided in Grafton, VT for many years before moving to Brattleboro when his wife, Florence, died last year. Jay is a WWII hero – not only is he a recipient of The Distinguished Flying Cross, but he was awarded The Air Medal five times. By flying 35 combat missions, Jay earned all four Battle Stars and The Presidential Unit Citation.



Wellness in Windham
Health Festival

Save the Date! The third annual Wellness in Windham Health Festival will be **11 a.m. – 2 p.m. on Saturday, September 19** on the front lawn of the Brattleboro Retreat. A collaboration between Brattleboro Memorial Hospital, The Brattleboro Retreat, and Grace Cottage Hospital, the Health Festival is a fun, informative, and free family-friendly event. Visit www.WellnessinWindham.org for more information.

VT CHALLENGE SUPPORTS GRACE COTTAGE HOSPITAL

THE VERMONT CHALLENGE is now including Grace Cottage Hospital as one of the beneficiaries of the August 12-16 event. \$25 of each rider's entry fee will be divided, through the Stratton Foundation, among several Vermont non-profits, including Grace Cottage. In its fourth year, the Vermont Challenge offers a series of multi-day tour options (100, 68 or 24 miles), with numerous weekend festivities at Stratton associated with the event. Grace Cottage will host a rest stop in front of the hospital with food, snacks, and drinks for Fondo riders on August 15.

"The Vermont Challenge is proud to support Grace Cottage Hospital," said John Sohikian, President of the Vermont Challenge. "It is a tremendous facility with caring doctors and nurses that serves the health care needs of our area's rural communities." For more information, go to www.vtchallenge.com.

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 Andrea Seaton, Executive Director, at (802) 365-9109.

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

A grateful patient writes:

"This winter, I was helping my husband put things away before an upcoming snowstorm. I must have twisted my back while I was pushing the wood splitter into the barn; the following day I was in excruciating pain, so Steve called 911.

When I got to the Grace Cottage Emergency Room, I was greeted by Warren Montgomery with a smile and great concern about my condition. I was treated, as was Steve, with compassion and professionalism by the nurses, x-ray tech, and Tanya from the lab. I received the best care, as if I were the only patient they were treating.

Dr. Geurts knew what was wrong right away, but he did necessary tests to be sure that there was nothing else going on. Everyone went above and beyond the call of duty.

Grace Cottage is a hospital that needs to stay operating for the community; so many people depend on the most wonderful 'gem' that we have."

Lexa Clark
JAMAICA, VT



GIFTS WERE RECENTLY RECEIVED IN HONOR OF:

Dr. Robert Backus ♦ Martin Bozetarnik ♦ Denise Choleva ♦ Ernest Friedli

♦ MEMORIAL GIFTS ♦

Donations have been received between January 2, 2015, and April 15, 2015 in memory of the following individuals:

Harlan & Jessie Allbee ♦ Kjell Anker ♦ Francis Baccile ♦ Traci Bergeron
Bill Berry ♦ Janet Bills ♦ Stanley & Margaret Bills ♦ Gladys Brown ♦ Marilyn Brown
Dr. Noel Carrol ♦ Effie Chamberlin ♦ Osmer Clark ♦ Bill Cobb ♦ Betty Coleman
Chris Coleman ♦ Elizabeth Coleman ♦ Phil Coleman ♦ Vincent DePalo
Al Devereaux ♦ Marjorie Eginton ♦ Esther Falk ♦ Victoria Fletcher ♦ Sheila Friedli
Gladys Gale ♦ Cliff Heilig ♦ Julia Holland ♦ Ruth Jacobs ♦ Louis Kibby
Richard Lapan ♦ Maurice Laselle ♦ Don Leigh ♦ Barbara Litchfield ♦ Howard Lott
Jamis Lott ♦ Steve Lott ♦ James Martin ♦ Joan McConnel ♦ Verne Moberly
Connie Nelson ♦ Lisa Young Noble ♦ Mavis Oliver ♦ Kim Perry ♦ Peter Petty
Irene Phelps ♦ Eli Prouty ♦ Joe & Irene Reagan ♦ William & Florence Rounds
Marguerite Ryan ♦ Hank Sanders ♦ Paul Schwippert ♦ Hanne Steinmeyer
Dr. Sophie Trent Stephens ♦ Catherine N. Stratton ♦ Dominic Tagariello
Frederick Witt ♦ Richard Zoellner

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 is notified of the gift. (The amount given is never divulged.)

Is This Junk Mail?

The average adult in the U.S. receives 41 pounds of junk mail each year, and 44% of this goes to the landfill, unopened. Do you consider Cottage Door to be junk mail? If so, PLEASE let us know so that we can remove you from our mailing list. If you'd rather receive Cottage Door via e-mail, we can do that too, just let us know. Call (802) 365-9109 and leave a message that you'd like to be deleted, or e-mail info@gracecottage.org. What we save on printing and mailing costs we can put towards health care for our patients.



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INVITE THE PROBIOTICS!

By NATALIE HARDING, GRACE COTTAGE HOSPITAL PA-C

THINK OF YOUR INTESTINES as the site of a big party. You want to make sure that the guests who come are the friendliest, most positive ones you can find. Be sure to invite the Probiotics!

To explain the importance of this, it helps to understand what a normal human gut is like. The U.S. National Institute of Health (NIH) offers the following explanation: "The body, especially the lower gastrointestinal tract (the gut), contains a complex and diverse community of bacteria. In the body of a healthy adult, cells of microorganisms are estimated to outnumber human cells by a factor of ten to one. Although we tend to think of bacteria as harmful 'germs,' many bacteria actually help the body function properly."

If the bacteria in your intestines are going to outnumber your own human cells by ten to one, it makes

sense to ensure that, as much as possible, these bacteria are friendly, not the ones that make you sick. Probiotics are beneficial bacteria that you take orally. They function very much like the good bacteria already present in your intestines.

It is not known exactly how probiotics work, but it seems that having a positive environment in the intestines improves digestion and encourages healing, in part because probiotics appear to strengthen the immune system.

Probiotics are most commonly used to treat diarrhea caused by infection or by the use of antibiotics; irritable bowel syndrome; inflammatory bowel diseases like ulcerative colitis and Crohn's; and oral infec-



tions like gingivitis and periodontitis.

It is important to note that research is ongoing and that, while the results are promising for the use of probiotics in treating the above-mentioned conditions, the benefits and results are not conclusive, nor are they certified by the U.S. Food and Drug Administration. But evidence is mounting, and probiotics rarely cause side effects. It is important to talk to your medical provider about the various choices, as some formulas may be more useful in your particular situation than others. Probiotics are available as an over-the-counter supplement and are naturally present in dairy products like kefir and yogurt. When looking at the label on a probiotic bottle, you might see these names for the most common types of probiotics: acidophilus, bifidum, lactobacillus, casej, and more. Invite the probiotics to your intestinal party today!

Natalie Harding is a Physician's Assistant who is accepting new patients at Grace Cottage Family Health.