How Will This Benefit Patients?

“Updating the imaging capacity is vital to the work of the medical staff at Grace Cottage Hospital. By housing a CT scanner, ultrasound machine, digital X-ray, and bone density machine in an efficiently configured suite, operated by compassionate and experienced professionals, patients at Grace Cottage can get a convenient, rapid, and accurate diagnosis, which in some situations is life saving.

In this economy it is difficult to ask for donations, but in this case we must. We greatly appreciate the continuing and solid support of the community to whom we owe so much and to whom we give great thanks.”

Dr. Bob Backus
**A Word from the CEO**

As a hospital CEO, I am often asked what I think about health care reform, and my response is that health care reform begins with all of us. Each and every one of us needs to take responsibility and be accountable for our own individual health and fitness. Federal and State legislators can, by and large, only talk about payment reform; they can't legislate what and how much we eat, how often we exercise, whether we get enough sleep, and all the other factors that have an impact on our health. I’m guilty of ignoring that fact all too often, even though I know that responsibility for my health is my own and, acting in partnership with my primary care doctor, I am in charge of “reforming” my own health.

Exercise is, of course, one of the key ways to improve health. If one could measure the success of the year-old Grace Cottage Community Wellness Center by smiles, stress reduced, pounds lost, muscles stretched, spirits lifted, or friendships formed, the results would be off the charts. The number and variety of classes, and the enthusiastic participation in these classes by so many members of the community has been amazing to watch. All are welcome. A listing of classes is posted on the Grace Cottage Website (www.gracecottage.org). You’ll see many Grace Cottage employees at these classes as we all work (and play) together to get fit!

*Mick Brant*

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**Taking Charge of Your Health**

What are the three best things you can do for your health in 2011?

1) If you smoke, stop.
2) If you don’t exercise, start.
3) If you don’t have a primary care physician, find one.

The way that most people select their primary care provider is by word of mouth, or when they’re in the Emergency Room, which is a bit too late! Ask your friends, family, and neighbors who they see, and what they think of their practitioner. Make an appointment for a check-up; the tendency is to put this off for another day, but then the years pass. When you really stop to think about it, you might very well realize that you spend more time on getting routine maintenance and repairs of your car than you do for yourself! You probably know approximately when your car most recently had an oil change and tire rotation, but do you know when you last had your cholesterol and blood pressure checked?

A primary care physician has expertise in a wide range of problems, and can coordinate your care if you have a condition that requires a specialist. One of the main jobs of a primary care provider is to help you prevent disease. Having a primary care provider that you trust is a key to good health, and the building of trust takes time. Start now!

*Dr. Moss Linder*

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**A grateful patient writes:**

“Everyone who works at Grace Cottage Hospital gives 120% all of the time, in every capacity, no matter what. Grace Cottage is over the top, in my book.”

*Lin Hozempa*

Newfane, VT

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**Grace Cottage Hospital**
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(802) 365-7357
www.gracecottage.org
info@gracecottage.org

Mick Brant, Administrator & CEO
Andrea Seaton, VP Planning/Development & Editor
C.J. King, Assistant Editor

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.
**NEW EMPLOYEES**

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
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<tbody>
<tr>
<td>Linda Carter</td>
<td>Account Billing Supervisor</td>
</tr>
<tr>
<td>George Connell</td>
<td>Physical Therapist</td>
</tr>
<tr>
<td>Charlotte Dean</td>
<td>Phlebotomist</td>
</tr>
<tr>
<td>Lisa Hamilton</td>
<td>Family Health Medical Assistant</td>
</tr>
<tr>
<td>Allison Pratte</td>
<td>Referral Coordinator</td>
</tr>
<tr>
<td>Janet Severance</td>
<td>Medical Records Clerk</td>
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<tr>
<td>Gianina Kennedy</td>
<td>Family Nurse Practitioner</td>
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**WISHES FULFILLED . . .**

A special and sincere thank you to everyone who gave gifts of any kind to Grace Cottage during 2010. The following people donated for specific wishes in the last issue of Cottage Door:

- **♥ Skip Eaton** donated the funds to purchase a scale for Grace Cottage Family Health.
- **♥ Ken & Ellie Lemire** made a gift for the purchase of a biohazard cleaning cart.
- **♥ The funds to purchase wheelchair cushions** were given by C.J. King and Lori McHale; Lori also donated the funds for agility floor mats.
- **♥ Garry & Bonnie West** made a donation for a suction regulator in a patient room.
- **♥ New stethoscopes** were purchased for the doctors’ offices thanks to gifts from Ken & Maria Denzel, Pat & Bill Lincoln, and Stanley Knapp.
- **♥ Lisa & John Manuelle** donated the funds to purchase an over-the-bed table for a hospital patient room and a heavy-duty scale for Grace Cottage Family Health North.
- **♥ An anonymous donor** contributed the funds to purchase an automated external defibrillator for Dr. Mulhern’s office.
- **♥ Dennis & Charlotte Choleva** made a donation for new soup bowls for the dietary staff’s delicious homemade soups.

**WISHES MADE . . .**

- **♥ The lab needs a new centrifuge for urine tests.** The cost is $1,500.
- **♥ A high-back chair is needed for two hospital patient rooms for patient and visitor comfort.** The cost per chair is $760.
- **♥ The medical practitioners at Grace Cottage Family Health** are in need of a new hyfrecator electrosurgical system for cauterization. The cost is $850.
- **♥ The Dietary Department needs a commercial mixer.** The cost is $600.
- **♥ The Rehab Department needs two heavy-duty gel cushions for patients wheelchairs.** The cost is $190 each.

To respond to one of these Wish List items, or to learn about other opportunities, please call (802) 365-9109.

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**ELIZABETH HARRISON -- VOLUNTEER COORDINATOR**

Grace Cottage’s new volunteer coordinator brings her broad smile, welcoming manner, and great communication and organizational skills to the job. Coordinating the new Grace Greeter volunteer program and the couriers is a big task, but Liz is up to the job. She wears many hats; she’s also Grace Cottage’s human resources and physician recruitment coordinator.

A native of Atlanta, Georgia (yes, she still has that accent!), Liz spent every summer of her youth in Vermont; her parents owned a home in West Townshend from 1935 to 1993. After graduating from Western College for Women in Oxford, Ohio, she married and moved to Austin, Texas, where her son, Paul Hilmer, was born.

“I lived in Seattle for fifteen years after my first husband and I divorced,” said Liz, “and then returned to Austin, where I became a board certified clinical nutritionist and started my own business counseling folks about their diet. My parents, John and Marge Jacobs, died in 1998 and are buried in West Townshend. In 1999, I built a home on land my family owned here, returning full time to Vermont in 2002. My son moved here three years later.”

Liz immediately got involved in the community, joining the Townshend Business Association and the Brattleboro Rotary Club. In 2008 “on the hottest day of the year” she married Ian Harrison, a mental health worker at the Brattleboro Retreat. “Ian’s originally from Scotland and he ‘retired’ to the U.S. after 35 years with Hewlett Packard in the U.K.,” said Liz. “His son, also named Paul, is graduating this June from Stony Brook University on Long Island.”

Liz is an avid golfer, skier, gardener, reader, and traveler. If you have any interest in volunteering at Grace Cottage, call Liz at (802) 365-3738; you’ll hear the welcoming smile in her voice!
Giving Back to the Community

Grace Cottage employees are an incredibly generous group throughout the year, but when the holidays come around this is especially noticeable, as they eagerly dig deep into their own pockets to give to families in need in the community.

This past holiday season, thanks to a total of almost $2,000 donated by Grace Cottage Hospital employees, 15 area families were the recipients of Thanksgiving baskets filled with food, and 18 local families received Christmas dinner baskets and 3’ lighted Christmas trees. In addition to the funds donated by employees for food for local families, the children of 22 area families were given holiday gifts, purchased by Grace Cottage employees and volunteers who signed up for “wish tags” from a display at the hospital.

As a member of the employee committee said, “I love putting together the huge baskets, which contain lots and lots of food and goodies, way more than one meal. The community gives so much to us at Grace Cottage, so it is nice that we can give back to those in need. It’s incredibly wonderful to see the expressions on peoples’ faces as we deliver the baskets. It’s what the season of giving is all about!”

Thanks to employee committee members Laura Brant, Heather Chaudoir, Fran Clark, Meghan Curtin, Jane Cyr, Patrick Lapan, Tony Marques, Deb Parker, Diane Smith, Tinna Therrien, Jan Thomas, and Dana West.

Volunteer Couriers Thanked

“Neither snow nor rain nor heat nor gloom of night stays these couriers from the swift completion of their appointed rounds” is a phrase that is often associated with the U.S. Postal Service, but it also applies to Grace Cottage’s loyal, dedicated, and stalwart couriers. At a recent gathering in a Newfane home, the couriers were honored for their years of service (many of them have volunteered in this capacity for well over ten years!) Their volunteer position calls for driving between Grace Cottage Hospital and Brattleboro Memorial Hospital each weekday afternoon to deliver lab samples, mail and large X-ray films (before digital X-ray was installed). If you would like to become a courier, just call Volunteer Coordinator Liz Harrison at (802) 365-3738.

A grateful patient writes:

“My recent stay at Grace Cottage confirmed all my impressions of our neighborhood hospital. It stands head and shoulders above all large institutions in terms of patient care.

“The physicians talk with one another! The nursing staff is responsive and personal in their care. The physical and occupational therapists are without peer. The housekeeping staff leave you with the impression that nothing is more important than cleaning your room.

“I felt wrapped in the arms of a very caring place. Indeed, Grace Cottage Hospital has the magical ability to turn an awful situation into something almost pleasant.”

Dr. Judy Flower
Jamaica, VT
If you're longing for spring, go to the Grace Cottage website and register for Grace Cottage's 5K on Saturday May 14 at 8:30 a.m.; $15 for adults, $10 for children 13 and under, includes a great shirt for the first 150 people to register! Last year, 96 participants ran, walked, or rolled in wheelchairs and strollers along the 3.1 mile route on Route 35 in Townshend, and everyone, ages 1 to 98, had a fabulous time raising money for Grace Cottage. Have fun and get fit at the same time! Register in advance: www.gracecottage.org/events

Immediately after the 5K, the Spring Into Health Community Health Fair will take place on the Townshend Common and in the Leland & Gray Union High School Gymnasium, 9:30 –1:30. This free event includes activities for the whole family, including an obstacle course and climbing wall on the Common (last year, Grace Cottage’s physicians got into quite a competition on the obstacle course!), and over 30 area nonprofit agencies represented in the gym. The Red Cross Bloodmobile will be open from 9:30–2:30 (bring current ID). Weather and emergency calls permitting, the DHART helicopter will land behind the high school. Lunch will be sold by the NewBrook Fire Department Auxiliary. Come find out why this is such a fun and informative event! For more information call (802) 365-9109.

At the Auxiliary's annual meeting in October, Norm and Barbara Brooks of Newfane were named Auxilians of the Year with the following tribute: “Their unconditional love and support of their dear family flows over to their community.” The award was given in appreciation for “their many years of support and dedication to our special little hospital.”

A couple who recently relocated from Wardsboro to Florida has donated a collection of over 50 collector teddy bears to Grace Cottage Auxiliary. These high-quality teddy bears “bear” manufacturers' labels such as Mary Meyer, Boyd, Ganz, Russ, Gund, etc. Their value is between $10 and $30 per bear, and they may be purchased individually or as a collection; all proceeds benefit Grace Cottage. Interested parties may contact Walter Meyer at walter_meyer@marymeyer.com or me at (802) 365-4455.

Don’t forget to circle Saturday, August 6th on your calendar for the 61st annual Hospital Fair Day. It will be a challenge to match last year’s weather, but we’ll do our best to make everything else just as good as last year, if not even better!

The booth chair position for toys is vacant, so if you like children’s toys, let us know-- it’s a fun booth to run. Also, Fair Day’s publicity chairman has retired, and this is a great opportunity for someone who wants to volunteer from home on their computer. If you would like to volunteer in any capacity at Hospital Fair Day (or if you volunteered last year and can’t this year), let us know as soon as possible by contacting me at (802) 365-4455. August 6th will be here before we know it!

Stan Holt
Auxiliary President
**Tee Up for Health on June 12th**

Got your clubs polished and ready? The second annual Tee Up for Health Golf Benefit will be held on Sunday, June 12, at Tater Hill Golf Club. Despite misty, foggy, cool weather last year, a great time was had by all golfers and volunteers, and $9,000 was raised (after expenses) for Grace Cottage Hospital. This year’s event promises to be even bigger and better!

Registration is $125 per golfer, and sponsorship opportunities are still available. An online auction will be part of the golf benefit this year; details and registration for the event are at www.gracecottage.org/events.

**Summer Sun for Tour de Grace!**

For the past six years, the annual 19-mile “mostly downhill” bicycle ride from Stratton Mountain to Grace Cottage has taken place in September. Stratton Mountain has generously offered to make this event part of their “Support Southern Vermont” weekend in late July, and we’ve accepted.

So save the date of Sunday, July 24th, for Tour de Grace. You can register now by going to www.gracecottage.org/events. Registration is $25 per rider until July 13, then it goes to $30. It should be a great event this year, and it won’t be cold as it has tended to be in September (we hope!). For more information call (802) 365-9109.

**The Gift of Giving**

Bruce and Judy Carri of Concord, NH, learned about Grace Cottage when Bruce did a Medicare audit in 1978.

Why would a couple from Concord, New Hampshire, give so generously year after year to Grace Cottage, especially since they have never lived in Vermont, have never been patients here, and have never known anyone who has been treated at this hospital?

“I discovered how special Grace Cottage is when I was performing a Medicare audit of the hospital way back in 1978,” recalled Bruce Carri. “Some of the people that I worked with, such as Kathy Stover in the Business Office, are still there, and I can tell from reading your newsletter that the same community spirit still exists. I remember meeting Dr. Otis (Grace Cottage founder), when I was doing the audit, and that man had his heart and soul in helping the people in your area.”

Bruce and his wife, Judy, were watching television one night in 1997 when Boston’s Chronicle featured Grace Cottage. “The Chronicle show brought back so many memories of the time I spent at Grace Cottage and what a great place it is,” said Bruce, “so Judy and I decided to make a donation.” They’ve been giving annually ever since.

Bruce is now a partner in Carri & Pelletier in Concord, where Judy is the office administrator. Bruce has been a certified public accountant for over 40 years, and a certified financial planner for 20 years. The couple enjoy spending time with their daughter, their son and his wife, and three grandchildren, who all live in New Hampshire.

“Judy and I find that it’s a wonderful feeling to give,” said Bruce. “Whether it’s time or money, it all feels great, and it represents kindness. We are blessed and when we give to Grace Cottage; we know that we’re supporting a very worthy cause that values our donations.”
Gifts were recently received in honor of

Dr. Robert Backus
Dr. Alexandra Barstow
Laura Brant
Butch Cerosimo
Dr. Kenneth Chao
Denise Choleva-Grube
Aaron Connor
Julie Douglass
Dr. Maurice Geurts
Dr. Evan Ginsberg
Jane Hewson
Barbara Kearney
Eda Kent
Dr. Ronald Klinger
Dr. Moss & Dr. Elizabeth Linder
The Mathrani Family
Dr. Ajay Misra
Neil “Bucky” Pelsue
Betty Saunders
Andrea Seaton
Dr. Timothy Shafer
John Streeter
Marguerite 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 Gyori, Director of Development, at (802) 365-9109.

An audit of Grace Cottage Hospital, which includes Grace Cottage Foundation, is available upon request.

Memorial Gifts

Donations have been received between October 1st and January 20th in memory of the following individuals:

Harlan Allbee  Richard Albert  Andy Andersen IV  Gertrude Anderson
Gene & Marie Avenia  Dominic Baccile  Peter Baccile  Russ Barber
Mollie Beattie  Raoul Bedard  Claire Bedortha  Priscilla Behnken
Jack & Shirley Benson  Bill Berry  Cecil Bills  Stan & Margaret Bills
Edwin Bristol  Gladys Brooks  John & Ruth Brouttas  Eugene Brown
Gladys Brown  Ian Burgin  Charlene Clayton Carey  Rose Ann Carsley
John & Emma Castle  Phillip Castle  Elaine Chamberlin  George Chamberlin
Virginia Chamberlin  Nancy Chard  Patrice Chaves  Brett Clark
Raymond Clayton  Jean Clouse  Bradley Cohn  Chris Coleman
Ken Coleman  Phil Coleman  Walter & Doris Comstock  Harry Conklin
Clarence Connolly  Neva Corse  Wendell Covey  Dottie Coyle  Bob Crawford
Robert Crowell  Casey Crozier  Esther Cutts  Harry Dedell
Ruth & Otto Denzel  Lucina Dippel  Andrew Dolan  Bonnie Dowley
Ken & Stella Dowley  Elizabeth Duffy  Marty Duke  Don & Beth Dumont
Lorena Eaton  Dr. Albert & Liliane Ebeling  Marjorie Eginton  Don Elliott
Brian Evans  Bryan & Ruby Evans  Doug & Alice Evans  Ruth Evans
Kathleen Fales  Saul Feinberg  Nat & Irene Fillow  John & Dorothy Fornuto
Mary Fox  Bertha Frothingham  Gene Garbe  David Gibson  Louise Godt
Roland Gould  Hank Grabowski  Ellis Greenwood  Frank & Frances Grout
Dick Haas  Norma Hamelman  Charles & Ruth Hamilton
Sally Robinson Herring  George & Thelma Holden  Bert & Louise Howard
Edward Hurley  Silver Huskey  Dr. John & Marge Jacobs
Arnold & Claire Judd  Arnold Judd Jr.  June Kane  Melba Harlan King
Adriane & Ruth Kipp  Charles & Ruth Knights  Helen Kohout
Gerda Krajewski  Warren Kronemeyer  Barbara Lamprey  Horton Landon
Richard Lapan  Merrill Lawrence  Leland & Gray Class of 1950 Departed Friends
Don Leigh  Don Leslie  Barbara Litchfield  David Lowe
Eleanor Lowe  Betty Lyman  Jack & Ruth Lyman  Helen MacDonald
William Mantel  Bill & Joan Martin  Joseph Martinson  Jim Mayer
Barbara McMenamin  Dot McNearv  Hans & Mary Meyer  Kay Moseley
Ted Murray  Cornelia Aden Myer  Courtney Nau  Connie Nelson
Oliver Nichols  Tom Nicholson  Lisa Young Noble  John O’Connor
Mavis Oliver  Dr. Carlos & Ruth Otis  Mary Paradis  Marion Parks
Red Pearson  Kim Perry  Gladys Petersen  Oliver & Esther Peterson
Edward Piascik  Earl Pickering  Peter Pill  Richard Plunkett  Elaine Prouty
Janet Puglisi  Mary Quagliaori  Betty Radens  Connie Redford  Lois Riley
Doc & Iva Roberts  Michael Rosenberg  William & Florence Rounds
Pat Seaton  Brinton Shine  Mildred Smith  Rose Soghomonian
Jean Sorrentino  Eric & Gert Spafford  Earle Stebbins
George & Della Stowell  Robin Surette  Walter Tarbell  Marion Thomas
Mary Torrey  Marjorie Trousdell  Rick Turnbull  Terry Tyler
Henry Wallstein  Leonard & Bernice Welch  Mona West
Richard & Isabelle Westcott  David Western  Barbara Whitcomb
Don Williams  Bill Wilson  Denise Wirth  Eileen Wismann  Helen Wolfe
Harry & Phyllis Wolff  Anna Wood  Catherine Wright
Richard Zahacweski  Albin Zak  Joan Zully

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.)
If you take a picture of this image with your smartphone, this QR “Quick Response” code will take you right to Grace Cottage’s website from which you can access the hospital’s Facebook page and blog. Yes, this 61-year-old hospital is coming into the 21st century. (Now if we could only get cell phone service in this area!)

Save the dates... a lot’s going on this spring!

On Your Mark! Ready... Set... Go... for the May 14th 5K in Townshend at 8:30 a.m....

...followed on the same day, Saturday, May 14th, by the FREE Community Health Fair 9:30 a.m. to 1:30 p.m. ...

...and don't miss...

June 12 Tuter Hill Golf Club Annual Golf Benefit