

Grace Cottage Earns Top Score in National Healthcare Equality Index



Grace Cottage employees assembled for a photo in front of the hospital with rainbow masks and flags.

The national Human Rights Campaign (HRC) Foundation of Washington, D.C. has announced that Grace Cottage Family Health & Hospital has earned an “LGBTQ+ Healthcare Equality Top Performer” designation, with a score of 95 out of 100 in the Foundation’s Healthcare Equality Index (HEI). Only one other hospital in Vermont, The Veterans Administration Medical Center in White River Junction, earned this “Top Performer” status.

The HEI evaluates and scores healthcare facilities on detailed criteria in four central pillars:

- Foundational Policies and Training in LGBTQ+ Patient-Centered Care
- LGBTQ+ Patient Services and Support
- Employee Benefits and Policies
- Patient and Community Engagement

“We are dedicated to providing compassionate, high-quality care that is free from discrimination and affirming of gender identity and sexual orientation,” said Doug DiVello, President and CEO. “We are very honored to have received this designation, which affirms that our employees are committed to providing inclusive care for all the patients that we serve.”

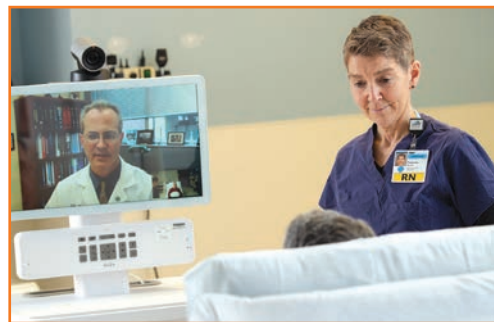
A grateful patient writes:

“I came to your ER via an ambulance from Stratton, having suffered a head injury while skiing. You gave me (and my family) incredible care. Thorough, timely, attentive, and compassionate. Well, well done. On a scale of 1-10, this was a 15! Despite a very scary situation, I am so thankful that I made it to Grace Cottage. You all are heroes!”

— Jeff Chilson, Westport, CT

TeleNeurology Services at Grace Cottage

Thanks to a new partnership with Dartmouth Health Connected Care, Grace Cottage is now providing acute care TeleNeurology services for hospital and Emergency Department patients.



Through this service, a board-certified Dartmouth Health neurologist is available 24/7 to confer with Grace Cottage’s clinical team, via telemedicine, at a Grace Cottage patient’s bedside.

The American Heart Association recognizes a telemedicine consultation by a neurologist as a standard of care in bringing the expertise of a stroke center to a patient’s bedside, potentially improving the outcome. Studies show that early and effective stroke treatment can save lives and prevent long-term disability.

“Using the latest technology to bring TeleNeurology services to Grace Cottage ensures the very best care for our patients who experience neurological issues,” said Doug DiVello, President and CEO of Grace Cottage Family Health & Hospital. “While Grace Cottage remains independent, partnerships such as this allow us to provide world-class care from one of the nation’s leading academic medical centers to our patients.”

Making Progress...

Plans for Emergency Department renovations are nearly finalized. Stakeholder employees have been working with the healthcare architectural firm Environments for Health (E4H) to design a space that will take our Emergency Department well into the future in terms of patient privacy, flow, and security. The plans include a 17’ x 42’ addition to the current ER, extending into the parking lot. Fundraising is ongoing and construction is expected to begin this fall.

Meanwhile, we continue to work with healthcare architects LaVallee Brensinger on plans for a new clinic building, thanks to a \$5 million pledge received from Joseph & Elizabeth Pollio. Environmental, topographical, and geotechnical surveys of the site are being conducted, and preliminary plans are in the works. The project must first be approved by Vermont’s healthcare regulatory body, the Green Mountain Care Board, and an application will then be submitted for Act 250 Environmental Commission review. It’s envisioned that the new clinic will be just to the north of the existing clinic (which will become administrative offices).

A Word From the CEO

Are we done yet? There's no question that many people are behaving as if the pandemic has run its course. Emotionally, we're certainly finished with it. Two years should be more than long enough, in our minds, to fight a virus.

But are we? Vermont has recently been at the top of the list of states and territories with the highest rate of infection and it's hard to look at this as positive news, but it absolutely is. Vermont's response to COVID-19 has been a textbook case of successful flattening of the pandemic curve. Looking back at the past two years, we did have a short period during which our hospitals were at capacity, but it was brief, and Vermont's death rate from COVID-19 remains low. The BA.2 variant of Omicron has hit the Northeast harder than other areas of the country, but it hasn't led to an increased death rate, and the hospitalization rate from this variant is still low. We continue to have one of the highest vaccination rates in the country, and this has been the key factor in flattening the COVID-19 curve.

What will it take to get us through this home stretch of the pandemic? The season is in our favor – as more of us spend time outside, the virus has a harder time spreading from one person to another. Ventilation is a key factor in the prevention of transmission of any airborne disease such as COVID-19.

I would also like to suggest, as the days get longer and the weather warms up, that an attitude of gratitude can make all the difference. All of us have something to be grateful for, even when there are inevitable challenges and adversity in our lives.

The importance of gratitude is at the top-of-mind for me at the moment because of important feedback we've been getting from patients. The testimonials included in this issue of *Cottage Door* are only a few of the many we receive each week. We share these testimonials with the employees being recognized.

As we renew our social routines or begin new ones, there's never been a more important time to say "thank you." It will make others, and you, feel uplifted; I guarantee it.

I want to take this opportunity to thank all of our employees here at Grace Cottage who have preserved, even strengthened, our culture of kindness, sensitivity, and compassion throughout what has probably been the most challenging period in our 73-year history. Their true colors shine through and our patients, our Board of Trustees, and our community notice and appreciate this.

— Doug DiVello, President & CEO

Grace Cottage CEO Doug DiVello e-mails an informative Message to the Community once a month. To receive this communication, send an e-mail to info@gracecottage.org with the subject line "Add me to your Message to the Community."

Are We Related?



Dr. Carlos Otis

Grace Cottage Family Health & Hospital's official name with the IRS is the Carlos G. Otis Health Care Center, so named in 1994 by the Board of Trustees in honor of our founder just prior to his death. Although we retain the name Grace Cottage because that's how most people know us, there is some confusion, understandably, about the relationship between the Carlos G. Otis Health Care Center and the Carlos Otis Clinic at Stratton, located at the base of the ski area.

Although Dr. Otis helped to found the Clinic at Stratton Mountain in 1972, and he was the Medical Director there for decades, there is no official relationship between the two similarly-named organizations. However, the two Otis Clinics have always been and remain extremely collegial and collaborative!



Employee Milestones

40 YEARS

Debra Record, *Business Office*

25 YEARS

Heather Boucher, *Quality*
Andrea Seaton, *Foundation*

20 YEARS

Greg Dean, *Pharmacy*
Conn Rose, *Nursing*

15 YEARS

C.J. King, *Foundation*
Jennifer Studin, *Rehabilitation*

10 YEARS

Dr. Kimona Alin, *Hospital*
Holly Domanski, *Family Health*
Caryn Francis, *Family Health*
Raylene Sperling, *Laboratory*

5 YEARS

Christina Aguiar, *Nursing*
Eileen Arama, *Family Health*
Denise Bartlett, *Laboratory*
Christopher Boucher, *Information Technology*
Travis Donna, *Nursing*
Lisa Eaton, *Nursing*
Michele Sanderson, *Pharmacy*
Anastasia Stevens, *Foodservice*

Cottage Door

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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.

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 or Charma Bonanno at (802) 365-9109.

A grateful patient writes:

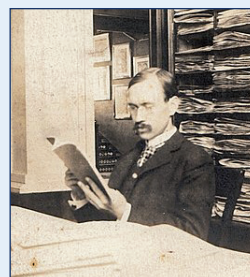
"Very friendly personnel, hardly any wait time, everything was perfect during my Grace Cottage ER visit this winter! I'm glad to know that we have a first-rate hospital in our area!" — Matt Jenkins, Jamaica, VT

What's In A Name?

Many people assume that Grace Cottage Hospital is so named because we provide graceful care in a small setting. Although this is true, the hospital's name has an interesting origin. Dr. Carlos Otis began practicing medicine in Townshend in 1938, and got to know Dr. Abel Grout, who had a summer home on Newfane Hill. Dr. Grout was born and raised in the area and returned summers, during a lifetime of teaching at various secondary schools, to establish a bryology institute, Moss Rock, for the research and study of mosses. Dr. Otis and Dr. Grout agreed that a local healthcare facility was needed, and Dr. Grout offered a bequest to help fund it, asking that it be named for his wife, Grace. Dr. Otis honored the request and added "Cottage," a nod to the naming tradition of England's small hospitals. Abel and Grace Grout passed away in 1947 (Grace died in Brattleboro in February and Abel died in Florida in March) and, while they never saw Dr. Otis's plans come to fruition with the opening of Grace Cottage Hospital in 1949, we know they'd be very pleased that their generosity is still helping the people of southeastern Vermont.



*Grace Grout
(back far left)*



*Dr. Abel Grout
in his library*



*The Grouts' graves in
Woodlawn Cemetery
in Newfane*

Transitions

Grace Cottage's size and independence allow us to be nimble, and we are extremely fortunate to have the flexibility to offer our medical providers the opportunity to broaden their professional scope of service when they wish to do so. When Dr. Ewa Arnold let us know that she wanted to work as a hospitalist rather than in primary care, we facilitated this transition as smoothly as possible.

Before Dr. Jesper Brickley's return to Grace Cottage's Family Health clinic, he started seeing patients in our Emergency Department and found that he genuinely enjoyed this work so much, he'd like to stay in that department.

We know that Dr. Arnold's devoted patients will be disappointed, and that some of Dr. Brickley's patients from Hearthstone were looking forward to continuing their primary care with him, but we are ready to help these patients transition to other excellent providers here. And we're very pleased that they will both continue to work at Grace Cottage: Dr. Arnold caring for hospital inpatients, and Dr. Brickley caring for patients in the Emergency Department.

♥ Wishes Granted...

- Bruce Benson made a donation for dietary equipment, in memory of Betty Benson.
- Mareka Ohlson made a donation for the purchase of a new waiting room chair in the Family Health clinic.
- Charlotte Choleva made a donation in honor of Denise Choleva, for a grill needed by the Dietary Department.
- Ken & Ellie Lemire donated the funds for the purchase of a vacuum cleaner for the Housekeeping Department.
- Debby Crafts made a gift in memory of Nancy Crafts, for the purchase of NutriBullets for the Dietary Department.
- The USDA (through the Brattleboro Development Credit Corporation) awarded a technical assistance grant towards the architectural design costs of the Emergency Department renovation.
- Andrea Seaton made a donation in honor of Marina Potter, for the purchase of new blankets for student and on-call housing.
- Victoria Kohler made a donation towards the purchase of an ultrasound and cart for the Rehabilitation Department.
- A new woodland path is being created between the street-level parking lot and the Garden of Grace. This project is being funded by the Slover family, in memory of Charles & Lillian Slover.

♥ Wishes Made...

- Heavy duty paring knives, a cook's knife, and a French chef's knife are needed by the Dietary Department. \$180.
- An Armedica treatment table is needed for the Rehabilitation Department. \$2,405.
- A total body trainer is needed for the Rehabilitation Department. \$4,815.
- A 7' x 7' storage shed is needed for the Dietary Department. \$750.
- A Handicare ReTurn 7500i Transfer Unit is needed for the Rehabilitation Department. This equipment helps patients to transfer from a sitting to a standing position. \$2,000.

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

A grateful patient writes:

"Everyone at Grace Cottage is caring, professional, kind and personable. The people are so kind and thoughtful. You have the best hospital I have ever been in. You have a great staff, and all I've been talking about since I was there is what a great place it is!" — *Gloria Hall, Oxford, CT*

Cabin Fever Online Auction

Thanks to generous organizations and individuals that donated 179 items – and almost 300 active bidders – Grace Cottage's Online Cabin Fever Auction in February exceeded our goal and raised over \$38,000 towards the upcoming Emergency Department expansion. We appreciate all who support Grace Cottage in this way!

13th Annual Tee It Up For Health Golf Tournament

Saturday, June 11

Haystack Golf Club in Wilmington



We're excited to be "back at the 'Stack" this year and we have just a few team spots left, so call us at 802-365-9109 if you're interested in joining us and 100 other golfers, in support of Grace Cottage's Emergency Department.

Thank you to our Sponsors to date, including:

EVENT SPONSORS: The Richards Group; Haystack Golf Club

PLATINUM SPONSORS: Coverys; Elizabeth Walker

GOLD SPONSOR: People's United Bank

SILVER SPONSORS: 802 Credit Union, Andy & Linda Barber, Linda Bastian, Brattleboro Memorial Hospital, Brook Field Services, West River Family Dental

HOLE SPONSORS: Allard Lumber, Baker Newman Noyes, Brattleboro Savings & Loan, Chroma Technology, DMI Paving, First Choice Communication, Howard Printing, Irving Oil, Lawrence & Lober Electric, Northeast Delta Dental, Primmer Piper Eggleston & Cramer, Southern Vermont Podiatry, David & April Sprague and Family, WW Building Supply

BRONZE SPONSORS: Arc Mechanical, Blue Cross Blue Shield of Vermont, Community Bank, Lawton Flooring, Leader Beverage

FLAG SPONSORS: Deerfield Valley News, Phil & June Dibble, Doug & Cathy DiVello, Five Maples, W&B Management

Please call 802-365-9109 or e-mail info@gracecottage.org if you'd like to join the sponsors of this tournament; your sponsorship will help Grace Cottage's Emergency Department.



Spring Into Health 5K

It was a chilly, blustery morning on Saturday, May 7, so it was a quick 5K, with the first finisher, Al Claussen of Townshend, coming in at 18:49 (followed by his son, Spencer, in second place at 20:29). The first female finisher at 24:44, Kelsey Taddei of Townshend, ran with her three young children (two in a stroller and one on a bicycle). Barbara Kelleher came from Cape Cod, having chosen Grace Cottage as her Vermont 5K as she works towards her goal of completing a 5K in all 50 states. Carol Joder of Londonderry walked a half a 5K on a healing broken ankle (with her doctor's permission). Tyler Claussen completed his first event on his jumping stilts, an impressive feat.



64 participants finished the race (plus those in strollers!) and a wonderful time was had by all. Special thanks to Steve Kapral, Phil Shafer, and Ben Wright for overseeing the event, and to the many volunteers who helped with registration and cheerleading. We thank our sponsors for making this event possible: People's United Bank, Linda Bastian, Big Picture Farm, Blake Hill Preserves, Cota & Cota, River Bend Farm Market, and WEEI 93.5 FM Sports Radio.

See you at our 14th Annual *Spring into Health* 5K on May 6, 2023!

17th Annual Tour de Grace Bicycle Ride

Saturday, June 25



Please join us for Grace Cottage's 2022 *Tour de Grace* on Saturday, June 25, as we return to our traditional, scenic, 19-mile (mostly-downhill) ride from Stratton Mountain to Grace Cottage.

The \$30 advance registration per rider (or \$40 after June 22nd) includes a *Tour de Grace* performance t-shirt (for the first 100 registrants), four wonderful rest stops along the way, refreshments, a bus ride back up the mountain (or park at Grace Cottage and reserve an early spot on a bus to the starting point), beautiful scenery, great camaraderie, and fabulous outdoor exercise on what we hope will be a beautiful summer day. Riders start at Stratton anytime between 8-10 a.m. (it's not a race, but a rally), and the ride generally takes about 90 minutes or less.

We thank our *Tour de Grace* sponsors: Linda Bastian, Cota & Cota, C&S Wholesale Grocers, Equipe Sport, Howard Printing, People's United Bank, Solstice at Stratton, Stratton Resort, Three Mountain Inn, and West River Provisions.

A grateful patient writes:

"Grace Cottage is the best in every way. Everyone who works here is so friendly and professional. The nurses and physical therapists are great, and the food is spectacular – I have never said that about any other hospital that I've been in, and I've been in a lot of them!" – *Len Bugel, South Londonderry, VT*

72ND ANNUAL FAIR DAY

Saturday, August 6, 2022

Townshend Common, 9 a.m. – 3 p.m.
Free Admission | Free Parking | Free Entertainment

The 72nd Hospital Fair Day will be on the Townshend Common, “God willin’ & the crick don’t rise!” Star your calendar in RED for August 6th. Big tents, food, music, bagpipers, plus all the other wonderful attractions, will light up all our spirits. In some of the booths you will see the warm, wonderful volunteers we have enjoyed for years, while other Booths will have new faces.

I am chomping at the bit just thinking about the Jewelry Booth, the Pie and Baked Goods Booth, the White Elephant Booth, the Food Booth and many more. If you are excited to volunteer, please let me know. Speaking of volunteers, we are always delighted to have a large number of hospital employees and their family members as volunteers before, during, and after the Fair, including the famous Dr. Stork (although you may not be able to see his face, his appearance is legendary). He will be leading the Taconic Bag Pipers and the Baby Parade at 10 a.m.



Between now and August 6, there is a lot of stacking, sorting, and storing to be done, and some of this has already started. Any and all community volunteers are gratefully accepted, whether you can donate an hour or two or more. Perhaps you’ve been a patient here and you want to give some time in thanks for your great care. We accept help with open arms from visitors, second homeowners, and year-round residents. The proceeds this year are going to the Emergency Department; we are so blessed to have such a terrific one!

The success of Hospital Fair Day depends on the donation of items. Let me know if you have any of the following to share:

- **Books:** Fiction or nonfiction in good condition; hardcover or paperback. No textbooks or encyclopedias, please.
- **Cars/Trucks/Motorcycles/Boats:** These always generate a lot of interest and money for the hospital.
- **Furniture:** large and small, in good condition for the Auction. Chairs, tables, bookcases, armoires, desks, bedframes, etc. No mattresses, fitness equipment, or upholstered furniture, please.
- **White Elephant Items:** Dishes, bric-a-brac, decorative items, kitchen goods, glassware, Christmas decorations.
- **Jewelry:** Fine or costume. Necklaces, rings, watches, bracelets; also hats, purses, scarves, wallets.
- **Toys and Sporting Goods:** in good condition.
- **Plants:** Annuals and perennials.

We also have a new-to-us auctioneer this year, Brian Tebo, of Heart Felt Antiques in Bennington. Kit Martin is now living in Maine, and he has wholeheartedly recommended Brian to replace him.

In addition, we are extremely pleased that Tim Robinson & Ralph Sherman are volunteering to bring their wonderful music to entertain us from the Gazebo on the Common.

I think we will enjoy and appreciate the Fair a little...maybe even a lot... more this year. Seeing friends, buying treasures, and participating in all our favorite booths will be so awesome. And yes, the pony is coming again!

— *Eileen Fahey*, Fair Day Chairperson

Here’s a list of our Booth Chairs, who would all happily welcome volunteer helpers. If you’re interested in volunteering, call me at 802-365-4030 or email me at thequeenoftownshend@gmail.com and I will put you in touch.

Auction: Andy Coyne, Dr. Robert Backus, and Heart Felt Antiques & Auction Service

Bingo: Deb Record

Birthday Parade: Patsy Bemis

Books: Ann Allbee

Corn/Watermelon: Diane Bousquet & Rehab Dept.

Costumes: Karren & Steven Meyer

Cotton Candy: Marcy Moody

Fish Pond: Sarah Wyman & Cub Scout Pack #448

Food Booth: Mike, Andy, & Kevin Seaton

Fried Dough: Dana West

Gourmet Food: Marilee Attley & Jean McIntire

Hole-in-One: Cindy Hassig

Ice Cream: Carmen & Ash Jones

Jewelry: Elaine Swift, Krissy Barker, Heather Boucher

Lemonade: Sue Belgard-Marquis

Parking: Kirk Petty

Pictures, Frames, & Art: Natalie Donovan

Pies & Baked Goods: Jodi Perkins

Plants: Pat Howell

Popcorn & Balloons: Mike Attley

Raffle: You? (This position is vacant)

T-Shirts & Hats: Barb Barber

Toys: Brian Mayher & Donald Houle

Treasurer: Stephen Brown

White Elephant: Connie Holt, Helen Holt, Elenka Lott

Red Sox Foundation IMPACT Awards

Every year the Red Sox Foundation IMPACT Awards give Red Sox fans (and others) the opportunity to nominate their favorite non-profits in all six New England states. Grace Cottage was one of the many organizations nominated this year. In early May, we were notified that we were one of the five finalists chosen for Vermont, in recognition of our work to raise awareness and to improve mental health outcomes in our community.

From the five finalists in each state, a first (\$10,000), second (\$3,000), and third (\$2,000) place winner will be chosen, based on the number of electronic votes received by members of the public. By the time you read this, the voting will have ended, so we'll let you know in the next issue of *Cottage Door* how we did!

Grace Cottage is a model for the delivery of mental health care in a rural setting because our mental health professionals work in the primary care clinic, alongside our other medical providers. When a patient is seen by their primary care provider and it's determined that the help of a psychiatric nurse practitioner or social worker is needed, an appointment can be made at Grace Cottage. Depending on the urgency of the issue, mental health care can be initiated quickly.



Grateful patients write:

"Grace Cottage is wonderful. I've been an inpatient here for two weeks, going home tomorrow, and I can't say enough good things. The nurses work together and get along so well; we've had some great times and laughs together! They're friendly, nice, helpful, and on top of everything, and they communicate among themselves and with patients so well. The physical and occupational therapists encourage you to work hard to get better, and they do it very well; they don't take 'no' for an answer. And everyone in housekeeping makes sure that everything is so sparkling clean! I couldn't ask for more."

— *Betty Sutowski*, Bellows Falls, VT



"If you have to go to a hospital, Grace Cottage is the place to go! Over the years, my husband and I have received first-rate care at the ER, in the hospital, at radiology, and in the lab. I feel compelled to commend the entire organization and staff. My recent 4-day stay at the hospital was so positive, not just with the care that I received, but also experiencing such caring and positive teamwork with everyone that I encountered. Having been with other family members in larger hospitals, staying at Grace Cottage was a breath of fresh air. Not only did everyone work towards healing me, but they all did it with such grace, respect, competence, and teamwork. Grace Cottage is special. I am so grateful to have such a great 'little hospital with a big heart,' family practice, and Messenger Valley Pharmacy near my home."

— *Marie Tattersall*, Brookline, VT



"While I was in the hospital in 2020 and 2021 for back surgery rehab I was amazed at how accommodating the food service department was of my needs. Being a vegetarian they came right into my room and worked with me on what foods I enjoyed to help make my stay the best it could be. When I left from my in-patient rehab I went in to thank the staff for being so helpful and for creating such delicious meals."

— *Tina Emery-Howe*, Dummerston, VT



"I came into Grace Cottage's ER with a dislocated shoulder and was in quite some pain. I walked in and was given a bed within 5 minutes. The entire staff was so calm, comforting, and courteous to me. I would totally recommend Grace Cottage for anyone who gets injured in this neck of the woods!"

— *Zachary Smith*, Schenectady, NY



Giving from your IRA

We have been so touched by the generosity of so many of you who donate to Grace Cottage through your Individual Retirement Accounts (IRAs)—thank you! You probably know that the IRS requires you to begin annual withdrawals starting at age 72, called a Required Minimum Distribution (RMD). Rather than pay taxes on this additional income, you can make a tax-deductible gift to Grace Cottage from your IRA by instructing your account administrator that you would like to make a Qualified Charitable Distribution (QCD) to Grace Cottage Family Health & Hospital (Tax ID 03-0177161).



And the time to donate from an inherited IRA has never been better. Congress's Secure Act of 2019 changed the rules for inherited IRAs. If the original owner of a traditional IRA reached 72 years of age and died after the law took effect, their heirs must take annual withdrawals. Heirs of a Roth IRA may wait until the last minute, but for any inherited retirement account, heirs who are not spouses have just 10 years to disburse the funds.

Thank you for considering this beneficial way to support Grace Cottage!

For more information, call Andrea or Charma at (802) 365-9109.

The Gift of Giving

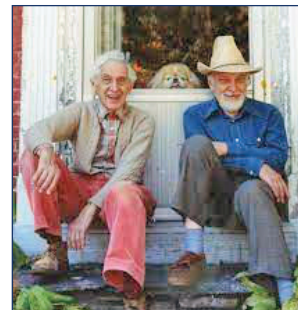
Richard & Marjorie Miller

We were recently notified that Richard & Marjorie Miller of Sun City, AZ (formerly of Townshend) died last year in Sun City, AZ. Their attorney informed us that the Millers had set up a Family Trust in 2012, of which Grace Cottage is a 10% beneficiary.

We sent condolences to their family and great appreciation for the Miller's generosity. Marjorie's mother, Flossie Barber, and sister Janice Cominoli were long-time area residents.

Celebrating Leon Ingall & Warren Kronemeyer

In 2004, Warren Kronemeyer generously donated the 1810 Federal-style red brick home and 9.85 acres on Route 35 in Townshend that he had owned with his lifetime partner of 58 years, Leon Ingall, to Grace Cottage (the couple operated their business, Warle Antiques, in this beautiful home). In 2005, Grace Cottage donated the house and property to Valley Cares for their assisted- and independent-living project which, since it opened in 2007, has been providing excellent care and housing for elders in our community. Warren and Leon didn't live to see what transpired from their gift, but we know they would be pleased. A celebration of their legacy, which will include a presentation by Leon's and Warren's cousin, Andy Ingall, will take place in Townshend on June 28. Details will be available at gracecottage.org.



Leon & Warren

Donations Were Recently Received In Honor Of:

Denise Choleva ♦ Grace Cottage Housekeeping Department ♦ Grace Cottage Rehabilitation Department
Grace Cottage Volunteers ♦ Dr. Walter & Eileen Griffiths ♦ Catherine Nemchek ♦ Marina Potter ♦ Andrea Seaton
Andrew Semegram ♦ Dr. Timothy Shafer

Memorial Gifts

Donations have been received between January 5-May 5 in memory of the following individuals:

Alwin & Joyce Ameden ♦ David Austin ♦ Ruth-Ann "Rudy" Bailey ♦ Richard Baker ♦ Paul Barton ♦ William Bastian
Mollie Beattie ♦ Betty Benson ♦ Cecil Bills ♦ Everett Bishop ♦ Farren Bratton ♦ Susan W. Bristol ♦ Roy & Margaret Brooks
Gladys Brown ♦ David Brownell ♦ Nancy Chard ♦ Monica Prakelt Chardain ♦ Chris Coleman ♦ Phil Coleman
Nancy Crafts ♦ Andrew Dolan ♦ Josh Druke ♦ Don Elliott ♦ Victor English ♦ Elizabeth Ernst ♦ Brian A. Evans
Richard & Catherine Fanizzi ♦ Saul Feinberg ♦ Nat & Irene Fillow ♦ Jean Pratt Fisher ♦ Ernie Friedli ♦ Steven Gibbs
Andy Gluss ♦ Joyce Hamilton ♦ Shirley Hendrick ♦ Julia Holland ♦ Stan Holt ♦ Cookie Hopkins ♦ Ursula Hull ♦ Pat Hunt
Edward Hurley ♦ Dr. John & Marge Jacobs ♦ Joel Johnson ♦ Brooks Kennedy ♦ Leon "Skeet" Kenyon
Charles & Ruth Knights ♦ Warren Kronemeyer ♦ Lindy & Dot LaMarche ♦ Jack Lambert ♦ Larry Lanata ♦ Dylan Landers
Richard Lapan ♦ Maurice Laselle ♦ Don Leigh ♦ Nancy Leuschel ♦ Laurie Linley ♦ David Lowe ♦ Katherine Dutton Maloney
Jeanne Marion ♦ Bruce & Ruth McGray ♦ Frank & Betty Merrill ♦ Walter Meyer ♦ Alice Nagahiro ♦ Guy Nido
John O'Connor ♦ Dr. Carlos & Ruth Otis ♦ Warren & Phyllis Patrick ♦ Neil & Ruth Pelsue ♦ Bob Phelps
Hilary Williams Pike ♦ Dorothy Pramer ♦ Fred Robinson ♦ Maynard Rounds ♦ Wilfred & Edie Rounds
William & Florence Rounds ♦ Hank Sanders ♦ Paul Schwippert ♦ Edward Silver ♦ Nathan & Anne Slater
Charles & Lillian Slover ♦ Joan Smidutz ♦ Jean Sorrentino ♦ Edgar Starorypinski ♦ Shepard & Charlotte Stone
George & Della Stowell ♦ Janet Stowell ♦ Roy Stowell ♦ Catherine N. Stratton ♦ Bill & Leona Tabell ♦ Walter Tarbell
Mary Torrey ♦ Bill Walters ♦ Sandra Ward ♦ Len & Bernice Welch ♦ Karl & Elvina White ♦ Emmons "Gus" Williams

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:

"I was completely blown away by the care I received recently in Grace Cottage's Emergency Department.

I couldn't believe how positive everyone was, and I received kind, courteous, and wonderful care from everyone. And the doctors I've had there for my primary care have been the greatest people."

— *Harold "Chip" Sweda*, East Dover, VT



 **GraceCottage**

FAMILY HEALTH & HOSPITAL

P.O. Box 216

Townshend, VT 05353-0216

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Brattleboro Reformer

Graceful Health – What You Need to Know About Ticks!

If you read the *Brattleboro Reformer*, you may have noticed that Grace Cottage does a monthly column called "Graceful Health." ***What You Need to Know About Ticks!*** by our Emergency Department provider Phil Schafer is a must-read for this time of year. Here are some excerpts:

Did you know that 15 different species of ticks have been identified in Vermont? Only five species of Vermont ticks are known to bite humans, but over 99% of all tickborne diseases reported to the Vermont Department of Health are caused by only one: the blacklegged tick.

The two most common tick-borne diseases in Vermont are Lyme Disease and Anaplasmosis. Vermont has the highest annual incidence of Anaplasmosis and one of the highest rates of Lyme Disease in the U.S.

The best defense to avoid a tickborne disease is a good offense. Ticks stage themselves on the end of leaves and grasses so they can hitch a ride on you when you brush up against them.



When hiking in the woods, stay in the center of the trail. In addition to repellent, wear long pants tucked into your socks and long sleeves.

Be vigilant! If you find an attached tick, remove it promptly, using tweezers or a tick-removing device to

grasp the tick as close to the skin as possible. Pull firmly without twisting. Do not squeeze or crush the tick, as its body may still contain infection-causing organisms. Make note of the tick's size and color (or tape it to a piece of paper), the site of the bite, and estimated time of attachment. Then consult with your medical provider about possibly taking antibiotics.

To read the full article, and any of our *Graceful Health* columns, visit gracecottage.org.

A grateful patient writes:

"We've always had such good care at Grace Cottage. Everyone is so caring and friendly. After my stroke, they took the time to explain everything and made sure I understood what was happening and what to expect. It was very comforting at a difficult time." — *Alison Williams*, West Dover, VT