



Cottage Door



Townshend, Vermont • Summer 2009

HAPPY 60TH BIRTHDAY!

Thanks to an incredibly supportive and generous community, which includes devoted patients, committed volunteers, an amazingly talented, compassionate and hard-working staff, and wonderful benefactors who have given



The entrance to the original Grace Cottage Hospital is now the entrance to Grace Cottage Family Health.

\$1.00 to \$1.7 million, Grace Cottage Hospital is celebrating six decades of patient care. Sixty years of saving lives, caring for the sick, helping those who are dying, and encouraging those who are well to stay that way!

When Dr. Carlos Otis and his wife, Ruth, opened Grace Cottage Hospital's doors on Sunday afternoon, August 7, 1949, 830 people "from far and wide" signed the guest book and toured the hospital rooms with nurses Bessie Leonard, Eunice Bills, Valerie Streeter and Lillian Lyons, while cook Emma Castle showed off the new kitchen. Refreshments were served on the front lawn of the hospital. The first baby, Hollis Wright, was delivered that night, at 1:08 a.m. on August 8. During the past 60 years, there have been many changes, but patient care has always, and will always, come first.

Everyone and anyone who has anything to do with Grace Cottage's past, present and future is invited to join the 60th Birthday Party at Fair Day this year, Saturday, August 1. The party will last throughout the day, with Nimble Arts circus performers on the Common, a birthday cake to be cut at 11:15 a.m., a commemorative postal stamp available on the Common, and birthday gifts to be given out while supplies last. For those who can't get to Fair Day, there will be a Grace Cottage 60th Birthday float in the Wardsboro 4th of July parade - all are welcome to join in the celebrations of patient care second to none!

WELCOME, DR. CAROL BLACKWOOD

Dr. Carol Blackwood, a Family Medicine physician with a specialty in geriatrics, will start seeing patients at Grace Cottage Family Health in September. Dr. Blackwood has served with the U.S. Navy for 25 years, most recently as Family Physician and Geriatrician at Camp Lejeune Naval Hospital in North Carolina.



A graduate of the University of Vermont (B.A. Chemistry, B.S. Textile Design), and the University of Vermont College of Medicine, Dr. Blackwood completed her Family Practice residency at Camp Pendleton, CA, and her Geriatrics Fellowship at East Carolina University.

Dr. Blackwood's career in the Navy has taken her all over the world. Prior to receiving her medical degree, she was an intelligence officer at the Anti-Submarine Warfare Operations Center in Misawa, Japan; a watch officer in Seoul, Korea; an intelligence instructor in VA; and an assistant intelligence officer for the Submarine Force U.S. Atlantic Fleet, based in Norfolk. She was a Family Physician at naval hospitals in Lemoore, CA, and Jacksonville, FL, and during 2005, she was deployed to Fallujah, Iraq.

"When I was in Iraq, I realized that when I retired from the Navy, I wanted to 'go home' to Vermont," said Dr. Blackwood. "I found a perfect piece of land to build a house on in Rockingham, with room for my beagle and two horses (a Morgan and a Tennessee Walker). I chose to join Grace Cottage because it's so strongly a part of the community - I'll be able to get to know my patients and their families, and we'll be able to work together as a team to promote good health and long life."

To schedule an appointment (September will be here before you know it!), call (802) 365-4331.

Grateful patients write:

“We used to live in Newfane and started going to Dr. Moss Linder at Grace Cottage when our son, Byrom, was born in 2001. When we moved to Bennington a few years ago, we didn’t see any reason to change.

“All the doctors and nurses at Grace Cottage are excellent, attentive and helpful. Why would we give that up because of a little drive? We feel safe and welcome the moment we arrive at Grace Cottage, even in the ER, and we really appreciate that.”

**Tony & Renee Jomaa
North Bennington, VT**

A WORD FROM THE CEO



As we mark Grace Cottage Hospital’s 60th Anniversary, world and national headlines are full of bad news. Wars, the economy, the spread of swine flu -- you know the rest. There’s a lot to worry about, and seemingly little to celebrate.

But here at Grace Cottage, there’s so much to be thankful for and to celebrate, even as we carefully watch budgets, trim costs (there has never been “fat” in the budget here), and increase efficiency.

Almost every day we receive written or verbal testimonials from grateful patients and/or family members. Lives saved, deaths made easier thanks to our hospice care, patients who have had the best possible outcome in rehab after joint replacements, patients who travel an hour or more each way to see practitioners here.

One patient recently described Grace Cottage as “a diamond in the rough...without the rough!”

It’s the staff and the supportive community that make all the difference...and based on my experiences elsewhere, I can truly tell you that it’s different here at Grace Cottage.

As we look to our past, appreciate our present, and plan for the future, we thank you for whatever role you have played in making Grace Cottage the place that is known for providing patient care second to none.

Mick Brant

EFFIE’S RETIRING... AGAIN!

Well, it looks as if she really means it this time: Effie Bartlett Chamberlin has recently retired from Grace Cottage -- for the second time. (She retired in 2000 and returned in 2003.)



When she started working at Grace Cottage as a nurse in 1961, little did she dream that she would retire from Grace Cottage 48 years later, after an outstanding nursing and administrative career. It’s impossible to imagine what Grace Cottage would be like today without Effie’s hard work, fierce loyalty, attention to detail, and concern for the well-being of patients and staff alike.

“Effie’s perceptiveness, intelligence, dedication, wisdom, and ethical soundness have been a shining example for decades”

Dr. Timothy Shafer

“Born in Vermont, reared in rural East Dover, a remarkable caregiver,” said Dr. Bob Backus. “Effie served selflessly, loyally, with persistent common sense, with humor, and with unmatched connectedness to generations of Vermonters, those who came from elsewhere to live here, and to health care institutions all over Vermont. The trust she inspires at many levels is one of the major elements in the formula that has helped Grace Cottage Hospital thrive. She ‘graced us’ for 48 blessed years. Thank you, Effie.”

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The mission of the Grace Cottage Hospital is to promote the health and well-being of the community by providing quality health care services in an atmosphere of dignity and respect.

NEW EMPLOYEES

Florence Burt	OT, Rehab
Gerry Curtin	Medical Records
Robin Ekstrom	RN, Nursing
Anne Marie Lyddy	Quality/Compliance Manager
Catherine Nemchek	Receptionist
William Roohan	PTA, Rehab
Jennifer Wilson	Clinical Supervisor

EMPLOYEE MILESTONES

The following employees have celebrated major employment anniversaries during the past 12 months:

35 years	Edna Denton	Nursing
30 years	Kathi Chase	Dietary
25 years	Ruth Daigneault	Everywhere
25 years	Monica Lightfoot	Pharmacy
25 years	Dr. Timothy Shafer	Family Health
20 years	Stephen Brown	Finance
20 years	Darlene Clark	Nursing
20 years	Jane Schilcher	Lab
15 years	Pamela Lowe Coburn	Rehab
10 years	Alice Baker	Family Health
10 years	Denise Choleva	Dietary
10 years	Melody Crittenden	Nursing
10 years	Jane Cyr	Pharmacy
10 years	Marcie Jones	Lab
10 years	Tanya Noyes	Lab
5 years	Mari-Jean Andersen	Nursing
5 years	Diane DiVenere	Rehab
5 years	Regina Donna	Nursing
5 years	Dr. Maurice Geurts	Family Health
5 years	Christine Gleason	Housekeeping
5 years	Helen Holmes	Nursing
5 years	Don Jackson	ER
5 years	Kerriane Sullivan	Family Health
5 years	Dana West	Purchasing

A grateful patient says:

"I've been in a lot of hospitals, one of them for three months, and Grace Cottage is the best. The people here are so friendly."

**Dr. Ed Flower
Jamaica, VT**

CONGRATS, PROFESSOR!



Grace Cottage Hospital's Dr. Timothy Shafer has received the first annual Southern Vermont Area Health Education Center's "SPIRIT" award, in recognition of his "passion for family medicine and devotion to medical student education."

Dr. Shafer, who is a member of the Southern Vermont

AHEC Board, was presented with the award, a Simon Pearce glass hand-blown vase, at the organization's annual meeting on May 20th in Rutland. Established in 1999, Southern Vermont AHEC has been working to address Vermont's health care shortages and to support primary care.

Grace Cottage Hospital Fair Day is featured in the most recent Stratton Magazine. See the website, www.strattonmagazine.com.

DON'T FLUSH!

What should you do with expired or unused medications? Is it safe to flush these down the toilet? The answer, for almost all medications, is a resounding, "No!"

Years ago, we were advised to flush medications or to wash them down the sink in order to keep them away from children or pets. But researchers have discovered that some of these substances are not removed by wastewater treatment plants and may be causing fish abnormalities and other aquatic issues.

The website www.smarxtdisposal.net gives detailed instructions on proper disposal of medications.

Grace Cottage's Messenger Valley Pharmacy will be hosting a medication collection day this fall. All medications, including herbal remedies, will be accepted.



For more information on medication collection days in your area, check with your local pharmacy - Grace Cottage's day will be publicized in the fall in area newspapers and on the website, www.gracecottage.org.

WISHES FULFILLED . . .

♥ Funds to purchase new furniture in patient rooms were generously donated by Marion Lewis's Employer John Snow, Ltd., and by Betty Lyman, Anna Davis, Curt & Polly Lawrence, Shirley Sanders and Betty Saunders.

♥ An anonymous donation was made by an employee for hanging flower baskets, and Elizabeth Walker and Joan McConnel made gifts for summer flowers.

♥ Edna Denton donated the funds to purchase a patient scale for use by Rehab patients.

♥ The Town of Grafton was inadvertently omitted from Grace Cottage's FY08 Annual Report. Thank you to Grafton taxpayers who allocated \$1,000 to Grace Cottage, and thanks also to the other towns that were listed: Brookline, Dover, Dummerston, Jamaica, Londonderry, Marlboro, Newfane, Stratton, Wardsboro, Windham, Winhall. These donations help fulfill wishes every year.

WISHES MADE . . .

♥ An additional temporal scanning thermometer is needed by the nursing staff - the cost is \$500.

♥ An arm attachment is needed for a walker so that patients with hand injuries or arthritis can more easily maneuver the walker. The cost is \$105.

♥ New privacy window blinds are needed for 12 inpatient rooms - the ones that were installed 12 years ago reached the end of their useful lives. The cost per window is \$125.

♥ Two diagnostic wall-mounted systems for physicians' offices are needed. This system guarantees that Grace Cottage's medical professionals have the instruments they need (ophthalmoscope, otoscope, thermometer, blood pressure cuff and meter) right where they need them most. The cost is \$800 for each system.



Dr. Moss Linder explains the results of a lab test, as displayed on one of the hospital's computers, to two nursing students from Vermont Technical College.



On Saturday, May 2nd, 31 Board members, medical practitioners, and administrative staff met at River Ledge Farm in Grafton, VT, for an all-day Grace Cottage Planning Retreat. The hospital's mission, vision, and critical issues were discussed, with brainstorming sessions held in large and small groups. (Photo by John Nopper)

Grateful patients write:

"We've been served by many businesses throughout the country and overseas, but never by any as competent and helpful as Grace Cottage's Messenger Valley Pharmacy. Truly in keeping with the high standards and friendly manner the hospital itself maintains."

***Bob & Ginna Barrett
Grafton, VT***



Grace Cottage's Dietary Manager Denise Choleva has been awarded the first-ever Vermont Dietary Managers Association's Member of the Year Award for her exemplary work. Congratulations, Denise!



About 80 Grace Cottage Hospital volunteers filled two rooms on Saturday, May 9, as they enjoyed a delicious buffet breakfast prepared by Grace Cottage's dietary staff. If you're a Grace Cottage volunteer and you couldn't make it to this year's event, call (802) 365-9109 to receive a Grace Cottage Hospital umbrella and to put yourself on the mailing list for next year's Volunteer Appreciation Breakfast!

GRACE COTTAGE HOSPITAL AUXILIARY NEWS

FAIR DAY CELEBRATES GRACE COTTAGE'S 60TH

On Saturday, August 1, Fair Day will celebrate the Hospital's 60th anniversary. For almost as many years, Grace Cottage Hospital Auxiliary has supported the hospital through fundraising, especially through the annual Fair. This event has been a way that many people in the community can express their thanks for Grace Cottage's patient care.



An important part of the Fair's financial success depends upon the auction, and the auction depends upon you. At left is an example of art donated to the auction. The print is the work of Lucelle Raad, a recognized artist whose expertise is the visual wonder of children; more of her work can be found at www.lucelle-raad.com.

Please donate auction items, particularly if you have art and antiques. Call Stan Holt at (802) 365-4455 for pick-up.

In celebration of Grace Cottage's 60th, a special ceremony will be held at 11:00 a.m. After that, birthday cake will be served at the 60th Birthday Booth.

A troupe from Nimble Arts/New England Center for Circus Arts will be performing several times on the Townshend Common during Fair Day.

Nimble Arts was founded in Brattleboro in 2003 by identical twins Elsie Smith & Serenity Smith Forchion, who toured for four years with Cirque du Soleil. They perform and teach aerial acrobatics around the world, including Townshend! Come join this very special celebration!



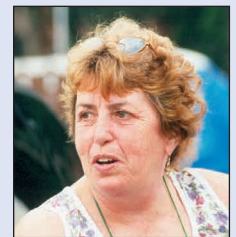
Senior Cloggers Retire: Thank you, Lucy Parker and friends, for years of entertaining fairgoers with fabulous clogging. You'll be greatly missed!

BOOTH CHAIRS CHANGE

Several Grace Cottage Hospital Auxiliary Fair Day Booth Chairpeople have retired after many, many years of loyal volunteer work - a grateful Auxiliary salutes you, and extends appreciation to the new recruits!



Betty Coleman is turning over the helm of the White Elephant Booth to her niece, Kathy Coleman. Thanks, Betty and Kathy!



Bette Parsons is retiring as chairperson of the ever-popular Chicken BBQ. Ruth Daigneault will take over this year. Thank you, Bette and Ruth!



Sharon Redfield is retiring as Toy Booth chairperson and as Secretary of the Auxiliary. The new toy booth chairperson will be Marge Holt. Thank you, Sharon and Marge!



Ted Redfield is retiring as chairperson of the Dunking Booth and of the Basketball Throw Booth. He's being replaced by Bob DeSiervo. Thanks, Ted and Bob!



Darcy Meeks Perry and her son Declan, of Wardsboro, were among the crowd enjoying the DHART helicopter.

COMMUNITY HEALTH FAIR

Smiles were all around during the 2nd Annual “Spring Into Health” Community Health Fair, especially among the kids when the DHART helicopter landed! Hundreds of people had lots of fun and benefitted from valuable information and health screenings provided by more than 50 participating organizations. A record was set when Julia Fillion, age 8, of West Dover ascended (and descended) the climbing wall 55 times!

“I thought it was an absolutely great event,” said Dick Kraft, of Andover, VT. “I was amazed at the variety and number of organizations there, and the enthusiasm was outstanding. I couldn’t believe the amount of work that must have gone into organizing such a large event.”

Special thanks to Community Health Fair sponsors Chittenden Bank, Richards Insurance, Windham Foundation, and Howard Printing. Tim Johnson’s live broadcast on WTSA during the day added to the excitement.

Plan to join the fun for next year’s Community Health Fair, on Saturday, May 15, 2010.

A devoted patient writes:

“We moved to Massachusetts in 2006 and looked at hospitals and doctors near there. After careful consideration, we decided, with the level of confidence we had in Dr. Geurts and Grace Cottage, not to change either doctor or hospital. We drive 62 miles each way for our medical needs.”

**Mary Reeve
Templeton, MA**

WOOD’S TEA COMPANY CONCERT

Join us for the 10th annual Woods Tea Company concert on the Townshend Common, Saturday, August 8, at 7 p.m. It’s free, fun and for the whole family - what could be better? In celebration of Grace Cottage’s care for the community, Shirley Benson funds this annual concert in memory of her husband, Jack. Wood’s Tea Company performs bluegrass, Celtic tunes, sea chanties, and folk songs (combined with dry humor!) using as many as a dozen different instruments, from banjos, bezoukis and bodhrans, to guitars and tin whistles.



Bring a blanket or lawn chair to the concert, and feel free to come early with a picnic - it’s become a tradition! (Photo by Ross Ludeman)

COMMUNITY WELLNESS CENTER

The Community Wellness Center at Grace Cottage Hospital is gradually becoming more than a dream, thanks to a grant from the Fanny Holt Ames and Louise Holt Fund, a bequest from June Kipp, and donations made in memory of Heidi Shine.

Vance Hosford, an AIA architect whose business is located in West Townshend, has generously donated his professional services to design the new Wellness Activity Room in the Heins Building. ReNew Salvage of



*Drawing by
Vance Hosford
& Jim Crozier*

Brattleboro has deconstructed the Heins Building’s old glassed-in porch, and recycled and/or sold as many of the components as possible.

A volunteer construction group from Hartford, CT plans to spend two weeks in Vermont in late September in order to work on the Community Wellness Center.

THE GIFT OF GIVING



"I've been supporting Grace Cottage Hospital regularly, ever since I got a message on my answering machine in 1997 from someone at the hospital who wanted to thank me for my gift," said Steve Goldberg, of Jersey

City, NJ. "It was a small donation, but she was so appreciative that it made a very strong impression on me. In fact, I tell people this story of Grace Cottage's personal touch -- from patient care to fundraising -- all the time!"

Having worked as a professional fundraiser throughout his career, Steve understands the importance of charitable giving. For the past six years, he has authorized Grace Cottage to charge his credit card monthly, which enables him to give a larger cumulative gift each year. "It's important for me to know that Grace Cottage Hospital can count on my modest contribution on a sustained basis," Steve notes. "When it's separated into twelve parts, the larger donation doesn't involve sacrifice on my part," Steve says.

"I first learned about Grace Cottage when my partner, Joe Maliszewski, and I bought a house in Townshend. Joe has since died, and in 2007, I honored him and his love for Vermont by making a donation for a plaque and a rosebush in the beautiful garden at Grace Cottage. What amazes me is that the rosebush and plaque are now mysteriously surrounded by forget-me-nots, which were Joe's mother's favorite flower!"

Steve is also a member of Grace Cottage's Legacy Society, since Grace Cottage is named in his will and as a beneficiary of his Individual Retirement Account.

\$6, \$60, \$600, OR \$6000?

Has Grace Cottage been there when you and/or your family member needed a hospital, a doctor, an ER visit, or when your loved one needed hospice care?

In celebration of Grace Cottage's 60 years of patient care second to none, my gift of __ \$6 __ \$60 __ \$600 __ \$6000 will be used to improve the hospital's energy efficiency in a variety of changes that have been recommended in a recent energy audit.

This program ends Sept. 30, 2009. Mail your gift to PO Box 1, Townshend, VT 05353 or, to make a one-time or monthly credit card gift, call (802) 365-9109.

MEMORIAL GIFTS

Donations have been received between February 1st and May 31st in memory of the following individuals:

Madeline Abbott ³ Harlan Allbee ³ Jeanene Baker
Christopher Ballou ³ John Bartoletti ³ Mollie Beattie
Judy, Ronald & Ronda Bemis ³ Janet Bills ³ Stanley Bills
Roy & Margaret Brooks ³ Gladys Brown ³ John & Emma Castle
Phillip Castle ³ Milford Chase ³ Brett Clark ³ Chris Coleman
Phil Coleman ³ Harry Conklin ³ Clarence Connolly
Casey Crozier ³ Harry Dedell ³ Lois Dillistin ³ Andrew Dolan
Ken & Stella Dowley ³ Marjorie Eginton ³ Ruth Fagen
Bud Field ³ Richard Haas ³ Joyce Hamilton ³ Arlene Hlubina
Julia Holland ³ Bob & Luna Howe ³ Jack Huffner
John & Marge Jacobs ³ John Paul Jones ³ Lorraine Kenedy
Jim King ³ Charles & Ruth Knights ³ Norman Lake
Richard Lapan ³ Merrill & Norma Lawrence
Don Leigh ³ Barbara Litchfield ³ Joseph Martinson
Helene Miller ³ Tom Newell ³ Elizabeth Newman
James & Martha Palmer ³ Kim Perry ³ Albert Phillips
Hank Sanders ³ Joe Saunders ³ Heidi Shine
Nicole Simpson ³ Jeanette Sorrentino ³ Francis Stowell
Edson & Mildred Tefft ³ Marion Thomas ³ Mary Torrey
Catherine Vastola ³ Timmie Vinton
Leonard Welch ³ Myrtle Wilson

We extend our sympathy to the families and friends of these individuals, and our appreciation to those who have given in their memory.

GIFTS HAVE BEEN RECEIVED IN HONOR OF:

Effie Chamberlin
Grace Cottage Hospital Staff
Messenger Valley Pharmacy Staff
Rabbi David Novak

Grace Cottage Foundation is a 501(c)(3) non-profit organization.

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.

An audit of Grace Cottage Hospital, which includes Grace Cottage Foundation, is available upon request.
Call (802) 365-9109.



GRACE COTTAGE HOSPITAL

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PLEASE RELEASE ME, LET ME GO!

Engelbert Humperdink's song applies here: if you don't want to receive *Cottage Door* because you have no interest in Grace Cottage Hospital (hard to believe!) please, please let us know so we can spend this money on patient care. Call (802) 365-9109 or e-mail info@gracecottage.org.

**Tour de Grace
Bicycle Rally**
Saturday, September 12, 2009

Stratton Mountain to
Grace Cottage Hospital
in Townshend, VT

1500 feet over the 19 mile route
VERTICAL DROP

\$25 Registration: 8-10 a.m.
at Stratton Mountain
or
www.gracecottage.org
(802) 365-9109

Registration benefits
Grace Cottage Hospital

Helmets required
Return bus transportation
provided

STRATTON VT

Grace Cottage Hospital

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