

COTTAGE DOOR

Townshend, Vermont

Summer 2011



THE GIFT OF GIVING

ELAINE LAMBERT

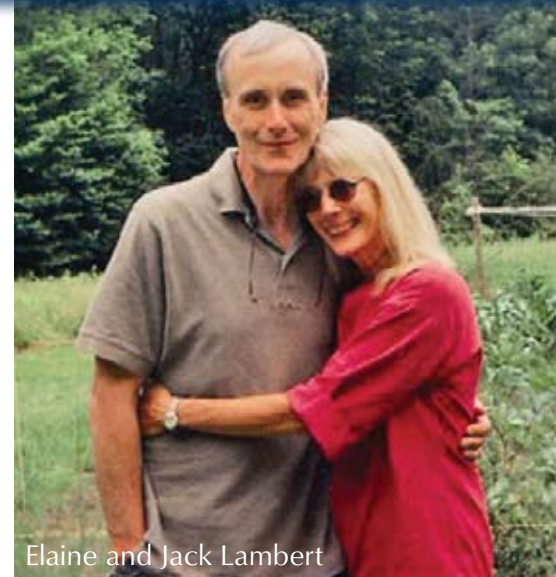
GRACE COTTAGE'S HOSPICE Suite is receiving a much-needed facelift, thanks to a generous gift from Elaine Lambert of Newfane. This gift, which was made in loving memory of Elaine's husband Jack, is being partially matched by Pfizer Inc., where Elaine and Jack both worked before they moved year-round to Vermont.

"Jack and I were both research scientists at Pfizer in Groton, Connecticut—we met there in 1983 and got married the following year," said Elaine. "In 2004, we decided to retire and 'find out what it was like to live in a calendar,' which was how we described Newfane, the town where our second home was located. We thought we'd still have a few more decades to spend together hiking, gardening, star-gazing (Jack's hobbies were astronomy and photography), and riding our Tennessee Walker horse Treasure. But in the fall of

2007, Jack's primary care doctor, Tim Shafer, gave us the terrible news that Jack's tests showed pancreatic cancer."

Jack and Elaine traveled to Dartmouth Hitchcock Medical Center every day for six weeks of radiation and chemotherapy treatment and, in January 2008, Jack underwent a pancreaticoduodenectomy (also known as the Whipple procedure) at Dartmouth. "At the end of 2008, we learned that the cancer had spread to Jack's liver," Elaine recalled. "Our dream had been to spend our 25th wedding anniversary in Hawaii, and everyone we knew was determined that we would get there—a friend was even able to get our tickets upgraded to first class so that Jack would be comfortable. We made it, and had a wonderful time."

By the end of 2009, Jack's cancer had spread even further. "At first, he wanted to die at home," said Elaine,



Elaine and Jack Lambert

"but he was worried about the memories I would be left with, so when the time came, he was admitted to Grace Cottage and he died in the Hospice Suite the following afternoon, January 11, 2010. Everyone there was so caring, so compassionate, and I wanted to honor Jack's memory in a positive way, which is why I decided to make this gift to Grace Cottage. It's been a lot of fun to work with quite a few Grace Cottage employees on this project to refurbish the Hospice Suite."

"During the time that we were in the Hospice Suite at Grace Cottage, my entire focus was able to be on Jack," Elaine reflected. "I was barely aware of anything other than my lovely husband. I am so grateful that the staff not only took care of all his needs, they also extended that compassionate care to our family and friends who were there with us. My hope is that this fitting tribute to Jack will comfort other Grace Cottage hospice patients and their family members for many years to come."

MENTAL HEALTH SERVICES EXPANDED AT GRACE COTTAGE HOSPITAL

The Brattleboro Retreat and Grace Cottage Hospital have entered into a partnership agreement to provide outpatient mental health services at Grace Cottage.

Dr. Mario Hasaj will continue to be employed by The Brattleboro Retreat, and he has begun seeing outpatients full-time, by appointment, at Grace Cottage Family Health.

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Dr. Mario Hasaj

A WORD FROM THE CEO



Grace Cottage Hospital's mission of "excellence in health care and well-being, putting people first" is exemplified every day as we work hard to give back to the communities that we serve. Some of the ways in which we form partnerships include:

Improving health outcomes: Last year, area residents made a total of 5,986 visits to the Community Wellness Center, for free or low-fee classes which included Strong Bones (exercise classes), yoga, tobacco cessation, belly dancing, "Ask the Doctor" sessions,

tai chi, arthritis support groups, and zumba (Latin dance/exercise). Numerous events, such as the sledding party in February, the Community Health Fair and 5K in May, Tee Up for Health in June, Tour de Grace (to be held on July 24 this year), Fair Day in August, and the annual Poker Walk in October are events that encourage people of all ages to get out and get moving. We are here 24/7 for people when they are ill, but we also want to help the people of our communities to stay as healthy as possible.

Supporting Community Organizations: Many Grace Cottage employees are very active members of area fire departments and first response squads. When the fire siren goes off in Townshend, several employees leave their workstations (if this doesn't interfere with patient care) and race to help put out fires or assist at the scene of an accident. Other community organizations (Townshend Historical Society, Council on Aging, Rescue Inc.) are given space rent-free at Grace Cottage so that they can keep their overhead costs down. Grace Cottage is currently partnering with groups such as the Healthy Communities Coalition, the Windham County Wellness Committee, and other community groups.

Sustaining Economic Vitality: With 180 employees, Grace Cottage is the second largest employer in Windham County outside of Brattleboro (after the Windham Central Supervisory Union). The multiplier effect is tremendous, as most employees live and spend locally.

Educating Future Generations: Grace Cottage routinely interacts with area schools to provide tours, hands-on workshops, and health care education. Partnering with Southern Vermont Area Health Education, Grace Cottage hosts MedQuest students here in August. Throughout the year, pharmacy students come from Ohio Northern University Pharmacy School; medical students from UVM, Yale, Albany, and SUNY Downstate Medical Center have completed rural rotations here; and nursing students from Vermont Technical College routinely cite Grace Cottage as being "the best clinical rotation" of their two-year program. Grace Cottage Hospital is sometimes affectionately referred to as Grace Cottage "College" for this reason.

Grace Cottage will continue to be a strong partner with the communities we serve.

Mick Brant

WORDS OF WISDOM

Grace Cottage Hospital's physicians urge you to take time to learn the following symptoms of strokes so that you can recognize them if they happen to you or someone that you're with. If you experience or witness these symptoms, immediately call 9-1-1. Do not wait. Check the time so that you know when the first symptoms appeared, such as:

- ✓ Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body
- ✓ Sudden confusion, trouble speaking, or understanding
- ✓ Sudden trouble seeing in one or both eyes
- ✓ Sudden trouble walking, dizziness, loss of balance or coordination
- ✓ Sudden, severe headache with no known cause

Emergency Room doctors at Grace Cottage and other hospitals can administer a clot-busting drug called tissue plasminogen activator (tPA). If tPA (the only FDA-approved medication for the treatment of stroke) is given within three hours of the start of the symptoms, long-term disability may be reduced.



COTTAGE DOOR is published by
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Nancy Burgess, Graphic Design

The mission of Grace Cottage Hospital is to provide excellence in health care and well-being, putting people first. The vision for the future is to be the standard for patient care.

NEW EMPLOYEES

Nathan Olmstead	RN
Jennifer Petry	Account Biller
Emily Tyler	RN
Andrew Semegram	RN
Dr. Richard Meyer	Emergency Dept. Physician
Luanna Whitefox	Medical Transcriptionist

WISHES MADE . . .

- ♥ An exerciser is needed so that hospital inpatients can work on their aerobic fitness by moving their legs and arms in a cycling motion, with the supervision of a rehab therapist. \$135.
- ♥ A commercial soup kettle is needed by the Dietary Department to keep their homemade soups warm for serving. \$425.
- ♥ A bladder scanner is needed for the Emergency Room to assist in patient catheterization. \$9,500.

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

WISHES FULFILLED . . .

A special thank you to the following people who donated funds to fulfill hospital wishes since the last issue of Cottage Door:

- ♥ The family of Jane Robinson Worden made a donation to purchase a new laboratory centrifuge.
- ♥ Gunther & Else Garbe made a generous donation for a laptop computer, lamp, and other items dedicated for the Hospice Suite.
- ♥ The family of Mary Franceschetti donated to purchase an ER over-the-bed table and tumblers for the dietary department.
- ♥ Priscilla Sherwood made a gift for the purchase of tumblers for the dietary department.
- ♥ Wheelchair gel cushions were purchased with funds donated by Richard & Margaret Bilda.
- ♥ Signa Read made a donation for a Lifepak, an ER supply cart, several Isolation Stations, and a Rehab therapy table.
- ♥ The Vermont Country Store donated linens for the Hospice Suite.
- ♥ Vermont Kitchen Supply in Manchester donated four sturdy tray tables for the Hospice Suite.
- ♥ Grace Cottage Hospital employees who made a donation on "Flowered Shirt & Jeans Day" and Elizabeth Walker have contributed towards the beautiful hanging baskets of annual flowers that cheer patients as they walk into the various entrances at Grace Cottage.

EMERGENCY DEPARTMENT DIRECTOR: DR. RICHARD MEYER

DR. RICHARD MEYER has joined Grace Cottage Hospital as the director of the ever-expanding Emergency Department.

Dr. Meyer was born in Queens, New York, and grew up in Great Neck, Long Island.



He graduated from San Francisco State University with a degree in psychophysiology and received his medical degree at Albany Medical College, completing his internal medicine residency at Mary Imogene Bassett Hospital in Cooperstown, New York.

Dr. Meyer has been practicing emergency medicine for more than 22 years, most recently at Mount Ascutney Hospital in Windsor, Vermont. He and his wife Cathy, who have four grown children, live in Westmoreland, New Hampshire.

When Dr. Meyer isn't at work, you'll find him skiing, bicycling, hiking, or kayaking. Welcome, Dr. Meyer!

EMPLOYEE MILESTONES

5 years	Samantha Berrie	Business Office
5 years	Karen Bratton	Rehab Department
5 years	Deb Kesek Brown	Diagnostic Imaging
5 years	Dr. Matt Davis	Family Health
5 years	Crystal Durocher	Nursing
5 years	Jayne Elliott	Nursing
5 years	Chris Hotchkiss	Rehab Department
5 years	Eileen Kepler	Nursing
5 years	Crystal Mansfield	Senior Leadership
5 years	Carl McNeely	Family Health
5 years	Wendy Stone	Rehab Department
5 years	Teresa Record	Information Services
10 years	Jim Crozier	Maintenance
10 years	Sally Payne	Business Office
10 years	Suzanne Petronic	Finance
10 years	Diane Smith	Family Health
10 years	Tinna Therrien	Clinical Informatics
15 years	Roxane Carlson	Business Office
15 years	Dawn Franceschetti	Rehab Department
25 years	Gail Coleman	Family Health
30 years	Terry Pagach	Family Health
45 years	Mayla Brown	Business Office

On Tuesday, May 17, the New England Society for Healthcare Communications (NESHCo) presented Grace Cottage with a Lamplighter Award of Excellence for the design of the hospital's new logo. This is the second year that Grace Cottage has won a Lamplighter award from NESHCo; last year the "Success on a Shoestring" Award of Excellence was presented for an 8-minute video about Grace Cottage's culture, produced by AllArt Studios (the video can be seen at www.gracecottage.org or call (802) 365-9109 to have a DVD sent to you).

"Grace Cottage Hospital's new logo design was an example of the best and brightest work produced in our area," said Lee Reynolds Crouch, president of NESHCo. "The entry was creative, innovative, and results-driven, and showcased Grace Cottage Hospital extremely well."

The Lamplighter Awards were established in 1974 to showcase and honor excellence in health care communications in the New England region. The 2011 competition included more than 340 entries from more than 85 organizations; fewer than half the entries received awards this year.

"The new logo was designed by the Marketing & Service Excellence Committee, which is made up of over 15 employees from different departments at the hospital, in addition to two members of our Board of Trustees," said Grace Cottage CEO Mick Brant. "The Committee worked for about ten months to come up with the new logo, which was implemented in January, 2010. We're very pleased with the result, and thank them for their hard work and creativity."

SPRING INTO HEALTH 5K



Jean Momaney and members of her family at the beginning of the 5K



Members of the Bartlett family at the end of the 5K

111 runners, walkers, strollers, and rollers finished the second annual Spring into Health 5K on Saturday, May 14, in Townshend. Sarah Dickson of Leland & Gray Union High School won the design competition for the 5K t-shirts. The winner of the 5K was....everyone who participated! Results of the 5K are posted at www.gracecottage.org/events.

MENTAL HEALTH SERVICES

EXPANDED AT GRACE COTTAGE HOSPITAL *continued from front page*

"In response to increasing need within the communities we serve, we have long hoped to offer expanded mental health services here," said Grace Cottage CEO Mick Brant. "Thanks to this exciting partnership with The Brattleboro Retreat, the area's premier provider of mental health services, Grace Cottage will be able to provide psychiatric consultations for outpatients Monday through Friday. Additionally, The Brattleboro Retreat will be providing Grace Cottage's Emergency Department providers with 24/7 psychiatric consultation support." Dr. Judy Tietz will be leaving Grace Cottage in July; psychiatric nurse practitioner Carl McNeely will continue to see patients at Grace Cottage Family Health.

Dr. Hasaj is a graduate of the University of Buenos Aires Medical School in Argentina. He completed his residency at the SUNY Downstate Medical Center in Brooklyn, New York, and a fellowship in geriatric psychiatry at Beth Israel Medical Center in New York City. He is board certified by the American Board of Psychiatry and Neurology; his specialty is adult psychiatry.

Prior to joining the Retreat five years ago, Dr. Hasaj worked at the Jersey City Medical Center and Catholic Community Services in outpatient and partial hospital programs. He has also worked in the psychiatric emergency department at Jersey City Medical Center and provided psychiatric consultation services for Palisades Medical Center. His private practice in New Jersey focused primarily on providing psychiatric consultations to residents of nursing homes.

"Grace Cottage Hospital has been providing exceptional care to individuals in rural southern Vermont for more than 60 years," said Rob Simpson, President and CEO at The Brattleboro Retreat. "We are delighted to further our partnership with Grace Cottage, particularly as the stage is being set for health care reform in Vermont and nationally. This step is a win-win for these two organizations and for people in the many communities served by Grace Cottage."

To make an appointment with Dr. Hasaj, call (802) 365-7381.

CAN WE BE FRIENDS?

FACEBOOK is making connections between people everywhere, including at Grace Cottage Hospital! Friending us on Facebook will bring you up-to-the-minute news on what's going on here, and will enable you to be part of a dialogue with other friends of Grace Cottage. We hope to see you soon on Facebook!



A grateful patient writes:

“Grace Cottage is amazing. Anyone who comes here as a patient is extremely fortunate.”

Barbara Buswell
Chester, VT

TEE UP FOR HEALTH



Grace Cottage Hospital would like to thank all of the sponsors and golfers supporting the second annual Tee Up for Health at Tater Hill Golf Club in Windham on June 12. More details will be in the next issue of Cottage Door, but as of press time, 20 foursomes had signed up for the benefit, and sponsors included: The Richards Group (event sponsor), WKVT (gold sponsor), Elizabeth Walker (dinner sponsor), Brattleboro Memorial Hospital and People's United Bank (silver sponsors), Blue Cross Blue Shield of Vermont; Delta Dental; e-PharmPro; Dr. Walter Griffiths; Windham Foundation; Primmer, Piper, Eggleston & Cramer; Standard Insurance (hole sponsors); and Merrill Gas Company; Romano Publishing; and Dr. Timothy Shafer and Deborah Lusk.

WOODS TEA CO. CONCERT



THE ELEVENTH ANNUAL Woods Tea Company concert, held in celebration of Grace Cottage Hospital and in memory of Jack & Shirley Benson, will be on Saturday, August 13, at 7 p.m. on the Townshend Common. The concert is free; bring a lawn chair and a picnic. For more information about the concert, call (802) 365-9109 and for more information about the band, go to www.woodstea.net. (In case of rain, the concert will be held in the Townshend Town Hall).

From Stratton Mountain to Grace Cottage Hospital in Townshend, VT

7th Annual Tour de Grace Bicycle Rally

Sunday, July 24, 2011

Helmets required
Mountain /Hybrid Bike Recommended
Return bus transportation provided

**19 Mile
"Mostly"
Downhill Route**

**\$25 Pre-Registration
\$30 at event**
Registration: 8-10 a.m.
at Stratton Mountain
or
www.gracecottage.org
(802) 365-9109

**Registration benefits
Grace Cottage Hospital**

Design Courtesy of Howard Printing, Inc.

AUXILIARY NEWS

IN THE BEGINNING (in 1950, that is), the Grace Cottage Auxiliary created a Fair. Highlighting the fair were wooden booths and, in these booths, volunteers from various surrounding towns sold their goods for the benefit of Grace Cottage Hospital. In one booth, residents of Wardsboro sold pies and other baked goods. In another booth, Townshend folks sold “fancies.” I’m told by old-timers that, for a number of years, there was a booth with unopened postal packages! When traveling around the United States, people from this area bought souvenirs and mailed them to the booth chair, who sold the mystery boxes on Fair Day.

Part of what gives our Fair character are the old wooden frame booths. Built by Grace Cottage’s maintenance man and local contractor, George Bristol, in the early 1950s, they reminded people of the old traveling carnivals which had come through town in prior decades. Today, they remind us that our Fair is part of a community tradition which goes back over 60 years.

The Fair is “community” at its finest. Hundreds of people, including large groups of families and friends, work for weeks preparing for it, and spend a long day working at their booths. This year, one of the booths will be chaired by a woman who is 80, and another booth chair is a 14-year-old teenager.

As always, Fair Day volunteers are needed. The most urgent need is at around noontime, when the volunteers who have started setting up at 6 a.m. are in need of a break. If interested, please call Barb Barber at 365-4707 or me at 365-4455.

As you wander the Townshend Common during the Fair this year, be ever-mindful of the traditions represented and enacted there. Meaningful social networking and human interaction will happen in real time at the Grace Cottage Hospital Fair on Saturday, August 6th. For more information on Fair Day, go to www.gracecottage.org and click on Events. See you at the Fair!

Stan Holt, Auxiliary President



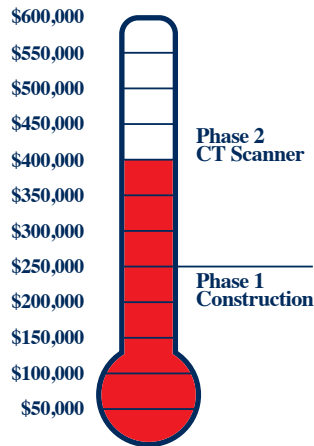
WHAT, WHEN & WHERE IS FAIR DAY?

Saturday, August 6 from 9 AM to 7 PM on the Townshend Common, junction Routes 30 & 35. Free admission, free parking. All-day auction, 22 bargain booths (toys, books, plants, white elephant, jewelry, lemonade, baked goods, and more), Bingo, Baby Parade for those born at Grace Cottage, carriage and pony rides, face painting, food, games, chicken barbecue dinner, Grafton Band Concert, and more. Info: www.gracecottage.org/events or (802) 365-4455.





**Medical Imaging Suite
Fundraising Campaign**



For more info or to give:
www.graccottage.org
(802) 365-9109

PO Box 1, Townshend, VT 05353

Thanks to a very generous community of Grace Cottage supporters, the Medical Imaging Suite Campaign is $\frac{2}{3}$ of the way to completion! We're awaiting the final blessing of the State of Vermont's Banking, Insurance, Securities and Health Care Administration (which we hope has already been received by the time you are reading this newsletter) and we'll begin construction. Thank you for your support of this extremely important project for the benefit of Grace Cottage patients.

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 is available upon request.

❖ **MEMORIAL GIFTS** ❖

Donations have been received between January 21st and June 1st in memory of the following individuals

- David Backus ❖ Chris & Priscilla Ballou ❖ John Barbas
- Harold & Florence Barber ❖ Russ Barber ❖ Raoul Bedard
- Priscilla Behnken ❖ Jack & Shirley Benson ❖ Janet Bills
- Stan & Margaret Bills ❖ Richard Bohlen ❖ Jean Brooks
- Gladys Brown ❖ John & Emma Castle ❖ Phillip Castle
- Dawn Clark ❖ Chris Coleman ❖ Phil Coleman ❖ Wendell Covey
- Dottie Coyle ❖ Bob Crawford ❖ Elizabeth Cronin ❖ Casey Crozier
- Alton Cutler ❖ Robert DiCesare ❖ Lucina Dipple ❖ Judy Dupont
- Vincent Dupont ❖ Lillian Ebeling ❖ Ruth Evans ❖ Bud Field
- Walter Forrester ❖ Mary Franceschetti ❖ Friedel Garbe
- David Gibson ❖ Roland Gould ❖ Hank Grabowski ❖ Skip Hall
- Joe Hallett ❖ Charles & Ruth Hamilton ❖ Gordon Hammond
- Jill Noss Hayes ❖ Wallace & Mabel Holden ❖ Julia Holland
- Bob & Luna Howe ❖ Ed Hurley ❖ Helen Isham ❖ John & Marge Jacobs
- Harry Jensen ❖ Joel Johnson ❖ Arnold & Claire Judd
- Arnold Judd Jr. ❖ Stephen & Ethel Kendrick ❖ Charles & Ruth Knights
- Warren Kronemeyer ❖ Norman Lake ❖ Lindy & Dot LaMarche
- Jack Lambert ❖ Richard & Barbara Lamprey ❖ Richard Lapan
- Barbara Litchfield ❖ Arthur Longley ❖ David Lowe
- Betty Lyman ❖ Bob & Josephine MacBride ❖ Gary Martin
- Joseph Martinson ❖ Dan McCann ❖ Peg Mershon ❖ Elden Mills
- John Northup ❖ Dr. Carlos & Ruth Otis ❖ Judy Overton-Jones
- Jeremy Paulus ❖ Kim Perry ❖ Albert Phillips ❖ Hilary Williams Pike
- Zachary Pike ❖ Elaine Prouty ❖ Janet Puglisi ❖ Jerome Rawson
- Romey "Nick" Romano ❖ Marguerite Ryan ❖ Hank Sanders
- Joyce Scheurman ❖ June Schlachman ❖ Shirley Schommer
- Wayland Scott ❖ Charles Slover ❖ Eric & Gert Spafford
- Alexander Staib ❖ Lorraine Stark ❖ Irvie Lee Temple ❖ Marion Thomas
- Mary Torrey ❖ Leonard & Bernice Welch ❖ Barbara O'Connor Whitcomb
- Carole White ❖ Don Williams ❖ Myrtle Wilson ❖ Leona Wojtowitz
- Jane Robinson Worden ❖ Howard & Mabel Wright

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.)

GIFTS WERE RECENTLY RECEIVED IN HONOR OF

- Dr. Bob Backus
- Dr. Evan Ginsberg
- The "Old" Graces
- The Linder Family
- Phoebe Cronin McCann
- Frank & Betty Merrill
- Messenger Valley Pharmacy Staff
- Dr. Ed Mulhern
- Wayne Rowell
- Jeffrey Sullivan



 **GraceCottage**
HOSPITAL

P.O. Box 216
Townshend, Vermont 05353-0216

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GIANINA KENNEDY

GIANINA (Farrugia) KENNEDY has joined Grace Cottage Family Health and is accepting new patients. A native of Cavendish, Vermont, Gia attended Green Mountain Union High School in Chester and graduated from Middlebury College with a degree in biology and geology.

“After college, I took two years off,” said Gia. “During the first year, I worked for the Vermont State Geologic Survey, doing bedrock mapping and surveying rock cuts along various roadsides throughout the state to see what needed to be reinforced. I spent a lot of time outside on that job! Then I worked for a year as a baker at Heritage Deli in Chester. It was fun, but I decided it was time to go back to school.”



Gia enrolled in the Family Nurse Practitioner program at the University of Vermont. Through this Master’s program, she received her Registered Nursing degree (after fifteen months, no breaks), and then her Master’s in Nursing/Family Nurse Practitioner degree after another 2½ years.

“My last semester in school was a clinical rotation, which was with Family Nurse Practitioner Louise McDevitt at Grace Cottage Family Health this past fall,” Gia said. “As soon as I got here, I knew it was where I wanted to stay. You don’t find a lot of doctors these days who really care about their patients in the way that the doctors here at Grace Cottage do. Patients really matter here, and they’re people, not numbers. All the practitioners here are very, very caring, and the quality of care is amazing.”

Gia and her husband, Michael, live in Proctorsville with their son Quinci, who was born in March. Gia is seeing patients four days a week at Grace Cottage Family Health.

“Patients really matter here, and they’re people, not numbers. All the practitioners here are very, very caring, and the quality of care is amazing.”