MAHHC is committed to a culture of safety, where all employees are mindful of potential gaps and work together to prevent injury, to achieve the goal — zero "harm events" for patients and employees.

Culture of Safety - the Journey Toward Zero Harm

At Mt. Ascutney Hospital and Health Center, our mission is to improve the lives of those we serve. To do this well, we must focus on improving the quality of care while reducing harm to patients and staff. With leadership from our CEO and Board of Trustees, MAHHC has implemented several strategies to further its culture of safety, including:

1. Building internal expertise – As a member of the Dartmouth-Hitchcock system, MAHHC is taking full advantage of the process improvement education offered through D-H’s Value Institute. With guidance and coaching from our Quality Department, several employees have completed introductory training and are active members of quality improvement teams. Two members of the Quality Department are in the process of being certified in Lean Six Sigma, a methodology that relies on a collaborative team effort to improve performance by removing waste and reducing variation from any process. Both are at the intermediate level and are actively leading improvement projects. This focus on education, training, and coaching by experts is building internal expertise to lead quality improvement efforts and shape the culture of safety in the coming years.

2. Organizational learning through event analysis – Every situation that is reported, both directly or through our online feedback system, is investigated by a department leader and reviewed by a member of the Quality department. The Quality team reports on trends and works with the leadership team to prioritize improvement initiatives and action plans. This focus on analysis and learning allows MAHHC to address gaps and improve the quality of care.

3. Data transparency – Every Monday through Friday leaders from clinical departments gather to report any safety events or near-miss events that occurred in the last 24 hours and any concerns for the next 24 hours. Quality and safety data is routinely published and posted for employees to see how we are doing and for discussion at department meetings. This focus on safety and quality data allows the team to coordinate and implement corrective actions in real-time.

4. Safety in Action – Among older Americans, falls are the number one cause of death from injuries. The percentage of older adults who have reported a fall increases with age. In response, an interdisciplinary Quality Department team was formed to address this situation. Through rigorous data analysis and implementation of evidence-based practices, the team has seen a dramatic reduction of over 50 percent in the rate of falls in the last year alone. This means that we will have 42 fewer falls in our hospital than we did last year. But the work does not stop here. The team continues to meet every month to prioritize next steps and further its support of safety as a core value at MAHHC.

By engaging in these strategies, MAHHC is living safety as a core value.

Making Local Progress in the Fight against Opioid Misuse

In the right circumstances, opioid drugs can be important tools to help people manage severe short-term pain. However, misuse of these drugs has become an epidemic, both nationwide and right here in our community. Reducing opioid misuse is a key goal of Mt. Ascutney Hospital and Health Center and is an objective of our Community Health Needs Assessment Implementation Plan. We’re making real progress in this fight by working closely with state and community partners and by implementing new procedures and programs across the Hospital.

For example:

• We’re working with the Windsor County Sheriff to promote drug take-back days.
• We provide education about the dangers of opioid abuse.
• We offer Medication-Assisted Therapy through Vermont’s Hub and Spoke Model of Care for opioid use disorder.
• We use opioid screening, intervention and referral protocols in our clinic and Emergency Department.

An Addiction Program for Young Families - One program that’s aimed at caring for mothers and infants who are addicted or at risk was created by MAHHC pediatricians Kimberly Aakre, MD and Mary Bender, MD. The program was funded in part with a $10,000 grant from the American Academy of Pediatrics, as part of AAP’s Community Access to Child Health Program. According to Dr. Aakre, “There’s a strong link between the health of parents and their children.”

Parents want the best for their children, but addiction is powerful and it can be hard to overcome it alone. We’re here to say you don’t have to be alone.”

Our program encourages healthy physical, emotional and intellectual development for our young patients by working to ensure the health and well-being of their parents and caregivers. The program has identified the local scope of the problem, developed protocols for care, and strengthened community supports for patients. Dr. Bender adds, “Parents want the best for their children, but addiction is powerful and it can be hard to overcome it alone. We’re here to say you don’t have to be alone; our entire team is dedicated to giving families the best chance to succeed.” The program is yielding results and recognition. Dr. Bender and Dr. Aakre were recently given a Special Achievement Award by the Vermont Chapter of the AAP for their efforts. Dr. Joseph Perras, President, CEO and Chief Medical Officer, called the honor well-deserved, saying, “Dr. Bender, Dr. Aakre, and the program they’ve created are wonderful examples of how Mt. Ascutney Hospital staff are going above and beyond for the people we serve. It’s one important way we’re turning the tide against the opioid crisis.”
As a doctor and as CEO of Mt. Ascutney Hospital and Health Center, I’m actively involved in advocating for our patients and strengthening our organization. Together with our staff, I’m focused on the long-term health of our patients as well as the long-term fiscal health of MAHHC. We know we’re vital to our community’s health—in 2017 we had more than 1,000 hospital admissions, 4,574 emergency department visits, over 27,000 primary care visits, and more than 12,000 visits to specialty clinic. With 1,507 surgical procedures last year, more than 11,000 radiological procedures, and nearly 20,000 lab tests, we’re a daily part of ensuring health and wellness—and we’re always moving forward to deliver the right care for those we serve.

As a valued member of the Dartmouth-Hitchcock health system, we continue integration of services for the benefit of our patients and to realize efficiencies by integrating our supply chain, finance teams, pharmacy, and laboratory functions. While those connections augment our capabilities, it’s the work we do right here that defines our ability to serve you.

In my first full year as CEO, I’ve worked with our staff on these key areas. We’re enhancing the wellness of our employees, via raises and retirement contributions, succession planning and leadership training; projects to reduce workplace injuries, and new uniformed security to help ensure safety for all. We’re focusing on quality of care and patient safety, by expanding our Quality Team, assessing organizational readiness for external surveys, and by adding Tele-Psychiatry to our ED and inpatient units.

Our team is guided by one goal: to keep MAHHC vibrant and fiscally sound so that in 2018 and beyond, we can be here to provide high value care for the people in our communities who depend on us every day.

Jean Martaniuk Receives 2017 HR Professional Award

As the Human Resources Director at Mt. Ascutney Hospital and Health Center, and a 40-year veteran of MAHHC, Jean Martaniuk works tirelessly to manage the Hospital’s staffing strategy, compensation, benefits, professional development, and more. Her skill, dedication, and leadership in the field have been recognized by the Society for Human Resource Management (SHRM), which presented her with the 2017 HR Professional Award at the 2017 Annual Vermont Conference of the Society for Human Resource Management.

Dr. Joseph Perras, MAHHC President, CEO, and Chief Medical Officer, nominated Martaniuk for the prestigious award, saying, “Jean does a tremendous job in managing our organization’s greatest assets, our employees.”

Tele-Psychiatry Augments Emergency Department Care Capabilities

Tele-Psychiatry services in the Emergency Department.

Because most Emergency Departments do not have a psychiatrist on staff, Tele-Psychiatry can help patients by providing a consultation with a psychiatrist who meets with the patient virtually. During a Tele-Psychiatry consultation, the consultant first meets with a medical staff member to obtain presenting symptoms and history. Psychiatrist and patient then meet face-to-face directly via a webcam. Once patient assessment is complete, the psychiatrist then devises a treatment plan and communicates with a medical staff member to complete the consultation.

Tele-Psychiatry is a more efficient way to obtain an evaluation and treatment plan. For rural hospitals like MAHHC, using Tele-Psychiatry services Tele-Psychiatry means that we’re better able to serve more people who come to our Emergency Department, providing them with access to resources and medical professionals who can help them in a time of crisis.

Celebrate 20 Years of Volunteers in Action

Volunteers in Action (VIA) recently marked 20 years of supporting patients and community members. Since 1997, VIA has provided a wide range of services that improve the health and wellness of local seniors and the disabled while increasing their independence and strengthening their connections to the community.

Interested in actively helping others? We’re always looking for individuals, organizations, businesses, churches, and foundations to join Volunteers in Action! Make friends—and make a difference. For more information, call (802) 674-5971.

REHABILITATION REUNION – CELEBRATING 25 YEARS OF REHABILITATION SERVICES

The rehabilitation process can be lengthy and challenging, making the connection formed between patients, families and caregivers unique and special.

To recognize and celebrate this bond, each year Mt. Ascutney Hospital and Health Center (MAHHC) hosts a Rehabilitation Reunion event. This year marked the Reunion’s 25th Anniversary and brought together former patients, their families and the MAHHC caregivers who have been instrumental in their recoveries.

Nan Felix-Price, MAHHC’s Director of Rehabilitation Services, began the afternoon program with opening remarks and a video presentation followed by comments from Dr. Joseph Perras, President, CEO, and Chief Medical Officer for MAHHC. U.S. Congressman Peter Welch was the reunion’s guest speaker.

Other highlights of the event included former patients sharing moving testimonials, a reminder that overcoming challenges together touches the lives of patients and caregivers. In addition, attendees toured the facility, learning more about the state-of-the-art Rehabilitation Center’s enhanced capabilities and subsequent impact on better patient care. Attendees were also encouraged to participate in the creation of a commemorative “hands-on” Thankful art canvas, which includes written sentiments from former patients and their caregivers about their recoveries. It is now on display at the Center.

MAHHC Auxiliary Marks 65 Years of Service

For 65 years, the MAHHC Auxiliary volunteers have worked tirelessly to enhance the experience of patients by providing extra funds to start and grow programs, upgrade equipment, support renovations, and more. From all of us, thank you for your generous and life-giving contributions.

If you are interested in becoming an Auxiliary member and helping to build the organization, you are encouraged to contact us at Auxiliary@mahhc.org or call (802) 674-7088.

COMMUNITY HEALTH WORKSHOPS

CHRONIC DISEASE MANAGEMENT

If you are dealing with a long-term disease such as arthritis, diabetes, cancer, obesity, or heart disease, there’s lot you can do to make healthier choices and better manage your health.

When: The workshop is 2 ½ hours, once a week, for six weeks.

CHRONIC PAIN MANAGEMENT

In this workshop, leading chronic pain there are many ways to manage your pain. Our Healthier Living Workshop for Chronic Pain helps you learn ways to reduce pain and deal with related issues, such as trouble with sleeping, and more.

When: Each workshop season is 2 ½ hours, once a week, for six weeks.

DIABETES PREVENTION

Tips on healthier eating and exercise that can lead to weight loss and reduce your risk of diabetes.

When: Weekly, bi-weekly and monthly sessions, each for one hour. 25 sessions total.

EMOTIONAL WELLNESS – WELLNESS RECOVERY ACTION PLAN (WRAP)

The Wellness Recovery Action Plan (WRAP) helps anyone struggling with a mental health challenge such as depression or anxiety. It also helps supporters learn how to respond when someone is struggling to take care of themselves and keep themselves safe.

When: The workshop is a 24-hour-long program, offered over several weeks. Classes run one day/week for four hours over six weeks or one day/week for three hours over eight weeks.

QUIT SMOKING

Smoking is the most preventable cause of death in the United States. Get the support you need to quit tobacco with a small group of other people who are trying to quit too.

When: Participants meet for a total of four weeks, once a week, for an hour.

WHEN ADULTS RETHINK CHALLENGING KIDS, AMAZING THINGS CAN HAPPEN: A FAMILY/CAREGIVER SUPPORT GROUP

When: First Saturday of the Month, 9-10:30 a.m.

For specific dates, workshop locations or questions, contact Samantha at (802) 674-7089 or CHO@mahhc.org.
Mt. Ascutney Hospital Achieves Energy Star® Facility Status

MAHHC has been honored with the U.S. Environmental Protection Agency’s (EPA) 2018 ENERGY STAR certification for performing in the top 25% of all hospitals nationwide that have achieved ENERGY STAR status and is the highest scoring hospital in Vermont. “Earning the ENERGY STAR certification has been a true team effort and we’re honored to accept this recognition of our work to make Mt. Ascutney Hospital more energy efficient,” said Dr. Joseph Perras, President, CEO, and Chief Medical Officer. “Through this achievement, we have demonstrated our commitment to environmental stewardship, lowered our energy costs, and provided a better healing environment for our patients.”

ENSURING HEART HEALTH RIGHT HERE

Cardiac care, dealing with abnormalities and diseases of the heart, is now available locally for adults at Mt. Ascutney Hospital and Health Center with the addition of board-certified cardiologist, Dr. Shawn M. Ahmad. Dr. Ahmad will provide initial consultations and follow-up appointments on an outpatient basis at the Hospital’s primary care clinic. Dr. Ahmad’s focus is on diagnostic cardiology and noninvasive treatment, with cardiac procedures being referred to DHMC. A graduate of New York University School of Medicine, Dr. Ahmad completed his residency at the Robert Wood Johnson Medical School at Rutgers University, and was a fellow in both Cardiology and Cardiac Imaging at DHMC. “We are always studying the communities we serve to ensure we offer the right care,” said MAHHC President, CEO, and Chief Medical Officer, Dr. Brent White. “Dr. Ahmad’s skill and expertise augment our ability to provide a full spectrum of health care for people right here in Windsor. We’re excited to welcome Dr. Ahmad and cardiology to our Hospital.”

National Organizations Recognize Mt. Ascutney Hospital and Health Center’s Excellence

Following an extensive review, the Acute Rehabilitation Center at MAHHC has earned renewed three-year accreditation from the Commission on Accreditation of Rehabilitation Facilities (CARF). CARF surveyors comprehensively examined the Hospital’s outpatient acute rehabilitation program, from pre-admission to administration of care, to post-discharge with follow-up, a focus on the Center’s multidisciplinary team approach. According to Director of Rehabilitation Services Belinda Needham-Shorpioen, “CARF only bestows accreditation upon hospitals that demonstrate an ongoing commitment to quality improvement, a focus on patients, and continual monitoring of our results. This demonstrates that we’re devoted to doing things the right way.”

Moreover, the National Committee for Quality Assurance (NCQA), a private, non-profit organization dedicated to improving health care quality, has awarded MAHHC and Ottauquechee Health Center Level 3 Recognition – the highest level attainable – as a Patient-Centered Medical Home™. This is the third consecutive time the Hospital has earned NCQA recognition.

The Patient-Centered Medical Home is a care delivery model in which treatment is coordinated through primary care physicians to ensure that patients receive care when and where needed, and are active partners in their health care. This partnership gives patients better access to care, better understanding of treatment options, and results in better management of chronic conditions.

Move Better Without Going Far – Joanna Flynn and Linda Hazard provide local physical therapy expertise at Ottauquechee Health Center

Experiencing an injury or illness, recovering from surgery, or simple aging can slow you down. Effective physical therapy can help you keep moving forward, and expert therapists Joanna Flynn and Linda Hazard at Ottauquechee Health Center are here to get you back to your optimal level of strength and mobility. Joanna is a new face at OHC who enjoys working with people of all ages as she focuses on orthopedic and neurological conditions. In 2014, she was certified in LSVT BIG, an exercise treatment program for patients with Parkinson’s Disease based on the principle that the brain can learn and change. She has also worked with patients with spinal cord injuries and MS and is trained in the Mulligan technique, taping and instrument-assisted soft tissue mobilization.

If you need physical therapy, talk to your provider, and count on Joanna and Linda at Ottauquechee Health Center.

Good Things Cooking in the Café

To better serve our visitors and staff, Mt. Ascutney Hospital’s Café recently underwent a major renovation. Changes were made to improve the flow of customer traffic while providing faster service, better lighting, and improved energy efficiency. Our thanks again to everyone in our Nutrition Services Department for their continued focus and good spirits while in the midst of a challenging renovation. And congratulations for achieving “Team of the Month” status in March!

Vermont Family Based Approach: Engaging the Community to promote Health and Wellness

Maintaining wellness is far more than going to the doctor when you’re sick. That’s why we have been working in the state of Vermont to implement a family based approach to health and wellness, integrated into our Pediatric Clinic. According to Jill Lonn, RN, MS, Director of Community Health at MAHHC, the program is a response to community needs. “Strengthening and supporting families is one of the single most important things we can do to promote everyday wellness. This includes promoting parental resilience, building social connections, improving knowledge of parenting and child development, providing support in times of need, and building the social and emotional competence of children,” said Lonn. “We know that ensuring children’s health is about being proactive, not just reactive. Building strong families from the ground up will improve wellness and health care costs. It’s the right thing to do.”

The Vermont Family Based Approach to wellness is rooted in a program developed by Dr. James Hudziak at the University of Vermont’s Larner College of Medicine. It’s based on the principle that, particularly emotional health, runs in families, and that with support and guidance people can learn to grow strong in both physical and emotional health and well-being. Families at the Pediatric Clinic are teamed with a Family Wellness Coach who conducts an assessment of eight different metrics: nutrition, sleep and rest, mindfulness and stress management, reading, exercise, music, community involvement, and parenting. The Coach then works with the family to design an individualized wellness plan with goals and metrics most important to achieving them. “Getting people engaged with their health, empowering them to create wellness for their family members, and building stronger ties to their communities can have real benefits in terms of wellness,” explained Lonn.

Promoting Smarter Antibiotic Stewardship

Since the identification of penicillin in 1928, antibiotics have earned their reputation as “miracle drugs,” allowing caregivers to successfully treat and prevent a wide range of bacterial infections that were previously untreatable. Countless lives have been saved. There is a downside, however; antibiotic resistance has grown due to widespread overuse of these drugs. Generations of doctors and patients have grown reliant on antibiotic prescriptions, even in cases such as viral illness, where they have no effect. Overuse of antibiotics has resulted in many bacterial strains evolving to have stronger resistance.

Growing antibiotic resistance is a serious global health challenge, hospitals and providers are taking action. MAHHC is currently implementing an antibiotic stewardship program based on core elements of the Centers for Disease Control (CDC) guidelines. Dr. Herbert By, a full-time Hospitalist at MAHHC, and MAHHC Infection Prevention Specialist, Margaret Worth, RN CPHQ, have been instrumental in crafting the Hospital’s plan of action. Worth says, “The CDC identifies the first step in an effective antibiotic stewardship program as a demonstrated commitment from leadership to combat the problem.”

Worth and Dr. Ip have collaborated on the Hospital’s antibiotic stewardship policy and are working on its implementation with providers on the Hospital’s inpatient units. They’re introducing tools such as reference posters that providers can use to determine when to prescribe antibiotics, and which antibiotics to prescribe based on the diagnosis. Such tools will be available to staff as part of the Hospital’s electronic medical record as well.

“We all share a common commitment to ensuring patient safety and community health, and our community is key to our efforts,” explains Worth. “As we change how we prescribe and use antibiotics, it is also vital for patients to know that they are stewards as much as the doctors. We all have a part to play in keeping antibiotics effective by using prescriptions correctly, by avoiding sharing medication that wasn’t prescribed for us, and by understanding that antibiotics are only useful in certain circumstances.” More information about smart antibiotic use can be found at www.cdc.gov/getsmart.

Joanna Flynn, PT

Joanna Flynn, PT

Dr. Shawn Ahmad

Mt. Ascutney Hospital’s Café® Patient Portal

More access and more convenience are at the heart of Mt. Ascutney Hospital’s Café® Patient Portal. With my MAHHC Patient Portal, you will find all your health-related information in one place, and have 24/7 access through your personal, easy-to-use online web portal. Use a computer, smartphone or tablet to access your medical information at your convenience, anytime, anywhere. Request prescription renewals, ask your health care team non-emergency questions anytime of the day. View your lab results. Pay your bills online (coming soon), and more! Get more information or enroll at mtascutneyhospital.org

Chelsee Curran is a board-certified Family Nurse Practitioner who is experienced in providing care for adults with complex medical problems.

“From the esophagus to the stomach, small intestine, colon, liver, and other organs, digestion is a complex system,” says MAHHC President, CEO, and Chief Medical Officer Dr. Joseph Perras, “and we’re fortunate to have such skilled professionals strengthening this crucial care we provide to patients.”
Thank you for investing in a healthier community!

With the community’s support, the Positively Vital capital campaign was a resounding success. Gifts from more than 800 caring citizens yielded more than $2.1 million to enhance health and well-being for everyone we serve. Thanks to our donors, we’ve completed this project to improve the quality and safety of care. Enhancements include:

- New Inpatient Acute Rehabilitation Center with twice as much space as before, featuring all private rooms, a physical therapy gym, and much more (Take a virtual tour by going to MtAscutneyHospital.org and search the Rehabilitation Services tab);
- New Outpatient Rehabilitation Therapies Unit, with all services in one convenient space;
- Remodeled patient rooms, now with all private, single rooms;
- Redesigned Pharmacy to ensure patient safety and medication security;
- Upgraded electrical, plumbing, heating, cooling, and ventilation systems for increased safety and comfort.

Meanwhile, at Ottaquechee Health Center in Woodstock, we’ve introduced a new digital x-ray system and many other improvements. Our thanks to the community for its generosity and its commitment to high quality, local health care. You are Positively Vital to the health of all those in the Window-Woodstock region!

HISTORIC HOMES OF RUNNEMEDE LAUNCHES NEW WEBSITE

Pay a virtual visit to Historic Homes of Runnemede, MAHHC’s long-term senior living home. Go to hhrliving.org to learn more about our unique community approach to residential care for seniors housed in three beautifully restored 19th century mansions.

Medicine on the Move – Dermatologist Dr. Jose Peraza Comes to the Professional Building; Physiatrist Dr. Annie Mason moves to the Main Building

For years, Dr. Jose Peraza provided expert dermatological care from an office in the Primary Care Clinic at Mt. Ascutney Hospital. His office recently moved to the Professional Building, close to other specialist practices. Patients seeking Dr. Peraza may check-in at the upper level’s Specialists Registration Area. Meanwhile, physiatrist Dr. Annie Mason has moved her practice from the Professional Office Building to the main building at MAHHC. The entrance and registration desks are located next to Outpatient Therapies and the Miller Therapeutic Pool. This will make it easier for patients to access Dr. Mason’s office from the Hospital parking lot, along with other rehabilitation providers and services.

Collaboration is Key – Facing Local Health Challenges Together

By Alli Card, RN, MS; Director of Community Health

From alcohol, tobacco and opioid misuse to poor nutrition and lack of health-care access, people in our communities face many serious health challenges. As a community hospital, MAHHC’s goal is to ensure people are not facing them alone. MAHHC is committed to understanding the region’s most pressing health challenges by regularly conducting a Community Health Needs Assessment. Based on these survey results and in partnership with more than a dozen community-minded organizations at the state and local level, we take preventative action to keep our community healthy.

It’s a time to complete the 2018 Community Health Needs Assessment and we want to hear from you. You can have a real impact on the health and wellness of our community when you take a few moments to fill out this important survey. You can access the survey at MtAscutneyHospital.org/CHNA.

Getting Onboard with Baby-Friendly and Breastfeeding-Friendly Workplace Practices

“Baby-friendly” is a 20 year old designation that recognizes maternity hospitals and birthing centers that show a dedication to breastfeeding as a path to improving maternal and infant health. The Breastfeeding-Friendly Pediatric Office, as outlined by the American Academy of Pediatrics in a recent [April, 2017] clinical report, makes 19 recommendations to create a breastfeeding-friendly pediatric office. MAHHC and OHC pediatrics follow these evidence-based recommendations to support breastfeeding mothers, infants, and families. An important point made in this clinical report is that since mothers are only in the hospital for a few days, the majority of breastfeeding support occurs OUTSIDE of the Hospital, in the community, or ideally through a pediatric office that is well versed in breastfeeding management and support.

Breastfed babies are less likely to suffer from serious illnesses, such as asthma, respiratory infections and ear infections. Studies have also shown that the health benefits of breastfeeding extend far beyond infancy. Adults who were breastfed are less likely to develop risk factors for heart disease, including high blood pressure and obesity. In addition, mothers who breastfeed appear to have lower risk of developing heart disease, breast cancer, and ovarian cancer (among other conditions), later in life.

One of the things the Academy recommends is educating staff to provide breastfeeding support to families from birth through as long as a family chooses to breastfeed. This includes assisting families to establish strong feeding practices and supporting them through later challenges such as returning to work, changes in milk supply and transitioning to table foods.

In addition to having a Certified Lactation Counselor (CLC) and an International Board-Certified Lactation Counselor (IBCLC) on staff to support families over the phone and conduct lactation visits, some of the other steps we’ve taken include displaying breastfeeding supportive messages, offering spaces in which to breastfeed or pump, and making breastfeeding supplies available to mothers while they are in the office. By becoming a baby-friendly office and breastfeeding-friendly workplace, we’re ultimately improving the health of our community by enabling families to confidently and comfortably breastfeed.

LEESA TAFT, APN NAMED ASSOCIATE MEDICAL DIRECTOR

Leesa Taft, APN was appointed Associate Medical Director in the Fall of 2017. In this role, Taft serves as a member of the primary care management team and as clinical team leader for Internal Medicine at the Windsor practice. She oversees clinical practice for nurse practitioners and physician assistants, while continuing her role as a primary care provider.

Taft is currently a UNH Doctoral Candidate to become a Doctor of Nursing Practice, with an anticipated graduation in 2018.

NEW CT SCANNER

New advanced CT scanner equipment has been installed at MAHHC. The equipment improves image quality, reduces radiation dosage, and increases the ability to diagnose, that can lead to more effective treatment and better outcomes.

The latest technology provides:

- Software that improves imaging in patients with small metal implants. For example, hip replacements, dental implants, or surgical clips;
- Improved dose reduction allowing us to reduce patient radiation dosage by up to 70%;
- Streamlined workflow, which shortens the time from start to finish for patients;
- A wider opening so patients don’t feel as confined.

PREFER A LITTLE EXTRA PRIVACY?

We care about your privacy. If you prefer not to tell our staff about why you are here, or what you need to say at checkout, please ask for our ARC (Alternate Registration & Checkout) form.

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NURSING AT MT. ASCUTCHEY HOSPITAL AND HEALTH CENTER - REGISTERED NURSE FELICIA MURRAY EMBRACES THE OPPORTUNITIES

Felicia Murray loves challenges. For fun, she navigates daunting obstacles and tests her endurance in Spartan Races. As a registered nurse and President of the Interdisciplinary Clinical Practice Governance at MAHHC, Felicia also tests herself against important challenges as she manages patients in the Hospital’s Medical/Surgical unit.

Felicia, who’s called this area home since childhood, remembers MAHHC always being part of her family’s life. And when an experience helping to care for her grandmother inspired her to enter the health care field, it seemed natural that she would one day help others at MAHHC.

The scale of a community hospital appeals to Felicia, who says, “It’s a perfect place to practice your skills, and really get to know the patients in your care.” She enjoys working with the Employee Wellness program which provides incentives for employees who work to maintain fitness, and credits MAHHC’s tuition reimbursement program with helping her advance from an LNA to LPN to RN since joining the Hospital in 2013. But the most important aspect of working here for Felicia? It’s the people. “My coworkers are so helpful. Any time there’s an issue, there’s someone here to talk to. The CEO knows your name and says ‘hello’ as you pass in the hall. We really are a team.”

MAHHC is currently seeking talented nurses to join our team. Apply online at MtAscutneyHospital.org.

VeggieVanGo™ – Mobile Nutrition Program Provides Free Fresh Veggies

Eating three to five servings of fresh veggies each day is important for good health, and thanks to VeggieVanGo, a mobile nutrition program of the Vermont Foodbank, fresh produce is now more readily available to people facing hunger.

VeggieVanGo distributes produce at MAHHC on the second Tuesday of each month from 10:00 to 11:00 a.m. If you know someone who could benefit from receiving FREE fresh veggies, be sure to tell them. And if you could benefit from the program we hope you’ll also drop by! Just look for the VeggieVanGo signs.
We're excited to welcome board-certified pediatrician Patricia Staley, MD to the staff of the Ottauquechee Health Center (OHC), in Woodstock. Dr. Staley provides added Pediatrics support for the OHC, which recently bid farewell to Dr. Michael Kilcullen, who retired from medical practice following more than 30 years of caring for young people. Dr. Staley is accepting new patients and is part of a team of expert caregivers who work together to make sure every family receives high-quality pediatric care, close to home. She provides comprehensive medical care—from infant care to annual check-ups—by taking a holistic, family-centered approach to wellness. Dr. Staley earned her medical degree from the Penn State Hershey College of Medicine and completed her Pediatrics residency at UCLA, including participation in their Child Health and Advocacy track. Her previous experience includes three years on the Navajo Reservation in Chinle, AZ, and outpatient and inpatient pediatric care at Christus St. Vincent Medical Center in Santa Fe, New Mexico.

Appointments with Dr. Staley can be made by calling Ottauquechee Health Center in Woodstock at (802) 457-3030.

**COMMUNITY TILE MAKING PROJECT**

During the week of October 22, 2018, a special art project will begin to take shape at Woodstock Elementary School. Noted tile artist Robert Rossel will be in residence in the art classroom for the week, working with students during the school day and community members after school on the weekends to create a 99 square-foot mosaic mural in honor of the late Dr. Michael Kilcullen’s many contributions to the town’s health care system. The finished piece will be installed on the Ottauquechee Health Center building facing Pleasant Street. More details will go out soon about how you can get involved in this community project. Please contact our Development office at (802) 674-7321 or email mahdev@mahhc.org.

**Help support our mission to serve our communities with excellent health care**

**SAVE THE DATES**

The 36th Annual MAH Classic golf tournament is coming once again to the Woodstock Country Club on Monday, June 18. The entry fee is $195 per player and your day on the course will include a barbecue lunch, huge silent auction, and other surprises. Proceeds from this year’s Classic will benefit clinical programs for patients at the Hospital and Ottauquechee Health Center. Visit VTgolf.org, call (802) 674-7088 or email mahclassic@mahhc.org to learn more.