Mt. Ascutney Hospital Laboratory Accredited by College of American Pathologists

On January 2, 2019, the Accreditation Committee of the College of American Pathologists (CAP) awarded two-year accreditation to the MAHHC laboratory based on results of a recent on-site inspection conducted by CAP inspectors. The inspection team included practicing pathology and laboratory medicine professionals.

Our lab is one of more than 8,000 CAP-accredited facilities worldwide. The accreditation reflects the hard work of the lab team under the direction of former Laboratory Operations Manager Otelah Perry, MS, MT(ASCP), CMAQOE (ASQ), who recently became our Director of Quality, Patient Safety, and Compliance (see article on page 2). The lab's high standards continue under the direction of new Lab Operations Manager Lana Moody, MT(AMT), MLT (ASCP) (see article on page 4).

CAP inspectors examine the laboratory’s records and quality control of procedures for the preceding two years. CAP inspectors also examine laboratory staff qualifications, equipment, facilities, safety program and record, and overall management.

Congratulations to the pathology and laboratory medicine team for this significant accomplishment that further demonstrates our commitment to high-quality patient care here at MAHHC.

When it comes to protecting your kids, it’s easy to plug light sockets and keep sharp objects out of reach. But when it comes to bacteria and viruses, you need extra help. For decades, vaccines have safely protected young people from dangerous illnesses like the measles and the bacteria that cause meningitis. In fact, vaccines have caused a 99 percent decline in certain bacterial infections, making them very rare. “Vaccination against these bacteria has been a game changer since the days when I was an intern.” says Dr. Mary Bender, one of Mt. Ascutney Hospital’s pediatricians. “For example, when a parent calls about a seven month old with a fever, one of the first things we do is to verify that the child is fully vaccinated. If they are, their chance of serious bacterial infection is very low.”

For children who are unvaccinated and have a fever of 102.2° or greater, some estimates suggest that as many as 5 to 8 percent of them have a serious infection in their bloodstream (bacteremia) or around their brain (meningitis). But for children who are fully vaccinated, the risk of bloodstream and brain infections is less than 0.001 percent.

Dr. Bender says that most parents in our area are vigilant about vaccines. However, multiple resurgences of vaccine-preventable diseases have occurred in the U.S. since the 1980s. For instance, after being declared eliminated in the U.S. in 2000, measles is back. Just 4 hours away, Rockland County, New York has reported 231 cases of measles so far this year. There have also been cases in Connecticut, New Hampshire, and many other states across the country. In fact, the 465 reported cases of measles in the U.S. through April 15, 2019, has already exceeded the 372 cases reported for all of 2018. Most children who get measles during outbreaks get sick because they are unvaccinated. For every 1,000 kids who contract measles, 1 to 2 will die. This is serious.

It sounds strange, but one reason some people are hesitant about vaccines may actually be the widespread success of immunization. Most vaccine preventable illnesses are at historically low levels. That’s great news! But this has masked the health dangers of once-prevalent communicable infections, causing some parents to be unaware of the threat that these diseases pose.

At Mt. Ascutney Hospital and Ottauquechee Health Center, our teams of providers and nurses are committed to helping parents keep their children safe by vaccinating children according to guidelines established by the American Academy of Pediatrics. Dr. Bender remarks, “I’m proud of our nurses’ robust pre-visit planning, which prompts providers to offer vaccinations at every opportunity, both at well visits, and even if a child is being seen for allergies or a sprained ankle.” Give your children the best possible protection. Talk to us about vaccinations today.

Thanks to the efforts of the entire laboratory team, our small-town hospital has a world-class laboratory.”

~ Otelah Perry, Director of Quality, Patient Safety, and Compliance
Rehabilitation Reunion

The Hospital reaffirmed its commitment to patients and the community as part of the 26th annual Rehabilitation Reunion in late September 2018. Focused on a theme of resilience, the event was part of the celebration of National Rehabilitation Awareness Week, and saw Center alumni and their families reunite with Rehabilitation Center staff to reflect on their journeys in the recovery of strength, coordination, and mobility following injury, surgery, or illness.

John Fenley, a former patient who rehabilitated at the Center following multiple brain surgeries, delivered the event’s keynote address.

“We’ve all been through a lot,” he said. “And we’re all recovering. I feel blessed to see all the faces of the people who helped me get up and walk again.”

Director of Rehabilitation Services Belinda Needham-Shophour declared the Hospital Rehabilitation Center a team and acknowledged their departure from the program.

“This is a day for staff, patients, and family members to realize that we travel this journey together. This journey may be challenging, and resilience is something we need to remember every day.”

“We’ve all been through a lot, and we’re all recovering. I feel blessed to see all the faces of the people who helped me get up and walk again.”

From the CEO

OneCare Vermont and the Changing Health Care Landscape

Here at MAHHC, as we respond to new technologies, reimbursement models, and rising expenses, we continually remind ourselves to keep the experience of our patients at the forefront of all our efforts. Whether in the primary care clinic, the Emergency Department, the acute Rehabilitation Center, or the operating room, we know that providing high-value care to our patients remains the single most important thing we do each day.

With this principle guiding us, in 2018 our Hospital entered into the A-PlusPayer Model as part of our state-wide accountable organization (ACO), OneCare Vermont (see right sidebar). Caregivers and health care organizations are taking a unified approach to ensureing high-quality care while lowering costs, connecting via software platforms such as CareNavigators, and discussing serving patients at in-person forums. The ultimate goal is to transform health care for the entire population.

While we won’t know the full accounting of our 2019 experience until later in 2019, we appear to have performed as expected with continued high-quality care and controlled costs. This is reassuring as we enter 2019 with a significantly larger commitment to OneCare Vermont, and substantial financial risk if we do not continue to perform well from quality and cost perspectives.

I am confident that the employers and providers of MAHHC will continue their excellent work in support of our patients and that we will remain fiscally strong. We are recruiting more physicians to our clinical practices and growing our specialty services, part of the Mt. Ascutney Hospital and Health System. While the local health care landscape is uncertain, I continue to be optimistic regarding the role of MAHHC in our region.

Our optimism is founded on our unwavering commitment to high-quality patient care and the dedication of all the employees of MAHHC.

Joseph Perry, MD
President and CEO, Chief Medical Officer

AACVR Certification in Cardiac Rehabilitation

Our Cardiac Rehabilitation Program earned national recognition this past November from the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR). This three-year certification recognizes MAHHC's commitment to improving the quality of life by enhancing standards of care.

The Cardiac Rehabilitation Program at MAHHC is designed to help people with cardiovascular issues such as myocardial infarction, coronary stent placement or bypass surgery, heart valve repair or replacement, and, in some cases, congestive heart failure, to recover faster and improve their quality of life.

The Mt. Ascutney Hospital Cardiac Rehabilitation Program’s AACVPR certification follows a three-year investment in developing an expansion of cardiac rehabilitation capabilities, increasing program hours, and developing an array of educational programming for patients and their families.

According to Dr. Ivan Levin, Medical Director of Cardiac Rehabilitation, MAHHC participated in an application process that requires extensive documentation of program practices. The AACVPR certification process is the only peer-reviewed accreditation process that reviews the programs of individual hospitals according to standards set by the AACVPR. The prestigious certification recognizes MAHHC’s cardiac rehabilitation program as among the most advanced practices available.

Today, the program is offered up to five days a week and is administered by a team of four nurses. Patients receive care over 36 sessions, with personalized exercise routines and education in the areas of nutrition, smoking cessation, and general wellness.

It’s an important investment for us to make because we know that effective cardiac rehabilitation saves lives,” says Levin.

AACVPR CERTIFIED PROGRAM

Shedding Light on Sustainability

We are taking another significant step forward in our ongoing efforts to become a more sustainable facility, working with Norinch Solar Technologies which have installed 2,000 off-grid solar panels to help power MAHHC’s Windsor campus. The solar array, located off of Route 4 in Hartland, Vermont, will power the equivalent of 100 homes, and offset 20 million pounds of carbon dioxide over its 25-year lifetime. Paul Calandrella, COO of MAHHC, said “We are an Energy Star certified health facility and we are pleased to be participating as the recipient of solar energy credits for a solar field being built by Norinch Solar Technologies, thereby conserving energy. The more we can reduce our carbon footprint, the better for the environment. Along the way we and the taxpayers save money.” Construction began in November 2018 and is now completed.

OneCare Vermont (OCV) brings together payers, accountable care organizations, and providers to deliver high quality care to Vermonters and to lower health care costs. As an ACO, OneCare Vermont gives doctors access to resources to coordinate patient care and services within their communities. By sharing information and working together, providers can do more to help patients obtain the best possible care. Mt. Ascutney Hospital and Health Center, and its providers, are fully engaged in OCV. If you are a Vermonter with Medicare, Medicaid, or Blue Cross/Blue Shield through the state exchange, and your primary care is established with us, then you are “covered” to MAHHC. We are responsible for providing you with high quality care and for controlling overall health care costs.

If my doctor is in an ACO, will my health insurance benefits change?

• OCV does not change your health insurance coverage
• You may still see any provider you choose, as allowed by your health plan
• Your doctor(s) will not change

How will OneCare Vermont Benefit Patients?

• OCV makes it easier for your doctors to share information and work together
• OCV makes preventive medicine a priority in order to keep you healthy
• OCV rewards your providers for giving high quality care and focusing on overall affordability

30.3 million people are living with diabetes—that’s one out of ten people who don’t produce enough insulin, or don’t process it properly. That number includes a lot of people right here in the Upper Valley. Medical costs for adults with diabetes is more than twice as high as those for people without diabetes, and the risk of death is 50 percent higher, with complications that can include blindness, kidney failure, heart disease, stroke, or loss of toes or limbs.

Diabetes is a serious disease. That’s why we’re taking serious steps to help keep you healthy.

30.3 M I L L I O N

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30.3 million people have diabetes

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The good news is that diabetes can be managed, and you can lead a good life with the right behaviors, medication, and medical support. Most of all, be sure to stay in close contact with your provider. MAHHC offers regular diabetes support groups that provide education and encouragement in changing your diet, stopping smoking, exercising, and managing your symptoms. Learn more at diabetes.org or 1-800-Diabetes, and be sure to check out the diabetes facts and tips on our digital signs throughout Mt. Ascutney Hospital and Ottauquechee Health Center.

It’s an important investment for us to make because we know that effective cardiac rehabilitation saves lives,” says Levin.

 nxtsidebar.jpg

AACVP CERTIFIED PROGRAM
Introducing Laboratory Operations Manager Lara Moody, MT (AMT), MLT (ASCP)

In December 2018, Lara Moody, MT(AMT), MLT (ASCP) became the Hospital’s new Laboratory Operations Manager. Moody had been with D-H Pathology & Laboratory Medicine since 2001, when she started as a generalist on the evening shift. More recently, she worked as a Clinical Lab Scientist, successfully leading the Point-of-Care program at D-H. Moody received her Bachelor of Science in Health Science from Southern New Hampshire University, and has an associate’s degree from River Valley Community College. Terri Demond, Ancillary Services Director, says that Moody’s experience will help the lab to “maintain regulatory readiness, while continuing to integrate what we do with the D-H system to better serve patients. We’re delighted to welcome her to Mt. Ascutney Hospital.”

Wendy Tetrault, RN named Nurse Manager of Perioperative Services

Perioperative care covers all phases of a patient’s surgical experience, from admission through surgery to post-operative recovery. Wendy Tetrault was recently appointed as the Hospital’s Nurse Manager of Perioperative Services, responsible for coordinating nursing care at every step of each patient’s surgical care. She came to Mt. Ascutney Hospital as a staff nurse in 2011 from Valley Regional Hospital’s Maternal Child Health unit. She then completed the Perioperative 101 course at D-HMC and began work in our OR. In 2015, Tetrault became the Clinical Supervisor in the OR/SDS department, and in 2016 she obtained her CNOR certification—the only accredited certification for perioperative registered nurses. “Wendy is skilled, caring nurse who’s proven herself highly capable of managing the complexities of every stage of surgical care with grace and compassion,” says Interim Chief Nursing Officer Amy Vassey Lynch, MSN, RN. “Wendy is currently one of the best all-around nurses on our team.”

Martaniuk Awarded National Leadership Recognition

In the fall of 2018, the American Society for Healthcare Human Resources Administration (ASHHRA) recognized MAHHC’s Human Resources Director Jean Martaniuk for 40 years of dedication to the Hospital by awarding her the 2018 Gary Willis Recognition Award from the Vermont Society of Human Resources Administrators. This award recognizes mid-level managers and directors who have made outstanding leadership and operational contributions to their organization,” according to ASHHRA. This honor follows Martaniuk’s selection as the recipient of the 2017 HR Professional Award from the Vermont Society of Human Resource Management. A Windsor resident, Martaniuk began working at MAHHC in 1977 in the Accounting Office. After moving to the Human Resources Department as an Accounts Payable/Payroll Technician in 1992, she was promoted to HR Director in 1994. Martaniuk received her award and an honorarium at the ASHHRA conference in Pittsburgh in September.

My team at OHC is truly phenomenal, and always comes together as a family to make sure our patients are cared for.

— Tammy Wright, CMA

“I’ve been a Certified Medical Assistant since 2007, celebrating 12 years at Ottauquechee Health Center in June. I love working in a small facility, and I had heard that Mt. Ascutney Hospital and Health Center and OHC had a great reputation for being family oriented to staff and patients. As a CMA, I have the opportunity to work in multiple areas, including rooming patients, obtaining vital signs, as well as delivering nursing services and medication with skill. At work, I use an electronic medical record, and I had to adapt to a new software system. As a CMA, I have to think on my feet, which I do constantly in my role. We have a great team of professionals, and we always have a great time working together. I love the flexibility and the work environment, and I feel very much a part of the team.”

“My team at OHC is truly phenomenal, and always comes together as a family to make sure our patients are cared for.”

In pain management, I’m able to develop a relationship with my patients and follow their progress and improvements.

— Tammy Wright, CMA

EXPERIENCING CHRONIC PAIN? WE CAN HELP.

For 50 million Americans, the burden of living with chronic pain can take a physical and emotional toll. Many can find it difficult to lead a full and productive life as pain limits their ability to enjoy aspects of daily living, including work, play, and time with family. But support is here, through the Pain Management Program at Mt. Ascutney Hospital and Health Center.

Here, a dedicated team of professionals supports patients through the process of chronic pain care. By drawing on an extensive expertise of health care providers with traditional and advanced therapy practices, patients can find lasting relief from the conditions they face.

Because every patient is unique, MAHHC meets each individual’s needs with a variety of therapies that can reduce the intensity and impact of conditions related to chronic pain. These therapies include relaxation techniques to reduce pain, reduce muscle tension, and increase activity levels. The Hospital offers meditation and aquatic therapy, as well as non-surgical, non-opioid therapies for people with pain in joints, muscles and bones, from Dr. An niche Mason.

If medical intervention is necessary, Dr. Kim Youngren (see article below) and her team can administer injections of local anesthetics to muscles, joints, or nerve roots to relieve irritation, pain, or muscle spasms.

Managing the mental and emotional burdens that often accompany chronic pain requires a special commitment. MAHHC’s Cognitive Behavioral Therapy can help. By exploring the complex relationship between a person’s thoughts, feelings, and behavior, therapists can teach new attitudes and ways of thought that may lead to self-destructive behaviors and beliefs.

MAHHC also hosts regular workshops developed for chronic pain management. These workshops focus on building practical skills for managing pain, and can be attended by patients and their family as well as caregivers.

THE RIGHT HANDS ARE RIGHT HERE: MEDICAL-SURGICAL SERVICES AT MAHHC

A surgery or any kind of major medical intervention can be a source of anxiety and stress for patients and their loved ones. At MAHHC, we understand the concerns families have before, during, and after a procedure. With a team of specialists dedicated to delivering care at the highest standards and a host of resources for patients and caregivers, the road to recovery doesn’t need to be traveled alone.

MAHHC’s experienced and highly skilled surgeons perform approximately 1,500 surgical procedures every year. Being a small hospital, our emphasis is on providing individualized care. This includes preoperative instruction and teaching, so that you can arrive as prepared and informed about the nature and expected duration of your procedure. Our surgical coordinators assist in pre-admission testing and x-rays, and provide a detailed list of instructions before your surgery and discharge. Our surgical suite allows operation to help you make your procedure as smooth as possible. Advanced support is always close by, from the medical staff and surgical staff at the Dartmouth-Hitchcock. Patients who are admitted to the Emergency Department at MAHHC, in Windsor can receive additional care and expertise in real time: by simply pushing a button on the wall at the time of need, certified ED providers and experienced nurses through a two-way, high-definition videoconference link. Advances in medical technology have made surgery safer than ever before. Should our team discover that a patient is not a candidate for specialized care, ambulance and DHART helicopter service ensure DHMC is always close by.

After your procedure, care includes pain management and comfort measures that supplement your discharge instructions. Our staff will follow up to see that you are recovering as expected. Mt. Ascutney Hospital provides an array of surgical specialties including anesthesia, eye surgery, breast & lymph procedure, gynecology, vascular surgery, and podiatry. At every stage of your experience, our goal is care tailored to you and your needs.

Dr. Kim Youngren joins pain management team

Last fall, our medical team grew with the addition of Dr. Kim Youngren, a medical specialist who focuses on acute and chronic pain. Youngren works in the MAHHC Professional Building with patients who experience head, neck, back, shoulder, knee, abdominal, limb, disc, and spinal pain, post-surgical pain, shoulder, and hip pain. She is also responsible for the management of cancer, diabetic neuropathy, and pain stemming from work-related injuries.

“I want to help people have a higher quality of life, return to work and the other activities they enjoy,” she says.

Every patient is different and the treatment options Youngren can prescribe are diverse. Some of these treatments include local anesthetics, steroid injections, and trigger point injections. MAHHC also has access to non-invasive radio-frequency treatment, which uses heat to shut down nerves that send pain signals to the brain. Youngren works with Dr. Anne Mason, who provides non-opioid and non-surgical therapies for patients away from musculoskeletal pain. Together, they provide an array of solutions to overcome pain from illness, injury, surgery, or other causes.

Dr. Youngren performed her residency at the University of Connecticut, where she served as chief resident. She has completed a fellowship in acute pain and regional anesthesia at Hartford Hospital in Hartford, Connecticut, and a chronic pain fellowship at Dartmouth-Hitchcock. She is board-certified in psychiatry, anesthesia, and American Academy of Pain Medicine. Youngren formerly worked as an anesthesiologist and treated patients who were dealing with pain from surgery. As part of her current work in the Pain Clinic, Youngren says she enjoys the close contact she has with her patients.

“In pain management, I’m able to develop a relationship with my patients and follow their progress and improvements,” she says. “It’s by far the most satisfying part of my job.”

Health care professionals: You can help people heal at Mt. Ascutney Hospital and Health Center in Windsor or Ottauquechee Health Center in Woodstock. Visit MAAscutneyHospital.org/Careers for current opportunities.

Mr. Ascutney Hospital and Health Center is an Equal Opportunity Employer and member of the Dartmouth-Hitchcock Health system.
Employee Service Awards

Ensuring the health and wellness of our communities is a calling, and it can be the career of a lifetime. Congratulations to these employees for marking major milestones of service through 2018.

30 YEARS

Roger Parent

25 YEARS

Patricia French • Bonnie Paquette • Kathleen Geagan, MD

20 YEARS

Elizabeth Burghardt • Geneva King • Donna O’Neill

15 YEARS

Amy Healy • Cheryl Beauleau • Luther Demont • Terri Demond • Jamie Lockwood

10 YEARS

Wendy Marsh • Margaret Worth • Shari Bragg • Scott Shuttuck • Emily Weld • Doreen Balou

5 YEARS

Kimberly Akins, MD • Chelsea Anderson • Suzanne Barbour • Rita Bennett

Local people are helping set priorities for community health and wellness as participants in a series of summit meetings, part of the MAHHC’s local assessment done in partnership with Dartmouth-Hitchcock Medical Center. MAHHC’s local assessment is done in partnership with Dartmouth-Hitchcock Medical Center.

Call for your first colonoscopy at (802) 674-7217.

Reaching the Summit Together: Community meetings chart a course for better health and wellness

Local people are helping set priorities for community health and wellness as participants in a series of summit meetings, part of "Reaching the Summit Together: Community meetings chart a course for better health and wellness". The summits brought together healthcare experts, town leaders, and residents to identify the region’s most pressing health and wellness needs, and develop plans for action. Attendees learned about the outcomes of the previous assessment, and were given the opportunity to help set and meet new goals on an array of health topics.

Four workgroups were selected from the two summits: alcohol and substance misuse prevention, strengthening families, affordable housing, and support for seniors. Each workgroup will take part in a Learning Collaborative that will meet three times during 2019, as they study best practices and develop goals and strategies to improve outcomes for their assigned topic. The groups will combine their findings to formulate the Community Health Implementation Plan, which will be executed over the three-year period in advance of the next Community Health Needs Assessment in 2021. MAHHC’s local assessment is done in partnership with Dartmouth-Hitchcock Medical Center.

The group will evaluate the needs of the entire population with Dartmouth-Hitchcock Medical Center, Alco Pack Day Hospital, New London Hospital, and Valley Regional Healthcare, who share information to form a comprehensive survey of regional population health. The current Community Health Needs Assessment can be viewed at mtascutneyhospital.org/CHNA.

Improving image quality means greater comfort.

Maheen Ahmad, MD, Medical Director of Radiology & Imaging

Mt. Ascutney Hospital and Health Center now offers wide-bore magnetic resonance imaging (MRI), combining improved image quality with increased comfort for larger patients and those who experience anxiety or claustrophobia. Now available every Monday at MAHHC in Woodstock, the unit features more open space, more headroom, and shorter imaging time, and produces more highly detailed scans than other “open” MRIs. Talk to your provider to see if this option is right for you.

Connect with Health and Wellness at Market on the Green in Woodstock

Starting on June 5, MAHHC and OHC will once again be attending Woodstock’s Market on the Green, from 3 PM to 6 PM on alternate Wednesdays. Stop by to meet OHC and MAHHC staff and get information about services. Learn about a variety of health issues, with a new topic each week—from diabetes prevention, to smoking cessation, nutrition, and more. Take part in raffles and activities for the whole family.

“Open” MRIs. Talk to your provider to see if this option is right for you.

Tobacco/Nicotine Cessation

Quitting smoking or chewing tobacco is the most important step to a longer and healthier life. Get the support you need. Starting Mondays, March 18-April 8, 5:30-6:30 PM. Four consecutive Mondays. Windsor Recreation Center.

Other Smoking Cessation workshops:

May 6, 13, 20, 27, June 3, 10, 17, 24
For info, contact Sarah Doyle, (802) 674-7089, sarah.doyle@mahhc.org

Diabetes Prevention Program

Reduce your risk and prevent diabetes – we can help. Starting Thursday, April 18, 5:30-7:30 PM.

Mt. Ascutney Hospital and Health Center

16 weekly meetings
For info, contact Sarah Doyle, (802) 674-7089, sarah.doyle@mahhc.org

VeggieVanGo & WIC registration

A mobile nutrition program of the Vermont Foodbank – free fresh veggies to anyone who can benefit – distributed at MAHHC on the second Tuesday of each month from 10:00-11:00 AM.

WIC (Women, Infants, & Children) helps pregnant women, new mothers, and young children eat well, learn about nutrition and stay healthy.

Second Tuesday of each month, 10:00-11:00 AM
April 9, May 14, June 11, July

Emotional Wellness

Learn about how WRAP(R), a Self-Management Program of support, tips, and advice from people who are working toward emotional well-being, can help you stay well and make your life the way you want it to be.

Contact Samantha at (802) 674-7089 or at ChO@mahhc.org

Lift (Living in Fitness Together) - Fall Prevention Study

A study to compare the benefits of alternative physical therapy programs to help older adults at risk for falls. Eight sessions over six weeks to increase strength, balance, and success. Must be 65 years of age with a history of falls or unsteady walking.

Contact Linda Hazard, PT at (802) 674-7295

Healthier Living Workshops: Chronic Pain

For people living with chronic pain for more than three to six months. Learn about pain management through effective communication with your healthcare provider, eating healthy habits, decision making, dealing with emotions, and more. You can live a satisfying, fulfilling life.

For info, contact Sarah Doyle, (802) 674-7089, sarah.doyle@mahhc.org

Advance Directive - Windsor

Make plans for your medical future.

MAHHC offers a free individual session for assistance in how to complete this important document. Sessions are held in Conference Room 1 on the second and fourth Wednesdays of each month. For info or to register, call (802) 674-7483.

Advance Directive - Woodstock

Sessions are held at the Thompson Senior Center on the first Monday of each month from 10:00-11:00 AM. Call (802) 457-3277 for an appointment.

Screenings save lives at every age.

Catching cancer at an early stage can make all the difference… at all stages of life.

Turning 21?

All women are advised to schedule a Pap test at (802) 674-7300.

40 can be fabulous, and an important part of that is breast health.

Make an appointment for a mammogram at (802) 674-7276.

Celebrate your 50th birthday with a meaningful gift:

Call for your first colonoscopy at (802) 674-7217.

Local people are helping set priorities for community health and wellness as participants in a series of summit meetings, part of "Reaching the Summit Together: Community meetings chart a course for better health and wellness". The summits brought together healthcare experts, town leaders, and residents to identify the region’s most pressing health and wellness needs, and develop plans for action. Attendees learned about the outcomes of the previous assessment, and were given the opportunity to help set and meet new goals on an array of health topics.

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Be an everlasting part of community art in Woodstock, Vermont...

Make your mark when you contribute to a project that is bringing people of all ages together to create a beautiful mural for the exterior of Ottauquechee Health Center in Woodstock, VT.

You can sponsor one or more tiles for $100 each to help cover the Project’s cost. Pay tribute to someone special or honor someone you love and respect.

Create a lasting legacy. Contact Charles Clement at (802) 674-7321 or email mahdev@MAHHC.org.