

Miller Therapeutic Pool Makes a Splash

A cornerstone of Mt. Ascutney Hospital's Rehabilitation Center, Miller Therapeutic Pool received a new lease on life this summer with the completion of extensive renovations as part of a \$500,000 project. The upgrades follow 20 years of continuous use by patients and the community for physical therapy, and include mechanical and ventilation upgrades as well as deck and pool resurfacing, locker improvements, and the installation of a large wall mural. Since 1999, the warm-water pool has aided patients and community members who are recovering from

illness or injury, or who need ongoing help staying strong and limber.

It is often part of a treatment plan for people with neurological disorders, chronic pain, orthopedic and postoperative conditions, and heart and lung diseases. The pool, one of only two therapy pools in Vermont, is named for longtime Hospital supporters "Chick" and Olive Miller.

Special thanks to the following people who were instrumental in the original development of Miller Therapeutic Pool:

**Julie Abernathy • Dr. Nancy Bagley • Tarah Cantore • Ann Charness • Michael Denmeade
Ron Fuller • Robert Haight • Jennifer Lynch • Chick Miller • Olive Miller • Belinda Needham-Shropshire
Wayne Parry • Pam Prentiss • Krysia Rodriguez • Richard Slusky • Ed Swiderski.**



Introducing the Mamava Lactation Pod: a Private Space for Nursing

Nursing mothers can now enjoy a private nursing suite designed for breastfeeding or pumping at Mt. Ascutney Hospital and Health Center. Located next to our Primary Care Clinic, the lactation pod is available for use by patients, visitors, and staff. Constructed by leading nursing suite manufacturer Mamava of Burlington, VT, it provides a comfortable, friendly, private space for mothers and babies, with occupancy-activated lighting, two benches, a fold-down table, power outlet and USB port, plus ceiling vents and an

exhaust fan for comfort. MAHHC Chief Operating Officer Paul Calandrella notes, "This nursing suite is operational today due to the combined efforts of many people, from our Medical Staff to our allies in the Auxiliary who helped raise the funds to make the purchase possible. Thanks also to our Wellness Program staff and folks around the Hospital who teamed up to make this a reality."

"This nursing suite is operational today due to the combined efforts of many people."

~ Paul Calandrella, Chief Operating Officer

USING LEAN SIX SIGMA TO ENSURE EFFECTIVE CARE

Maintaining a high standard of care at Mt. Ascutney Hospital and Health Center requires continuous improvement. Our Quality, Patient Safety, and Compliance Team is ensuring high quality care in a safe environment by embracing the Lean Six Sigma method. Lean Six Sigma is used across many industries to improve performance by identifying and reducing waste.

6σ

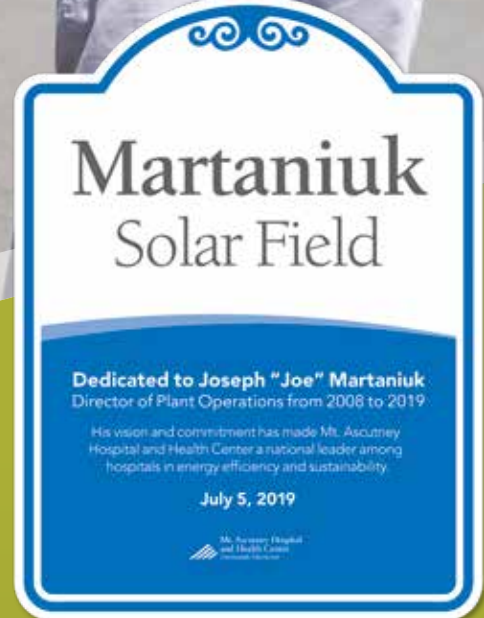
Otelah Perry, our Director of Quality, Patient Safety, and Compliance, says that the Lean Six Sigma approach helps the Hospital make positive changes efficiently and effectively by standardizing project planning, from introducing new safety methods to ensuring hospital-wide compliance with changing regulations. She explains, "By using standard terms and processes, we can brainstorm solutions and evaluate their effectiveness without any misunderstandings that can waste time."

"There isn't a magic wand to quality improvement—it's a lifestyle change."

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

Perry says "There isn't a magic wand to quality improvement—it's a lifestyle change. It takes commitment, time, attention, and perseverance, along with data, tools, structure, and support." MAHHC has committed to Lean Six Sigma by investing in extensive training for the entire Quality team and by offering it to other staff through the D-H Value Institute. "As we work with our colleagues across the Hospital," says Perry, "this approach is having a positive impact on the entire culture. And it's all thanks to the commitment that MAHHC has made at every level to improved patient safety and better patient care."





SOLAR FIELD NAMED FOR RETIRED DIRECTOR OF PLANT OPERATIONS JOE MARTANIUK

The retirement of Joe Martaniuk this year, following 25 years of service to Mt. Ascutney Hospital, created an opportunity to permanently recognize the many contributions he made to the MAHHC health care community.

One such project was the installation of a solar field, a 100 kilowatt array designed to offset 15 percent of the Hospital's energy use while providing significant cost savings. In tribute to his leadership, and his many other contributions, the Hospital was pleased to name its solar field in Joe's honor upon his retirement.

The solar field, together with many other initiatives designed to improve overall sustainability, ultimately resulted in Mt. Ascutney Hospital receiving the Environmental Protection Agency's 2018 Energy Star certification for performing in the top 25 percent of all hospitals nationwide for energy efficiency.

According to Chief Operating Officer Paul Calandrella, "We're honored to name our solar field after Joe as a tribute to his hard work in making us a leader among hospitals."

OneCare Vermont and the Changing Healthcare Landscape

At MAHHC we are focusing on three major themes in our operations plan for 2020: Our Patients, Our People, and Our Community.

We have identified key goals in each area with clear tactics and metrics to ensure that we stay the course and remain faithful to our mission: To improve the lives of those we serve. Examples of those goals and strategies include improving our medical management of patients with diabetes and hypertension, increasing support for the professional development of our employees to invest in their futures, and growing specialty services at MAHHC with the addition of Neurology, Urology, and increased Gastroenterology services in 2020. We remain focused on the wellness of our employees and have broadened the term to institutional wellness as that better reflects our entire portfolio of work.

Our commitment to the highest quality care, delivered in the safest environments for patients and providers, remains steadfast. We do this under complex healthcare regulatory conditions that require constant attention to our finances and our engagement in work to stabilize our local healthcare environment. With a strong leadership team and our incredibly engaged employees, I am confident MAHHC will continue to excel.



Joseph Perras, MD
President and CEO, Chief Medical Officer



Amy Visser-Lynch Appointed Chief Nursing Officer

Say hello to a familiar face. Our new Chief Nursing Officer (CNO) is Amy Visser-Lynch, who knows her way around our hospital as well as she knows nursing. Since joining MAHHC in 2015, the Townshend resident has been Director of Staff Education, Interim Emergency Department Manager, as well as the Interim Director of

Outpatient Clinical Practice before becoming Interim CNO early in 2019. MAHHC President, CEO, and Chief Medical Officer Dr. Joseph Perras says that as CNO, Visser-Lynch "has brought true operational strength to the role, and she is always ready to roll up her sleeves and get the work done. As part of Amy's role with Mt. Ascutney Hospital," continued Dr. Perras, "we will also support her engagement in a year-long Nurse Leadership Fellowship through the American Organization of Nursing Leadership. Amy will continue our work and focus on patient safety and quality nursing practices throughout our organization." A graduate of Florida Keys Community College, and of Walden University, where she earned her Master of Science in Nursing with a concentration in education, Visser-Lynch has also served as a clinical nurse educator, preceptor, clinical coach and other educational and mentoring roles throughout her career. She is a member of the American Nurses Association, Vermont State Nurses Association, American Organization of Nursing Leadership, and Organization of Nurse Leaders. Visser-Lynch serves as the Southeastern Vermont Medical Reserve Corp Unit Coordinator and as Nurse Peer Reviewer for the Northeast Multistate Division.

Mt. Ascutney Prevention Partnership (MAPP) launches new website



Mt. Ascutney Prevention Partnership recently launched a completely refreshed website following an extensive review of its online presence. MAPP helps towns envision the type of community they want and offers guidance on how to implement policies that support that vision.

The new site features newly designed graphics that quickly communicate key information that contributes to a healthy community. It provides resources that promote positive youth development and tips on how to navigate issues related to alcohol, marijuana/CBD, prescription drugs and tobacco/vaping.

Take a tour at MAPPVT.org.



\$450,000 Grant to Build Prevention Network for Substance Misuse

From alcohol to opioids to vaping, substance misuse seriously affects people of all ages in our communities. Now, MAHHC has new resources to address this challenge, thanks to a Prevention Network Grant of \$450,000 from the Vermont Department of Health, Division of Alcohol and Drug Abuse Programs. MAHHC is the sole recipient of the grant, which seeks to reduce substance misuse by building a regional prevention network.

The grant includes the development of a Substance Misuse Prevention Policy Institute plus professional and workforce prevention development. Executive Director Maryann Morris of Londonderry-based prevention non-profit The Collaborative is co-managing the initiative with Regional Prevention Program Manager Melanie Sheehan of MAHHC under a consortium agreement. In addition, the grant will serve as a "data hub" for organizations that may need information related to substance misuse for the



purpose of grant writing or other needs. \$170,000 of the award will be sub-granted to community agencies that serve individuals and entire populations in Windsor and Orange Counties. A request for proposals was released October 7.

Dr. Joseph Perras, President, CEO, and Chief Medical Officer at MAHHC, says, "We are profoundly grateful to the VT Department of Health for recognizing our capacity to effectively address substance misuse through prevention strategy and policy. We are deeply committed to improving community health and promoting wellness. This grant will allow us to make significant investments in prevention at the community level."

myMAHHC PATIENT PORTAL

More access and more convenience are at the heart of Mt. Ascutney Hospital's "myMAHHC Patient Portal." With myMAHHC Patient Portal, you will find all your health care information in one place, and have 24/7 access through your personal, easy-to-use online web portal.



Stay up to date on the latest news and developments at Mt. Ascutney Hospital and Health Center by following our social media channels.

Look for MAHHC on Facebook, YouTube, and Twitter.

TYSON TAFT NAMED NEW PLANT OPERATIONS DIRECTOR

A Hospital employee since 2016, Tyson Taft assumed the role of Director of Operations for the Hospital over the Summer, following the retirement of outgoing Director, Joe Martaniuk. Joe praised Taft, saying "We have an extraordinary staff of medical experts to serve our community. But their expertise can only be fully utilized if the physical plant in which they practice is operating flawlessly. Like any medical practitioner, Tyson understands that focus and commitment to the patient, and respect for staff, leads to improving the lives of those we serve." Chief Operations Officer Paul Calandrella added, "Tyson's comprehensive understanding of our facilities and mechanical systems, and his energy and commitment to MAHHC will ensure that our physical plant is always capable of meeting the expanding challenges of healthcare."



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 2019.

40 YEARS: Donna Mayo

35 YEARS: Brenda Aviles

30 YEARS: Diane Fagan,
Suzanne Miller-Goulet

25 YEARS: William Palmer, MD

20 YEARS: Kathleen Castellini,
Colleen George, Judith Lasure,
Margaret Lizotte, Wanda Russell

15 YEARS: Sarah Amoroso, Tobia Bartlett,
Cassandra Rogers, Judith Shore

10 YEARS: Kimberly Ambrose,
Timothy Flinn, Edward Grant, Melissa Hale, Michael Leathe,
Maggie Moore, Carol Morin, Crystal Munsell, Peter Rauert, MD

PREFER A LITTLE
EXTRA PRIVACY?

Your privacy is critically important. If you'd prefer not to discuss your health needs upon admission or checkout, please request an Alternate Registration & Checkout (ARC) form.



INTRODUCING CLAIRE
CAMPBELL, MD AND
LAURA DUNCAN, MD

The Family Medicine and Internal Medicine team at MAHHC's Windsor campus has expanded with the arrival of Dr. Claire Campbell and Dr. Laura Duncan.

Dr. Campbell, a Family Practice doctor accepting patients of all ages, is a 2016 graduate of Trinity School of Medicine in Alpharetta, Georgia. She completed her residency at Mercy Health St. Elizabeth Family Medicine Residency, in Youngstown, Ohio. Dr. Joe Perras, President, CEO, and Chief Medical Officer says, "Dr. Campbell brings a passion for helping people, a passion she has exhibited as a doctor, and earlier as a medical volunteer in places from Uganda to Costa Rica and Nicaragua."

Dr. Duncan, an Internal Medicine physician now accepting adult patients, is a 2001 graduate of Dartmouth Medical School, where she was a Schweitzer Fellow. She earned a Masters in Public Health from the Harvard School of Public Health in 2002 and performed her residency at Harvard Medical School's Cambridge Health Alliance affiliate. Dr. Duncan is board certified by the American Board of Internal Medicine. Prior to joining MAHHC, Dr. Duncan worked at Dartmouth Health Connect in Hanover, New Hampshire. Before that, she practiced Internal Medicine at Uintah Basin Medical Center in Roosevelt, Utah, and Fort Defiance Indian Hospital in Fort Defiance, Arizona. Dr. Perras says, "Dr. Duncan combines rich experience with genuine compassion that makes her a truly effective doctor. We're delighted to work alongside both of these great clinicians, and to offer their expertise and caring to the communities we serve."



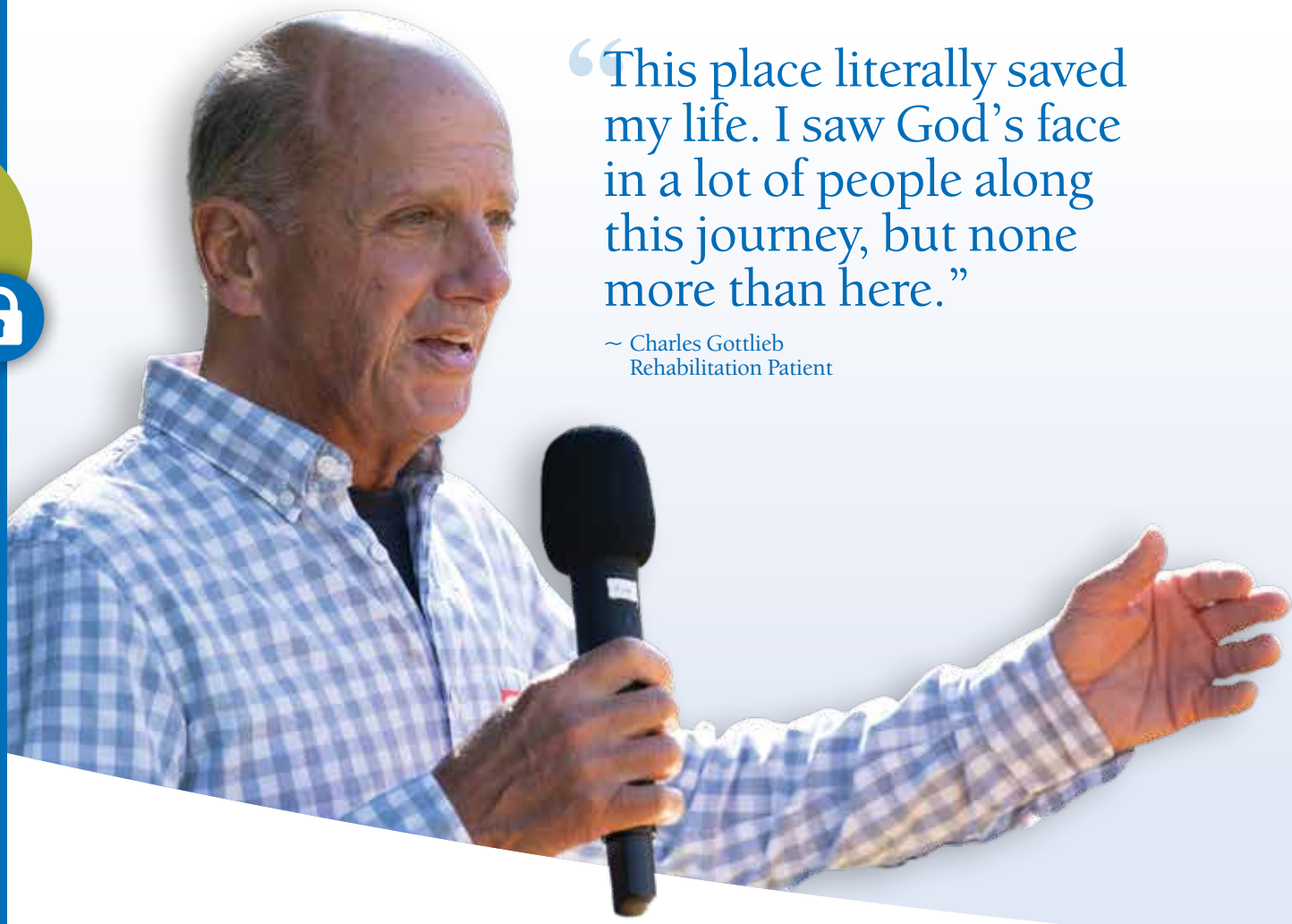
Dr. Claire Campbell

Dr. Laura Duncan

“We’ve just improved our facilities and technology to match our people.”

~ Belinda Needham-Shropshire
Director of Rehabilitation Services

Our Bioness Vector gait and safety system helps people regain their footing while reducing safety risks for patients and staff.



“This place literally saved my life. I saw God’s face in a lot of people along this journey, but none more than here.”

~ Charles Gottlieb
Rehabilitation Patient

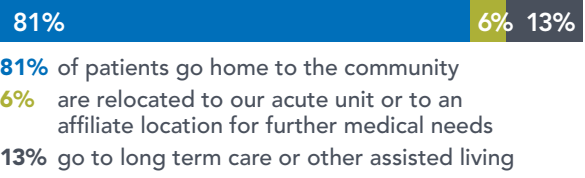
Rehabilitation Re-imagined

If you or someone you love needs acute or outpatient rehabilitation care to get back to an active life, you're in the right place. Our Rehabilitation Center has the expert staff, advanced technology, and state-of-the-art facilities to help you return to your optimal level of health.

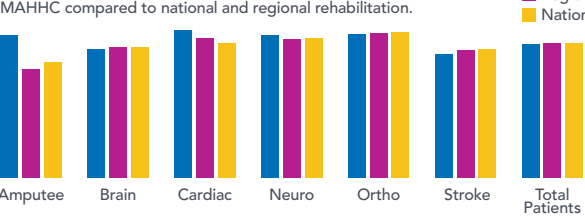
In 2015, our capabilities took a leap forward with support from the **Positively Vital** capital campaign, which concluded in 2017. Thanks to the generosity of community members and organizational donors, we were able to comprehensively remodel our rehabilitation department, creating an acute unit with 10 private rooms, a full rehab gym, spaces to help people master activities of daily living, and technology that's unique to our area like the Bioness Vector gait and safety system.

At the same time, we've expanded space for outpatient cardiac and pulmonary rehabilitation services, while adding treatment rooms and giving new life to Miller Therapy Pool (see article on page one) According to MAHHC Director of Rehabilitation Services, Belinda Needham-Shropshire, our rehabilitation services stand apart in our region. She explains, "when you combine our capabilities with our top-level accreditation from the Commission on Accreditation of Rehabilitation Services (CARF) and features like the Miller Therapy pool, we're the destination of choice for people who require rehabilitation care for Northern New England and beyond. But even before all of these investments, we've been the place to go for decades, and that's due to the excellence of our staff. We've just improved our facilities and technology to match our people. That's why people come here, and why they get better."

DISCHARGE STATISTICS



FUNCTIONAL IMPROVEMENT



GOAL ACHIEVEMENT

94% of patients surveyed felt their goals were met and they were prepared for discharge. Data gathered when performing follow-up calls to discharged patients.

SATISFACTION

96% of patients surveyed were satisfied with their stay.
93% would recommend the facility.
92% overall rating of facility.



A Great Day for the 27th Annual Rehabilitation Reunion

Dozens of former patients and their families got together in our courtyard for this year's Rehabilitation Reunion on Wednesday, September 18th. The gathering was held during MAHHC's celebration of National Rehabilitation Awareness Week, from September 16-22.

"We want to celebrate with you. You're the reason we're here," said Director of Rehabilitation Services Belinda Needham-Shropshire in her welcome. She called rehabilitation a journey, one that often continues after a patient has left the Rehabilitation Center. She acknowledged that some attendees are still on their own individual journeys, living with disabilities, but added that "when we're all here, we're all the same." Needham-Shropshire credited the Rehabilitation Center's staff who help make recoveries possible.

Among the other speakers was President, CEO, and Chief Medical Officer, Dr. Joseph Perras, who called the reunion an event that "reminds me why I'm a doctor first, and an administrator second. Administrators spend a lot of time in meetings, dealing with schedules and staffing, but when it gets to the end of it, we're here to address your challenges and get you back on your feet." Dr.

Perras said that when he gives Rehabilitation Center tours, "people are amazed at the facility we have; it's really a remarkable resource for Windsor County, the state, and beyond. We draw patients from all over New England for our rehabilitation services, and much of that is down to the bedside interaction between nurse, therapists, housekeepers, techs, and our patients."

Former patient Charles Gottlieb, who had been temporarily paralyzed due to Guillain-Barre Syndrome, gave the keynote address, saying "This place literally saved my life. I saw God's face in a lot of people along this journey," he added, "but none more than here." Hospital Chaplain and caregiver Laura Cadmus also spoke, calling it a privilege to "care for you and work with you so that you feel restored and have hope as you walk into the rest of your life."

Following her remarks, a microphone was passed through the audience for others to share their experiences and express their gratitude. The staff offered tours of the facility, and numerous raffle prizes were awarded to attendees via a random drawing.

Hospital Earns 8th Consecutive Governor's Award of Excellence for Worksite Wellness

Once again, we have received an Excellence in Worksite Wellness award from the Governor's Council of Physical Fitness & Sports and the Vermont Department of Health. This award recognizes MAHHC's success in creating a workplace that promotes the health and wellness of employees. Our comprehensive wellness program, overseen by Human Resources Director Jean Martaniuk and Wellness Program

Manager Sandi Dion, addresses five key areas of wellness, including physical, nutritional, emotional, occupational, and financial health. From our smoke-free campus, to our private gym for employees, healthy cafeteria selections and more, we make it as easy as possible for employees to be healthy and well.

Some members of the MAHHC Wellness Program Committee

Left to Right: Samantha Ball, Belinda Needham-Shropshire, Sandi Dion, John Frisbee II, Sarah Agnoli, Andrew Garami, and Bonnie Paquette.



2019 MAHCLASSIC
MT. ASCUTNEY HOSPITAL AND HEALTH CENTER

Under blue skies at the Woodstock Country Club on September 16, the MAH Golf Classic once again brought together over 80 friends and staff of MAHHC and Ottauquechee Health Center (OHC) to support quality health care for those in the Windsor-Woodstock region. Dr. Joseph Perras, President, CEO, and Chief Medical Officer of MAHHC noted that "Proceeds from this year's Classic will support our behavioral health services at MAHHC, including Emergency Room renovations and Telepsychiatry resources for patients in crisis."

The day's event included a luncheon at the country club and a raffle, plus a silent auction featuring sports memorabilia, gift cards, and a variety of merchandise and services from local and regional businesses.

An awards presentation followed the tournament, with top honors going to:

Low Gross Winners: Communicators Group – Jeff Whitcomb, Bill Beauregard, Nate Faulkner and Peter Johnson.

Low Net Winners: Alice Peck Day Memorial Hospital — Todd Roberts, Kristen Kneisel Leaning, Chris Fallon, and Sue Mooney.

Longest Drive: Dan McGee of Team Red River and Kristen Kneisel Leaning of Team Alice Peck Day.

Closest to the Pin: Leesa Taft of Team Taft and Tim Reynolds of Team Marasa's Masters.

Closest to the Tire: Jeff Whitcomb of Communicators Group, who won a set of tires.

The 2019 MAH Classic was sponsored in part by Great Eastern Radio, Dartmouth-Hitchcock Health, The Richards Group, Mr. Edward "Bud" Kissel, Dr. Rick Marasa, Mascoma Savings Bank, and R.C. Brayshaw. Other sponsorship support was provided by Red River, Tire Warehouse, Communicators Group, Northeast Delta Dental, Principal, Raintech Sound and Communications, Commonwealth Financial Network, White Mountains Insurance Group, Crown Point Cabinetry, Carroll Concrete, Mr. Orson St. John, Blood's Catering & Party Rentals, and New England Air Systems.

FAMILY PRACTITIONER
RACHEL LA ROCCA, MD
JOINS OUR OHC FAMILY

Here's some great health news for people in the Woodstock area— Dr. Rachel La Rocca has joined the staff at Ottauquechee Health Center. Currently accepting new patients, she provides primary care to people of all ages who experience acute and chronic illnesses. She's a 2016 graduate of the Geisel School of Medicine at Dartmouth, and was Co-Chief Resident in her residency with Family Medicine Residency of Western Montana in Missoula, Montana. Dr. La Rocca is board certified with the American Academy of Family Physicians. She says she decided to become a physician because "I love to teach people how to best take care of their bodies. We only get one chance at a healthy life, and I feel it is a privilege to give every patient the tools to be the healthiest they can be." She adds, "A very important part of my health philosophy is meeting people where they are. Critical Access Hospitals are uniquely positioned to do this well, both in location and culture. I was raised in a town of less than 800 people. I chose MAHHC and OHC because it has such a strong history of excellent rural health care."



'ASCUTNEY AMIGOS' RUN TO RAISE FUNDS FOR KIDS AT CHaD HERO EVENT

Our determined local team raised over \$900 for CHaD—the Children's Hospital at Dartmouth-Hitchcock—at the CHaD HERO walk/run/bike/hike on October 20, 2019.

CHaD HERO is the premier fundraising event on behalf of services at 13 CHaD locations in Vermont and New Hampshire. Our local squad gave it their all, contributing to CHaD's goal of \$830,000. Thanks to everyone who supported the team and the cause with donations and good vibes. Josh Fontaine, our VISTA and Community Health Team member, placed 3rd in the half marathon!



GARRETT WASP, MD JOINS ONCOLOGY TEAM

Our Oncology team recently welcomed Dr. Garrett Wasp to Mt. Ascutney Hospital and Health Center. An Internal Medicine physician and board-certified Oncologist, Dr. Wasp is dedicated to caring for people who experience cancer, focusing on the diagnosis, prevention, and treatment of the disease. He's a graduate of SUNY Upstate Medical University, completed his residency in Internal Medicine at Dartmouth-Hitchcock Medical Center in 2016, and a Fellowship in Hematology and Oncology there in 2019. A member of the American Society of Clinical Oncology, the Northern New England Clinical Oncology Society, and the American Society of Hematology, the Lebanon, New Hampshire resident also serves as an instructor at the Geisel School of Medicine.



PEAKHEALTH | 6

Student-Created Mosaic Mural Unveiled at Ottauquechee Health Center

Earlier this year, scores of elementary school students, caregivers, and community members attended the public unveiling of a 99-square foot mosaic tile mural installed on the wall of Ottauquechee Health Center facing Pleasant Street in Woodstock, Vermont. The 396 tiles were hand-decorated by local students in the fall of 2018 under the direction of Robert Rossel, of Symmetry Tile Works in Epping, New Hampshire, who fired the tiles and installed the display.

The project was funded by local sponsors including community members, businesses, and non-profits, and the Trustees and staff of MAHHC. Top level sponsors included Ottauquechee Health Foundation, Laurance and Mary Rockefeller/ Woodstock Foundation Fund, Woodstock Pharmacy, Woodstock Rotary Club, Hawk Gate Farm, and Mt. Ascutney Hospital Auxiliary.

Following remarks from OHC Pediatrician Dr. Clare Drebitko, Woodstock Elementary Principal Maggie Mills, teachers Brooke Piana and Lisa Kaija, and artist Robert Rossel, MAHHC's Dr. Joseph Perras led the crowd in a round of applause for the students and their work. He noted people can still sponsor tiles to help cover the project's cost while honoring or memorializing someone

special. Sponsors can create a lasting legacy, as their gift will be noted on a directory of sponsors and tile makers adjacent to the mural.

To sponsor a tile by credit or debit card, or by PayPal, visit mtascutneyhospital.org/mosaic. Readers can also call Charles Clement at (802) 674-7321 or email mahdev@mahhc.org. The cost to sponsor each tile is \$100.

A two-minute video of the mural's creation can be viewed at mtascutneyhospital.org/mosaic.



COMMUNITY HEALTH Workshops

Advance Directive

Make plans for your medical future. Attend a free individual session for assistance in how to complete this important document. Sessions are held in **Windsor** at MAHHC Conference Room 1 on the second and fourth Wednesday of each month. For more information or to register, call (802) 674-7483. Sessions are held in **Woodstock** at the Thompson Senior Center every second Monday of the month from 1:00-3:00 PM. For more information or to register, call (802) 457-3277.

Diabetes Prevention Program

Reduce your risk and prevent diabetes - we can help. For more information, contact Sarah Doyle, (802) 674-7089, sarah.doyle@mahhc.org

Emotional Wellness

Lean about how WRAP, a Self-Management Program of support, tips, and advice for people who are working toward emotional well-being, can help you stay well and make your life the way you want it to be. For more information, contact Sarah Doyle, (802) 674-7089, sarah.doyle@mahhc.org.

Family Addiction Recovery

Support for families struggling with loved ones who are fighting substance misuse is available the third Wednesday of each month from 5:00-6:00 PM in the Mt. Ascutney Hospital Board Room. All are welcome. For more information, please contact Jill Lord at (802) 674-7224 or e-mail at jill.m.lord@mahhc.org.

Floss Bar Dental Program

The Floss Bar Mobile Dental Service will be on site in Windsor on each of these dates in 2020:

January 6-7, April 13-14, and July 13-14. To make an appointment for the January session, go to flossbar.com/mobile-events.

Healthier Living Workshops for Chronic Disease, Chronic Pain, and Diabetes

Learn about how to self-manage these conditions through effective communication with your health care provider, healthy eating habits, decision making, dealing with emotions, and more. You can live a satisfying, fulfilling life. For more information, contact Sarah Doyle, (802) 674-7089, sarah.doyle@mahhc.org. For more information, please go to myhealth.vt.org.

Nicotine Quit Groups

Quitting smoking, chewing tobacco or vaping is the most important step to a longer and healthier life. Get the support you need. Join the Quit Group on Mondays from 5:30-6:30 PM at the Windsor Recreation Center. For more information, contact Sarah Doyle, (802) 674-7089, sarah.doyle@mahhc.org.

Parent Bereavement Workshop

Join a monthly support group open to parents who have suffered the devastating loss of a child. The workshop takes place the second Monday of the month from 5:30 PM-6:30 PM. Contact Jill Lord at (802) 674-7224 or email jill.m.lord@mahhc.org for more information.

Pulmonary Rehabilitation

Classes will be held at the Hospital throughout the Spring and Summer. A referral from a primary care provider is needed to be enrolled. Please call 802-674-7159 for information about how to qualify for this important service.

COMMUNITY HEALTH Support Partners



Food Stamp Outreach (3SquaresVT)

3SquaresVT helps families and individuals put healthy food on the table. It provides a monthly benefit for food purchases through a debit card that can be used at most supermarkets, grocery stores, and over 40 farmers' markets in Vermont.

More than 12 percent of all families in Vermont receive 3SquaresVT benefits, and other residents may be unaware of their eligibility. If food insecurity is a concern, contact our Family Services staff to get assistance with an application or visit any these office locations:

- Brattleboro: 15 Grove Street, (802) 254-2795
- Springfield: 107 Park Street, Suite 2, (802) 885-6153
- Westminster: 91 Buck Drive, (802) 722-4575
- White River Junction: 226 Holiday Drive, Suite 24, (802) 295-5215.

Visit dcf.vermont.gov/benefits/3SquaresVT to find out if you qualify.

resources and experience to support you at home where you want to be, and we partner with a wide variety of verified local businesses and individuals to bring you any service you need to Age Well at Home.

Visit us in person at 99 Senior Lane, online at thompsonsniiorcenter.org, or contact us at (802) 457-3277 or info@thompsonsniiorcenter.org.



Located in Quechee, VT, the Scotland House is a community-based day program that assists adults, age 60 and above, living with physical and/or cognitive impairments, to live at home and remain active in their community.

Our program also provides respite, support, and education to family members, caregivers, and legal representatives. If you feel burned out, frustrated, and overwhelmed, we're ready to help. We Share the Care.

Call us today at (802) 280-6080 or visit us at scotlandhousevt.org.



The Thompson
Your resource to age well

Age Well With The Thompson

Exercise classes, enrichment programs, tax assistance, special events, free gently-used medical equipment, creative arts programs, and delicious meals are just some of what you'll find at The Thompson Senior Center in Woodstock, Vermont.

Our staff and volunteers provide a welcoming and fun environment for people of many ages and backgrounds. But we're even more than what happens at The Thompson. We also have the



We are here to support and inspire you to have fun, play more, eat well, and feel good! We work with individuals, employers, schools, childcare providers, and municipalities to provide opportunities to make the healthy choice the easy choice. Started in Franklin & Grand Isle Counties, RiseVT is now serving Windsor County in the towns of Windsor, West Windsor, Weathersfield, Hartland, and Springfield. More information about how to become a RiseVT-er in Windsor County can be found at windsor.risevt.org.

MAKING HEALTHY PROGRESS: 2018 COMMUNITY HEALTH IMPROVEMENT REPORT

Mt. Ascutney Hospital and Health Center's mission is to improve the lives of those we serve. To do this effectively, we team up with community partners to conduct a Community Health Needs Assessment every three years, asking people who represent the broad interests of our communities what matters most with regard to overall health and wellness. These answers help us build a three-year plan for improving community health and reducing risks that can contribute to chronic disease.

Earlier this year we released our 2018 Community Health Improvement Report, which summarizes the work we've done from late 2017 through September 2018, based on a plan that was developed in 2015.

According to Jill Lord, RN, MS, and our Director of Community Health, MAHHC's community health efforts are an essential part of our mission. "It's easy to think of a hospital as a place where you go when you get sick, but it's our responsibility to be much more than that," she explains. "That's why we work closely with organizations across our communities that are dedicated to improving and preserving good health for all. Together, we're helping healthy people stay that way with preventive care. We're helping people at risk optimize their health and manage the early onset of chronic conditions. And for people who do need complex medical care, we're here with the access they need to high-quality clinical expertise. We serve everyone in our communities, whether you see us for medical care or not."

The report details the steps we're taking far beyond our hospital walls to bolster health for you and your neighbors, for the benefit of all."

It's difficult to manage what can't be measured, so quantitative metrics are an essential tool for identifying issues of greatest concern to community health. Through this process we're working towards a better understanding of what's happening in our community on these critical health issues:

- Alcohol & Drug Misuse
- Smoking, Tobacco Use & Vaping
- Access to Mental Health Services
- Access to Dental Care
- Access to Affordable Insurance and Prescriptions
- Health Care for Seniors
- Access to Affordable, Healthy Food
- Physical Activity & Obesity
- Income, Poverty, and Family Stress
- Access to Transportation
- Access to Primary Health Care

We're also hosting summits and sharing information to help towns and schools face Windsor County's opioid crisis.

We're tackling serious challenges and making steady progress on issues that seriously affect people's lives. We've included just a few examples here. For the full results, see the entire report at mtascutneyhospital.org.



START SMILING. THE FLOSS BAR DENTAL PROGRAM IS HERE.

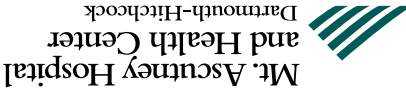


For too many people, finding a dentist is a serious challenge. Now, access to effective dental care is easier with Flossbar, comprehensive, preventative dental care that comes to you at Mt. Ascutney Hospital and Health Center in Windsor. Each quarter the mobile service offers routine and deep cleaning, teeth whitening, x-rays, exams, pre-diagnostic services, and second opinions. Flossbar is available to Hospital employees and community members, most major dental insurance is accepted, and dental vouchers are available for eligible patients. Local appointments can be scheduled online at flossbar.com. For questions, call (802) 674-7300.

Nursing at MAHHC: Collaborative Care Nurse Amy Swarr - Championing Teamwork

Amy Swarr enjoys the many benefits of living in a small town like Windsor, making the most of what the area has to offer whether she's hiking with her husband or tending to her pollinator-friendly gardens during the summertime. Having joined MAHHC as a Collaborative Care Nurse (CCN) in February 2019, Swarr says she enjoys the advantages that working for a small but mighty community hospital like MAHHC provides. "There's a true sense of camaraderie we share as co-workers as well as a mutual commitment for working as a team – we're resources for each other," says Swarr. "MAHHC cares about their employees and demonstrates their commitment by offering programs like the Employee Wellness program, which provides incentives for employees who work to maintain their fitness." MAHHC is currently seeking talented nurses to join our team.

Apply online at MtAscutneyHospital.org/Careers.




MAHHC JOB FAIR
April 10, 2019

For more info email
jobfair@mahhc.org



“There’s a true sense of camaraderie we share as co-workers.” ~ Amy Swarr, Collaborative Care Nurse

TBD

**Mt. Ascutney Hospital and Health Center**
Dartmouth-Hitchcock

289 County Road
Windsor, VT 05089



Your health is our primary goal. We're adding new providers to improve your access to care and to better address the health and wellness needs of our communities. All of the providers here are accepting new patients. Get to know some of our newest team members inside!

YOU COME FIRST FOR OUR INTERNAL + FAMILY MEDICINE TEAM

Faiza Wajid, DO

Claire Campbell, MD

Laura Duncan, MD

Rachel La Rocca, MD

Betty Fields, APRN