

## COMMUNITY WELLNESS CENTER OPENS TO RAVE REVIEWS



*CEO Mick Brant, Governor Jim Douglas, Bank of America's Holt Fund Trustee Augusta Haydock, Wellness Director Crystal Mansfield, Grace Cottage Board Chair Effie Chamberlin, and architect Vance Hosford cut the Wellness Center ribbon.*

December 17 was a red-letter day in Grace Cottage Hospital's history, as Vermont Gov. Jim Douglas helped to celebrate the opening of the new Community Wellness Center in the Heins Building. "Wellness and prevention are critical in order to control health care costs and to improve the quality of life for Vermonters," he said. "In the long run, people need to make a change in the way they live their lives – they need to stay as active as possible."

Thanks to a grant from the Fanny Holt Ames & Edna Louise Holt Fund, a bequest from June Kipp's estate, memorial gifts for Heidi Shine, two weeks of labor by 30 ServCorps volunteers from Hartford, CT, and the donation of services by architect Vance Hosford, the Wellness Center is now complete.

"The hospital staff did a really amazing job of pulling it all together," said CEO Mick Brant. "It was a team effort by a lot of people, overseen by Facilities Director Jim Crozier and Wellness Director Crystal Mansfield. The end result far exceeded our highest expectations."



*Yoga is just one of many classes offered in the sunny, spacious Activities Room in the new Community Wellness Center. For a complete listing of Grace Cottage Hospital Wellness Program offerings, call (802) 365-3649 or click on "Health and Wellness" at the Grace Cottage web site, [www.gracecottage.org](http://www.gracecottage.org).*

## TEE UP FOR HEALTH!



*Maple-lined fairways, beautiful stone walls, scenic mountain views, and breathtaking flower gardens make Tater Hill the ideal location for Grace Cottage Hospital's first annual golf benefit on June 13th. Come join the fun!*

For well over a decade, many Grace Cottage patients who are also avid golfers have been pleading for a golf benefit on behalf of the hospital. Thanks to Pharmacy Director Jim Heal, who is spearheading the event, the dream of a Grace Cottage golf benefit will become a reality.

At 11 a.m. on Sunday, June 13, golfers will "Tee Up for Health" at the beautiful par 71, 18-hole Tater Hill Golf Club in Windham, VT. Would you like to be one of them? Or perhaps you or your company would like to join The Richards Group, Brown Motors, and Howard Printing, Inc. in sponsoring the event?

To register for sponsorship or for 18 holes of golf and dinner, go to the Grace Cottage web site, [www.gracecottage.org](http://www.gracecottage.org), and click on "Events," or call (802) 365-9109 to sign up by phone. All proceeds benefit Grace Cottage Hospital, and a great time is guaranteed!

### *An admirer writes:*

“Grace Cottage should be a model for all hospitals. Patients and family are not impersonal numbers, and are made to feel comfortable and welcomed. I hope you will always be able to continue your fine work in making this world an easier place to heal and live in.”

*Donna Wright*  
West Hartford, CT

## *A WORD FROM THE CEO*



It's rare that a single day passes without somebody asking me what impact health care reform will have on Grace Cottage Hospital.

As my wife and the rest of the staff here at Grace Cottage will be quick to tell you, I'm rarely speechless, but I find this question unanswerable at the moment. I'm a native of the flatlands of eastern Colorado, so you can be sure that when I say I'm waiting for the dust to settle, I've seen lots of dust...but nothing like the amount that's been generated over this issue of health care reform.

What I do know, though, is that Grace Cottage's staff provides health care the way it should be given, and we'll continue to work on the front lines of health care, providing personal and professional care. Because of our small size and our incredibly dedicated staff, patients here have the opportunity to receive what's becoming increasingly rare nationwide – health care that's extremely personalized, and deeply caring. The volume of mail that we receive thanking our staff for providing “above and beyond” care attests to the fact that the care at Grace Cottage exceeds expectations.

There's no question that the health care system in the U.S. is in need of reform. While we wait to see how it all shakes out, our dedicated staff will continue carrying out our mission: “to provide excellence in health care and well-being, putting people first.” Whether it's by diagnosing illnesses, providing active classes to promote wellness, helping people whose time has come to leave this world with dignity and respect, or promoting healthy lifestyles, our staff provides patient care that is second to none.

*Mick Brant*

## THURSDAY EVENING HOURS

Dr. Evan Ginsberg is now offering Thursday evening hours year-round at Grace Cottage Family Health. Walk-in patients are welcome until 7 p.m., but advance appointments (even if made that same day) are encouraged. Call (802) 365-4331 for more information.

## MEN'S HEALTH

An informal weight loss group just for men is meeting every Thursday evening at 6:30 p.m. at the Grace Cottage Community Wellness Center. This is a no-cost, no-stress opportunity for men of all ages, using the BellyOff! method. For more information, call (802) 365-3649.

## “ASK THE DOCTOR”

On Wednesday, April 7th from 5-6:30 p.m., Dr. Evan Ginsberg will be offering an “Ask the Doctor” session for the public, at the Grace Cottage Hospital Community Wellness Center. Members of the public can suggest topics and pose questions for Dr. Ginsberg to answer.



“This is a marvelous opportunity to be able to talk to a knowledgeable physician without a fee,” said Sue Halloran of Newfane, who attended an “Ask the Doctor” session held in January. “It's a great public service that Grace Cottage is offering.”

Dr. Ginsberg has 30 years of clinical experience; he practiced in Hamden, CT, from 1980 until he joined Grace Cottage in January 2009. He is an attending physician at Yale-New Haven Hospital and the Hospital of Saint Raphael, and a clinical assistant professor of internal medicine at Yale University School of Medicine.



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

## BOARD OF TRUSTEES WELCOMES TWO NEW MEMBERS



*Dr. Timothy Shafer and GailAnn Fisher*

The two newest members of the Grace Cottage Hospital Board of Trustees, GailAnn Fisher and Dr. Timothy Shafer, both have long and close ties to the hospital.

Born at Grace Cottage (delivered by Dr. Otis), GailAnn is the daughter of Amon & Marcia DeWitt of Townshend. "I grew up just down the street from Grace Cottage," said GailAnn, "but I never thought, back then, that I'd be on the board one day!"

GailAnn graduated from Leland & Gray High School, and got her Associates degree from Hartford College for Women; in 1978 she graduated with a B.A. cum laude in psychology from Connecticut College. She worked at Leland & Gray as a paraprofessional until she accepted a job in the Townshend Post Office in 1980; she has been Townshend's postmistress since 2001.

GailAnn lives in Grafton with her husband, Steven, a self-employed masonry contractor. They have two children, Stephanie and Theron (both born at Grace Cottage, delivered by Dr. Backus), and two grandchildren.

"I'm very glad to serve on the board because I love this hospital, and it's a way for me to give back to the community," said GailAnn.

Dr. Timothy Shafer is a graduate of Oberlin College and Dartmouth Medical School. He came to Townshend under the auspices of the National Health Service Program and opened his own practice in 1987, which became part of Grace Cottage in 2003. He's the medical director and VP of Medical Staff at Grace Cottage.

Dr. Shafer and his wife, Dr. Deborah Luskin, live in Williamsville; they have three daughters, Miriam, Naomi and Ruth. In his free time, he's a self-described "gentleman farmer," hiker, kayaker, and x-country skier.

"I feel privileged to serve with such a diverse group of people of commitment and good humor. I think it's crucial in my role as Grace Cottage's medical director to help communication between the board, leadership, and staff," said Shafer.

## NEW EMPLOYEES

Diane Bousquet	Occupational Therapy Assistant
Mary Ann Hall	Pharmacy Tech
Scott Hitchcock	Maintenance
Marcia Horrigan	Receptionist
Toni Ann Lazar	Billing Clerk
Patricia Lovett	Housekeeper

## WISHES FULFILLED . . .

- ♥ Brendan Light made a donation to fund an oxygen tank regulator and holder for a wheelchair, emergency training manuals, and a variety of kitchen equipment.
- ♥ Lisa's Love Charitable Fund donated the funds to purchase a pulse oximeter.
- ♥ Ray & Melba King donated the funds to purchase a refrigerator that meets state codes for vaccine storage.
- ♥ Judith Overton-Jones contributed the funds to purchase a continuous passive-motion machine.
- ♥ Richard & Laurie Harinsky and Fannie Mantel donated funds to purchase wheelchair cushions.
- ♥ Bill & Leona Tabell made a contribution to purchase a couch for the Community Wellness Center.
- ♥ Bock & Kim Yeo donated the funds to purchase cases of glucose test strips.

## WISHES MADE . . .

- ♥ An Automatic External Defibrillator (AED) is needed for the Community Wellness Center. The cost is \$2,095.
- ♥ An extremely accurate and sturdy commercial scale is needed for the Community Wellness Center so that the participants in various weight-loss programs can be assured that every single ounce lost is measured correctly! The cost is \$387.
- ♥ A flat-screen TV with wireless headphones is needed for the new infusion/transfusion room, so that patients having lengthy procedures can watch television, if they so choose, to help pass the time. The cost is \$500.
- ♥ An upper-body exercise machine is needed to help patients in the hospital strengthen upper body muscles and joints. The cost is \$750.
- ♥ Functional hip, knee, and shoulder joint models are needed to demonstrate to rehab patients what's involved in their therapy and healing. Each joint costs \$150.

*Call (802) 365-9109 or e-mail [info@gracecottage.org](mailto:info@gracecottage.org) for more information about these or other Wish List items.*



## LINUS BLANKETS PROVIDE COMFORT

“If people could see the looks on kids’ faces when we give them one of these handmade quilts and tell them that it’s theirs to keep, they’d know that Project Linus is a blessing,” said Mike Ingersoll, Grace Cottage Emergency Department nurse. The local chapter of Project Linus has been providing Grace Cottage with a steady supply of these beautiful quilts as gifts for any child in the ER or doctors’ offices who needs comforting. Christine Cathcart, of Townshend, heads the local chapter, which has presented over 1,000 quilts in the past four years to young patients in southeastern Vermont. Thank you, Project Linus volunteers!

*Jacques Fortier, of Southbury, CT, hugs a Project Linus quilt given to him during a visit to the ER.*

## GODT SCHOLARSHIP AWARDED

Congratulations to Grace Cottage Hospital phlebotomist Crystal Allen, who was awarded the \$1,000 Eugene Godt Scholarship towards her studies to become a Registered Nurse. The Godt Scholarship is awarded annually by Valley Cares through the generosity of the Robert Crowell Charitable Fund.



Crystal is a native of Athens, VT, where she attended the one-room elementary school; she graduated from Bellows Falls Union High School and joined Grace Cottage in 2008.

## DR. DAVIS PUBLISHED – AGAIN!

Grace Cottage’s “moonlight” researcher is at it again! Dr. Matthew Davis has recently published two studies in prestigious medical journals. His article in the international orthopedics journal *Spine* evaluated two different surgical techniques for treating adolescent scoliosis. According to Davis, “I had a patient who needed surgery for scoliosis and I was amazed at the variation in techniques used by surgeons who treat this. In our study we were able to compare the different techniques head-to-head and determine which was best. Hopefully, our findings will better inform surgeons in the future.”



His study, published in *Health Services Research*, was a collaboration with two Dartmouth Medical School professors, examining the use of chiropractic services in the U.S. over the last decade. It found that the number of people who see chiropractors grew over 57%!

Alas, you won’t see these works on *The New York Times* best-seller list, but among professionals, the articles are important contributions to the nation’s health care literature. Davis is completing his Masters in public health this spring at The Dartmouth Institute for Health Policy & Clinical Practice.

## ALL IN THE FAMILY



This photo of four generations of the Mowrey family reminds us of just how long Grace Cottage Hospital has been providing patient care. Leon Mowrey (far left) and his parents, George & Delia Mowrey (not pictured) first used Grace Cottage decades ago, and granddaughter Kristie, son William, great-grandson Jacoby, and Leon’s wife, Doris, (recently a patient, as pictured here) all use Grace Cottage for their health care. (Kristie has been a Grace Cottage employee since 2006.)

### *A grateful patient writes:*

“Dr. Shafer, Louise, and staff, you are all so wonderful. You are so thoughtful and you truly care about your patients. I love you all!

“Whenever I’ve needed you, you have been there for me. To sum in all up, you’re the best...!”

*Jane Jockell  
Grafton, VT*

# AUXILIARY NEWS



*Sunrise preparations for Fair Day on the Townshend Common. This year's fair will be Saturday, August 7.*

**T**ransparency is in. The government wants transparency for the banks. The people want transparency in government. Well, without any prodding, the Hospital Auxiliary will let it all hang out!

Here's how you can help for Fair Day, August 7, 2010:

- ◆ A volunteer is needed to serve as an understudy to Fair Day Chairperson Stan Holt this year, learning the job, and taking on the task for Fair Day 2011. It's a fun job if you're an organized "people person" who has retired from your day job.
- ◆ We need someone to coordinate the raffle. Volunteers are available, but we need someone to tend to the table at certain times and assign others to sell tickets. The raffle runs from July 4 through August 7.
- ◆ Do you like to cook? We need someone to BBQ chicken on Fair Day, and another person to oversee food arrangements and the serving of the food. There are volunteers to serve the dinner, but we need someone to take charge of the popular chicken barbeque.

Of course, there are always other job openings, but the above are the crucial ones. If you are interested in volunteering at the Fair, call Stan Holt at (802) 365-4455.

Oh, and by the way, it is never too early to begin thinking about what you're going to donate to the auction or "white elephant" sale. When thinking about donations, keep AAA in mind: Antiques, Art, and Automobiles! Our "picker uppers" are available any day, any hour (almost!). Call Stan Holt, (802) 365-4455, to arrange for a pick-up for the auction or the "white elephant" sale.

*Stan Holt, Auxiliary President*

## WALTER & ELAINE MEYER: 2009 AUXILIANS OF THE YEAR

At their Annual Meeting this fall, the members of the Grace Cottage Auxiliary extended their heartfelt appreciation to Walter & Elaine Meyer of Townshend for their long and loyal service and dedication to Grace Cottage Hospital and the Auxiliary.



Admired for their seemingly endless energy and their ability to go way above and beyond, they serve the community in countless ways, and have done so for many decades, in addition to running Mary Meyer Inc., raising six children, and helping countless other community organizations!

### *From a grateful patient:*

"There are no words adequate to thank you for the care and support you have given me, my broken leg, and my worried husband. Grace Cottage is an amazing place, run by amazing people – angels all! Thank you for everything!"

*Faith Schuster  
West Dover, VT*

# “SPRING INTO HEALTH” COMMUNITY FAIR & 5K

Free health screenings, safety demonstrations, delicious food, prizes, and lots and lots of fun – all this and more will be part of Grace Cottage Hospital’s third annual “Spring into Health” Community Health Fair on the Townshend Common and at Leland & Gray High School on Saturday, May 15, from 10 a.m. to 2 p.m. It’s free!

The event features tours of the DHART emergency transport helicopter, a climbing wall and inflatable obstacle course, games to teach healthy habits, and valuable information



from more than four dozen area non-profit safety, health and social service agencies.

The NewBrook Fire Department serves a healthy lunch, and exciting door prizes will be awarded to several lucky participants.

You can do wonders for your health and safety, and have fun too! Everyone is welcome, but please leave pets at home. Don’t miss this fun and informative event!

Grace Cottage Hospital’s laboratory will also offer discounted rates for several blood tests for two weeks before the Health Fair, with results and free consultation available at the fair. These tests include: comprehensive metabolic and lipid profile (kidney, liver, cardiovascular system, electrolyte balance, and signs of diabetes) for \$20; PSA (prostate) for \$20; TSH (thyroid) for \$10; Vitamin D for \$25. Come for one or all of these tests Monday through Saturday, April 26 to May 10, 7 a.m. to 10 a.m. Payment must be with cash, check, or credit card (no insurance accepted for these reduced-priced tests).

New this year, as a prelude to the Community Health Fair, Grace Cottage Family Health is sponsoring a 5K Fun Run/Walk on Route 35 in Townshend. Get out, get moving, and join us for this healthy and fun family event! Participants



are encouraged to do the route at whatever pace is comfortable for them, whether it’s walking, jogging, or running. The cost is just \$15, which includes a high-tech fabric shirt with a design by students of Leland & Gray High School. The 5K starts at 8:30 a.m.; to register in advance, go to [www.gracecottage.org](http://www.gracecottage.org) and click on “events” and then “5K” or call (802) 365-9109.

## STRATTON FOUNDATION GIFT



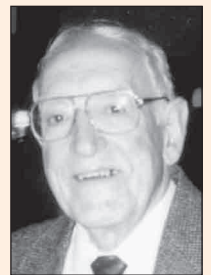
*The Stratton Foundation donated funds for this wall-mounted diagnostic system being used by Dr. Carol Blackwood to examine Jim Wilbur, President of the Stratton Foundation Board.*

One of the newly-renovated examination rooms at Grace Cottage Family Health is now equipped with a wall-mounted diagnostic system, thanks to a grant from the Stratton Foundation.

This diagnostic system provides the tools necessary for checking blood pressure, temperature, blood oxygen level, eyes and ears, all in one convenient, up-to-date and always-accessible piece of equipment.

### *From a hospice patient’s loved ones:*

“The personable, friendly, and homey atmosphere that you all lend a hand in creating reassured us that [our father] was in the best, caring hands there could be.



“Without being asked, you took care of all of us by offering to find an extra chair, pointing us in the right direction, making sure we knew our way around the coffee station and cafeteria, keeping the gardens and grounds beautiful, and the hospital spotless. The people in the cafeteria prepared delicious food for us all and met special requests from Raoul for food not on the menu... Thank you all for your kindness and generous spirits.”

*Raoul Bedard*

*The family of Raoul Bedard  
Dummerston, VT*

**Gifts were recently received  
in honor of:**

Dr. Bob Backus  
Cheryl Bedard  
Effie Chamberlin  
Dr. Kenneth Chao  
Aaron Connor  
Dr. Maurice Geurts  
Grace Cottage Emergency Dept. staff  
Grace Cottage Foundation staff  
Grace Cottage Hospital staff  
Grace Cottage Rehabilitation staff  
Barbara Kearney  
Eda Kent  
Kenny King  
Dr. Ronald Klinger  
Dr. Moss Linder  
Bob Litchfield  
Beatrice MacFarland  
Dorothy Maggio & Keith Plescia  
Dr. Ajay Misra  
Bill Morse  
Wayne Rowell  
Betty Saunders  
Elaine Scott  
Mike & Andrea Seaton  
Dr. Tim Shafer

Grace Cottage Hospital &  
Grace Cottage Foundation  
are 501(c)(3) non-profit organizations.

The mission of Grace Cottage Foundation  
is to raise funds on behalf of  
Grace Cottage Hospital.  
Donations to Grace Cottage Foundation  
are tax deductible to the extent  
allowable by law.

Grace Cottage Foundation's  
Federal Tax ID # is:  
03-0343282

Donations may be made by cash,  
credit card, check, stocks,  
bonds, or other tangible assets.  
Call Mary Gyori, Director of  
Development, at (802) 365-9109.

An audit of Grace Cottage Hospital,  
which includes  
Grace Cottage Foundation,  
is available upon request.

**MEMORIAL GIFTS**

*Donations have been received between  
October 1st and January 31st in memory  
of the following individuals:*

Gene & Marie Avenia ❖ Dominic Baccile ❖ Peter Baccile  
Marion Backus ❖ Russ Barber ❖ Mollie Beattie ❖ Raoul Bedard  
Priscilla Behnken ❖ Bill Berry ❖ Janet Bills ❖ Stanley Bills  
Dr. Pete & Eleanor Bishop ❖ Maria Bovie ❖ Cynthia Boyden  
Patricia Boyle ❖ Edward Bretz ❖ Ed Bristol ❖ Gladys Brooks  
Roy & Margaret Brooks ❖ John & Ruth Broutsas ❖ Eugene Brown  
Gladys Brown ❖ Gabe Canino ❖ Rose Ann Carsley ❖ John & Emma Castle  
Phillip Castle ❖ Peter Clark ❖ Chris Coleman ❖ Phil Coleman  
Harry Conklin ❖ Neva Corse ❖ Casey Crozier ❖ Shirley Cutler  
Dana Danforth ❖ Dewey & White ancestors ❖ Robert DiCesare  
Andrew Dolan ❖ Bonnie Dowley ❖ Ken & Stella Dowley  
Susan Downes ❖ Don & Beth Dumont ❖ George & Ann Dupont  
Marjorie Eginton ❖ Brian Evans ❖ Bryan & Ruby Evans  
Doug & Alice Evans ❖ John C. Follett ❖ John & Dorothy Fornuto  
Mary Evans Fox ❖ Louise Godt ❖ Hank Grabowski ❖ Ellis Greenwood  
Frank & Frances Grout ❖ Skip Hall ❖ George & Thelma Holden  
Herbert & Louise Howard ❖ Rick Hube ❖ Silver Husky ❖ Leon Ingall  
Dr. John & Marge Jacobs ❖ Margaret Johndrow ❖ Stephen Kendrick  
Jim King ❖ Carroll Kinney ❖ Don Kissel ❖ Beatrice Kleppner  
Wally & Dot Konopas ❖ Gerda Krajewski ❖ Jack Lambert  
Mary Lambert ❖ Barbara Lamprey ❖ Raymond Landman  
Richard Lapan ❖ Don Leigh ❖ Barbara Litchfield ❖ David Lowe  
Eleanor Lowe ❖ Gertrude MacDougall ❖ Douglas MacFarland  
Bill & Joan Martin ❖ Lucille Martin ❖ Ilse Mattick ❖ Lester "Jim" Mayer  
John & Susan McCoy ❖ Leonore McIntosh ❖ Barbara McMennamin  
Mary Meyer ❖ Elaine Moggio ❖ Janice Morrill ❖ Connie Nelson  
Elena Nenorta ❖ Olive Nichols ❖ Lisa Noble ❖ John Obuchowski  
Herbert & Evangeline Osborn ❖ Dr. Carlos & Ruth Otis  
John & Martha Palmer ❖ Mary Paradis ❖ Marion Parks ❖ Phyllis Patrick  
Kim Perry ❖ Olive & Esther Peterson ❖ Edward Piascik ❖ Earl Pickering  
Celia Romano Pike ❖ Hilary Williams Pike ❖ Oscar & Bernadette Plumley  
Joe & Anne Plummer ❖ Joseph A. Plummer ❖ Richard Plunkett  
Elaine Prouty ❖ Janet Puglisi ❖ Elizabeth Radens ❖ Robert Rennick  
Lois Riley ❖ William & Florence Rounds ❖ Margaret Savanella  
Joyce Scheuerman ❖ Steve Serke ❖ Donald Severance ❖ Geraldine Severance  
Richard & Helen Sheehan ❖ Ethel Sherman ❖ Brinton Shine ❖ Heidi Shine  
Anne Slater ❖ Mildred Smith ❖ Eric & Gert Spafford ❖ Jane St. Pierre  
Ida Stanton ❖ Della Stowell ❖ Joan Swan ❖ Mildred Thayer  
Marion Thomas ❖ Mary Torrey ❖ Marjorie Trousdell ❖ Henry Wallstein  
Lenny & Bernice Welch ❖ Arlene White ❖ Emmons Williams  
Myrtle Wilson ❖ Harry & Phyllis Wolff  
Art Wondrofski ❖ Mary Woodard ❖ Joan Zully

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




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### ADDRESS SERVICE REQUESTED

#### IF YOU'RE HAPPY AND YOU KNOW IT...

 Vermont was recently ranked as the 17th "Happiest State in the Nation." Our neighbors to the south didn't fare as well: New York was 51st (Washington D.C., included in the ranking, was 37th); Connecticut was 50th; New Jersey, 49th; and Massachusetts, 44th. Here's yet another reason to live in (or move to) Grace Cottage Hospital's service area!



**Annual 2010** **FREE**  
**SPRING INTO HEALTH**  
**Community Health Fair**  
**Saturday, May 15, 2010**  
**10 a.m. - 2 p.m.**

Townshend Common, Leland & Gray High School Gymnasium

**For more information, call 802-365-9109**  
Organized by Grace Cottage Hospital.  
Over 40 area non-profit organizations participating.  
New this year! 5K Run/Walk at 8:30 a.m.

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