



Northwestern Urgent Care Teams Up with the Lake Monsters

NMC's Northwestern Urgent Care is once again teaming up with the Vermont Lake Monsters to give nine kids a once-in-a-lifetime experience as they join a one day team of Little Lake Monsters. In this second year of the community program, young baseball enthusiasts ages 5 to 12 can apply to become a Lake Monster for a day --- through an application process asking questions about healthy lifestyles, community service and sportsmanship.

"Last year's program was a big hit with the young players," says Jonathan Billings, NMC's Vice President of Planning and Community Relations. "The focus on healthy activities was also a home run for NMC and Northwestern Urgent Care as we encourage our community members to focus on wellness and prevention."

Kids interested in participating can apply online by July 1. Visit vermontlakemonsters.com and find the application area under the Community tab. Applications are reviewed and selections are made in July with the selected dream team participating in a Lake Monster game on August 14.

Each of the nine children selected will be rewarded with an experience that will show what it is like to live the day in the life of a professional baseball player. At the Lake Monster game, the nine kids selected will be announced as the "Little Lake Monsters" and participate in a host of activities including:

- Participation in a press conference where they will be presented with their own custom Vermont Lake Monsters jersey and official cap



Connor Nielsen (left) and Maddie Montagne were two Franklin County residents selected for the Little Lake Monsters team last year. For information on how to apply for a spot on this year's dream team, contact Kate Laddison at 524-1239.

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NMC publishes Insights on a bimonthly basis to help our neighbors have a better understanding of their primary care hospital. If you have questions or comments about this publication, please email insights@nmcinc.org or call our Community Relations Office at 524-1280.

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Relocating Crest Road for Better Patient Access and Safety

Work is underway on an NMC project to move Crest Road to the east, closer to the Doctors Office Common. This change will allow NMC to add parking at the front of the hospital on both sides of the “new” Crest Road.

This provides a needed increase in parking spaces for patients and visitors. With the movement of the road to the east, parking will also be added adjacent to NMC’s Conference Center. The proximity of this parking will be more convenient for community members attending meetings and educational sessions at NMC.

This project is also designed to improve traffic flow and pedestrian safety. Moving the road to the east will further separate that entrance to the hospital campus from the “crest” of Fairfield Street, making entering and exiting easier. Moving the road also creates more space between Crest Road and NMC’s loading dock, significantly decreasing the disruption and safety concerns relating to large trucks backing off the road into the loading docks.

The new Crest Road will come to a T-intersection towards the back of campus, which will allow for improved way-finding and will slow traffic to improve pedestrian safety.

The project started in April and is on track for August completion. During the work, access to Northwestern Urgent Care, Cobblestone Health Commons, Doctors Office Common, and NMC itself will be maintained.

At times portions of parking areas may be temporarily blocked or traffic may be diverted from one entrance to another, but access to all services on our campus will be maintained. We appreciate your patience as we make this improvement to our campus.

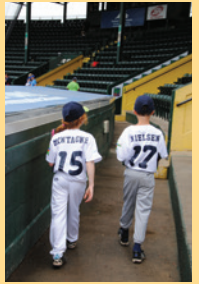


Urgent Care Teams Up with the Lake Monsters

(Continued from cover)

- Signing of a one-day promotional contract with the Vermont Lake Monsters
- A limousine ride from the press conference to the Field
- Batting practice with the Vermont Lake Monsters
- Introduction to the crowd, recognition for their community efforts, and presentation with their pay for the day, which will in turn be donated to a charitable organization
- Throwing out a ceremonial first pitch, and more!

Last year’s Little Lake Monsters team included two players from Franklin County – Maddie Montagne of St. Albans and Connor Nielsen of Swanton. For more information about the Little Lake Monsters or the game on August 14, contact Community Relations Specialist Kate Laddison at 524-1239.



NMC Hires Breast Care Nurse Navigator

Maintaining breast health can be an emotional and complicated process including screening, diagnosis, treatment and survivorship. To help patients see their way through that process, NMC has hired a Breast Care Nurse Navigator.

Chelsea Mulheron, BSN, RN, is a St. Albans native and 13-year veteran of NMC’s Emergency Department who says she is eager to work on this new project.

“I’m excited,” she says of the prospect of building a new system of coordinated care for women who come in for mammography and may embark on a journey through cancer survivorship. “Everyone’s goal is to improve healthcare, that’s why we do what we do,” she says.

Breast care patients often see many providers including primary care physicians, diagnostic imaging case management, social workers, oncologists, surgeons and others as they seek treatment. Even the smoothest of transitions through multiple offices, appointments, services and locations can be difficult. In her new role, Mulheron will act as a single point of contact, supporting patients, connecting them to resources and making care more efficient.

One example of how this new approach would help patients is that Mulheron’s nursing credentials mean that when she calls mammography patients to let them know they need to come back in for further testing, she can discuss their results with them on the phone. Previously, schedulers may have made those calls and would have to refer patient questions to a nurse or other provider. In this way Mulheron can help to ease anxiety as she explains that call-backs are not uncommon, or answers other questions.

Mulheron is now learning the processes NMC and other community providers use for breast care health so that she will be ready to support patients as the new program launches this fall. Her background and familiarity with NMC and the local community will help her make the process smoother, more personal and compassionate.



Chelsea Mulheron, RN, (on left) is NMC’s new Breast Care Nurse Navigator and she will be working close with Lead Radiologic Technologist Caryn Burleson (right).

RISE VT KICKS OFF IN JUNE

This June marks the official public kickoff of the RiseVT movement, a grant-funded initiative that aims to elevate the health and well-being of Franklin and Grand Isle residents. The program began a pilot phase in March with participants in each of RiseVT's four core areas: businesses, schools, municipalities and individuals/families. The June kick off offers the full community the opportunity to jump on board the rising trend by taking a pledge, downloading a scorecard to track healthy activity, and building healthy environments where the healthy choice is the easy choice.

A key component of the kick off is Rise VT's interactive website (www.risevt.com) where users can download their scorecards, browse a calendar of healthy local events, read blog posts with health tips and recipes, and connect with other RiseVermonters and community resource. The site promises to be a clearinghouse for community wellness, inspiring action and supporting existing efforts.

RiseVT has already been active in social networks and June's launch will bring RiseVT out into the larger community. You can meet up with RiseVT in June at the Vermont Dairy Days, at local State Parks during Vermont Days and also at pop-up locations with a RiseVT smoothie bike so you can pedal your way to a healthy treat. Social media mavens will participate in a month-long Facebook contest with daily prizes for posting about health tips.

With all these events and contests, RiseVT's goals are to promote eating well, moving more and reducing stress. Other key concepts include being tobacco free and nurturing connections through community participation, volunteering and fellowship. This ongoing, collaborative movement recognizes that good health is key to a happy life, and RiseVT will give participants the tools, support, reward and recognition to committing to healthy changes.





Pre-registration is required. Please call 524-1234 (or email cfhw@nmcinc.org) to pre-register or receive more information on content. Programs are FREE unless otherwise indicated.

JUNE & JULY PROGRAMS

Cancer Exercise Rehab Group

Ongoing every Tuesday and Thursday 11:00 a.m. to 12:30 p.m.

This class pin points the common needs of patients, including decreased range of motion, decreased strength, cancer related fatigue and lymphedema. A physical therapy evaluation is required to assure that the client is able to participate.

Featuring: Wendy Lawrence, certified NMC Oncology Rehab PT

Instructors: CVAA Certified Instructors: Lynne Marie Villareal, Louise Doyle and Charlene Gless

Location: NMC Rehab gym, Cobblestone Building

Pre-Registration Required: Call 524-1064 or for more information

Fee: Free for the first 8 weeks, then \$40 for open gym access

Vermont Quit Network Freshstart (tobacco cessation class)

Tuesdays, June 2 to 23 2:00 to 3:00 p.m.

Join others for this 4-session series to help you successfully quit smoking. Sessions include: understanding why you have an addiction and how to quit; mastering the first few days, mastering obstacles; and staying quit and enjoying it forever.

Location: NMC, Grand Isle Room

Preregistration Required: Call Chari at 524-8480.

The Basics: Memory Loss, Dementia and Alzheimer's Disease

Tuesday, June 2 6:00 to 8:00 p.m.

This free workshop provides you with the basic information that everyone needs to know about memory loss issues and what they mean for all of us.

Speaker: Amanda Wilson, Franklin County Home Health Medical Social Worker, BA and Professional Community Educator for the Alzheimer's Association-Vermont Chapter.

Location: NMC, Green Mountain Room

Pre-registration Required: Call 524-1234 or email cfhw@nmcinc.org

Living with Alzheimer's Disease for Caregivers: Early Stages

Tuesdays, June 16, 23, & 30 6:00 to 8:00 p.m.

This 3 part program is designed to provide care partners with the knowledge, tools and strategies needed to cope with a diagnosis of Alzheimer's disease or a related dementia.

Speaker: Amanda Wilson, Franklin County Home Health Medical Social Worker, BA and Professional Community Educator for the Alzheimer's Association-Vermont Chapter.

Location: NMC, Green Mountain Room **Pre-registration Required:** Call 524-1234 or email cfhw@nmcinc.org

Healthier Living with Diabetes

Wednesdays, June 10 to July 15, 2015 10:00 a.m. to 12:30 p.m.

Learn to feel better by learning how to deal with frustration, fatigue and pain, manage symptoms and medications.

Cost: Free

Pre-registration Required: Call 524-1031

Living Strong in Vermont Program (light strength training)

Mondays and Wednesdays, starting July 6 3:00 to 4:00 p.m.

Tuesdays and Thursdays, starting July 7 4:00 to 5:00 p.m.

This strength training course has been designed for those over the age of 50 to reduce the effects of osteoporosis, but participants of all ages are welcome. Through a series of simple chair based or standing weight bearing exercises, you will build bone and muscle strength. Participants must have had a physical exam in the past year and will need their physician's approval to participate.

Instructors: CVAA Certified Instructors: Lynne Marie Villareal, Louise Doyle and Charlene Gless

Location: Hawk's Nest Senior Housing, Community Room, St. Albans

Pre-registration required: Call 524-1234 or email cfhw@nmcinc.org

Diabetes and You

Mondays, July 13 to August 10 4:00 a.m. to 6:00 p.m.

This self-management educational program is a five part, ten hour group education program, plus telephone follow-up sessions for people with diabetes and their families.

Location: Georgia Public Library

Facilitators: Deb Robertson, RN, BSN, CDE, NMC

Fee: Call for pricing information

Pre-registration required: Call 524-1031 to register or email drobertson@nmcinc.org. Limited to 15.

Breastfeeding and You

Monday, June 15 6:00 a.m. to 7:30 p.m.

Location: Northwestern Medical Center, Family Birth Center

Wednesday, July 8 Noon to 1:30 p.m.

Location: Vermont Department of Health, 27 Federal St., St. Albans
Learn how your body makes milk, what to expect, tips for getting nursing off to a great start and who to call if you need support or help. Personalize your breastfeeding plan, line up your support, go over the basics, ask questions and get real-life answers.

Speaker: Vermont Department of Health staff

Pre-registration Required: Call 524-7970

Saturday Childbirth Education Workshop

Saturday, July 18 8:30 a.m. to 4:30 p.m.

Join other expectant parents in a day-long Saturday Workshop to prepare for the birth and care of your baby. You will learn about labor, birth, medications in labor, and relaxation and breathing techniques. You can also enroll in an optional breastfeeding class held on the Monday evening following your workshop.

Location: Franklin County Home Health, 3 Home Health Circle, St. Albans

Fee: \$90

Pre-registration required: Call 527-7531



THIS PUBLICATION IS 100% RECYCLABLE.