



## Spring Opening For Two Key Features of NMC Construction

This spring, NMC takes two big steps forward in campus construction with the opening of a portion of the new inpatient unit with all private rooms and the new Medical Clinics Building.

The new Progressive Care Unit offers patients larger, private rooms with more natural light, dedicated family zones and a “decentralized” approach to nursing that puts care-givers closer to their patients. The unit is laid out to provide nursing work stations just outside rooms, as well as inside the rooms themselves.

The second milestone coming up in May is NMC’s opening of the new Medical Clinics addition, located directly adjacent to the main entrance of the hospital. This building will connect the main hospital to the new two-story Medical Office Building, allowing patients and visitors to travel to and from any of these three structures without going outside.

The Medical Clinics addition will house Northwestern Cardiology, Northwestern Pulmonology, and Northwestern OB/GYN along with other specialty clinics in an emerging partnership with the University of Vermont Medical Center.

### Inpatient Renovation

Once the new inpatient wing opens in April, the existing inpatient unit will be renovated. Patients, visitors and staff will access the new addition through a corridor which runs alongside and bypasses the existing building. The renovations will convert existing rooms into private patient rooms.



**All Private Patient Rooms**  
*{We do that here}*

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](mailto:insights@nmcinc.org) or call our Community Relations Office at 524-1280.

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Chelsea Mulheron, RN, is NMC's Breast Care Nurse Navigator. She's pictured here with two patients she's worked with, Heather Brigham (left) and Alana Dion (right).



## Breast Care Access Efforts Bring 11 Percent Increase in Mammograms

Since joining the NMC Diagnostic Imaging team in February 2015, Breast Care Nurse Navigator, Chelsea Mulheron, RN has developed an impactful program that is bringing education, access and awareness to the Franklin County community and has resulted in an 11% increase in mammograms at NMC.

Along with developing protocols that have decreased patients wait times for follow up care and biopsy, Chelsea has secured grant funding from the Pfizer Charitable Foundation and Susan G. Komen to provide improved access to care for those that face financial barriers and create a dynamic community education and awareness program.

Over the past year, Chelsea's work has connected a number of patients to Ladies First or provided needed financial support to ensure that women in Franklin County are getting the annual screen-

ings and follow up imaging they need. In addition to this critical access to care work, Chelsea has created dynamic programming that is bringing awareness and education to our region. Three Paint and Prevent Events have been held in the NMC Café bringing women together to enjoy guided painting while getting their annual mammogram during more convenient evening hours. Breast care workshops have been held at worksites throughout the region. These dynamic workshops work with women to creatively identify family and lifestyle habits that impact their risk for breast cancer while informing them of the importance of annual screening.

In 2017, Chelsea will continue to expand this excellent work to increase the awareness of breast health while making it easier for women in Franklin County to access breast care. To learn more about mammography and how it relates to your health, please speak to your primary care provider.

## NMC Among the Top 100 Rural & Community Hospitals

Northwestern Medical Center was recently named one of the Top 100 Rural & Community Hospitals in the United States by the National Rural Health Association, iVantage Health Analytics and The Chartis Center for Rural Health.

"This achievement is very gratifying and validates our daily commitment to providing the best health care possible to our community, while maintaining an efficient and effective facility," said Jill Berry Bowen, NMC's CEO.

In selecting the top 100 rural & community hospitals from the thousands of hospitals nationwide, the National Rural Health Association and their partners looked at diverse aspects of what it means to be exceptional: quality of care indicators, outcomes of care, costs and charges, inpatient and outpatient market share, patient perspectives, and financial stability. This broad look validates NMC's daily commitment to providing the best health care possible to our community, while maintaining an efficient and effective facility and organization.

## Cardiac Capers Makes Generous Contribution

Cardiac Capers Chair Helene Biggie recently presented \$20,000 to the Northwestern Medical Center Auxiliary, a donation representing proceeds from the fall 2016 show. Pictured here, Auxiliary Vice President Kathy Tabor (left) gratefully accepted the funds on behalf of the Auxiliary

Cardiac Capers is a musical variety show staged every other year that serves as the NMC Auxiliary's largest fundraiser. The 2016 show was themed "Music! Music! Music! Music! Through the Decades" and was staged over four nights in October





# Digital Devices & Eye Strain

It is a common myth that staring at your computer or cell phone for extended periods of time causes eye damage. While untrue, the hours you may spend at work behind the computer screen may cause blurry vision, eye strain and fatigue.

Normally, humans blink about 15 times per minute. While concentrating on your computer monitor or cell phone, however, your blinking rate may decrease to one third or one half of that, leading to dry eye. Additionally, many portable devices have glass screens that promote glare. Your environment may also play a role; if the air is dry where you work, or if the lighting in the room is dimmer than your computer screen, you will experience more difficulty.

There are a few tricks you could employ to minimize these problems:

- Use artificial tears periodically when you are at work or if you are having problems on your laptop, phone or other portable device
- Consider room humidification at home
- Use a matte screen filter on your cell phone
- Look up and away from your phone/portable device or computer periodically after about 20 minutes of concentration on your screen. Looking at a clock on the wall, out a window, or across the room at an object about 20 feet away is sufficient.
- Consider reading glasses or even a visit to your eye doctor if you have to pull your cell phone away from you while reading.
- Also consider sitting no closer than arms' length from your computer screen.

Your company may even have an ergonomics specialist, a professional who can recommend best practices to ensure your computer screen doesn't come between you and a comfortable day's work.

For more information about eye health, contact Dr. Gregory Brophrey at Northwestern Ophthalmology at 524-4274.

## With Wellness in Mind

NMC recently piloted a mindfulness program with cancer patients and caregivers, exploring how this Mindfulness Tools for Health and Wellness course can assist stress reduction and promote well-being. The two-month program gathered community members each week for two-and-half-hour sessions where they learned practices like sitting meditation, gentle yoga and body scanning.

Participants also got to take part in discussions on stress management and about coping with challenges in their lives due to cancer-related issues, or general life concerns. One recent evening, the participants shared thoughts about the experience.

"I'm really enjoying it," said Angel Vos who attended the course with her mom, Kathryn Peno who said that the sessions have helped her to relax, a practice she's taken to working on each morning. Kathryn uses a CD provided by the course, and even her husband participates, often just before bedtime. Peno said he sometimes falls asleep during the meditation – a good sign that he's fully relaxing.

Help with sleep was a benefit of the program that other program participants mentioned, too. Melanie Berthiaume said that she found the mindfulness techniques to help with those million-mile-an-hour thoughts that sometimes keep her awake.

Other benefits the participants shared included taking time for themselves, becoming a better listener, finding support from others, stress reduction and learning to relax.

As the class sat in a circle performing chair-based, gentle yoga, a noisy meeting nearby did not interfere with the group's quiet practice. The participants said they've each gotten more adept at letting go of distracting thoughts, feelings and sounds.

One participant who runs a daycare said that the skills she learned from instructor Roz Grossman helped her patience on a day to day basis, and thought those skills could be applied anywhere. "I wish more people did it," she said.

Group leader Roz Grossman is a certified trainer in the Mindfulness-Based Stress Reduction program, which has been shown to reduce stress associated with cancer and to promote wellness. She brings compassion to her groups from her own journey of healing from cancer and her background includes nursing, human resource development and health education.

Overall, the group enjoyed the class and enthusiastically recommended it for others. "I'd definitely recommend it," said Robert McGarry. "This has been exactly what I was looking for, and I think everyone would get a lot out of this."

## Chipping In For the Community

Registration is open for the 11th Annual Community Partners Classic Golf Tournament. Sign up your team today or become a tourney sponsor to support the United Way of Northwest Vermont, Northwestern Medical Center and Northwestern Counseling & Support Services.

This premier tournament features:

- Morning and afternoon tee times
- A delicious mid-day meal under the tent for golfers of both flights
- Contests and prizes

Register at: <https://www.eventbrite.com/e/11th-annual-community-partners-classic-golf-tournament-tickets-31062466674>

For more information about the event or sponsorship opportunities contact Kate Ladison in NMC Community Relations at 524-1239, or email [kladison@nmcinc.org](mailto:kladison@nmcinc.org).



# INSIGHTS TO HEALTH

Your guide to local healthy programs, classes, and more!



## Education

### Lyme Disease and Tick Borne Illnesses – What You Need to Know

Thursday, May 4 6:00 to 8:00 p.m.

Learn the basics of Lyme Disease, other tick-borne illnesses, and prevention education.

**Speakers:** Bradley J. Tompkins, Infectious Disease Epidemiologist & Program Chief, Enteric, Zoonotic & Vector Borne Diseases, Division of Health Surveillance, Vermont Department of Health and Ellen Read, RN

**Location:** Northwestern Medical Center, Green Mountain Room

Call 524-1217 to sign up or email Faith DuBois at [fdubois@nmcinc.org](mailto:fdubois@nmcinc.org)

### Healthier Living with Chronic Pain

Fridays, May 5 to June 9 12:30 to 3:00 pm

Come learn techniques to deal with problems such as frustration, fatigue, isolation, and poor sleep, exercises to improve strength, flexibility, and endurance, and tips for talking with your family, friends, and health care professionals about pain.

**Location:** Enosburgh Health Center

**Pre-registration Required:** Call Deb at 524-1031 or email [drobotson@nmcinc.org](mailto:drobotson@nmcinc.org)

### Diabetes and You

Tuesdays, April 4 through May 2 2:00 to 4:00 pm

Learn how to keep diabetes from controlling your life and improve your blood sugar control to feel better and delay or prevent complications.

**Location:** NMC, Cobblestone Building Suite 202

**Pre-Registration Required:** Contact Deborah Robertson at 524-1031

**Fee:** NMC will bill your insurance for the course fee. Scholarships available. No one will be turned away for lack of ability to pay.

### YMCA Diabetes Prevention Program

Mondays, May 29 (for 16 weeks) 2-3 pm

This year-long offering is for persons who have been diagnosed with prediabetes or meet specific risk criteria for developing the disease and offers support and encouragement from both a trained lifestyle coach and fellow classmates in a small group setting.

**Location:** Northwestern Medical Center, Cobblestone Suite 202

**Pre-Registration Required:** Call Deb Robertson at 524-1031 or email [drobotson@nmcinc.org](mailto:drobotson@nmcinc.org)



## Featured Program

### Successful Exercising with Joint Problems

Wednesday, May 3 10:00-11:00 pm

Wednesday, May 10 5:15-6:15 pm

This class will cover how to exercise successfully when you have limited mobility. We will cover the impact of nutrition and give helpful hints for being successful with a program. Various exercises and modifications will be demonstrated. Come prepared to participate, if desired! These fun and enjoyable workouts will help increase overall health and wellness, while reducing pain and fatigue. Join others with different backgrounds and fitness levels, as we learn and practice together! Instructor: Shannon Meehan, CSCS Northwestern Orthopaedics.

**Location:** NMC Conference Center

**Registration:** Please call 524-8981

### Heart Healthy Classes

Wednesday, April 12 AND Wednesday, May 10

Get dietary and lifestyle recommendations for a healthier heart.

**Location:** NMC Cardiac Rehab Gym, Cobblestone Health Commons

**Registration:** Call to register, 524-8849

## Maternity

### Breastfeeding and You

Tuesday, April 18 12:00 to 1:30 pm

Moms-to-be and family members plan for breastfeeding your newborn in the first month of life.

**Location:** Vermont Department of Health, St. Albans District Office, Federal Street

**Pre-Registration Required:** Call 524-7971 to register

### Breastfeeding and You

Monday, May 22 6:00 to 7:30 pm

Moms-to-be and family members plan for breastfeeding your newborn in the first month of life.

**Location:** Northwestern Medical Center Family Birth Center

**Pre-Registration Required:** Call 524-7971 to register

## Exercise

### Peoples Trust Company Run for Jim

Sunday, May 7

8:30 am Kid's Fun Run

9:30 am Run & 5K Walk

This is a 5k run/walk for adults and also children's races "On the Track". The Run for Jim was established in memory of Jimmy Bashaw who died at the age of 45 from brain cancer.

**Location:** Collins Perley Sports & Fitness Center

**Registration:** [www.runforjimbashaw.com](http://www.runforjimbashaw.com)

**Fee:** \$30 adult race, \$10 children's races

### Cancer Exercise Rehab Group

Ongoing every Tuesday and Thursday 11:00 am-12:30 pm

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

**Featuring:** Wendy Lawrence, certified NMC Oncology Rehab Physical Therapist

**Location:** NMC Rehab gym, Cobblestone Building

**Pre-Registration Required:** Call 524-1064

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

### Prenatal Fitness

Every Wednesday 5:30 to 6:30 p.m.

Northwestern OBGYN offers these free prenatal exercise sessions to strengthen and prepare you for a successful birthing experience. Join other moms as we lead you through a customized routine designed to make you feel energized and confident. Please consult a physician before beginning this exercise program.

**Featuring:** Stephanie Preedom, AFAA

**Location:** NMC Wellness & Fitness Room

**Pre-Registration Required:** Call Stephanie @ 802-288-1141 or email [stephanie.preedom@gmail.com](mailto:stephanie.preedom@gmail.com)

**Fee:** Free to Northwestern OB/GYN patients

