

Insights

your health and your hospital



NMC Physical Therapy Now Serves Cambridge

In March, Northwestern Medical Center Physical Therapy began seeing patients in Cambridge, in space adjoining the Cambridge Health Center on Main Street.

NMC's Physical Therapy (PT) team provides evaluation and individualized treatment plans for patients in Cambridge and surrounding areas using a variety of techniques. NMC PT's strive to help people move better, reduce pain, and restore function and disability. Using science and motivation NMC PT teaches you to manage health conditions and gain the greatest mobility possible.

The team's evidence based treatments offered at the 272 North Main Street Cambridge location include addressing sports injuries, joint pain/dysfunction, improving balance, muscle spasms, neurological conditions, and/or postural issues.

NMC's Rehabilitation Services is passionate about serving their patients and seeing the positive results of their high-quality care. They will be working with patients in the Cambridge Health Center Building Mondays and Fridays from 8 a.m. to 4 p.m. Northwestern Rehabilitation Services is based in the Cobblestone Building on NMC's campus and also has satellite locations in Georgia, Enosburg, and at Branon's Pools in St. Albans. For more information about the new Cambridge satellite or to make an appointment, call 802-644-8317.



Physical Therapist Sarah Nielsen in the Cambridge office of Northwestern Medical Center's PT business.

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 Services Office at 524-1280.

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Scholarship Dinner May 20 at the Tyler Place

Each spring, NMC awards scholarships to local residents entering the healthcare field, emphasizing the hospital's commitment to exceptional care and our community. Two scholarships are given through the Martin H. Wennar, MD Health Education Fund. The awards are presented at a black-tie optional dinner which this year will be held at the Tyler Place Resort in Highgate Springs on Wednesday, May 20.

A former winner of NMC's Auxiliary Scholarship will be the featured speaker at this year's event. Dr. Katie Montagne won the scholarship in 2007 and went on to study earn her bachelor of science and doctor of medicine degrees from the University of Vermont.

The Martin H. Wennar, MD, Health Education Scholarship Fund began as the NMC Health Professions Scholarship, established in

1987. In 2003, the fund was renamed and dedicated to Dr. Martin Wennar, a retired general surgeon who passed away in August 2009 following a battle with pancreatic cancer. Dr. Wennar and former NMC Chief Financial Officer Peter Georgeopoulos initiated the fund and its rededication honored Wennar's long-standing goal of encouraging health professions through scholarships.

The Martin H. Wennar Health Professions Scholarships are presented to graduating high school seniors entering collegiate studies in a health care field. Scholarships are awarded based on academic merit and community service. Typically, two \$2,500 scholarships are awarded, one of which is reserved for a student entering the field of nursing.

The public is welcome to attend the Scholarship Dinner which benefits the Health Education Fund. If you would like more information about attending, or about contributing to the fund, please call Kate Laddison, Community Relations Specialist at 524-1239 or email kladdison@nmcinc.org.

Healthy Hearts

350 Explore Healthier Lifestyles



NMC's Healthy Hearts on the Move event was a great success, offering free health screenings, educational opportunities, and fun physical activities for all ages.

NMC Competes in Initiative on Advance Directives

In April, Northwestern Medical Center joined a “Healthy Competition” that pits the hospital against other local healthcare organizations in a contest designed to raise awareness of the importance of advance directives.

NMC goes up against Franklin County Home Health Agency, N.O.T.C.H., NCSS, and St. Albans Health and Rehab to see which group can achieve the highest level of staff members who have completed an advance directive. This document was formerly known as a living will and helps ensure people have someone to speak on their behalf if they are no longer able to communicate their wishes.

START THE CONVERSATION

The competitors kicked off the initiative on Wednesday, April 1, 1:30 p.m. in the Courtyard Café at NMC with Home Health Executive Director Janet McCarthy acting as keynote speaker.

The friendly competition seeks to take the mystery out of the advance directive process by getting each organization to “start the conversation” with their own employees. Each organization will hold individual events, including tea parties on April 16, which is National Healthcare

Decision Day. At the end of the competition, results will be tallied and the “winner” will host a celebration, announcing how many Advance Directives were completed across all the organizations. The closing event will be held May 8, at 11 a.m.

As part of the month-long initiative, Franklin County Home Health will host a Grand Rounds for area physicians and the general public on Tuesday, May 5, starting at 5:30 for doctors only and 6:30 for the general public. Speakers include Dr. Allan Ramsay and Dr. Diana Barnard, both of whom have extensive experience with palliative care and hospice. Their goal will be to help doctors, and others, understand how to start the conversation about people’s wishes for their end of life care.

Home Health is also hosting a three-day training on April 7, 14 and 21 at the Vermont State Office Building on Federal Street. This training is free and designed to prepare people to become community facilitators for Start the Conversation presentations in their community and/or professional setting. For more information about any of the events in the competition, or about Advance Directives, please call Kate Laddison in Community Relations at 524-1239.



Chipping In For the Community

Registration is now open for the 9th Annual Community Partners Classic Golf Tournament. Sign up your team today or become a tourney sponsor to support Franklin-Grand Isle United Way, 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
- An extensive silent auction

For more information about the event or sponsorship opportunities contact Kate Laddison in Community Relations at 524-1239, or email kladdison@nmcinc.org.

Cancer Documentary To Be Screened In St. Albans

On May 12, NMC will host a free community screening of an excerpt from the documentary: Cancer: The Emperor of All Maladies followed by a panel discussion on the disease and its effects on our community.



The screening starts at 5:30 at the Vermont Department of Health on Federal Street in St. Albans and is supported by the hospital’s

Cancer Committee, which encourages a supportive care system for cancer patients. A panel discussion will follow the 30-minute movie screening, including guest speaker Dr. Dennis Sanders of the Vermont Center for Cancer Medicine & Blood Disorders.

The discussion will offer an opportunity for community members to hear from healthcare providers, specialists, social workers and survivors.

NMC’s screening is an abbreviation of the full documentary movie, which is a three-part, six-hour major television event being broadcast on PBS and presented by documentary filmmaker Ken Burns, in partnership with WETA, the flagship public broadcasting station in Washington, D.C.

The film is based on the book *The Emperor of All Maladies: A Biography of Cancer* by Siddhartha Mukherjee, and the series is the most comprehensive documentary on a

single disease ever made. This “biography” of cancer covers its first documented appearances thousands of years ago through the epic battles in the 20th century to cure, control and conquer it, to a radical new understanding of its essence. The series also features the current status of cancer knowledge and treatment —the dawn of an era in which cancer may become a chronic or curable illness rather than its historic death sentence in some forms.

The May 12 screening is open to all and free of charge. Light refreshments will be served. If you have questions about the screening, please contact Kate Laddison in Community Relations at 524-1239 or email her at kladdison@nmcinc.org.



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.

APRIL & MAY PROGRAMS

Living Strong in Vermont Program (light strength training)

Mondays & Wednesdays, starting Apr 6, 2015 3:00 to 4:00 p.m.

Tuesdays & Thursdays, starting Apr 7, 2015 4:00 to 5:00 p.m.

This strength training course is 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. Physical exam and physician approval required for participation.

Instructors: CVA 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

AARP Driver Safety Course

Monday, April 20 4:30 to 9 p.m.

This 4 hour refresher course is open to all drivers 50 years and older and the curriculum addresses the normal physical changes brought on by the aging process, how these changes can affect driving ability and then offers ways to compensate for those changes.

Speakers: Doug Masson, AARP instructor

Location: Northwestern Medical Center, Green Mountain Room

Preregistration Required: Call Doug @ 802-644-8310

Cost: \$15 for AARP members and \$20 for non-members

Diabetes and You

Thursdays, April 16 to May 14 1:00 to 3:00 p.m.

Location: Richford Rural Health Center

Wednesdays, May 6 to June 3 2:00 to 4:00 p.m.

Location: Northwestern Medical Center, Franklin Room

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.

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

Program Cost: Call for pricing information

Pre-registration Required: Call 524-1031 or email drobertson@nmcinc.org

Program Size: Limited to 15

Vermont Quit Network Freshstart (tobacco cessation class)

Tuesdays, May 5 to 26 3:30 to 4:30 p.m.

Location: Georgia Library

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. Vermonters get free patches, gum & lozenges.

Pre-registration Required: Call Chari at 524-8480.

Cholesterol Class

Wednesday, April 29

8:30 to 9:00 a.m.

The dietitian discusses foods and eating habits that may help to manage your cholesterol levels. It will include practical suggestions for overcoming the barriers to eating in a heart healthy way.

Location: Northwestern Medical Center, Cobblestone, Cardiac Rehab Gym

Speaker: Kay Tran, Registered Dietitian, MS, CDE, NMC

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

Cost: Free!

Breastfeeding: Keep it Simple

Thursday, April 9

6:00 to 7:30 p.m.

Location: NMC Family Birth Center Conference Room

Tuesday, May 12

Noon to 1:30 p.m.

Location: Vermont Department of Health, 27 Federal St., St. Albans
In this free Department of Health's Breastfeeding Prep class, 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 to register

Saturday Childbirth Education Workshop

Saturday, May 2 or June 6

8:30 a.m. to 4:30 p.m.

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

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.

Fee: \$90

Pre-registration required: Call 527-7531

Healthier Living with Chronic Disease

Tuesdays, May 26 to June 30

4:00 a.m. to 6:30 p.m.

Location: Swanton School Apartments

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

Cost: Free!

Pre-registration Required: Call 782-5323 or 524-1031 or email hmessier@nmcinc.org