



Dr. Chase Joins Northwestern Orthopaedics

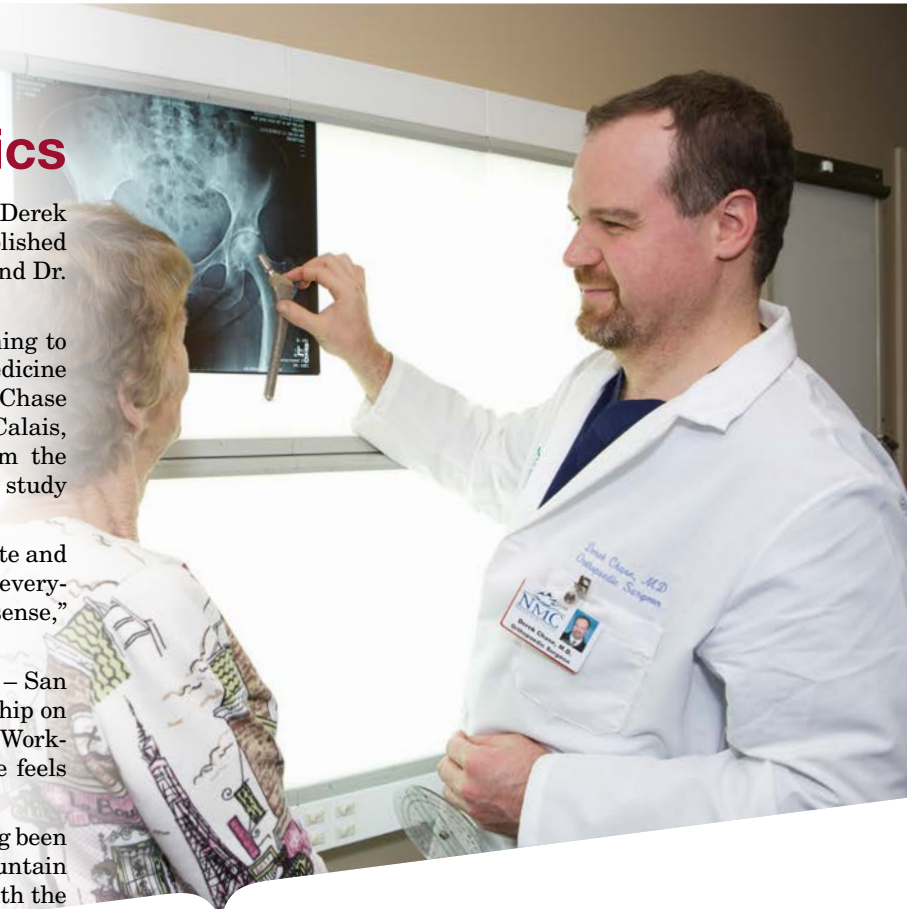
Northwestern Orthopaedics is pleased to welcome Dr. Derek Chase as a new orthopaedic surgeon joining the well-established team that includes Dr. Michael Barnum, Dr. Robert Beattie and Dr. Denise Durant.

Dr. Chase began seeing patients in early November, coming to NMC from California where he was completing a Sports Medicine Fellowship at the Lake Tahoe Sports Medicine Institute. Dr. Chase is returning to Vermont, having grown up in Maple Corner, Calais, near Montpelier. He earned his undergraduate degree from the University of Colorado at Boulder, but came back to UVM to study medicine, achieving his MD in 2008.

He said he's happy to get back to the Green Mountain State and practice medicine in a small community setting. "You know everybody, it's so much more on a human scale, it just makes more sense," he said.

Dr. Chase also spent time at the University of California – San Diego where he did a Surgical Internship, a Research Fellowship on Orthopaedic Surgery and an Orthopaedic Surgery Residency. Working at a large trauma center was interesting, he said but he feels that Northwestern Orthopaedics will be a better fit for him.

He is no stranger to the sports side of sport medicine having been an All-American lacrosse player and also enjoying hockey, mountain biking, sailing, golf, soccer and skiing. He spent two weeks with the US Ski Team in Europe, and traveled to Guatemala with Operation Walk, performing total hip and knee surgeries on those in need.



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Joining Northwestern Orthopaedics
{Welcome Dr. Derek Chase to our team}

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.



healthy habits for the new year



Dr. Chase
healthy hearts
welcome Dr. White



keeping workers healthy

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Healthy Habits for the New Year

Taking Care

Relax: Find just 5 minutes each day to completely relax. Put a reminder on your smartphone at a time that works for your schedule. When your reminder goes off, stretch, sit comfortably, take some deep breaths.

Sleep Well: Make sure sleep is a priority. Put away your electronic devices, turn off your lights, make sure your bed is comfortable, the environment is quiet, and go to bed early enough to ensure you get plenty of rest.



Get Moving

Snowshoes Available: Did you know RiseVT recently provided snowshoes to several local libraries for lending out to the public? Check in with your town/village library and try out a pair.

Try A Trail: Have you ever walked a trail in the St. Albans Town forest? You might not have heard of it, but it's been around since 1953 – what are you waiting for? It's located on Forest Drive, just off French Hill Road. The Hard'Ack Recreation Area is another great nearby walk with a lovely view of St. Albans City. Access the trailhead just off Isham Avenue or from the access road that connects to Congress Street.

Treasure Hunting: Geocaching is a fun, free activity where you'll look for small "caches" using geo-coordinates. They turn a quick walk around the neighborhood into an outdoor adventure. There are caches worldwide, and hundreds in Franklin and Grand Isle counties. Visit www.geocaching.com for more info.



Eating Well

Go Green: Try to bring more dark leafy greens to your menus this year. Tender greens such as spinach or baby kale may work best for kids or fix a salad made half with familiar lettuce and half with a dark green. Add a citrus-based dressing, to help balance the strong flavor of the greens and aid in the absorption of iron.

Get on the Whole Grain Train: When buying grains, remember that whole grains contain three parts: the bran, the germ and the endosperm (refined grains only contain the endosperm). Here's a "whole-some" snack – a whole grain pita pocket stuffed with ricotta cheese and Granny Smith apple slices with a dash of cinnamon.

Plant Proteins: Beans and lentils are cost-effective protein sources that come in many varieties and are easy to cook. Canned, dried, fresh or frozen. 1 cup of cooked spinach has 5 grams of protein and 1 cup of cooked broccoli is about 4 grams. RDA (56 grams)

Get an Oil Change: This year try switching your vegetable oil for canola or safflower oils, which contain less saturated fat. All fats are high in calories, but the saturated fat found in vegetable shortening raises your "bad" cholesterol (LDL). A quick and easy dressing recipe: 2 tablespoons extra-virgin olive oil, 2 tablespoons balsamic vinegar, 2 teaspoons pure maple syrup, 2 teaspoons whole-grain mustard, add salt & freshly ground pepper to taste, and enjoy!



Dr. Chase Joins NMC

(Continued from cover)

He brings a focus on sports medicine to the team at Northwestern Orthopaedics which has established surgeons specializing in back surgery, hand surgery and total joint replacement. His skills will complement the team as he is able to work as a generalist and add depth to the staff, which also includes several outstanding advanced practice providers.

“I really feel like it’s an art and a craft”

- Dr. Derek Chase

Dr. Chase’s parents still live in Vermont: His mother is a plein air oil painter and his father ran a furniture business. He likened

his orthopaedic work to the fine quality craftsmanship that is common among Vermont woodworkers. His love of physical activity and his pride in quality care make orthopaedics the perfect field for him. “I really feel like it’s an art and a craft,” he said. “I derive so much satisfaction from getting people back to what they want to do,” he said.

The Northwestern Orthopaedics Team

Dr. Chase joins a strong team at Northwestern Orthopaedics with three experienced surgeons who work closely with advance practice providers in their busy office in Doctors Office Commons. Dr. Michael Barnum is a spine specialist, Dr. Robert Beattie performs many total joint replacement surgeries, and Dr. Denise Durant specializes in hand and wrist surgery.

Meet the team:



Michael Barnum, MD



Robert Beattie, MD



Denise Durant, MD



Tim Balise, PA-C



Kamie Holmes, NP



Nolan Hurley, PA



Troy Turner, PA-C

For more information about the services offered by Northwestern Orthopaedics, or to make an appointment, call 802-524-8915.

Welcome Dr. White



Northwestern Medical Center welcomes the arrival of Dr. Suzan White to the team at Northwestern Comprehensive Pain. Dr. White is an osteopathic physician with experience in addiction medicine and a strong interest in applying her background in psychiatry to her work at the Comprehensive Pain clinic.

Dr. White most recently worked at the Berkshire Medical Center where she did a psychiatry residency and she attended the University of New England College of Osteopathic Medicine. She previously spent 10 years in Vermont, living in South Hero and said she is eager to join NMC. She described her approach as treating the whole patient, body, mind and spirit, with kindness and compassion.

Contact Northwestern Comprehensive Pain at 802-524-8809.

Keeping Workers Healthy

Northwestern Occupational Health’s team knows that a healthy workforce is vital to the success of any business. Therefore, this comprehensive Occupational Health program works closely with employers in our community to understand their requirements and develop customized plans to meet their needs.

NOH provides:



- On-site injury prevention services
- Wellness programs
- Work rehabilitation program
- Functional Capacity Evaluations
- Department of Transportation Exams
- Drug and Alcohol Testing,
- Physical, hearing, and respiratory
- And more!

NOH is located at the Cobblestone Health Commons in St. Albans as well as at the Northwestern Urgent Care site in Georgia. To learn more about what this well-established practice can offer, call 802-524-1223. Find Northwestern Occupational Health on the web at: northwestern.org/northwestern-occupational-health.

Healthy Hearts on the Move

SAVE THE DATE!

Saturday, March 5th - 9 a.m. to noon
at the St. Albans City School!

www.northwesternmedicalcenter.org

INSIGHTS TO HEALTH

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



Exercise

Cancer Exercise Rehab Group

Every Tuesday and Thursday 11 a.m. to 12:30 p.m.

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

Mom & Baby

Breastfeeding: Keep it Simple

Monday, January 11 Noon to 1:30 p.m.

Location: Vermont Department of Health, 27 Federal St., St. Albans

Wednesday, February 3, 2016 6 to 7:30 p.m.

Location: NMC, Family Birth Center Conference Room

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, January 9 or February 6 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 Cir, St. Albans

Fee: \$90

Pre-registration Required: Call 527-7531

Latch On Discussion Groups

Third Saturday of Each Month 10 a.m. to noon

Learn about breastfeeding and share experiences in a relaxed, caring environment. Enjoy light refreshments and connect with other moms. Call 521-1040 for more information.

Location: NMC, Family Birth Center

Education

Effective Communication Strategies

an education program by the Alzheimer's Association

Tuesday, January 5 6 to 8 p.m.

Effective Communication Strategies is a program provided by the Alzheimer's Association® that explores how communication takes place when someone has Alzheimer's disease. By the end of the program, attendees will be able to: explain the communication changes that take place throughout the course of the disease, decode the verbal and behavioral messages delivered by someone with dementia and respond in ways that are helpful to the person, identify strategies to connect and communicate at each stage of the disease.

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

Understanding & Responding to Dementia Behavior

Tuesday, January 12 6 to 8 p.m.

To help caregivers decipher behaviors and determine how best to respond, the Alzheimer's Association offers this program. By the end of the session, attendees will be able to: identify common triggers for behaviors associated with dementia, explain the process for assessing and identifying challenging behaviors, list strategies to address some common dementia-related behaviors. Through practical information, resources, and interviews with experts, this program will help caregivers to address the challenges of dementia-related behavior.

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

Diabetes and You

Tuesdays, January 5 to February 2 1:30 to 3:30 p.m.

Location: Swanton Public Library

Mondays, February 8 to March 7 10 a.m. to noon

Location: Northwestern Medical Center, Grand Isle 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. The program is accredited by the American Diabetes Association.

Facilitator: Deb Robertson, RN, BSN, CDE, Northwestern Medical Center

Fee: Call for information

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

Program Size: Limited to 15

Healthier Living with Chronic Pain

Mondays, January 4 to February 8 12:30 to 3 p.m.

Learn how to manage the issues that go along with your chronic disease.

Location: Richford Health Center

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

Healthier Living with Chronic Disease

Thursdays, February 18 to March 24 1 to 3:30 p.m.

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

Location: NMC, Conference Room 2

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

YMCA Diabetes Prevention Program

Tuesdays, starting February 23 2 to 3 p.m.

The YMCA's Diabetes Prevention Program helps adults at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles by increasing physical activity, eating healthier, and losing a modest amount of weight. Sixteen weekly one-hour sessions are followed by 8 monthly sessions.

Location: Swanton Library

Pre-registration Required: Call Heidi @ 782-5323 to register

Workshops

Look Good Feel Better

Monday, February 1 4:30 to 6 p.m.

A free interactive demonstration for women with cancer who are experiencing appearance related side effects due to treatment.

Join us to learn how to look good and feel better about the skin and hair changes that cancer treatment can cause.

- Free workshops led by trained, volunteer cosmetologists
- Get help with cosmetics, skin care, and head covering options

Featuring: Carol Lumbr, Beautician, Rail City Salon and Bonnie Rainville, Beautician, Elite Body Boutique

Location: NMC, Conference Room #1.

Pre-registration Required: Call 524-8479