patient portal to provide new access to information

Starting this summer NMC patients will be able to access their health records online, through a patient portal available on the NMC website. Patients will be able to easily communicate with their healthcare team and view vital health information like lab results and medication lists. Timely access to important information and improved communication with their healthcare team allows each of us to be more involved in our own care, which should lead to even better health.

Patients will choose to access either physician office records or information associated with their hospital records.

Through the Physician Office Portal, patients can:
- Communicate with physicians and advance practice providers
- View, request and cancel office appointments
- View a list of medications, update medication information, and request refills
- View lab results ordered by their physician office
- Update contact information and medical history
- Access a health record summary

Through the Hospital Portal, patients can:
- View, request or cancel appointments with Northwestern Physical, Occupational or Speech Therapy, Diagnostic Imaging, Respiratory Therapy, and Chronic Disease Management
- View the medication list you were sent home with following your hospital stay
- View upcoming surgery dates
- View lab results, X-rays and other diagnostic reports
- View physician and advanced practice provider documentation such as a discharge summary
- Update contact information
- Access a health record summary
- View billing information

(Continued on page 3.)
Investing in a Healthier Future

The best measure of fundraising success is not bottom line dollars raised, says NMC’s new Director of Development Jeff Moreau, it’s the lasting impact that those investments have on an organization.

“Giving is more compelling when we can learn about the story behind a gift and the impact that one wants to have on an organization,” says Moreau who has joined NMC to help the hospital advance.

A recent visit with a local community member illustrates this point. This individual had made arrangements for a portion of her estate to benefit the hospital. In talking to Moreau, the conversation quickly turned to how she wanted to make an impact in ensuring quality palliative care services in memory of her late husband.

“Whether you are interested in prevention, wellness or specific types of care, individual giving is inspired by the donors’ backgrounds and stories. I am here to help facilitate that donor-focused philanthropy.” — Jeff Moreau

Moreau joins NMC after two decades of successful fundraising and non-profit leadership. He previously served as Executive Director of the Franklin-Grand Isle United Way. More recently, Moreau served as Executive Director of Annual Giving Programs for the University of Vermont Foundation.

“We are very fortunate to have such a seasoned professional join our team – particularly one with such strong roots in our community,” says Jonathan Billings, Vice President for Planning and Community Relations.

Moreau earned his undergraduate degrees from Champlain College, receiving several honors and awards. A decade after graduating from Champlain, he was honored with the College’s Alumni Leadership Award. He also holds a graduate degree in public administration from the University of Vermont where he focused his research and studies on healthcare reform and outcome measurement. Moreau is also a non-profit consultant and is a certified fundraising executive.

Born at the St. Albans Hospital and raised in Franklin County, Moreau has many connections to NMC. With a college-age daughter who was very active in sports, Moreau said that his family spent more time at the hospital with athletic injuries than he had in the rest of his lifetime.

He also said: “Both my mother and grandmother worked with the hospital and it truly is an honor to follow in their footsteps. I have long thought that NMC would be a great place to build a strong culture of philanthropy, which I believe will help the hospital as well as the broader community.”

Northwestern Urgent Care

Opening in June:

Northwestern Urgent Care

This June, Northwestern Urgent Care opens its doors in the Cobblestone Health Commons Building on NMC’s campus. Come see us for sprains, strains, sore throats, stitches, x-rays and more. Best of all: You’ll be in and out in an hour, and you can get back to enjoying your life.

For more information about this exciting addition to the NMC family of exceptional healthcare, visit www.northwestern.org.

Registration is now open for the 8th Annual Community Partners Classic Golf Tournament on June 20, 2014. 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.

For more information & sponsorship opportunities call 527-7418.
Elks support helps build raised beds

A generous donation from the local Elks Lodge in the form of a Beacon Grant is helping NMC grow its Community Gardens. The Lodge qualified for a $2,000 grant and will use these funds to construct and prepare 12 new raised beds to add to five already in use.

The Elks National Foundation Beacon Grants are given out to develop ongoing, Elks-led community projects and the community gardens are a healthy initiative NMC is proud to be a part of. In addition to providing an affordable way to grow healthy food, the Elks are encouraging participants to donate a portion of their harvest to the local food shelf, Northwest Family Foods, as well as NMC’s Courtyard Cafe.

“This project is a terrific example of our community coming together to help one another,” says NMC’s Director of Development Jeff Moreau. “It is also a perfect complement to the hospital’s investment in wellness and prevention in our community,” he adds.
JUNE & JULY PROGRAMS

Vermont Quit Network
Freshstart (tobacco cessation class)
Wednesdays, June 4, 11, 18, 25 3:00 to 4:00 p.m.
Join others for a 4-session series to help you successfully quit smoking.
Location: Georgia Public Library
Registration Required: Call Chari at 524-8480.

Lyme Disease Basics
Thursday, June 5 6:30 to 7:30 p.m.
Get an overview of Lyme disease in Vermont and hear about ticks and prevention of tick bites.
Speaker: Erica Berl, Health Surveillance Epidemiologist, VT Department of Health
Location: NMC, Conference Room #1.
Cost: Free
Registration Required: Call 524-1234 or email cfhw@nmcinc.org.

Cholesterol Class
Wednesday, June 11 or July 9 8:00 to 9:00 a.m.
This monthly group discusses foods and eating habits that may help to manage cholesterol levels, including practical suggestions for overcoming the barriers to eating in a heart healthy way.
Location: Northwestern Medical Center, Cobblestone, Education Room
Speaker: Kay Tran, Registered Dietitian, MS, CDE, NMC
Cost: Free
Registration Required: Call 524-1234 or email cfhw@nmcinc.org.

Breastfeeding: Keep it Simple
You are invited to the Department of Health’s free 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.
Friday, June 27 Noon to 1:30 p.m.
Location: Vermont Department of Health, 20 Houghton St, St. Albans
Wednesday, July 23 5:30 to 7:00 p.m.
Location: NMC, Family Birth Center Conference Room
Registration Required: Call 524-7970.

Living Strong in Vermont Program
(light strength training)
Mondays & Wednesdays, July 7 – September 24 3 to 4 p.m.
Tuesdays & Thursdays, July 8 – September 25 4 to 5 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. A series of chair based or standing weight-bearing exercises will help build bone and muscle strength.

Diabetes and You
Mondays, July 7, 14, 21, 28 & August 4 4:00 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. The program is accredited by the American Diabetes Association.
Location: Georgia Public Library
Facilitator: Deb Robertson, RN, BSN, CDE, NMC
Cost: Free
Registration Required: Call 524-1031 or email drobertson@nmcinc.org
Program Size: Limited to 15

YMCA Diabetes Prevention Program
Mondays, starting July 7 4 to 5 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: Northwestern Medical Center
Cost: Free
Registration Required: Call Heidi @ 782-5323.

Look Good Feel Better
Monday, August 4, 2014 4:30 to 6 p.m.
This program is a free interactive demonstration for women who are experiencing appearance related side effects due to treatment.
Featuring: Carol Lumbra, Beautician, Rail City Salon and Bonnie Rainville, Beautician, Elite Body Boutique
Location: Northwestern Medical Center, Conference Room #1.
Cost: Free
Registration Required: Call Christina Latson at 524-1082.

Childbirth Education classes
6 Week Preparation for You & Your Baby
Mondays, July 7 7 to 9 p.m. Cost: $105
Refresher Class
Monday, July 21 7 to 9 p.m. Cost: $25
Birth and Beyond
Saturday, July 12 8:30 a.m. to 4:30 p.m. Cost: $90
Location: Franklin County Home Health, 3 Home Health Circle, St. Albans
Registration Required: Call 527-7531