



Dig This: NMC's Campus Construction Projects Get Underway

On Tuesday May 24, NMC kicked off its Master Facility Construction projects with a ceremonial groundbreaking that included Vermont's Governor, local officials, medical staff, hospital staff and community members.

Immediately afterward, work on the projects began, starting with sitework at the back of campus to re-route the back loop of Crest Road. The road will be pushed back away from the hospital, making room for an addition to the Medical-Surgical units.

The construction is slated to last 18 months and includes several renovation projects including:

- A new main entrance for convenient, efficient registration
- Private rooms for our inpatients on the Medical-Surgical unit
- A new medical office building to bring Primary Care, Urgent Care and Orthopaedics at the front of campus
- A new medical clinics building to house specialty practices together in an efficient, flexible environment

An important note for our patients: Two NMC service areas will be relocated at the start of construction. The Outpatient Lab as well as Northwestern Cardiology and Pulmonology will be temporarily relocated to Doctors Office Commons.

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Photo Credit: Sina Booth

Building An Exceptional Future
{A young neighbor helps break ground}

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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Hospital Campus Map

- 1 Main Hospital Entrance**
Patient Registration
Surgical Services
Cardiology Services
Pulmonology Services
Diagnostic Imaging
Medical/Surgical Unit
Intensive Care Unit
Laboratory
Courtyard Cafe
Family Birthing Center (Upstairs)
- 2 Emergency Entrance**
- 3 Conference Center Entrance**
- 4 Doctors Office Commons Building #1**
Northwestern Associates in Surgery
Northwestern Urology
Northwestern Orthopaedics
VT Center for Cancer Medicine
Fletcher Allen Dialysis
Fletcher Allen Neurology
A Outpatient Lab
- 5 Doctors Office Commons Building #2**
Northwestern OB/GYN
Northwestern Pediatrics
St. Albans Primary Care
- B Northwestern Cardiology and Pulmonology**
- 6 Northwestern Counseling & Support Services**
- 7 Cobblestone Health Commons**
NMC Services:
Rehab Services
Cardiac Rehab
Diabetes Services
Lifestyle Medicine
Tobacco Cessation
Nutrition Counseling
Northwestern Occupational Health
Northwestern Primary Care
Northwestern Urgent Care

THIS AREA CLOSED

THIS AREA CLOSED

NEW EMPLOYEE PARKING COMING SOON

Construction Phase 1



Northwestern Medical Center
133 Fairfield Street
St. Albans Vermont 05478
802-524-5911

Version 1.0



This campus map shows areas that will first be impacted by construction. Note that two key services are temporarily moving from inside NMC's main building to Doctors Office Commons - noted with a red A and B on this map.

NMC's Campus Construction Projects

(Continued from cover)

The area that housed these services will be torn down to make way for a new and improved medical clinics building to better meet the evolving needs of the community. The new building will provide ample space where NMC's specialty practices as well as visiting specialists can provide exceptional care. This new clinics building will be directly attached to the hospital near the main entrance and will connect to a new medical office building through an enclosed walkway.

This construction is an exciting step in NMC's plans for a future of exceptional care for our community. To learn more about each aspect of the project, please visit our website where a special area is dedicated to regular, ongoing updates about construction progress. Visit www.Northwestern.org and check out "Learn about our expansion."

Relocation of Outpatient Lab, and Cardiology & Pulmonology

Cardiology/Pulmonology Moving

Starting June 20, our Cardiology and Pulmonology services will be located in Doctors Office Commons #10, with parking right outside.

Outpatient Lab Moving

Starting June 27, our Outpatient Lab will be located in Doctors Office Commons #1, with parking right outside.

Jack Visco Joins Northwestern Primary Care

NMC is excited to welcome Jack Visco, APRN, FNP to the Northwestern Primary Care.

Visco earned a Bachelor of Science degree from the University of Puget Sound in Tacoma, Washington and earned his Masters of Science in Nursing from the University of Vermont. He brings a wide range of clinical experience he gathered in his training, including in Primary Care, Pediatrics, Obstetrics and Gynecology, and Surgery.

Visco is interested in nutrition, fitness, and plays the saxophone as well.

He joins a talented team of physicians and advanced practice providers at Northwestern Primary Care and Northwestern Georgia Health Center, including:

- Stacy Bouchard, APRN-C
- Sarah DeSilvey, APRN
- Dr. Susan Saferstein
- Dr. David Simcoe
- Molly Somaini, PA-C
- David Spence, PA
- Anne Standish, FNP
- Dr. Miriam Sturgis
- Dr. Carol Thayer

In additional staff-change news, Northwestern Primary Care will say a fond goodbye to Dr. Jun Fu and Dr. Juan Carlos Nunez who are leaving us in July to pursue new professional opportunities. NMC is very thankful to have had the opportunity to work with both Dr. Fu and Dr. Nunez and deeply appreciate the care and compassion they brought to our community. The search is underway for two new family physicians to join the team, stay tuned for updates in future issues of Insights.

For questions about primary care, or to make an appointment with Jack, call 524-8805.

PT Katie Guerino Earns Aquatic Therapy Certification



Northwestern Medical Center's Rehab Services Department is pleased to announce Katie Guerino recently earned an Aquatic Therapy and Rehab Institute Certification.

"I look forward to using this expertise to provide exceptional care to our patients"

- Katie Guerino

"Earning this certification has taken a commitment and a passion for treating patients in the aquatic environment. I look forward to using this expertise to provide exceptional care to our patients and incorporate best practice with movement mechanics, aquatic principles, safety and risk awareness," said Guerino, a Physical Therapist with NMC's Rehab Services for 10 years.

Water-based therapy offers benefits that complement the individual and specialized patient care that NMC offers. This certification brings the Rehab Services aquatic program to the next level by ensuring that the team meets current Aquatic Therapy and Rehab Institute Standards and Best Practice.

To learn more about NMC's Aquatic program please call 524-1064

Breathing Easier: Dr. Kabeli and Northwestern Pulmonology

Dr. Sabieli Kabeli recently joined Northwestern Pulmonology, seeing patients on Wednesdays and Fridays from 8:30 a.m. to 4:30 p.m., offering care for a variety of lung issues including Chronic Obstructive Pulmonary Disease (COPD), asthma and shortness of breath.

"Northwestern Pulmonology has had great success in re-establishing local Pulmonology services and we're happy to have Dr. Kabeli on board," said Jill Torrey, NMC's Director of Physician Services. "Reducing the barrier of travel distance certainly helps improve access to necessary care and we're glad to be able to treat people right here in our community."

Dr. Kabeli earned his MD from University College and Middlesex Hospitals in London and did an Internal Medicine Residency at Baystate Medical Center on the Western Campus of the Tufts University School of Medicine. He also completed a Fellowship in Pulmonary/Critical Care/Sleep Medicine at the Allegheny University of Health Sciences. He is a member of both the American College of Chest Physicians and the American Academy of Sleep Medicine.

The Pulmonology clinic currently shares space with Northwestern Cardiology at the front of the hospital's main building. In June, the practice relocates to Suite 10 of Doctors Office Commons and will operate there during NMC's construction projects. The renovations call for removal of the existing Cardiology, Pulmonology and outpatient lab area, and creation of a new building for these important healthcare services.

To reach Dr. Kabeli and Northwestern Pulmonology, call 524-8909.



Dr. Frank and Judy Zsoldos recently won the NMC Community Service Award for their four decades of kind caring and humble commitment to our community. NMC's Board of Directors established the Community Service Award in 2013 to recognize an individual or organization residing in Franklin or Grand Isle Counties who exhibits enthusiasm, integrity and perseverance beyond the ordinary to help fellow citizens and the community through selfless giving to improve the overall health of the community – be it time, talent or treasure. The couple (in center) is pictured here with NMC Board Member Janet McCarthy and NMC CEO Jill Berry Bowen.



JUNE - JULY 2016

INSIGHTS TO HEALTH

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



Wellness Workshops

Vermont Quit Network Freshstart Tobacco cessation class

Tuesdays, June 7, 14, 21, 28 5:30 to 6:30 pm.

Location: Highgate Library

Wednesdays, June 1, 8, 15, 22 2 to 3 p.m.

Location: NMC, Grand Isle Room

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. As a Vermont resident, you can get free patches, gum & lozenges.

Pre-registration Required: To sign up call Chari at 524-8480

Support Groups

Baby Bumps Support Group for Mothers and Pregnant Women

2nd & 4th Tuesdays of the Month 5:30 to 6:30 p.m.

Pregnancy can be a wonderful time of your life. But it can also be a time of stress that is often compounded by hormonal swings. If you are a pregnant woman, or have recently given birth and feel you need some help with managing the emotional bumps in the road that can come with motherhood, please come to this free support group lead by an experienced pediatric Registered Nurse. This group is for both pregnant women and mothers. For more information, contact Rhonda Desrochers at Franklin County Home Health Agency, (802) 527-7531. This program is presented jointly by Franklin County Home Health Agency, Northwest Counseling and Support Services, Northwestern Medical Center, and the Vermont Department of Health.

Location: NMC Birthing Center



Featured Program

Breastfeeding Support & Social Group

1st Saturday of each month 9:30 to 11:30 am

Location: Bent Northrop Memorial Library, Fairfield

2nd Wednesday of each month 9:30 to 11:30 am

Location: Family Center in Alburgh

3rd Thursday of each month 10 am to Noon

Location: NMC Family Birth Center Conference Room

Are you breastfeeding? Thinking about it? Come and join other Moms, babies and families at our regular breastfeeding support/social group. The group is offered by the Vermont Department of Health and is free to all. You can ask questions and get help, join in group discussion, and most important – meet Moms just like you and share your experiences. There are four meeting times each month.

Call 524-7970 for more information.

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

Fit Moms

Every Wednesday 7 to 8 p.m.

Get in shape for a strong birthing experience. Join other moms as we prepare our bodies for labor. 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 to register or for more information

Fee: Free to Northwestern OB/GYN patients

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.



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