



getting back to health back to work

Tammy Laframboise delivers mail on a rural route in Jericho, a job she's done for three decades and one she loves. When she was hit by another car head-on this last fall, she feared the resulting injury would mean she'd have to give up her job, and maybe that she'd never drive without anxiety again. After work with Physical Therapist Lori Deering, Laframboise got back to work quicker than she thought possible, feeling stronger and more confident than she ever had.

"It's been my godsend," Laframboise said of the work rehabilitation program she participated in with Northwestern Occupational Health (NOH) – a subsidiary of NMC that focuses on keeping workers healthy.

Laframboise was hit head on by a car that she never saw coming as she delivered along her route. She broke her sternum, suffered neck and shoulder trauma as well as other cuts and bruises. She also developed a fear of driving, and found herself reacting badly to sudden stops and unexpected loud noises. For three months she didn't even get into a car.

Laframboise said she participated in other rehabilitation programs for job-related injuries before, but she said that the NOH program was far more effective at getting her back on her feet quickly. The program structure was appealing to her. She worked with a multidisciplinary team that included a

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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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Judy and Dr. Frank Zsoldos at the Bliss Auditorium during their retirement celebration in August.

Dr. Frank and Judy Zsoldos enjoyed an outpouring of appreciation at a recent celebration of their retirement, marking 37 years in practice. Dr. Zsoldos is beloved by his patients and their families, which have often spanned several generations. In addition to membership on the Board of Directors, Board of Incorporators and in the Cardiac Capers productions, Dr. Zsoldos also served the community through the Franklin County Chapter of the American Red Cross, Franklin County Chapter of the American Cancer Society, Collins Perley Sports Center, the Knights of Columbus and the American Legion. Known as a kind, humble and warm-hearted man, NMC is lucky to have had him as a member of our Medical Staff and our hospital community for nearly four decades. In their retirement, the couple plans to enjoy their gardens and their new grandson.

NMC Partners with Champlain on New Continuing Ed Program

Earlier this year, Northwestern Medical Center entered into an innovative new partnership with Champlain College, offering employees the chance to earn an online degree efficiently and affordably. Through the truED program, NMC staff can pay a regular, planned subscription fee and save as much as \$10,000 on the cost. The program is one Champlain offers to a select number of employers, and NMC is proud to be one of those participating.

Paired with NMC's generous tuition reimbursement policy, this new program makes continuing education for employees even more attractive and affordable. Paul Toth, Manager of NMC's Organizational Development Department, said several NMC'ers have already taken advantage of the program and that he's pleased the hospital is supporting professional development in this way.

"We have a strong commitment to education at NMC," said Toth. "Healthcare is an incredibly dynamic industry. It's very important to ensure that the people who work here and take care of the members of our community continue to expand their knowledge and skills."

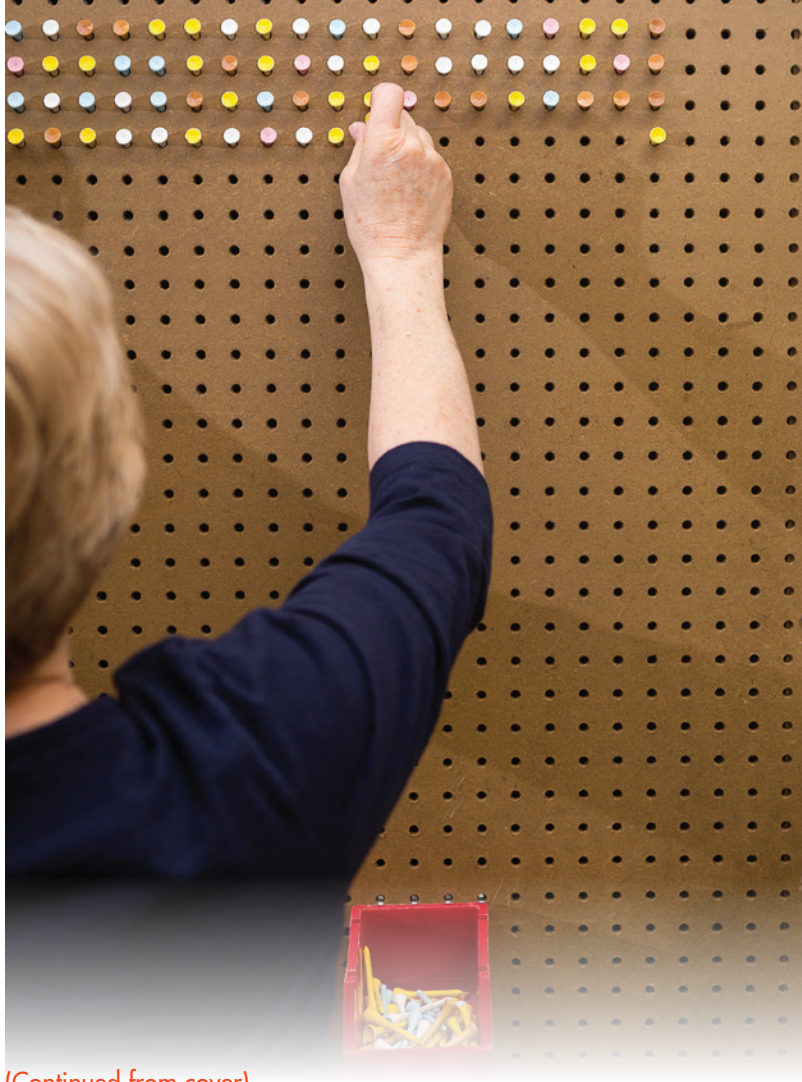
NMC also offers other opportunities for professional development including in-house training, support for offsite courses and conferences, and internal leadership development programs. The hospital also hosts as many as 200 students each year from high school through college, taking time to lend a hand in the education of the next generation of healthcare providers.



At NMC we're proud of our nurses, doctors, administrative staff, health care professionals and volunteers who work tirelessly to provide high-quality care to all. You can show your support and community pride by making a gift to the NMC Community Fund, which ensures access to exceptional care, enhanced wellness programs and enriched education to expand the expertise of our staff. To make giving easy, we have included a charitable giving envelope in this issue of Insights. To designate your gift to a specific purpose or for more information about giving to NMC, please contact Director of Development Jeff Moreau at 802-524-8467 or e-mail him at jmoreau@nmcinc.org.

New Cancer Recovery Exercise Program

NMC's Physical Therapy team now offers a free, eight week program that helps people recovering from cancer build strength, endurance, flexibility, posture and balance. The program takes place Tuesdays and Thursdays from 11 a.m. to 12:30 p.m. and begins in early October. For more information about getting a referral for participation in the program, or for more, call Wendy Lawrence, PT, STAR Clinician at 802-524-1064.



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physician, a physical therapist and a psychologist. Five days each week she spent four hours at the NOH gym, working one-on-one with Lori Deering, PT on activities specifically designed to mimic her work activities: Lifting mail bins, twisting to pick up and place mail, reaching to sort envelopes, etc.

"It covers everything that I do at work," she said as she worked with Deering in the gym to safely lift weighted bins from a low shelf to a higher one.

She started slowly, gradually working up to greater levels of strength and fitness. Meeting regularly with Deering kept Laframboise on track. "I don't want to let her down," she said with a smiling Deering nearby, armed with a hand-held timer and a printout of Laframboise's exercise circuit. "It keeps you motivated."

She also likes that all the components of the program are in one site at Cobblestone Health Commons. She was able to see the doctor there, do her exercise regimen in the first-floor gym, and meet with the therapist there as well. The comprehensive hands-on approach, the consistency and convenience were keys to her success, and have given Laframboise greater confidence and a different outlook on her wellness. Having suffered other accidents, and dealing with daily repetitive motions, she had become accustomed to regular aches and pains.

"I wondered if I had a choice," she said about dealing with the discomfort she thought might be unavoidable. "Now I see that I do."

After just six weeks in the program, Laframboise was ready to get back to work part time. She's now back behind the wheel full time. She feels better than she ever has before, and plans to continue her regular exercise at a gym in her hometown of Fairfax.

"It's made my life so much happier, knowing that I wasn't going to have to give up what I loved doing."

For more information about the Northwestern Occupational Health work rehabilitation program, call 802-524-1223.

Collaborative Care: Northwestern Urology Opens



Dr. Cengiz Esenler



Dr. Richard Grunert

This September, Northwestern Medical Center opened Northwestern Urology, and we are proud to welcome two local providers to the Northwestern Medical Center team. Through a collaborative partnership with Fletcher Allen Health Care, Northwestern Urology supports our continuing effort to increase access and keep surgeries local. Dr. Cengiz Esenler & Dr. Richard Grunert are experienced urologists who have been part of the NMC community and will continue to provide comprehensive urological services, including treatment for bladder cancer, urinary stones, vasectomies, incontinence, kidney disorders, kidney cancer, prostate cancer and infertility.

Northwestern Urology is located in Suite 6 of the Doctor's Office Commons building on the NMC campus. For more information about urology services, or to make an appointment, please call 802-524-0719.

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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.

OCTOBER & NOVEMBER PROGRAMS

Mental Health First Aid (MHFA) Classes

Tuesdays 6:00 to 8:30 p.m.

Introduction and Overview to Mental Health First Aid - October 7

Depression - October 14

Anxiety Disorders - October 21

Psychosis - October 28

Substance Use Disorders - November 4

Children Disorders - November 11

Members of the community can learn more about mental health disorders by attending one of the Mental Health First Aid (MHFA) classes presented by Northwestern Counseling & Support Services. The MHFA Program will help you to recognize the signs of a person

Location: Northwestern Counseling & Support Services, Main Office, Mable Conference Room

Cost: \$100 for series, \$50 for Franklin and Grand Isle County residents, of 6 MHFA modules includes the cost of materials.

Pre-registration Required: Contact Joe Halko at 393-6414 or jhalko@ncssinc.org

Program Size: Limited to 20

AARP Smart Driver Course

Saturday, October 18 8:30 to 1:00 p.m.

This 4 hour refresher course is open to all drivers 50 years and older and 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.

Speaker: Doug Masson, AARP instructor

Location: NMC, Conference Room #1.

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

Registration Required: Call Baird at 802-372-8511 or 802-483-6335.

Diabetes and You

Fridays, October 24, 31 & Nov 7, 14, 21 1:00 to 3:00 p.m.

Location: Enosburg Rural Health Center

Saturdays, October 18, 25 & Nov 1, 8, 15 9:30 to 11:30 a.m.

Location: Northwestern Medical Center, Conference Room 1

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, NMC

Program Charge: Call for pricing information

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

Program Size: Limited to 15

Breastfeeding: Keep It Simple

Monday, October 27

noon to 1:30 p.m.

Location: Vermont Dept. of Health, 20 Houghton Street, St. Albans

Wednesday, November 19

6:00 to 7:30 p.m.

Location: NMC, Family Birth Center Conference Room

In this 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.

Featuring: Vermont Department of Health staff

Pre-registration Required: Call 524-7970

Vermont Quit Network: Freshstart (Tobacco Cessation Classes)

Wednesdays, October 8, 15, 22 & 29

1:00 to 2:00 p.m.

Location: Northwestern Medical Center, Conference Room 2

Join others for this 4-session series to help you successfully quit smoking. Topics 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. Vermont residents can get free patches, gum and lozenges.

Pre-Registration Required: Call Chari @ 524-8480

Look Good Feel Better

Monday, November 3

4:30 to 6 p.m.

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. This free workshop is led by trained, volunteer cosmetologists and offers help with cosmetics, skin care, and head covering options.

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

Location: NMC, Conference Room #1.

Pre-registration Required: Call 524-8479.

Childbirth Education Classes

6 Week Preparation for You & Your Baby

Mondays, October 27

7:00 to 9:00 p.m.

Program cost: \$105.00

Refresher Class

Monday, November 10

7:00 to 9:00 p.m.

Program cost: \$25.00

Birth and Beyond

Saturday, October 8 or November 8 8:30 a.m. to 4:30 p.m.

Program cost: \$90.00

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

Pre-registration required: Call 527-7531.