



NMC's New Buildings Start to Take Shape

Structural steel for NMC's construction projects was erected in August, allowing campus visitors to get a glimpse of the shape of things to come. The first steel put up was for the expansion of the inpatient wing at the back of campus. That Med-Surg unit expansion will allow for private rooms for all NMC's patients.

The next steel to go up was for the porte cochere at the new main entrance. This roofed structure will be larger than at the old entrance, allowing patients and visitors much easier access to the drop off and pick up point at the front doors.

In addition to the steel frame work progress, much work on the foundations of NMC's three new buildings was completed in August and September. Footings, foundations were poured for the inpatient expansion as well as for the new Medical Clinics Building and the Medical Office Building at the front of campus.

Patients and visitors continue to use the Conference Center entrance as the main point of access for all hospital services. Keep in mind that the Outpatient Lab moved out of the main hospital during construction, and patients needing bloodwork should go to Doctors Office Commons #1. Another relocated service is Northwestern Cardiology/Pulmonology which is temporarily housed in Doctors Office Commons #10 until that practice moves into the new clinics building.

Looking ahead, the main entrance will reopen in December of this year, allowing patients and visitors front-of-campus parking and access once again to the main building. Construction on the new buildings will continue through much of 2017 with the opening of the new inpatient wing being the next major milestone opening.

Visit our website, www.northwesternmedicalcenter.org, to keep abreast of construction progress.



Staying on top of things.
{we do that here}

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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Northwestern Physical Therapy: Crafting a Healthy Solution

Jackie Willey is thrilled to be back in pain-free action following a shoulder surgery and physical therapy to correct an injury that kept her away from her work and her passion: hand-made clothing, blankets, gifts and crafts.

Willey, who owns the Craft Nook in Cambridge, sits behind her sewing machine as the needle hums its way through a bolt of cloth. Until recently, her rotator cuff injury made work in her shop a difficult and painful experience.

She spent two years in pain. She couldn't lift her arm up, couldn't place merchandise onto high shelves, had trouble getting dressed and even cut her long hair so that washing and styling it was easier.

Her surgery early this year went well, but credits her quick recovery to the physical therapy she gets from Sarah Nielsen, of Northwestern Physical Therapy.

"Sarah has helped me like you would not believe," Willey said. At her first visit to her doctor following the surgery, he was amazed at her progress, she said. She is excited to go back again and show him how far she's gotten in just a few months.

Willey said the physical therapy sessions are so effective because Nielsen takes the time to develop a plan of exercises that fit her needs, and work well for her. She said that Nielsen makes it simple, highlighting handy printouts for Willey to reference when she's exercising at home, and checking on her form and her progress at each in-clinic session. Nielsen is also friendly, approachable and supportive, making the program something Willey is eager to work on.

Willey's store is filled with brightly-colored American Doll clothing, blankets, handbags, toys, gifts, and many more hand-made, one-of-a-kind creations. Demonstrating her work around the shop, Willey can't contain her excitement at the simple action of raising her arms overhead, reaching for a clothes hanger, and running her sewing machine. "I'm doing really well," she said. Although she knows a full recovery can take up to a year, the frustrating limitations she dealt with are behind her, and she looks forward to sewing up the rest of her recovery.

For more information about Physical Therapy at NMC, call Northwestern Physical Therapy at 524-1064.



Dr. Bellstrom in Practice with Northwestern Pediatrics

Northwestern Medical Center and Northwestern Pediatrics are delighted to announce that Dr. Laura Bellstrom is here to stay! Dr. Bellstrom has decided to stay in practice as a part of Northwestern Pediatrics and will see patients two days each week in the St. Albans Office. Dr. Bellstrom joins the strong team at Northwestern Pediatrics which includes Drs. Chiappinelli, Mansoorani, Haag, Zvolensky and Strouse. Two new providers will also be joining the practice later this year. To make an appointment or to learn more about our practice, call 527-8189.

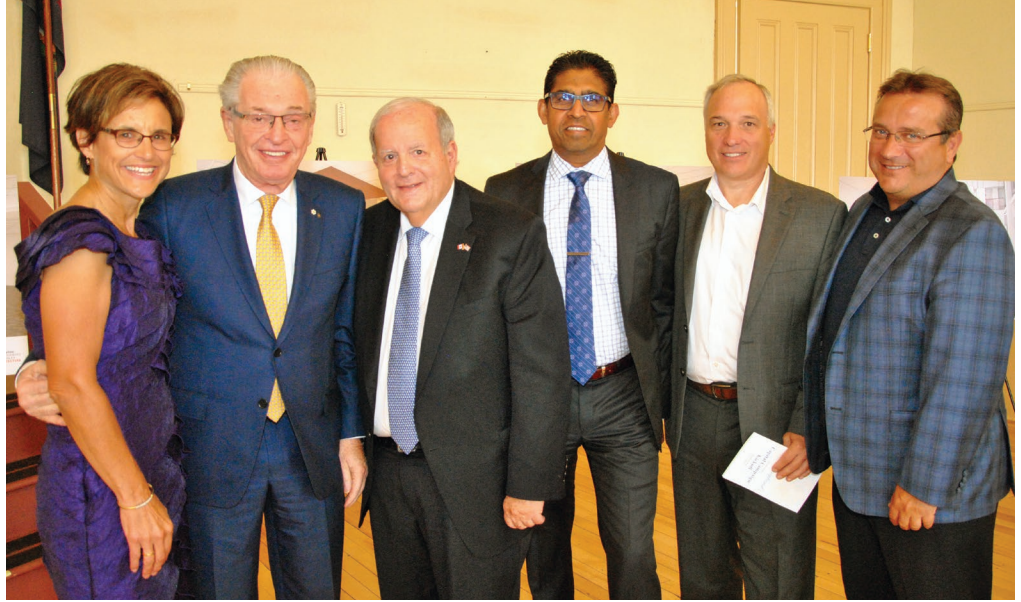
NMC Kicks off Capital Campaign

St. Albans, VT (September 9, 2016) — Northwestern Medical Center publically launched its Capital Campaign at a kickoff event Tuesday, September 6 held at the Bliss Roof of the St. Albans Museum.

The kickoff celebrated people and businesses who have already donated in support of NMC's expansion project and extended an opportunity for the greater community to support NMC's future. At the kickoff, CEO Jill Berry Bowen announced that NMC has reached the \$2 million mark of fund-raising in the campaign, and highlighted a goal of \$2.5 million.

Speakers at the event included Campaign Chair and NMC Board Member Leon Berthiaume, Dr. John Minadeo, Berry Bowen, representatives from Peerless Clothing, and Dan Morris of Morris Switzer Environments for Health.

"It is a critical time for healthcare in our community and the investments that we are making now will expand access to specialty services, enhance the quality of care along with the patient experience and help to reduce costs by investing in more efficient models of care such as the urgent, primary and preventive care settings," said NMC's CEO Jill Berry Bowen.



NMC CEO Jill Berry Bowen is joined by Peerless Clothing representatives, including (left to right) CEO Alvin Segal, Vice-Chairman Elliott Lifston, Ramesh Bansee, David Poronovich and Tony Nardi.

As part of the kickoff event, NMC's Auxiliary was recognized for their lead gift of \$100,000 along with Peerless who has committed a \$500,000 donation to the campaign. These early gifts help NMC toward its overall \$2.5 million goal in the campaign entitled Exceptional ... the Campaign for Northwestern Medical Center.

With this campaign, NMC is seeking donations of all sizes with naming

opportunities starting at the \$1,000 level. "Of course, a gift of any size is truly appreciated," said Director of Development Jeff Moreau. Moreau also explained that donors may pay for their pledges in installments over a five-year time period.

For further details about naming opportunities, or about the Exceptional campaign in general, email Moreau at jmoreau@nmcinc.org or call him at 524-8467.

Donor Profile: Lisa Weaver Honors Her Family



Lisa Weaver's donation is in honor of her children, Grant and Ashley Simard, pictured above.

Lisa Weaver, Supervisor of ICU, Med-Surg and Respiratory Therapy, is making a generous donation to NMC's Capital Campaign naming a private patient room for her children Ashley and Grant Simard. While her donation helps make possible impressive physical renovations, she says her gift is more about communicating her pride in NMC and her love for her children.

"This expansion is more than the physical renovations," says Weaver. "We are building a future for our community. A place where our community members know that we go above and beyond, that we care about their health and their lives, and will always do our best to provide exceptional care."

Weaver is intimately familiar with the complexities of healthcare. Her oldest child Ashley was diagnosed with Rett Syndrome which has robbed her of her speech, mobility, and use of her hands. It has left Ashley with seizures, cardiac and respiratory issues, and chronic pain. She describes Ashley, 28, as a silent angel, who has taught her about unconditional love, acceptance and what truly matters in life. She describes her son Grant, who is 26 years old, as an inspiration in his compassion and love for his sister, and his willingness to put her needs first in so many situations.

"I am blessed to have such wonderful children. I am happy to be able to make this donation in honor of the two most important individuals in my life," says Weaver.

This honor for her children also evokes strong feelings and special memories about the local community and NMC. Weaver's grandmother volunteered at Kerbs in the 70s and Weaver often accompanied her to the hospital when she was young. A resident of St. Albans, she has worked at NMC since 2011. As a lifelong resident of the area, she remembers when NMC looked substantially different than it does today, and she is eager for the transformation that is currently underway.

"Being a nurse at NMC has special meaning to me. I feel pride in being able to say I work at NMC," she says. "This community has been wonderful to my family." While she says she felt lost at times, and struggled with her daughter's diagnosis and her family's coping with it, Dr. Fred Holmes and other caregivers provided her with lifelines.

"I have been blessed to have such wonderful caregivers who have been with my family through many tough times over the years, and who have been committed to both of my children in many ways" she says. Support and care like that can never be repaid, she said, but can certainly be honored in lasting ways.

Thank You To Our Donors

Northwestern Medical Center would like to recognize the following individuals and organizations who have supported NMC's Exceptional Capital Campaign during the initial leadership giving and family solicitation phase. Our heartfelt thanks to all of you for your support.

Individuals

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Robert and Sheila Abair
Edith and Kevin Allard
Rosanne Arnett
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Jan and Howard Atherton
Dr. Lorne Babb and Candace Collins
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William and Therese Cioffi
In Memory of Cecile and James Cioffi
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Coleen & Callie Kohaut
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Kevin and Margaret Manahan

"Barbara and I have had nothing but positive, professional, respectful and rewarding experiences at NMC. We have committed a significant gift to the NMC Exceptional Campaign. We cannot think of a more worthwhile cause than to help ensure a Healthy future for all of us."
– RADM Warren Hamm, Jr. and Mrs. Barbara Hamm

Johanna Crane-Godin
Joshua Curtis and Laura Isham
Ruth Kane and Donald Curylo
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and Mrs. Barbara Hamm
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John and Lisa Hango
Janet and Pat Havrilko
Cintra Hazen
Harold and Sally Hebert
Samuel Hellman
Christopher and Carol Hickey

“Northwestern Medical Center has been an important part of my family’s life. Two of our three children were born at NMC and my husband and I were supported immensely by the obstetric providers, pediatricians and nursing team. I have been working for NMC since 2004 and am proud to be part of the NMC family.”

– Stephanie Fregeau, BSN, RN

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Vermont Precision Tools, Inc.

Tributes

In Memory of Jim Bashaw
In Memory of Cecile and James Cioffi
In Honor of William C. Cioffi
In Memory of Larry and Lorraine Handy
In Memory of Patty Holland
In Honor of Bernard and Margaret Moreau
In Honor of Karen Mulheron
In Memory of Dr. Walter and Florence Rath
In Memory of Connor Roberts
In Honor of Gladys Rocheleau, NP
In Honor of Ashley Bernadette and Grant Robert Simard

Organizations

Anonymous (1)
A.N. Deringer, Inc.
Ben & Jerry's
Bernstein Private Wealth Management and Darius Sidebotham
Berry Dunn

INSIGHTS TO HEALTH

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



Workshops

Vermont Quit Network Freshstart Tobacco cessation class

Wednesdays, October 5, 12, 19, 26 3:30 to 4:30 pm

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 and lozenges.

Location: Enosburgh Health Center, Enosburgh

Pre-Registration Required: To sign up for a session call Chari @ 524-8480.

AARP Smart Driver Course

Saturday, October 22 8:30am - 1:00pm

This 4 hour refresher course is open to all drivers 50 years and older. 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. The course also addresses changes in vehicles, regulations and roads. Participants will also learn how to interact with other road users, including truckers, bikers, pedestrians and distracted drivers.

Speaker: Doug Masson, AARP instructor

Location: Northwestern Medical Center, Green Mountain Room

Pre-Registration Required: Call Doug @ 802-644-8310

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

Exercise

Fit Moms

Every Wednesday 7:00 to 8:00 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 .

Fee: Free to Northwestern OB/GYN patients

Maternity

Breastfeeding and You

Wednesday, October 19 12:00-1:30 pm

This Department of Health's breastfeeding prep class is for moms-to-be and family members to plan for breastfeeding your newborn in the first month of life. Personalize your breastfeeding plan, line up your support, go over the basics, ask questions and get real-life answers.

Location: Vermont Department of Health, St. Albans District Office, Federal Street

Pre-Registration Required: Call 524-7971 to register

Support Groups

Diabetes and You

October 15 through November 12

Saturdays, 9:30 to 11:30 am

Join us at this self-management educational series for people with diabetes and their families which has been proven to help people improve control of this disease. Learn how to keep diabetes from controlling your life and improve your blood sugar control to feel better and delay or prevent complications.

Location: Northwestern Medical Center

Pre-Registration Required: Contact Deborah Robertson at 514-1031

Fee: NMC will bill your insurance for the course fee. Scholarships available. No one will be turned away for lack of ability to pay.

Healing Circle Women's Cancer Support Group

Tuesday, November 8

Socializing 4:30 to 5:00 pm & Meeting 5:00 to 6:30 pm

A self-help cancer support group for women of all ages and lifestyles who have cancer. At our monthly meetings, we share information, offer each other support and comfort, and learn new things from speakers. We extend an invitation to any woman who has cancer, whether you are newly diagnosed or a long term survivor. Please call (802) 524-8479 with any questions or to RSVP (not required). This month will spotlight the Champlain Valley Dispensary – Medical Cannabis

Location: NCM Conference Franklin Room

Community Events

Tim's House 4th Annual Walk to End Homelessness

Saturday, October 22

Registration 2:00 pm / Walk Starts at 3:00 pm

Show your support! Walk to raise money and awareness to end homelessness! 100% of proceeds will go directly to assisting individuals and families to transition from homelessness into safe, affordable and permanent housing and self-sufficiency.

Organizer: Joe LeClair (524-0847 or joe.leclair@samaritan-house.com)

Location: Collins Perley Sports Complex