



## Northwestern Pediatrics: Continued Exceptional Care for our Younger Patients

The new year brought new changes to the local pediatric care community, but changes with familiar faces. Northwestern Medical Center worked with Mousetrap Pediatrics to create a new practice within the NMC family of services. Northwestern Pediatrics was created to stabilize and expand access to pediatric care – employing most of the physicians from Mousetrap.

Dr. Chip Chiappinelli, Dr. Deanne Haag, Dr. Roya Mansoorani, Dr. Stacy Strouse, and Dr. Heidi Zvolensky all joined Northwestern Pediatrics and other office staff have remained in place as well.

Shortly after the launch of Northwestern Pediatrics, Dr. Chiappinelli said: “Today is a great day for the children of Franklin County as a potential pediatric crisis has been averted through the caring concerns of NMC and Mousetrap Pediatrics. Faced with the difficulties surrounding private practice, we approached NMC to see if together we could solve the problem. After months of hard work on both parts, and with the goal of uninterrupted care for the children, NMC and Mousetrap have merged to form Northwestern Pediatrics. To say the least, the five of us staying are very excited. This is our home, these are our children, and we could not imagine not taking care of them.”

(Continued on page 2)



**Exceptional Care**  
*{Dr. Chip Chiappinelli checks a young patient at Northwestern Pediatrics.}*

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](mailto:insights@nmcinc.org) or call our Community Relations Office at 524-1280.



paint and prevent

continued  
exceptional care  
for... continued

Bashaw fund:  
helping those in  
need



healthy hearts



insights to health

Non Profit Org  
US Postage  
**PAID**  
Burlington, VT  
Permit #478  
ECR WSS  
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## Paint and Prevent: Social Event Offers Opportunity for Breast Health Awareness

On Monday, February 22, NMC will host a “Paint and Prevent” event --- a creative spin on a popular happening where attendees get a guided painting lesson as well as a preventive mammography screening.

Local artist Claire Payne will lead the artistic portion of the event. Payne lives in Georgia and hosts regular “Paint and Sip” events at local restaurants and bars as well as privately. She is teaming up with the Diagnostic Imaging Department at NMC to invite women to focus on their own health and well-being.

“We want to encourage women to take time for themselves,” said Breast Care Nurse Navigator Chelsea Mulheron. “Relax, enjoy yourself, and take care of an important preventive health screening at the same time,” she said.

The event takes place in NMC’s Courtyard Café and will cost \$35 plus the cost of the mammogram, with refreshments provided by NMC. Patients will be registered in Diagnostic Imaging for the screening, which can be billed to your insurance company. Participants must be due for their mammogram, and will pause their painting briefly for their screening, just down the hall from the Café.

To sign up for the February 22 event, contact NMC’s Community Relations Office at 524-1280. Class size is limited, so call today to reserve your space.

Continued from cover..

## Continued Exceptional Care for our Younger Patients

The practice continues to operate in the three former Mousetrap locations: Swanton, Enosburg and on NMC’s campus in St. Albans. The practice phone number (802) 527-8189 will also remain the same. The phones will be incorporated into NMC’s phone switch system, though, allowing for the development of a better call management system. Other exciting steps for the practice in the future include the addition of Dr. Jennifer Covino to the practice later in 2016.

For more information about Northwestern Pediatrics, visit the practice website at [www.northwesternmedicalcenter.org/services/pediatrics/](http://www.northwesternmedicalcenter.org/services/pediatrics/)

## The Bashaw Fund: Helping Those in Need

In 2015, the Jim Bashaw Cancer & Catastrophic Illness Fund helped 87 community members with a wide variety of assistance that ranged from travel expenses to building wheelchair ramps to treatment costs for a hyperbaric chamber.

The Fund was established in 2001 and honors Jim Bashaw, a beloved teacher, guidance counselor and longtime girls’ basketball coach at BFA St. Albans. His death from brain cancer affected not only his family and friends, but the entire community. In honor of Jim’s memory, a fund was created to provide financial assistance to residents of Franklin and Grand Isle Counties who are experiencing catastrophic illness from cancer or other causes.

Jennifer Hauptman is a Social Worker at NMC and said she feels honored to work with patients and families who experience catastrophic illness. “There is an inherent strength that I see in the residents of Franklin and Grand Isle Counties every day, and through Jim Bashaw fund donations, we can use that strength to continue to support our neighbors.”

Over the years, the fund has had a huge impact, and touched many lives. This past year’s recipients hailed from more than 14 towns in both Franklin and Grand Isle Counties. They ranged from 3 months to 88 years old and needed help with prescription expenses, special clothing, adaptive equipment, treatment accessories and more. More than \$43,000 in grants were awarded in 2015, through a process administered by NMC. That brings the lifetime total of the fund’s awards to nearly \$400,000!

One community member expressed this in a thank you letter: “... receiving that funding not only helped me financially, but it also made me realize that there are people who care ... knowing that I can reach out to people made a huge difference.”

The Bashaw Fund is supported through the generosity of donors and fund-raising activities such as the annual Run/Walk for Jim held in June and the upcoming Jim Bashaw Bowl-a-thon held at the Dairy Center in March. The BFA/MVU Powderpuff football game, a Zumbathon and a raffle by Elite Body Boutique & Hair Salon.

If you would like more information about donating to the fund, visit: [www.northwesternmedicalcenter.org/for-our-community/donations/opportunities-to-give](http://www.northwesternmedicalcenter.org/for-our-community/donations/opportunities-to-give)

For information about how to receive assistance from the Bashaw Fund, call 524-1082.

*Save the Date:*

**25th Annual Jim Bashaw Bowlathon**

**Saturday, March 19 at The Dairy Center Bowling Alley**

**To register a team of six, contact Kristen Tuttle at 802-524-8479**





# Healthy Hearts

## Join Us March 5 at City School

NMC's annual heart-healthy fun-for-all-ages event is coming up March 5 at St. Albans City School. In its fourth year, the activity-focused health fair has become a very popular winter event, drawing nearly 300 attendees last year for physical activities, free health screenings, massage, kids play, informational booths and interactive demonstrations.

This year, NMC teams up with Northwestern Counseling and Support Service's Building Bright Futures to provide the engaging family activities in the school's large gymnasium. The partnership brings together two local healthcare organizations for a great cause: promoting active, healthy lifestyles.

Healthy Hearts focuses on cardiovascular health as a serious issue for our community. It was identified as one of the top ten priorities of the new Community Health Needs Assessment and several of the related heart disease risk factors also rose to the top of the list of priorities.

At the event, attendees use a Passport to map out their health journey, gathering stamps along the way that help them assess their own personal level of risk for heart disease. Completed passports offer a chance to win the Grand Prize: a \$300 gift certificate to Jay Peak, good for use with any Jay Peak offering including the Pump House Water Park, skiing, golf, hotel accommodations and more.

Passport stamps are earned for stopping by the informational booths, for getting moving with one of the fitness demos, or for taking part in a free health screening. Screenings are offered for blood pressure, cholesterol and diabetes.

Don't miss this event: The fun is topped off with storytelling, face-painting, healthy snacks, fruit smoothies and hands-on games and puzzles. For more information, contact Kate Laddison at 524-1239.



# 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.

This class pin points the common needs of patients. This includes decreased range of motion, decreased strength, cancer related fatigue and lymphedema. A physical therapy evaluation is required to assure that the client is able to participate.

**Featuring:** Wendy Lawrence, certified NMC Oncology Rehab Physical Therapist

**Location:** NMC Rehab gym, Cobblestone Building

**Pre-registration required:** Call 524-1064 to register or for more information

**Fee:** Free for the first 8 weeks, then \$40 for open gym access

## Mom & Baby

### Fit Moms

Wednesdays 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, AFMA

**Location:** NMC Wellness & Fitness Room

**Pre-registration required:** Call Stephanie at 802-288-1141 or email stephanie.preedom@gmail.com to register or for more information

**Fee:** Free to Northwestern OB/GYN patients

### Breastfeeding: Keep it Simple

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

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

Tuesday April 12 6:00 to 7:30 p.m.

**Location:** Northwestern Medical Center, 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



## Featured Program

### YMCA Diabetes Prevention Program

Tuesdays, starting February 23 2 to 3:00 p.m.

The YMCA's Diabetes Prevention Program helps adults at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles. You will do this by learning strategies for:

**Healthy Eating** — Eating smaller portions, reducing fat in your diet and discovering healthier food options has been proven to help prevent the onset of type 2 diabetes1.

**Increasing Physical Activity** — Studies have repeatedly shown that moderate physical activity (walking, swimming, mowing the lawn) for as little as 30 minutes, five days a week can help improve your blood pressure, raise your good cholesterol and prevent blood flow problems2.

**Losing Weight** — It has been shown that reducing your body weight by even a small amount (as little as 7%) can offer tremendous benefits for people at risk for diabetes3. This year-long offering is for people who have been diagnosed with prediabetes or meet specific risk criteria for developing the disease. Sixteen weekly one-hour sessions are followed by 8 monthly sessions.

**Location:** Swanton Library

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

**Pre-registration required:** Call Heidi at 782-5323 or for more information

## Education

### Diabetes and You

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

**Location:** Northwestern Medical Center, Grand Isle Room

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

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.

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

**Program Charge:** Call for pricing information

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

**Program Size:** Limited to 15

### Healthier Living with Chronic Disease

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

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

**Location:** Northwestern Medical Center, Conference Room 2

Tuesdays, April 5 – May 10 1:30 to 4 p.m.

**Location:** Cold Hollow Family Practice

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

### Fresh Start Tobacco Cessation Class

Thursdays, March 10, 17, 24, & 31 4:30 to 5:30 p.m.

**Location:** Swanton Public Library

Tuesdays, April 5, 12, 19, 26 4:30 to 5:30 p.m.

**Location:** NMC Conference Room 2 (Franklin 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:** Call Chari @ 524-8480.

**Instructor:** Chari Andersen

## Workshops

### Look Good Feel Better

Monday, April 4 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. In these free workshops led by trained, volunteer cosmetologists, you will 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:** Northwestern Medical Center, Conference Room #3.

**Pre-registration required:** Please RSVP to 524-8479

