

Insights

your health and your hospital



Medical Office Building Opens November 20

NMC's new two-story Medical Office Building opens November 20 – a major milestone in the Master Facility Plan construction that has transformed the hospital's campus.

The Medical Office Building (MOB) will house four busy medical service areas: Northwestern Orthopaedic and Rehabilitation Center, Northwestern Urgent Care, Northwestern Primary Care and the outpatient lab for blood draws and other lab services.

The primary and urgent care practices move from their former location in the Cobblestone Health Commons building into the new glass-fronted MOB. The Northwestern Orthopaedic and Rehabilitation Center relocates from its former location in Doctors Office Commons. The outpatient lab was also temporarily housed in Suite 1 of Doctors Office Commons, and returns to a "front of house" location in the new MOB.

Bringing these specialty services together at the front of our campus allows for efficient care and collaboration, facilitating a common standard of care and culture.

The modern, best-practice design of the building allows for the sharing of exam rooms, increased patient convenience, reduced confusion and the use of embedded services like X-ray and phlebotomy.

The MOB opening was delayed to change the design of the roadway that passes in front of the building's entrance. The revised design allowed for two-way traffic, helping visitors navigate more easily. There is convenient parking at the entrance, including handicapped parking.

Patients will check in at a centralized registration station in the lobby for any of the services offered in the building. The spacious waiting area just inside the glassed in lobby will connect to the Medical Clinics addition nearby. Thus, patients entering the Medical Office Building can walk to the main hospital building without going outside.



Building for the future
{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 Ophthalmology Moving to Fisher Pond Road

Northwestern Ophthalmology is also moving into new space this fall. Dr. Brophrey and his staff will move into the second floor of the building at 128 Fisher Pond road, next to Northwestern Dermatology. The new space is larger, and offers Dr. Brophrey's team the ability to see more patients.

The Ophthalmology practice opens for patients in the new space on Monday, November 6.

Northwestern Pediatrics in Enosburg Moving Downstairs

The Enosburg office of Northwestern Pediatrics will move downstairs in the 44 Center Street Building, occupying space next to Northwestern Rehabilitation Services on the lower level.

The move offers the busy and growing practice more space and convenient access. The practice is slated to open on Monday, October 23.

Be Mindful of Food Allergies this Halloween

Halloween can be a terror in more ways than one. Families with food allergies must be especially careful during trick-or-treating to avoid treats that contain allergens.

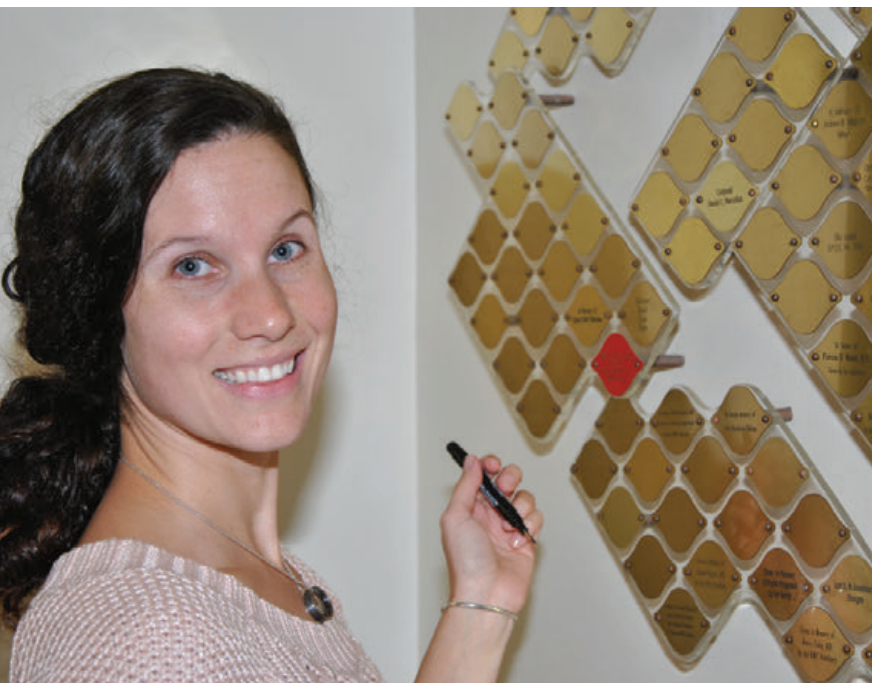
According to an article published on Food Allergy Education & Research's website, every 1 in 13 children have a food allergy.

NMC Registered Dietician Lindsay Hoar said that prevention and preparedness is important for every situation when it comes to a child with food allergies and Halloween presents its own special challenges.

"A candy bar may contain milk, soy, wheat or nuts which can be deadly," said Hoar. "Therefore, checking labels is very important, especially during holidays like Halloween when manufacturers make mini-sized candies that are often mass produced on shared equipment."

One way to create a safer Halloween is to participate in the Teal Pumpkin project (<https://www.foodallergy.org/education-awareness/teal-pumpkin-project>) which raises awareness of food allergies and promotes inclusion of all trick-or-treaters in the October holiday.

To participate, put a teal pumpkin on your doorstep indicating that your house offers non-food treats such as glow sticks or other small toys. This allows visitors to know they have a safe option for trick-or-treating at this house. For more information about food allergies, contact NMC's dietitian staff at 802-524-1227.



VSP Corporal Marcellus Honored at Tree of Life Ceremony

Jessica Marcellus, wife of Marcellus' Vermont State Police Corporal Daniel C. Marcellus affixes a leaf to the Tree of Life, honoring her husband. Family and friends of the trooper gathered recently at NMC to honor him with the addition of a leaf to NMC's Tree of Life. Marcellus was a 14-year veteran of the Vermont State Police who passed away in August after a ten month battle with brain cancer.

For more information about donations to the Tree of Life, contact Development Director Jeff Moreau at extension 8467.

Join NMC for an Open House at the new Medical Office Building

NMC invites the community to join us in celebrating the campus improvements at an open house on October 25 from 5:30-7 pm.

The event takes place several weeks before building's official opening, allowing time for celebration and then the preparation and relocation of the practices into the space.

Here's a handy map of our facility including the new and renovated spaces such as the Medical Office Building, Clinics addition and Progressive Care Unit. To learn more about our campus construction, visit www.northwestern.org and click "Learn About Our Expansion" at the bottom of the page.

Northwestern Medical Center CAMPUS MAP



OCT - NOV 2017

INSIGHTS TO HEALTH

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



Workshops

Vermont Quit Partners Fresh Start Tobacco Cessation Class

Wednesdays 11:00 am to 12:00 pm

Enter this class at any time and join others for this 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. When you are ready to quit, the tools and support can make all the difference. We can provide you with what you need to be successful! As a Vermont resident, you can get free patches, gum and lozenges.

Location: NMC Cobblestone Building, Suite 202

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

Breastfeeding and You

Monday, November 6 6:00 to 7:30 pm

Welcome to the Department of Health's FREE Breastfeeding Prep Class for you, family members, and other moms-to-be 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. You can do it, WIC can help!

Location: NMC, Family Birth Center Conference Room

Registration: Please call 524-7971

Chronic Disease Support Group Workshops

Are you or someone you know living with a Chronic Health Condition? Then the Healthier Living Workshop is for you! Learn to feel better by learning how to deal with frustration, fatigue and pain, manage symptoms and medications, and improve strength and flexibility. If you are interested, please call 524-1031 or email drobertson@nmcinc.org. Each session is 2 ½ hours once a week, for 6 weeks.

Location: Various

Pre-Registration Required: Call Deb Robertson at 524-1031 or email drobertson@nmcinc.org



Featured Program

Paint & Prevent

Wednesday, October 25 5:30 - 8:30 pm

Join local artist Claire Payne at this guided painting event, which is a creative spin on a popular activity where attendees get a painting lesson as well as preventive mammography screening. Participants must be due for their mammogram and will take a brief pause during the painting to register in Diagnostic Imaging, just down the hall from the cafe, prior to receiving their screening (which can be billed to your insurance company). Cost is \$35 plus the cost of the mammogram. Scholarships are available, ask for more information when you register.

Class size is limited, so call today to reserve your space

To sign up, contact NMC's Community Relations Office at 524-1280.

To learn more about our artist, visit www.clairepaynestudios.com

Location: NMC's Courtyard Cafe

Preregistration Required: Call 524-1280

Fee: \$35 plus the cost of the mammogram.

Exercise

Cancer Exercise Rehab Group

Ongoing every Tuesday and Thursday 8:00 to 11:00 am

GA physical therapy evaluation is required to assure that the client is able to participate. This class pinpoints 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

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

Stretching

Thursday, October 19 4:00 to 5:00 pm

Learn when to stretch and when not to, how to stretch, and many other tips. The program is led by NMC physical therapist Katherine Lowe and she will teach all you need to know about stretching and why it is so important. This interactive session is a partnership between Northwestern Medical Center's Rehabilitation Services team, RiseVT and Collins-Perley to offer educational sessions to both the community and active members at Collins-Perley.

Location: Collins-Perley Sports and Fitness Center Maternity

Prenatal Fitness

Every Wednesday 5:30 to 6:30 pm

Northwestern OB/GYN offers these free prenatal exercise sessions to strengthen and prepare you for a successful birthing experience. Join other moms as we lead you through a customized routine designed to make you feel energized and confident. Please consult a physician before beginning this exercise program.

Featuring: Stephanie Freedom, AFPA

Location: NMC Wellness & Fitness Room

Pre-Registration Required: Call 802-288-1141 or email stephanie.freedom@gmail.com

Free to Northwestern OB/GYN patients

MOBILITY *What does it mean to you?*



Take a picture of someone (or yourself!) using mobility to do what they love and enter it to win!

Our NEW Orthopaedics & Rehabilitation Center (opening Nov 20) is celebrating our hero, MOBILITY. To enter the photo contest & for more information, visit northwestern.org/photo-contest.

Accepting entries October 1-17, 2017!

**WIN
\$250
TO JAY
PEAK!**

All programs are free unless otherwise indicated. A full description of these programs and more are listed on NMC's website: <https://www.northwesternmedicalcenter.org/events/>



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IS 100% RECYCLABLE.