



Welcome Back! NMC Main Entrance Reopens Soon

Later this month, NMC will proudly unveil the hospital's renovated main entrance and lobby. A brief ribbon-cutting ceremony is planned for the week of December 19 to officially reopen the space, which had been closed since July 2016.

"This is an exciting milestone in the life of our Master Facility Plan projects," said NMC CEO Jill Berry Bowen. "NMC is building for the future and it feels good to open the doors on that future."

The new main entrance includes a large covered space for easy pick-up and drop-off of patients, as well as a welcoming glass-fronted lobby. The new interior space includes a prominent welcome desk, a larger Gift Gallery, a concierge office and space for the security team. The design of the lobby is open and warm, with a clearer path to the Surgical Services waiting area, the elevators to the Family Birth Center and down the hall into the main service areas of the hospital.

In the spring, the new entrance's connection to the Medical Clinics Building will be opened. That building connects directly to the lobby, and will be the home for Cardiology, Pulmonology, Obstetrics and Gynecology services. Eventually, patient registration will take place in this part of the lobby space, but work on that section of the lobby is not yet complete. Thus, patient registration remains in the main administrative corridor, near the Diagnostic Imaging Department.

It is important to note that patients needing bloodwork will still be served in Doctors Office Commons #1, the temporary home for this service. Cardiology also remains in its temporary home of #10 Doctors Office Commons.



Raising the roof
{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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NMC Earns ACR Lung Cancer Screening Center Designation

Northwestern Medical Center is excited to announce that the hospital has been designated a Lung Cancer Screening Center by the American College of Radiology (ACR).

The ACR Lung Cancer Screening Center designation is a voluntary program that recognizes facilities that have committed to practice safe, effective diagnostic care for individuals at the highest risk for lung cancer.

“Bridget Thompson, NMC’s Lead CT Technologist, has done an exceptional job of crafting a comprehensive Lung Cancer screening program that we are excited to offer locally to the community,” says David Gervais, Director of Diagnostic Imaging, “and equally important is the close connection to NMC’s smoking cessation program offered through Lifestyle Medicine.”

In order to receive this elite distinction, facilities must be accredited by the ACR in computed tomography in the chest module, as well as undergo a rigorous assessment of its lung cancer screening protocol and infrastructure. Also required are procedures in place for follow-up patient care, such as counseling and smoking cessation programs.

Bridget Thompson, NMC’s Lead CT Technologist helped develop the lung cancer screening program at NMC.

This designation means that NMC is prepared to help coordinate the care for these high risk patients. The hospital will be following, tracking and coordinating their care as well as connecting them with Chari Anderson, NMC’s dedicated smoking cessation specialist.

Lung cancer screening with low-dose computed tomography scans, and appropriate follow-up care, significantly reduces lung cancer deaths. In December 2013, the United States Preventive Services Task Force recommended screening of adults aged 55 to 80 years who have a 30 pack-year smoking history and currently smoke or have quit within the past 15 years. Lung cancer is the nation’s leading cancer killer – taking the lives of more people each year than breast, colon and prostate cancers combined.

For more information about the Lung Cancer Screening Center designation, visit: www.acraccreditation.org/lung-cancer-screening-center

New Faces at Northwestern Orthopaedics

Northwestern Orthopaedics is growing! The practice broadens its focus with the addition of two new physicians, Dr. Simon Shapiro and Dr. David Groening.

Dr. Groening is a familiar face to the community, a doctor of podiatric medicine in St. Albans for nearly three decades who joins Northwestern Orthopaedics this winter. Dr. Shapiro is new to our area and brings expertise in interventional pain to the practice.

These additions support the practice’s attention to musculoskeletal health and complement the skillsets of the other providers on the team who are experts in sports medicine, joint replacement, as well as spine and hand/wrist/elbow issues. The two new providers join Dr. Michael Barnum, Dr. Robert Beattie, Dr. Derek Chase, Dr. Denise Durant as well as a dynamic team of advance practice providers.

For more information about Northwestern Orthopaedics or to make an appointment, call 524-8915.



Healthy Roots & Students Glean Over a Thousand Pounds of Apples

Healthy Roots Food Access Coordinator Johanna Setta helps an Alburgh Elementary student carry apples across a field at Hall's Orchard in Isle La Motte. Alburgh students helped Healthy Roots staff glean several thousand pounds of apples from the orchard. The gleaning effort saved the produce from waste and distributed it to food shelves around the county. To learn more about Healthy Roots and their "Roots Rescue" gleaning program, visit their Facebook page at www.facebook.com/FranklinCoVtFarmersMarket



Dr. Jennifer Covino



Dr. Scott Soicer

Drs. Spicer and Covino Join Northwestern Pediatrics

Northwestern Pediatrics is happy to welcome two new providers to the team: Dr. Jennifer Covino and Dr. Scott Spicer to the practice. Dr. Covino will see patients in St. Albans, and Dr. Spicer will see patients in Enosburg Falls and both began seeing patients in November.

Dr. Covino most recently worked as a pediatric resident at University of Vermont Medical Center where she also received her MD. Dr. Spicer comes to NMC from the Canton-Potsdam Hospital where he has worked as a pediatrician since 2008.

Dr. Spicer earned his MD from SUNY Upstate Medical University in Syracuse, New York.

These new physicians join the strong team at Northwestern Pediatrics that includes Dr. Laura Bellstrom, Dr. Chip Chiappinelli, Dr. Deanne Haag, Dr. Roya Mansoorani, Dr. Stacy Strouse and Dr. Heidi Zvolensky.

Garibays Gift for the Gift Gallery



Bridget Zurn Garibay and Valdemar Garibay toured NMC's New Gift Gallery while it was still under construction.

Giving back was instilled in Valdemar Garibay and Bridget Zurn Garibay from an early age and throughout their lives. The concepts of helping others, charity, and service came to them through their schools and families in similar ways, and remain an important part of life for the couple who both work at Med Associates, a Zurn family business.

Growing up in Chicago, Valdemar learned the importance of giving back from his parents and at the high school (Mount Carmel) he attended. Here in Vermont, Bridget experienced the spirit of giving through her family's devotion to the community, and through their family's charity, Zurn Family Foundation. Married now for seven years, the couple is making a significant and generous gift to Exceptional ... the Campaign for Northwestern Medical Center in support of the Gift Gallery, a way for the two to say thank you to the hospital for its work.

This gift represents one of the three largest commitments to NMC's campaign. The Garibay's support allows NMC to expand the Auxiliary gift shop, and in honor of this outstanding support, a marker outside of the shop will recognize their generosity.

The Garibays are no strangers to hospitals as two of their three children have healthcare and resulting in long days in facilities in Vermont and in Florida, where they spend part of the year. They were pleased to support the gift shop at NMC because they see such shops as an oasis within the hospital setting – a place where you can go to relieve some of the stress of the current situation either through a thoughtful and uplifting gift, or even just a diversion from the hospital setting.

They also like the idea of the donation in support of the Auxiliary-run shop. "It's like giving a gift that supports giving," says Valdemar. NMC's Auxiliary organization operates the shop and puts on other events to raise funds for NMC. The Auxiliary has been an incredible support to the hospital, and even made one of the lead gifts in the Exceptional campaign.

Valdemar and Bridget have made giving back a priority: They have supported Florida hospitals, the UVM Medical Center, St. Anne's Shrine, The Bent Northrup Library, Taylor Park, Toys for Tots, local charities and other initiatives. The Garibays will be recognized as part of the ribbon-cutting for the new lobby and main entrance, but both said that their gift was not about being in the lime-light. The couple spoke about the importance of giving and thanking those that will help this hospital move forward. They also spoke about their three children, Karlos, Sebastian, Anneliese and a fourth child due in February. Their gift is equal parts in recognition of the importance of quality care for all children, and a way to continue further their belief in supporting the community.

Every Gift Counts!

Help us reach our goal of raising \$2.5 million with *Exceptional ... the Campaign for Northwestern Medical Center*. We are very close to achieving the goal, with \$2.3 million raised so far. In this issue of Insights you will find an envelope for your gift to help support us in building for the future. Every gift counts: Please consider contributing \$10, \$20 or \$50 today to help make a difference in your community. If you would like to be a part of the donor art wall in our new facility, gifts of \$200 per year for five years will put your name on display as a supporter of healthcare in our community.

For more information about the campaign or philanthropy at NMC, contact Director of Development Jeff Moreau at 802-524-8467.

INSIGHTS TO HEALTH

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



Maternity

Breastfeeding and You

Thursday, December 8 Noon to 1:30 p.m.

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

Speaker: Vermont Department of Health staff

Pre-registration Required: Call 524-7970

Latch On! Discussion Group

Third Saturday of Each Month 10:00 a.m. to 12:00 p.m.

Learn about breastfeeding and share your stories. Enjoy light refreshments and connect with other Moms.

Location: NMC Family Birth Center

No Pre-registration Required

Baby Bumps Support Group for Mothers and Pregnant Women

Second and fourth tuesday 10:00 a.m. to 12:00 p.m.

Learn about breastfeeding and share your stories. Enjoy light refreshments and connect with other Moms.

Location: NMC Family Birth Center

No Pre-registration Required

Support Groups

Healthy Weight Support Group

Every Monday Noon to 12:30 p.m.

This is a weekly support group for those working on weight management. It combines behavioral and nutritional strategies to increase physical activity and decrease calorie intake. It will provide you with techniques to help you manage your eating behaviors. Come 15 minutes early for a weight check.

Featuring: Kay Tran, Registered Dietitian, MS, CDE, & Leslie Gardzina, Registered Dietitian, Northwestern Medical Center

Location: Northwestern Medical Center, Grand Isle Room

No registration required, just drop in to attend.



Featured Program

Diabetes and You

Tuesdays, Jan. 10 to Feb. 7 1:30 to 3:30 p.m.

Join us at this self-management educational series for people with diabetes and their families, 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: Swanton Public Library

Pre-Registration Required: Call 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

Chronic Disease Support Group Workshops

Various Locations and Dates

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 1/2 hours once a week, for 6 weeks.

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

Vermont Quit Network Fresh Start Tobacco Cessation Class

Tuesdays, January 10, 17, 24, 31 4:00 to 5:00 p.m.

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: Swanton Public Library

Pre-Registration Required: Call Chari @ 524-8480.

Exercise

Cancer Exercise Rehab Group

Ongoing every Tuesday & Thursday 11:30 a.m. to 12:30 p.m.

JA 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

Prenatal Fitness

Every Wednesday 5:30 - 6:30 p.m.

Northwestern OBGYN 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 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

