



UPDATE

the latest news from your community medical home

Spring 2017

National Recognition, Awards, and a “Best in Show” Ribbon for Gifford

Gifford had a good start to 2017, receiving national recognition and awards for several of our service areas:

- The Cancer, Mammography, and Nuclear Medicine programs all received three-year accreditation renewals. This is important recognition that shows our staff is well qualified, we meet nationally accepted standards of care, and our facility meets quality assurance and safety guidelines.
- The Menig Nursing Home was one of 553 long-term care organizations nationwide to receive a 2016 “Excellence in Action” award, placing within the top 10 percent in the My InnerView survey of resident satisfaction. Menig has won eight Excellence in Action Awards in the last nine years.
- Our Birthing Center performed better than 85 percent of national facilities with similar birth numbers in the 2015 CDC’s survey of Maternity Practices in Infant Nutrition and Care (mPINC), scoring 92 of 100 points. Across Vermont, the average mPINC score was 88; and the national average score was 79.
- Most recently, Radiology Technologists Cheryl Jewkes and Brittany Kelton brought home the “Best in Show” ribbon for their booth on breast health at the 2017 Vermont Farm Show. Future Farmers of America judges visited every booth at the show before choosing the best educational display.

Independent living opening soon!



Construction on the independent living building continued throughout the winter months and is expected to be completed by late August.

As construction on Morgan Orchards’ independent living facility nears completion we’ve been busy preparing for the residents who will be moving into their new homes this summer.

The forty-nine apartments in the area’s newest senior living community (just minutes from I-89 in Randolph Center) have stunning sunrise or sunset views of the Green Mountains and are available in a wide variety of styles and sizes. Designed to fit the lifestyle of independent older adults, the facility has gracious dining areas, fitness studios, a craft/recreational workshop, a common great room for community gatherings, and is surrounded by open meadows with beautiful gardens and walking and snowshoeing trails. Residency at Morgan Orchards includes weekly housekeeping services, 24/7 staffing, and a schedule of weekly programs and events. Our trained

chefs will offer seasonal menus created from wholesome local ingredients.

Life on the 30-acre campus embraces the best of small town life—it is safe, clean, friendly, and showcases the benefits that come when downsizing from home ownership. Vermont Technical College’s fitness facility and programs are within walking distance, and residents can choose from a variety of activities that include golfing, shows at the Chandler Music Hall, and social events held on campus.

Residents join Morgan Orchards with either an “entry-fee” model or with a simple monthly rental. Some choice apartments are still available, and we are now accepting priority deposits.

Those who reserve an apartment before we open receive a list of additional benefits as a member of the Morgan Orchards Founders Club, a membership program available only during our pre-opening period.

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Gifford Health Care

44 South Main Street • Randolph, VT 05060 • (802) 728-7000 • www.giffordhealthcare.org

New Department Focuses on Addiction Treatment

Dr. Christopher Lukonis has joined Gifford’s Behavioral Health team to lead a new program that focuses on helping patients in our community with substance use disorders.



Dr. Christopher Lukonis

“Our patient-centered team works with adults who wish to treat an opioid addiction, whether it is to pain medicine or heroin, with medication and comprehensive recovery supports,” said Lukonis. “We also work with key community players to assure that patients with addiction and their families are treated with dignity and the highest quality medical and behavioral health care.”

Addiction Medicine providers offer medication-assisted treatment (MAT) for patients seeking recovery from opioid use disorder primarily through Gifford’s Kingwood Health Center in Randolph and the Berlin Primary Care Clinic, and they support providers

wishing to treat opioid dependence in other Gifford clinics. Licensed Drug and Alcohol Counselor Jennifer Pelletier is the program organizer. Services offered by the team include:

- Ongoing Suboxone treatment for patients with complex needs.
- Suboxone provider support, education, and consultation.
- Case consultation around the interface between pain and opioid use disorders.
- Group and/or individual therapy to assist patients in rebuilding lives damaged by an opioid use disorder.

Jennifer Pelletier received a Bachelor’s in Psychology and a Master’s in Mental Health & Substance Abuse Counseling from Johnson State College. She has worked as a counselor and a clinical care coordinator with substance abuse programs at the Central Vermont Medical Center, Central Vermont Addiction Medicine, and Central



Jennifer Pelletier, LADC

Vermont Substances Abuse Services in Berlin.

Dr. Lukonis brings nearly 14 years’ experience as an addiction specialist, and most recently served as the medical director of Central Vermont Addiction Medicine in Berlin, Vermont. A board-certified psychiatrist who is also certified in addiction medicine, he received a B.S. in Biology at Georgetown University and an M.D. and a Ph.D. in Molecular Biology and Biochemistry at the University of Connecticut Health Center.

Prior to moving to Vermont, he served as the chief medical officer at Habit OPCO, overseeing the medical care for opioid dependent patients in five eastern states.

“I like to help patients understand that addiction is a medical condition that can be treated. Bad behaviors come with the addiction, but that doesn’t mean the person is bad,” Lukonis said. “We help people recover—not just to stop using drugs, but to rebuild their lives and meet their full true potential.”

For more information visit our website or call (802) 728-7713.

Caring for you... through the crazy teen years, to growing a family, and into life's golden years

In addition to prenatal and postpartum care our **ob/gyns and midwives** offer well-woman and annual exams, STD screenings, contraceptive counseling, menopause care, and more.

Ob/Gyn & Midwifery is available in: Berlin & Randolph

Gynecology is available in: Bethel & White River Jct.



Independent Living continued from front

We are hosting several informational meetings and events in the months leading up to our opening—get the latest news and events schedule and find more information, including floor plans at morganorchards.com. Call or visit us

anytime during office hours (8 a.m. to 4:30 p.m.) to find out how to become a Morgan Orchards resident. Contact Claudette Goad at cgoad@giffordmed.org or (802) 728-7888.

Introducing the *Morgan Orchards* founders club

Get the most from your retirement, and Morgan Orchards - join the Founders Club!

Interested in saving hundreds of dollars? Become a resident of the area’s newest senior living community and take advantage of our exclusive membership program. This unique, limited-time, opportunity offers benefits like catered meals, discounted pricing on select services, and more. It’s our way of welcoming you to the community.

See website for full details and enrollment requirements.

Membership open now through Aug. 1, 2017.

www.morganorchards.com



Right in Randolph: Relief from Degenerative Spine Pain

Last June Glenn Chase took a relaxing four-day backpacking, camping, and fishing trip on Riker Pond with his wife, Carol. The first morning back home he woke to pain that extended down his neck through his elbow and forearm and into his left hand. The pain was intense, and let up only when he held his left arm over his head. Chase works on property maintenance at the Three Stallion Inn, and after working only half an hour he was on the phone with Dr. Marcus Coxon, his primary care provider at Gifford.

“At first we tried pain medication, but had to keep upping the dose,” he said. “Nothing seemed to work, so Dr. Coxon referred me to a specialist.”

Four days later Chase met with neurosurgeon Dr. Harold Pikus in his office at the Kingwood Health Center. Pikus and his colleagues at Upper Valley Neurology Neurosurgery (UVNN) had recently opened an office in Randolph to offer patients like Chase a local option for treatment, surgery, and follow up care, eliminating the inconvenience of travelling for treatment.

Specialty care close to home

UVNN providers diagnose and treat patients suffering with pain from degenerative spine conditions, including those caused by disc herniations, pressure on nerves, and bone spurs (which can cause pain, numbness and weakness of an arm or leg). If needed, they perform surgery and coordinate follow up care at Gifford.

“The hospital is very well set up to handle degenerative spine and peripheral nerve damage cases. Often we are able to do same-day surgery,” said Pikus. “We emphasize nonsurgical interventions when possible, and use minimally invasive surgical methods with smaller incisions for a more rapid recovery.”

Chase said Pikus quickly diagnosed a herniated cervical disc and described in detail just how he would approach the surgery he needed. The procedure



Glenn Chase in his workshop at the Three Stallion Inn.

was scheduled within weeks, and he was relieved to be able to stay close to home for the surgery, follow up care, and physical therapy during recovery.

“I like Gifford. I know the people, and they have best food in the world!” he said. “I spent three days there. Everyone took good care of me, and the privacy and size of the new patient rooms really makes a difference—you don’t have to worry about bothering anyone.”

Convenient follow-up care

His journey didn’t end when he left the hospital. Because of injury due to the ruptured disc, he needed time to recover completely. He had to reschedule a motorcycle trip to Colorado that he and Carol had planned, and instead spent the summer travelling to Kingwood to work with Gifford Physical Therapist Averill Pazdro.

“I couldn’t mow the lawn or do yard work—I couldn’t lift anything heavier than a gallon of milk—and I spent a lot of the summer polishing that bike,” he said. “I worked with Averill for about six weeks and she was fantastic. She showed me the exercises I needed to do and explained why they worked in a way I could understand. I was able to return to work in October.”

In June Chase and Carol will return to Riker Pond for another camping trip. And they have already carefully mapped out the 2,100-mile route to Colorado they’ll travel this summer on a shining, very polished motorcycle.

New Faces in the Neighborhood:

Twin River Health Center, White River Junction

Nurse Practitioner **Suzanne Carlisle Stebenne, APRN**

brings more than 25 years of community and inpatient nursing experience and has worked in primary care at Dartmouth College

and as a school Nurse in the Hartland, Weathersfield, and Hartford school districts. Her clinical interests include: family-centered care, adolescent health, LGBTQ healthcare, management of long term health conditions, addiction medicine, and palliative care.



Gifford Health Center at Berlin – Primary Care

Christine Chicoine,

PA-C, specializes in family medicine. A board-certified physician assistant, she received a BS in Kinesiology from the University of New Hampshire, and a

Masters in Physician Assistant Studies from Franklin Pierce University. Her clinical interests include primary care, pediatrics, orthopedics, and kinesiology, and she believes that preventive medicine is important in achieving overall health and longevity.



Gifford Medical Center, Randolph

Sarah Cunningham,

APRN, is a Hospitalist Nurse Practitioner who worked for 13 years at the VA Hospital in White River Junction in the Primary Care, Oncology,



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Long-time Volunteer Believes in Project Independence

We are highlighting the unique stories of some of our donors and volunteers as part of a new series to recognize individuals who give back to our community.

Morgan Brown
Public Relations Coordinator

Tuesday mornings at Project Independence, Gifford's adult day program located in Barre, are filled with music. Participants sing and clap along in makeshift rows of armchairs as Christine Litchfield plays the piano. Christine volunteers weekly by leading participants in a variety of songs from Doo-Wop numbers to patriotic anthems and hymns.

"I believe in Project Independence. I believe there is a great need for adult day services everywhere and I can personally speak to this need as my husband, Art, had Alzheimer's," explains Christine. "I kept him at home until full-time nursing care really became a necessity."

Christine is not only a regular volunteer, but a committed donor. She supports Project Independence with several gifts a year, including a donation to pay for a week's worth of meals in honor of Art's birthday.

"There are so many places to donate, but I don't know if there is enough done for elders. As people live longer, there are more seniors. I am one of them. Elders



Christine Litchfield playing while the Project Independent participants sing along.

need as much support as other groups. The caregivers need help too. It's good for them to have something or someone to fall back on."

When she first began volunteering the program was held in a smaller facility that required room modifications for each activity. Art wasn't ready for adult day services at that point and by the time Project Independence moved to a new location on Main Street he was already settled at a nursing home. He passed away in 2010.

"I know he would have loved the program. There are so many activities; there is so much going on all the time. I always look at the activities and know how much he would have enjoyed them. This is a wonderful place. When it first opened dignitaries would pop in to visit and we would sing 'Downtown' and 'You

are my Sunshine.' I wanted everybody to know how much we appreciated being in this downtown building," she reminisces.

Project Independence allows seniors to remain in their own homes while receiving support. Participants benefit from the mental and social stimulation while caregivers gain much-needed respite. The program offers daily individualized health care plans and monitoring, home-cooked meals and snacks, transportation through Green Mountain Transit Agency, therapeutic and rehabilitative exercises, and a variety of activities like arts and crafts, yoga, and of course music.

Christine started playing the piano with Art accompanying her on the double bass at Woodridge Rehabilitation and Nursing. She later added the local senior center and Project Independence to her schedule. Now after years of volunteering she feels very close to the staff, praising them for their dedication and quality work, and enjoys getting to know the participants. Sometimes she stays for lunch or they pack up soup for her to take home.

"What makes me feel good are the smiles on participants' faces. They like to sing. They all thank me for coming and hope I can come back. It is just a really nice feeling. It feels like family. I have a good thing going here."

Gifford also has an Adult Day Program in Bethel

New Post-Acute Care Clinic to Help Bridge Recovery Care

The newest member of Gifford's Hospitalist team, Elisabeth Haeger, MD, is also helping to develop a new Post-Acute Care clinic that will help patients successfully transition to primary care after an Emergency Room visit or hospital stay.



Dr. Elisabeth Haeger

"Patients with a complex illness or a new diagnosis need extra attention and support," said Gifford's Chief

Operating Officer Barbara Quealy. "Our goal in creating this clinic is to reduce complications from illnesses that might send someone back to the hospital"

Much of Haeger's work in the Post-Acute Clinic will involve helping people understand instructions for care in the home environment, medicine management, and monitoring a patient's condition as they recover. If a patient needs additional help, she will collaborate with care managers and other community partners and agencies to help coordinate multidisciplinary support.

Dr. Haeger most recently worked as a hospitalist at the Mt. Ascutney Hospital and Health Center. She is board-certified in internal medicine and brings experience in a range of specialties, including inpatient medical care, primary care, and addiction and acute drug withdrawal. She pursued a medical degree after graduating as an RN from the Mass. General Hospital School of Nursing, receiving a BA from Northeastern University and an MD from the University of Massachusetts Medical School. She completed her internship and residency at the University of California at San Diego.

New 3D Mammogram Technology for Breast Health Services



Radiology team (l to r): Radiology Technologists Brittany Kelton, Missy Goodwin, Kim Nelson, Terri Hodgdon

This spring Gifford’s Breast Care Services team moved into a renovated space that groups exam areas and ultrasound and mammography machines in adjoining rooms off a private hallway. The new area was created to hold a new Hologic Selenia Dimensions 3D breast mammography machine, technology that allows Gifford to provide cutting-edge screening and breast health care in one convenient local location.

“This technology lets us see breast tissue in greater detail so we can detect cancer earlier, when it is easier to treat. Our radiologists can also more effectively pinpoint the size and location of any abnormalities” said Lead Mammogram Technologist Kim Nelson. “Since dense breast tissue may look similar to, or hide, cancer tissue on 2D mammograms, women with dense breasts are often called back for follow-up tests.”

The new machine provides clearer and more accurate images for both standard (2D) and 3D mammograms, reducing the need to come back for additional testing. The new machine can also be used for

stereotactic breast biopsy, allowing patients to continue their care at Gifford.

In 3D mammography (tomosynthesis), multiple pictures of the breast are taken from 16 different angles and then layered into one 3-D image (standard two-dimensional mammography produces a single image). Because this multi-layered picture provides a clearer image of breast structure, it is easier to detect smaller cancers, and reduces the chance of “false positive” readings that require follow up exams.

This new technology enhances Gifford’s integrated approach to personalized breast care services. Team members coordinate screening and follow up exams (ultrasound, biopsy, etc.) to minimize visits and match appointments to our in-house radiologists’ schedules so that results can be conveyed as quickly as possible. Breast Care Navigator Brittany Kelton is on hand to provide personal support and guidance if a woman receives an abnormal mammogram or breast cancer diagnosis.

Nelson worked with the new machine manufacturer and Gifford’s facilities team to design a more spacious and relaxing environment for women.

“Soft lighting and music and the private location can help women who find this to be a stressful experience.” said Nelson. “The increased accuracy of this new technology is in itself reassuring—we can more accurately detect early cancers while reducing the anxiety that comes along with ‘false positive’ recalls.”

New Providers continued from pg. 3

and Ear, Nose, and Throat departments. After receiving a master’s in Landscape Architecture, she returned to school to train as a nurse practitioner. She received a BS in Nursing and a Master’s in Adult Gerontological Nursing from the University of Pennsylvania School of Nursing. She trained clinically at the VA hospital in Philadelphia.

Dave Mathies, APRN, worked at Gifford for nine years as an Operating Room RN before returning to school to be a nurse practitioner. Now a board-certified nurse practitioner,



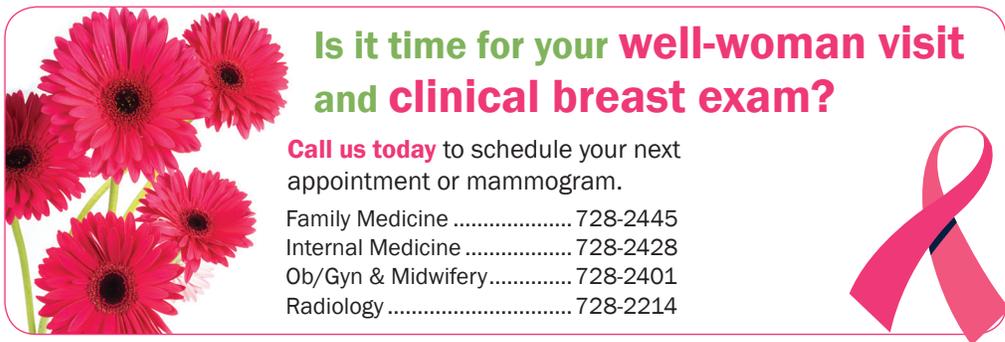
he works closely with our surgical team. He received a Bachelor of Science from California University of Pennsylvania, an Associate Degree in Nursing from Vermont Technical College, and a Master of Nursing from St. Josephs College of Maine (family Nurse Practitioner).

Gifford Primary Care-Randolph Rachel Salloway, APRN

is a family nurse practitioner who most recently worked at Hale House Assisted Living in Boston, Mass. She received a BS in Political Science from Bates



College, and trained for a BS and Master of Science in Nursing from Massachusetts General Hospital Institute of Health Professions in Boston. She has studied public health in Uganda, nursing in India, and has worked with diverse patient populations including incarcerated women, refugees, and immigrants. Her clinical interests include women’s health, community and rural health, preventative health, and family care for all ages.



Is it time for your well-woman visit and clinical breast exam?

Call us today to schedule your next appointment or mammogram.

Family Medicine 728-2445
 Internal Medicine 728-2428
 Ob/Gyn & Midwifery 728-2401
 Radiology 728-2214

SPRING 2017

Upcoming Events

Childbirth classes

Tuesdays, Jun. 6-Jul.18, 6-8 p.m.
& Tuesdays, Jul. 25-Aug. 29, 6-8 p.m.
Carriage House, Gifford Medical Center

These six-week classes help mothers-to-be and families prepare for birth. There is a fee to attend. Medicaid and other insurances are accepted. Call 728-2274 to sign-up. Classes are held regularly.

Summer Concert Series

Tuesdays, 6 p.m.
Gifford Park

Bring your lawn chairs, appetite, picnic blankets and family for the 6th annual Summer Concert Series. See our website for more information. The current schedule includes:

- July 11 South Royalton Band
- July 18 Dave Keller Band
- July 25 Tim Brick
- Aug. 1 Larry Brassard and the Bear Mountain Jammers

- Aug. 8 John Lacard Band
- Aug. 15 Swing Noir
- Aug. 22 Jennings and McComber

Vermont Quit Partners Fresh Start Program

Held four times a week at various times and locations, see our website for details.

This four-week tobacco cessation program focus on helping people quit smoking. Free patches, gum or lozenges shipped directly to participants' homes. For more information or to register, please call 728-7714.

Chronic Conditions Support Group

Second Tuesday of each month, 10:30-11:30 a.m.
Gifford Conference Center

This discussion and educational group is open to anyone with a chronic illness

or condition. Free. Call 728-7714 to RSVP or to learn more.

New Parents Group

Wednesdays, 10 a.m. to noon
Carriage House (next to Ob/Gyn-Midwifery clinic)

Learn about growth and development, nutrition, infant massage and much more at this free weekly group for new parents and their infants. Call 728-2257 to learn more.

Weight Loss Support Group

Wednesdays, 5:30-7:00 p.m.
Gifford Conference Center

Get help and support on your weight loss journey. Attendance is free, no registration required. Open to all regardless of where you are in your weight loss. Call Kathy at 728-2414 to learn more.

Bike helmets

Get a low-cost bicycle helmet for your child through your doctor's office. Call the pediatric office at 728-2420 to learn more and schedule a fitting.



Save the Date
AUG. 18 & 19
MOTORCYCLE RIDE
5K RUN • WALK
AT GIFFORD

Gifford in a community near you

Advance Physical Therapy

331 Olcott Drive U2, Wilder, VT 05001
295-7333

Bethel Health Center

1823 Route 107, Bethel, VT 05032
234-9913

Chelsea Health Center

356 Route 110, Chelsea, VT 05038
685-4400

Gifford Adult Day

1823 Route 107, Bethel, VT 05032
234-2165

Gifford Health Center at Berlin

82 East View Lane - Berlin, Barre, VT 05641
Radiology Services &
Specialty Clinic..... **229-2325**

2418 Airport Road - Berlin, Barre, VT 05641
Primary Care..... **224-3200**

Gifford Medical Center

44 S. Main St., Randolph, VT 05060
Main Line..... **728-7000**
Specialty Clinics..... **728-2430**

Gifford Primary Care

44 S. Main St., Randolph, VT 05060

- Behavioral Health..... **728-2790**
- Family Practice..... **728-2445**
- Internal Medicine..... **728-2428**
- Ob/Gyn and Midwifery..... **728-2401**
- Pediatrics..... **728-2420**

Kingwood Health Center

1422 Route 66, Randolph, VT 05060
728-7100

Project Independence

81 N. Main St., Suite 1, Barre, VT 05641
476-3630

Rochester Health Center

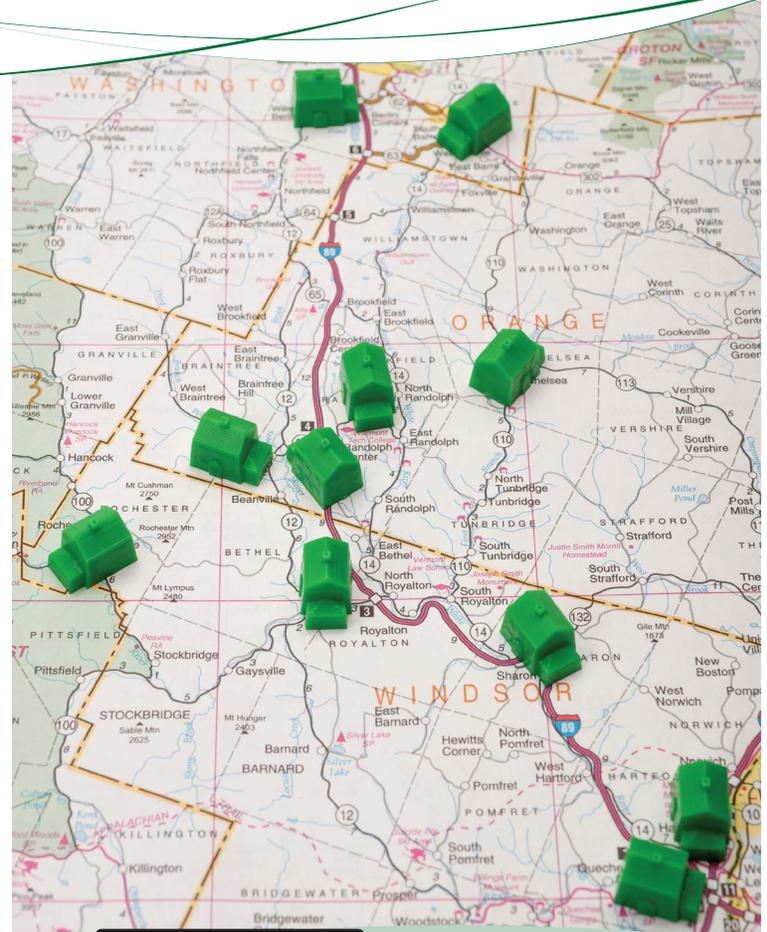
235 S. Main St., Rochester, VT 05767
767-3704

Sharon Health Center

12 Shippee Lane, Sharon, VT 05065
763-8000

Twin River Health Center

108 N. Main St., White River Jct., VT 05001
296-7370



For a complete list of our upcoming events and services please visit:

www.giffordhealthcare.org

