



UPDATE

Community newsletter

the latest news from your community medical home

INSIDE THIS ISSUE

- OUR VISION FOR THE FUTURE
- PERSONALIZED CARE IN THE BIRTHING CENTER
- TWIN RIVER CLINIC ADDS PRIMARY CARE

Learning healthy habits at school

This spring eleven area schools received grants to support activities that promote exercise and healthy eating habits. Funds from Gifford’s foundation, named in honor of William and Mary Markle, supports community organizations that benefit the health and wellness of our region. Awards up to \$25,000 in public health grants are given annually to worthwhile community agencies.

In response to a 2012 community needs assessment that noted the childhood obesity epidemic, the 2014 and 2015 foundation funds have been used to promote exercise and healthy eating habits in our local schools.

The following schools received grants in 2015:

- Barnard Academy
- Washington Village School
- The Warren School
- Berlin Elementary School
- Williamstown Elementary School
- Williamstown Middle High School
- Northfield Middle High School
- Woodstock Union High School
- Northfield Elementary School
- Hartford High School
- U-32 (Montpelier)

Sharon podiatrist Rob Rinaldi retires... again

The first time Dr. Rob Rinaldi retired was in 2000, when he left a successful podiatry practice in Stamford, CT and moved with his wife to a farm in Chelsea, VT. He was following his life plan, but retirement didn’t unfold as he had expected.

“I flunked the first time I retired!”

Rinaldi said, explaining that he missed seeing patients and grew depressed. So when Gifford Administrator Joe Woodin approached him about initiating sports medicine at Gifford, he was receptive: “I didn’t want to sound too anxious, so I said yes!”

Rinaldi helped design the first phase of the Sharon Health Center, which opened in 2005. Today, athletes come from all over the Upper Valley to the center, which includes a physical therapy gym space; x-ray technology and mounted flat screens for reviewing radiological exams; physical therapy treatment rooms; and a state-of-the-art gait analysis system. The sports medicine team includes: chiropractor Dr. Michael Chamberland; podiatrist Dr. Paul Smith; sports medicine providers Drs. Nat Harlow and Peter Loescher; and a team of physical therapists.



Dr. Robert Rinaldi

Now 74, Rinaldi is retiring again—he’s no longer treating athletes at the Sharon Health Center—but colleagues who recently gathered to celebrate his 12 years of service refused to call his leaving “retirement.” And indeed he is really transitioning into other roles: Rinaldi will continue to serve on administrative committees at Gifford, and will work with residents at the new Menig Nursing Home when it opens this spring in Randolph Center.

... continued on back

Do I need a primary care provider?

Some people think that as long as they are healthy, they don’t need a primary care physician. But if you are healthy now, establishing an ongoing relationship with a primary care provider is one of the best things you can do to stay healthy.

A provider who knows your health history and habits can more easily recognize signs that indicate a change in your health, and someone who has tracked your health over time can more accurately diagnose and treat serious conditions. If

you should become ill or seriously injured, they can help you find a specialist and coordinate your care.

Primary care providers (family medicine physicians, pediatricians, internists, nurse practitioners, physician assistants) diagnose and treat acute and chronic illnesses. They also provide routine health screenings and counseling on lifestyle changes that can help prevent diseases from developing.

... continued on back



The power of vision... and creative planning

In 2008 Gifford purchased 27 acres of beautiful rolling meadowland with stunning views of Braintree and the Green Mountains in Randolph Center. Landlocked in a campus downtown, the hospital was involved in a strategic planning process to help prepare for potential expansion and improvements that would be needed in the next 10 years.

While the most obvious option would be to build an expensive new, state-of-the-art hospital complex on the property, there were concerns about the economic and cultural impact leaving downtown Randolph would have on the community. So the administrative team kept working.

While Gifford knew it needed to expand, years of research, discussion, and planning by many groups had identified another pressing community need: Our seniors want to remain part of their community as they age, but local options are limited.

A “vision” slowly emerged: both needs could be addressed if Gifford built a new Menig Nursing Home in Randolph Center as an anchor for a senior living community that would include independent and assisted living options.

Vacated space at the hospital could then be converted to upgraded industry-standard private patient rooms, and the hospital would remain in the heart of downtown. Best of all, the expansion could be accomplished with minimal disruption to patient care, staff, and nursing home residents.

Four years after the purchase of the Randolph Center land, Gifford began construction of the Morgan Orchards Senior Living Community. Many credit Theron Manning, who coordinated the hospital’s long-range strategic planning for nearly four decades, as the force behind the creative problem-solving that led to this multi-phased solution.

Strategic, long-term planning has been Manning’s passion over the years. When he came to Gifford in 1969, the physical facility was 35,000 square feet—current Director of Facilities Doug Pfohl says it is well over 130,000 square feet today. Manning retired in 2009, but still describes a strategic plan as a “living document,” and says the robust long-term strategic planning process that has allowed the hospital to make good, and sometimes

creative, choices over the years continues.

“You need someone always looking 10 years into the future. We knew

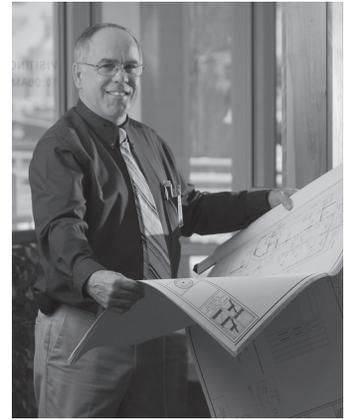
when we built

Menig in 1999 that the hospital would need to convert to a private bed model,” he said. “We built the Menig addition to hospital—not nursing home—standards, with 8-foot corridors, and specific fire resistive construction more suited for hospital occupancy. We included structural, mechanical, medical gasses, and electrical systems that could work for future hospital expansions. It cost more then, but it left us with options.”

Because of this foresight, Gifford was able to look for creative options when faced with expansion needs in 2008.

Manning says the flexible energy that drove the strategic planning process will extend well into the future. When the existing nursing home rooms are converted to private inpatient rooms, flexibility has been built into the design.

“The proposed floor plan offers room location and size that can change to meet daily needs at the hospital. Space could easily be expanded to accommodate larger family needs, or be used by the Birthing Center if needed,” he says. “You cannot go wrong with this plan!”



Theron Manning

Vision for the Future
HONORING OUR PROMISE TO COMMUNITY

Join me

IN CREATING STATE-OF-THE-ART PRIVATE PATIENT ROOMS

“While working on the “Vision for the Future” campaign committee, I became aware of the nationwide move to provide private patient rooms in hospitals as part of current care standards. That mandate became a reality to me during a recent hospital stay at Gifford. This conversion to private patients rooms in the beautiful space made available with the Menig move will truly be a community asset.”

Sandy Levesque, Bethel Gilead



DONATE TODAY!

ONLINE AT www.giffordmed.org OR CALL 728-2380

Personalized care, range of expertise make birth less stressful



Caitlyn Cramer and Daniel Jones and their daughter Eleanor

For 38 years, Gifford's Birthing Center has been a leader in family-centered births, offering women a full range of care options for their pregnancy and delivery. Four certified nurse midwives help women through their pregnancy and birth experience, working collaboratively with three board-certified Ob/Gyn doctors to provide seamless care with routine and more complex pregnancies.

"It was my biggest fear, but at every step of the way I felt safe and comfortable."

-Caitlyn Cramer

When Caitlyn Cramer and Daniel Jones were choosing a place to deliver their baby, they knew right away that Gifford was their choice even though it was a long drive from their home. The couple wanted to see midwives, and they had been told "if you want a midwife, you go to Gifford." They were especially pleased that Gifford's midwives were willing to coordinate with the doula they were seeing in Burlington, Vermont.

"It just felt so warm and welcoming and wonderful," said Cramer. "We wanted our daughter to experience that."

They planned an all-natural, water birth but when Cramer's labor grew complicated, their daughter was delivered by Cesarean section. "This was my biggest fear, but at every step of the way I felt safe and comfortable," Cramer said. "I never

felt pushed to make a decision—they always asked 'do you understand your options? Are you comfortable with this?'"

This support for new parents, personalized care options, and the smooth collaboration between the midwives and the obstetricians has reassured many families who have had unexpected birth experiences.

Dr. Elisabeth Nigrini brings skills in high risk pregnancies to comprehensive birthing care

In March, Dr. Elisabeth Nigrini joined the Ob/Gyn team, bringing a set of skills and experience that will enhance Gifford's comprehensive approach to women's care services, particularly for women with complicated or higher risk pregnancies.



Dr. Elisabeth Nigrini

She has helped women through labor and delivery in a wide range of settings—caring for underserved women in Tanzania and the United States—and has had additional training in maternal-fetal medicine at Johns Hopkins University.

"I share the commitment to pregnancy care and quality time with patients that is found in the midwives practice, and bring this to the care for higher risk pregnancies," she said, noting that she most enjoys establishing continuing-care relationships with her patients. "People are willing to make changes when facing transitional periods. A woman may quit smoking when pregnant, or be more open to information about lifestyle changes—these things can impact an entire family."

The move to Randolph is a good fit for Nigrini and her family. Her husband, Dr. Andy Erickson, is a surgeon at Gifford, and they wanted to raise their two young daughters in a small community where they could enjoy the outdoors.

Dr. Nigrini is accepting new patients, call (802) 728-2401 to schedule an appointment.

Celebratory chocolates



At Gifford's Birthing Center, small details help to make the experience more personal and special. One unique gesture, started by a hospital chef in 2007, is the delivery of a plate of delicious, hand-dipped chocolates.

Director of Hospitality Ed Striebe reports that the hand-crafted treats are made in monthly batches, and in an average year the kitchen uses nearly 40 pounds of Belgian Callebaut chocolate to create the gifts for new moms.



Looking for
Independent Living
for you or a loved one?

Call us today to learn more about the area's newest community built specifically for seniors, Morgan Orchards in beautiful Randolph Center!

Studio | 1-Bedroom | 2-Bedroom
Units Available

Gifford Retirement Community
Call (802) 728-2787 or visit our website to learn more!

Rinaldi continued from front

Becoming an athlete to be a better doctor

While Rinaldi says he always knew he wanted to practice sports medicine, his path to treating international athletes was unconventional. As an adolescent he was short, overweight, and the last kid picked to be on any sports team. “I went to school to study podiatry because I wanted to treat athletes.” He said. “I was after a vicarious sports experience.”

He became a podiatrist, but when he was 30, still overweight and a smoker, his path was forever changed by a speaker at a conference he attended in San Francisco.

“That speaker told us: ‘If you want to treat athletes, you have to be an athlete.’” Rinaldi recalls. “I kept thinking about this on the plane ride back.”

When he arrived home he immediately changed into a tee shirt and shorts and ran the half mile to his mailbox. Then he quit smoking, cold turkey. After training for three years, he started running marathons and seriously competing.

At one of those early races he met Rosa Mota, a Portuguese marathon runner who would go on to win a gold medal, and that friendship led to a practice treating professional athletes from all over the world.

“That early experience enhanced my ability to understand and treat the athlete—all I’ve ever done is treat athletes and perform surgery on athletes. Sports medicine has been my whole career,” he said.

The next career....

Remembering that he missed his patients the first time he retired, Rinaldi says he’s looking forward to working with residents at Menig’s new home in Randolph Center. Gifford committee work will also keep him engaged, and then of course there is the garlic farm he and his son run in Chelsea. They have twelve thousand plants, eight different varieties, which they harvest and sell through a robust internet business. What’s the secret to his high-energy health?

“The way I look at it, I’ve been blessed with good health and I’ve spent my whole life learning. If I stop now, I’ve wasted that energy—I have to share,” he says. Pressed for a few practical tips, he replies: regular exercise, 8 hours of sleep every night, and a 20 minute nap every day.

Susan Tubens, PA-C, brings primary care to Twin River Health Center

Susan Tubens, PA-C, has joined Twin River Health Center’s team, adding primary care to their patient-centered urology and gynecology practices.



Susan Tubens, PA-C

In 27 years as a physician assistant, Tubens has cared for patients with medical needs ranging from trauma to ongoing primary care. She and her husband, Gifford Ob/Gyn Sean Tubens, moved from Florida to Bethel,

Vermont, after searching for a small and friendly community where they could practice medicine and enjoy the outdoors.

Primary care is a special interest of Tubens, who notes that an ongoing relationship with a provider who knows a patient’s health care goals and history can help them stay healthy. A strong believer in preventative medicine, she looks forward to caring for families in the White River community. Tubens is currently seeing patients at the Twin River Health Center on North Main Street in White River Junction. Call 728-2777 to schedule an appointment.

Primary Care continued from front



Primary care nurse practitioner Christina Harlow shares a laugh with a patient during a visit.

Among the routine outpatient health care services primary care providers offer are:

- Annual physicals
- Well-woman care
- Well-child visits and sports physicals
- Immunizations
- Acute medical care (common colds, sinus infections, stomach problems, skin rashes, etc.)
- Care for special needs
- Management of chronic diseases (acne, depression, asthma, high blood pressure, allergies, etc.)
- Medication management
- Care coordination
- Blood work
- Minor procedures
- Counsel on healthy lifestyle choices

Gifford provides primary care in a variety of locations throughout central Vermont. To set up an appointment call our central scheduling line at (802) 728-2777.



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

Call us today at 728-2777 to schedule your next appointment or mammogram.

Clinics & Services



Advance Physical Therapy

295-7333

331 Olcott Drive U2, Wilder, VT 05001

Physical Therapy

Bethel Health Center

234-9913

1823 Route 107, Bethel, VT 05032

Family Medicine
Gynecology/Menopause Care
Adult Day Program 234-2165

Mental Health
(private practice, 728-2168)
Pharmacy (*Rite Aid, 234-5289*)

Chelsea Health Center

685-4400

356 Route 110, Chelsea, VT 05038

Family Medicine
Pharmacy (*Kinney Drugs, 685-0073*)

Mental Health
(Clara Martin Center, 728-4466)

Gifford Health Center at Berlin

229-2325

82 East View Lane, Berlin, VT 05641

Family Medicine
Internal Medicine
Infectious Disease
Midwifery

Neurology
Orthopedics
Podiatry
Urology

Gifford Medical Center

728-7000

44 South Main Street, Randolph, VT 05060

Inpatient Care and Rehabilitation
Outpatient Care
Surgical Care

Diagnostic Imaging
Laboratory Services
Birthing Center

Gifford Primary Care

44 South Main Street, Randolph, VT 05060

Family Practice **728-2445**
Internal Medicine **728-2428**

Ob/Gyn and Midwifery **728-2401**
Pediatrics **728-2420**

Kingwood Health Center

728-7100

1422 Route 66, Randolph, VT 05060

Rehabilitation (*Outpatient Physical Therapy, Balance Center, Continence Program*)

Rochester Health Center

767-3704

235 South Main Street, Rochester, VT 05767

Internal Medicine

Sharon Health Center

763-8000

12 Shippee Lane, Sharon, VT 05065

Chiropractics
Certified Athletic Trainer
Physical and Occupational Therapy

Podiatry
Sports Medicine

Twin River Health Center

296-7370

108 North Main Street, White River Jct., VT 05001

Family Medicine
Gynecology/Menopause Care

Urology

*To schedule an appointment,
call Central Scheduling at **728-2777***



For a complete list of our
providers and services please visit:

www.giffordmed.org

SPRING 2015

Upcoming Events



Home Alone and Safe

Saturday, May 23, 9:30 a.m. to noon
The Family Center
(beside Gifford Ob/Gyn and Midwifery)

Children 8-11 learn how to respond to home alone situations, including Internet and personal safety, sibling care, photo communications and basic emergency care. \$15 fee. Sign up by calling Jude Powers at 649-1841.

Childbirth classes

Wednesdays, Jun. 3-Jul. 8, 6-8 p.m.
Gifford, Randolph

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 and to learn the exact location of the class. Classes are held regularly.

Chronic Conditions Support Group

Second Wednesday of each month,
3-4 p.m., Conference Center

This discussion and educational group is open to anyone with a chronic illness or condition. Free. No registration required. Call 728-2390 to learn more.

Mood Disorder Support Group

Thursdays, 4-5:15 p.m.
Conference Center

Gain comfort and support from fellow community members coping with a mood disorder, such as major depression, dysthymia, postpartum depression, bipolar disorder and seasonal affective disorder. Free. Drop-ins welcome. To learn more call 728-2790.

New Parents Group

Wednesdays, 10 a.m. to noon
Gifford, Randolph

Learn about growth and development, nutrition, infant massage and much more at this free weekly group for new parents and their infants. Call nurse, lactation consultant and childbirth educator Nancy Clark at 728-2274 to learn more.

Weight Loss Support Group

Wednesdays, 6-7:30 p.m.
Conference Center

Get help and support on your weight loss journey. Free and open to anyone looking for help losing and maintaining weight. No registration required. Call Cindy Legacy at 728-4408 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.

Summer Concert Series

Tuesdays, July 7-Aug. 11, 6 p.m.
Gifford Park

Bring your lawn chairs, picnic blankets and family for Gifford's free summer concerts, including the South Royalton Band on July 7, Jennings and McComber on July 14, Dave Keller Band on July 21 and more.



Last Mile Ride '15

Providing comfort at the end of life.

**SUPPORTING
END-OF-LIFE CARE!**

Save the Date

AUG. 14 & 15

MOTORCYCLE | BICYCLE | 5K | 1-MILE WALK



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For a complete list of our
upcoming events please visit:

www.giffordmed.org