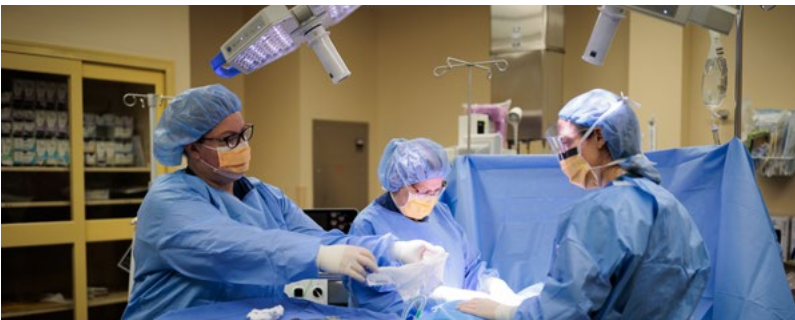

ANNUAL REPORT 2022

Partners in Health



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To learn more about the many ways you can support Gifford or to volunteer, please contact:

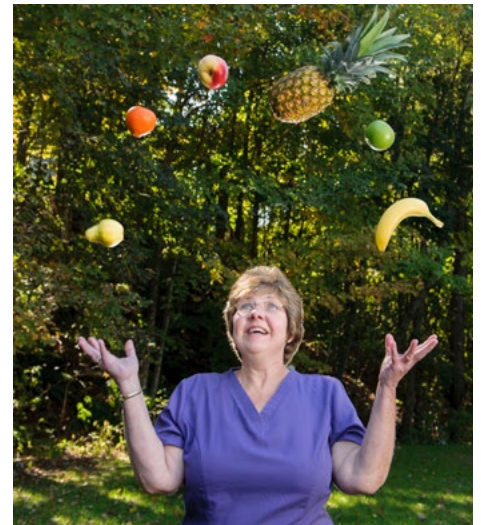
Ashley Lincoln
VP of Development and Public Relations
(802) 728-2380
alincoln@giffordhealthcare.org



In loving memory...

In early November, we lost a dear member of the Gifford team. Gail Proctor passed away at her home in Rochester. She joined Gifford in February of 1988, taking the position of office nurse in our Rochester Clinic. Anyone who has been to our Rochester Clinic has been greeted by Gail's smile and sense of humor. Gail took pride in caring for her Rochester community. This was evident by the outpouring of support from people whose lives, in one way or another, were affected by her. We wanted to share some of the comments honoring Gail's legacy:

"To me, there is no more admirable profession than that of Registered Nurse and Gail excelled at her job. She was so very competent and efficient but, more than that, she was exceedingly kind in every interaction. She was concerned and she truly listened. I'm very thankful for the care she showed me and my family over her decades working at the clinic in Rochester."



"She was always so warm and genuine, with a great sense of humor—and one of the best nurses I've ever known."

"Gail was an extremely kind person, a professional in her career as an RN, and a good friend as well."

"Gail soldiered through the Covid pandemic with professionalism and courage, providing important health care services to anybody who came in and needed them in Rochester. Unfailingly kind, attentive and funny, she was a superb nurse and a wonderful human being."

"She was also understanding and non-judgmental. I will miss her, as well so many."

We dedicate Gifford's 2022 Annual Report to Gail Proctor. We are proud to continue the wonderful legacy she built, not only in the Rochester community but also at Gifford as an institution.

A Message From Our Leadership

With great pleasure, we present the 2022 Gifford Health Care Annual Report to our communities. The last year saw many continued struggles in the health care industry, but with the help of dedicated staff and solid connections to neighboring organizations, Gifford's commitment to care for the community never wavered. In this report, you'll read examples of success stories and learn more about some of our community partners that help accomplish Gifford's mission.

In 2022 Gifford updated its strategic plan, with an emphasis on two major initiatives. We are making a commitment to population health through investments in infrastructure. That means the implementation of a new Electronic Medical Record system that will streamline our processes and communication. We will be able to provide better access to information that we will use to proactively engage our patients with activities to help them maintain or improve their health.

During 2022, we hosted in-person community listening tours in four Gifford communities where people could share feedback with our senior leaders and board members. The information received in these gatherings influences how we will operate this year and into the future. We plan on another listening tour in 2023.

The only way we accomplish our mission is with a team of dedicated Gifford employees and providers. We continue to invest in their well-being and training to ensure Gifford remains able to serve the needs of our communities.

After a couple of years of social distancing and masking, we have finally emerged from the pandemic happy to see faces again. Our team may be shorthanded but we remain fully devoted to the health of our community. Being able to meet with you once again and talk about the health issues we face, is a privilege we share with our wonderful team at Gifford.

We wish you the best in 2023 and hope we see you soon.

In gratitude,
Dan Bennett, President and CEO
Vic Ribaldo, Board Chair



Dan Bennett, President and CEO, Vic Ribaldo, Board Chair



Gifford's Volunteer Board of Directors

Back Row L-R:

Sarah Jackson, Morgan Rilling, Megan O'Brien, DNP,
Lincoln Clark, Peter Reed, Rick Hauser, Dan Bennett

Front Row L-R:

Theron Manning, Vic Ribaldo, Todd Winslow,
Kristin Chandler, Jody Davignon, Megan Cicio

Partners in Health

The dictionary defines “partner” as one associated with another, especially in action. When it comes to your health, there can be many groups, organizations or people who factor in to your care. Some work behind the scenes training the very people who provide you care, while others could be responsible for taking you directly to our clinics for treatment. We want to spotlight some of Gifford’s Partners in Health that greatly assist in our job of providing quality care to our community.

Tri-Valley Transit

Tri-Valley Transit (TVT) was formed from the merger of Stagecoach Transportation and Addison County Transit Resources in 2017 and has been providing community transportation services since 1976. The organization helps residents of Orange and Northern Windsor Counties get where they need to go through local and commuter bus services and a robust Dial-A-Ride program that uses volunteer drivers to provide door-to-door service for people in need. All bus routes are open to everyone and are currently operating fare-free. Dial-A-Ride includes programs that focus on our elderly population, persons with disabilities, and low-income families and individuals. Depending on eligibility, services are usually free of charge or subsidized. Gifford has been working with Tri-Valley Transit for years and relies on this company for helping our patients, who may have no means of transportation, get to their medical appointments on time.

“Tri-Valley Transit and Gifford Health Care share the goal of providing the best quality service. Our close partnership allows staff from both organizations to work together to ensure community members are getting the health care they need,” Jim Moulton, Executive Director of Tri-Valley Transit said. “Whether we’re partnering on transportation programs, financial support or addressing broader community health we are proud to have Gifford in our corner.”



TVT makes multiple stops in Randolph at Gifford, Kingwood Health Center and Morgan Orchards Retirement Community in Randolph Center during the day.

The Vermont Foodbank

The Vermont Foodbank is the state’s largest hunger-relief organization, providing nutritious food through a network of more than 300 community partners, including Gifford. In 2022, The foodbank distributed 12.5 million pounds of food to communities across Vermont. Of that, a record 4.1 million pounds was fresh fruits and vegetables and a full 32.6% of the food distributed was fresh food (produce, meat and dairy).

Throughout the pandemic, Gifford has been proud to host the foodbank’s monthly VeggieVanGo drive-thru food distribution event. With the current impact of both the public health crisis and the economic crisis, recovery will take time, especially for those most vulnerable in our communities. Those who have disproportionately and historically faced higher rates of food insecurity count on this event.

2 in 5: *The number of people in Vermont who have experienced food insecurity in the past year. (UVM NFACT July 2022) Far higher than the 9.6% food insecurity rate Vermont saw before the COVID-19 pandemic, and higher than at any point in 2020 or 2021.*

Last year, Gifford worked with the foodbank to create a drop-and-go model that allow greater distribution of fresh produce to places serving the senior population. “Gifford’s work has helped to inform the way fresh produce is now distributed in partnership with organizations around the state,” Vermont Foodbank Government and Public Affairs Officer, Carrie Stahler said.

Distribution Stats: Fresh food distribution events hosted by more than 25 partners, hospitals and schools continue as primarily drive-thru events across all Vermont counties each month, distributing fresh foods to an average of 7,400 households a month, a 11.1% increase from the average households served in 2021.

Vermont Technical College (VTC)

Vermont Technical College's School of Nursing and Health Professionals prepare students to pass their licensure exams at rates higher than national averages. VTC offers classrooms and clinical sites around the state including Gifford. The VTC simulation lab on Gifford's campus in Randolph, allows students to practice what they've learned using state-of-the-art simulation technology. VTC has a placement rate of 100% compared to the national average of 89%.

For Gifford Registered Nurse and VTC graduate, Cassidy Metcalf, the VTC Sim Lab at Gifford was a crucial part of her education as a nursing student.

"These are real-life situations that you don't experience every day," Metcalf said. "It's really great to go through those situations in a safe environment, where it's okay to make mistakes and you can ask questions."



A VTC grad turned Gifford RN, Quinn McDonagh (L) says that she was able to jump right into clinical work. "Especially as someone who did not have a background in the health care field," McDonagh said. "It was very beneficial for my education to get the hands-on experience and to be part of a team."



Gifford VeggieVanGo volunteers Katja Evans, Bethany Silloway, and Kathrine Baumann.

Support and Services at Home (SASH)

SASH is a wellness program proven to improve health outcomes and reduce health care spending. SASH coordinates the resources of social service agencies, community health providers and nonprofit housing organizations to support Vermonters who choose to live independently at home. Individualized, on-site support is provided by a Wellness Nurse and a trained SASH Care Coordinator.

In our area, SASH is hosted by the Randolph Area Community Development Corporation (RACDC). SASH coordinator, Ann Howard confers regularly with SASH partners including Gifford to help give seniors the tools to make better choices and live happier healthier lives.

Gifford and SASH recently teamed up for the third straight year to distribute 70-holiday stockings to local seniors. Gifford staff purchased useful items like gift cards, mittens, socks and added handwritten notes to spread some holiday cheer. The items were stuffed in bags decorated by the children at Gifford's Robin's Nest day care center.

Health care takes teams of people working together for a cause. Thanks to Gifford's "Partners in Health," we treat patients who can't find transportation, feed those who can't afford groceries for the month, care for those in our aging population who live independently and educate the future nurses and providers who will one day walk the halls of Gifford. We thank them for joining Gifford's commitment to providing high-quality care.

FREE Programs Offer Life Changing Results

Gifford's partnerships extend across the state, including the State of Vermont itself. Through the state-funded program, My Healthy Vermont, Gifford offers several free workshops led by coaches who understand the participant's needs, because many of the coaches have faced the same health challenges.

"Coaches have a huge role in these workshops," says Regional Coordinator for the self-management programs, Noreen Fordham. "Coaches share and bring the written material to life."

No one exemplifies this more than Cynthia Thurston. Cynthia is a former participant in the Diabetes Prevention Workshop. Through the series, she lost close to 70 pounds and that positive change inspired her to coach others.

"My life has changed in so many ways and to have the opportunity to share that with people and help them make the same choices that I made, through the program, has just been great," Thurston said.

Thurston's coaching in the My Healthy Vermont Workshops is making a difference in the lives of community members. Three examples are Jeff Bradley, Paul Grandy and Theresa Symancyk.

At 422 pounds, it was difficult for Jeff Bradley to do even the most routine tasks comfortably. He knew long-term health problems were in his future if he didn't get a handle on his weight. He noticed an ad for the year-long Diabetes Prevention Workshop that focuses on solving problems like how to make healthier eating choices and the best way to get physical activity into your everyday life. The Diabetes Prevention workshop can cut the risk of type 2 diabetes by more than half. It is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC).



Jeff Bradley and wife Connie's remarkable journey together with the FREE Diabetes Prevention Workshop is highlighted on Gifford's Facebook page.

"You're in this workshop with others who are in similar situations as I am. Meeting weekly, you form a real bond with those people," Bradley said.

Eighteen months from the start of the course, led by Thurston, Bradley lost a remarkable 228 pounds.

"Without Gifford and the Diabetes Prevention Workshop, I wouldn't be sitting here today," Bradley said. "It's completely changed my life."

Bradley saved himself from a type 2 diabetes diagnosis. However, for people like Paul Grandy who have been recently diagnosed with type 2 diabetes, Gifford and My Healthy Vermont offer a Diabetes Management Workshop. Once Grandy was diagnosed with type 2 diabetes, he realized lifestyle changes needed to be made. Grandy learned about the program, signed up, and four months into the six-month program has lost close to a dozen pounds. Grandy's A1c levels dropped to pre-diabetes range. The healthier habits have also had an effect on Grandy's blood pressure as he no longer needs to take blood pressure medication.

"Losing the weight and having lower blood pressure has taken a lot of pressure off my feet, knees and back," Grandy said. "Through lifestyle changes, coaching, and dietitian assistance, you can turn it around."

Theresa Symancyk also took the Diabetes Management Workshop through Gifford, led by Cynthia Thurston. Through that program, Symancyk learned Gifford and My Healthy Vermont also offers a Blood Pressure Management Workshop. The timing couldn't have been better for Symancyk who saw her blood pressure numbers creep up higher and higher over the last few years.

"They weren't reaching a dire point, but I did have to buy a blood pressure cuff to monitor it at home," Theresa said.

The two-month Blood Pressure Management Workshop meets weekly for an hour and a half. In this case, the goal is for the participant to take control of their blood pressure at home.

"The blood pressure class is very similar to the diabetes class because to be successful in both areas you need to get more exercise and eat better," Symancyk said. "I now keep vegetables and fruits in the front of my refrigerator."

Symancyk goes to the Upper Valley Aquatic Center in White River Junction three times a week for exercise and takes a walk in her neighborhood every Sunday. Thurston not only provides coaching but acts as a cheerleader encouraging Symancyk to keep at those good habits.

"I can go in some weeks and think, 'Oh boy, I didn't do very well this week,' and she would point out the good things I did," Symancyk said. "I don't feel like I'm an expert by any means, but I have made a lot of improvements in the areas I needed to."

"Seeing many success stories come from these classes makes teaching them extremely rewarding," Fordham said. "It's hard not to brag about those success stories. These classes work and I want each person to succeed and be proud of their success."

The work doesn't stop after the series is over. Now educated on how to care for themselves in their everyday lives, participants will get the occasional status check from coach Thurston.



Cynthia Thurston. Lifestyle Coach was once a student of the Diabetes Prevention class. Thurston was so inspired by the class, she became a lifestyle coach with Gifford's Community Health team. "It wasn't only an education in diabetes, it was an education in a healthy lifestyle," Thurston said.

"I know one of Cynthia's groups still gets together to hike, have coffee or just meet up to catch up even though the class ended 2 years ago," Fordham said. "Sometimes lasting friendships form from these groups."

The free My Healthy Vermont workshops are just another way Gifford works with others to help the individual. But what makes these workshops so special is that you have coaches and participants partnering up in the course to reach a common goal.

"You meet great people. You form solid support groups. You change habits that lead to a family's change in habits," Thurston said. "There's a wealth of information out there and I would encourage anyone to tap into that."

To learn more about My Healthy Vermont workshops at Gifford, you can contact Noreen Fordham, Regional Coordinator for Self-Management Programs at (802) 728-7714. You can also join upcoming workshops by visiting: myhealthyvt.org.

Gifford's Same Day Joint Replacement Success

Hip replacement surgery was inevitable for 77-year-old Peter Nowlan. An x-ray six years ago showed arthritis was at the center of Peter's discomfort. At the time, physical therapy helped him feel better, but last spring, discomfort turned into pain and stiffness.

That's when Nowlan recalled contacting his primary doctor care provider and saying, "I think it's time."

As a retired Vietnam War veteran, Nowlan was receiving care through the VA in White River Junction. However, the VA doesn't perform joint replacement procedures. That sent Nowlan on an informational mission to find where he would receive the best care for his hip. He consulted with friends who had joint replacement surgeries and spoke with other local doctors.

Once Nowlan's provider at the VA learned that he was a Randolph resident, the decision became pretty clear.

"My provider told me, you want Dr. Orem at Gifford," Nowlan said. "Not just for his reputation, but for the convenience of Gifford's location since my wife would be doing most of the traveling with me."

Dr. Alexander Orem joined Gifford Orthopedics in 2017. He serves on the orthopedic faculty at Dartmouth Hitchcock Medical Center and the Geisel School of Medicine, a member of Dartmouth Health. Dr. Orem was a resident at Dartmouth Hitchcock Medical Center from 2009-2015. He returned there in 2016 following a one-year joint replacement fellowship in Boston.

At Gifford, Dr. Orem and his colleague, Brad Salzmann are performing about a dozen arthroplasty or joint restoring procedures a month.



At Gifford, Dr. Orem (R) and his colleague, Brad Salzmann (L) are performing about a dozen arthroplasty or joint restoring procedures a month.

"Joint replacement is something that spreads by word-of-mouth. Because we live in such a close community, if people know somebody who had a good outcome at Gifford, then they're much more likely to want to come here," Dr. Orem said.

Serving in an academic medical center like Dartmouth Hitchcock Medical Center and a rural facility such as Gifford gives Dr. Orem unique insight into the stresses each facility faces, but he is working to help both hospitals alleviate that pressure.

Capacity and bed count are at the forefront of issues plaguing hospitals throughout Vermont and the region. According to Dr. Orem, Dartmouth Health's strategic plan over the last few years has been to move straightforward primary joint replacements to smaller community hospitals for safe and effective care. That allows Dartmouth Hitchcock Medical Center to handle the increasing number of complex and tertiary-level cases.

"It hasn't built any more operating rooms. So, because of the limited space, we're trying to move the cases that can be done safely elsewhere, reserving the operating time for patients who actually need that high-end level of care," Dr. Orem said.

Another solution to the capacity issue is to perform more outpatient procedures. Tying up precious bed space with straightforward joint replacement surgery patients isn't ideal. Dr. Orem says institutions are now changing their prior thinking on the effectiveness of outpatient joint replacement procedures.

"It's been a silver lining that we've been trying to push for a long time," Dr. Orem said.

This is encouraging for patients who live closer to these small, rural hospitals. Dr. Orem says they are more apprehensive about having an outpatient procedure at a facility that's 30 minutes or more away from where they live, but a patient at Gifford can have the surgery and know they're just minutes from home to rest and recover. Peter Nowlan was planning to have an outpatient hip replacement surgery at Gifford, but because he was having the procedure later in the day, the decision was made to keep Peter overnight and send him home the next morning.

"Having your joint replacement at Gifford is like flying out of Manchester or Burlington rather than driving to Boston to fly out of Logan International Airport," Dr. Orem said. "The safety protocols, airplanes and crew are the same. But parking, security check-in and boarding is an overall less stressful experience in Manchester and Burlington."

This solution to push more straightforward joint replacement procedures to smaller hospitals may call into question success rates. Surgeons at small hospitals may not have the experience needed to perform these procedures efficiently. Studies show that surgeons who perform fewer than 30 hip replacements a year had a higher number of patients requiring revision surgery. Gifford is fortunate to have Dr. Orem, who performs over 100 hip replacements each year thanks to his work at Dartmouth.

"For that reason, there's no medical or technical reason the vast majority of folks can't have their surgery at smaller hospitals like Gifford," Dr. Orem said, "I tell my patients if I couldn't do it safely and effectively here, I wouldn't offer it to them."

Peter Nowlan is doing well following his hip replacement surgery. He's finishing up rehab and looking forward to walking pain-free. Nowlan credits Gifford for making him feel comfortable every step of the way.



Peter's journey continues through regular visits with Gifford's Rehabilitation Therapy team; Physical Therapist Jim Pratson pictured above.

"I understood what was happening," Nowlan said. "My questions were answered. I could look at the nurse or provider and say, 'What does this mean?' That's important."

Peter Nowlan's Journey Continues

Gifford's role in Peter Nowlan's replacement surgery didn't stop with Dr. Orem. Following the procedure, Nowlan received rehabilitation therapy from Jim Pratson at Gifford's Kingwood Health Center in Randolph. He started at the end of October 2022 with twice-a-week visits.

"Having local rehabilitation therapy is very important to most people in our area because of its convenience," Nowlan said. "Everyone is very helpful and receptive."

It takes Nowlan just five minutes to drive to Kingwood. Convenience is one of Gifford's strong suits having rehabilitation therapy services available in Berlin, Sharon and White River Junction as well.

"When it comes to Gifford, if you walk into the hospital, if you walk into the physical therapy or any of the other clinics, they are actually happy to see you."

When Nowlan had his annual physical at the VA following surgery, Gifford made sure his primary care provider had all of the necessary information from surgery and his ongoing rehab.

One Man's Journey Relies on Community Connections

Sam Dorrance and Alice Blackmer moved into their 1890 Victorian home in Milton just before the start of the pandemic in the spring of 2020. The couple looked forward to renovating it and with people being asked to stay home, there was no shortage of improvement projects to pass the time.

From room renovations to growth in the garden, Sam and Alice were experiencing a happy homestyle. However, as summer turned to fall in their simple surroundings, life was about to take a scary turn. Sam started experiencing back pain. He thought it could be from the hours of house painting on a ladder or some other strenuous chore. But Sam's pain increased to an excruciating level, forcing Alice to make an emergency drive to Northwestern Medical Center in St Albans. Sam was subjected to a scan that determined a diagnosis no one ever wants to hear, stage 4 prostate cancer.

"It didn't sink in right away," Sam said. "Obviously, I was now in for a whole different scenario in terms of working through my back pain than I had envisioned."

He was immediately referred to Dr. Dennis Sanders, Oncologist at UVM's Fanny Allen Campus in Colchester. The mission at this point was to determine if the cancer had spread to Sam's bones. This information was vital for Sam's treatment and hope for remission. Scheduling the appointment for the scan added to the stress.

"The first available date for the scan was quite a ways off and I was in considerable pain," Sam said. "Not having a precise date at which the examination could be done to determine all the components of my diagnosis caused a lot of anxiety."



Alice Blackmer and husband Sam Dorrance

"The process of trying to find an appointment that wasn't weeks away was going on for days. Meanwhile, Sam's in terrible pain," Alice said. "We were scared to death."

"All of these different offices were working hard to try to find us an appointment for a bone scan, but it's in the middle of the pandemic," Sam added.

With despair setting in, Alice woke up one morning with an idea, to call Pam Caron, Director of Ancillary Services at Gifford. Alice and Pam were high school classmates.

Alice recalls texting Pam that morning, "Sam has cancer," and asking if Gifford does bone scans.

"Pam wrote me back right away and scheduled an appointment for the next day at noon. That's when everything started to feel like we got a handle on it and it's going to be all right," Alice said.

"Alice and I just got ourselves down to Randolph as quickly as we could," Sam added.

When they arrived at Gifford for the bone scan, Sam, Alice and Sam's step-daughter were greeted by Pam Caron and one of her team members. Sam remained in a great deal of pain and sitting in a waiting room for any length of time would prove to be very difficult.

“They came up with a room immediately. There was just no fuss at all,” Sam recalled. “They had a very good idea of what I was going through, and they addressed it. It doesn’t get much better than that.”

“That was exactly what we needed at that moment,” Alice added.

“I felt a great deal of empathy for Sam as it was quite clear he was in pain and very scared,” Pam said. “I knew I wanted to do anything in my power to at least take away some of the barriers and anxiety as they were facing a lot of unknowns.”

The bone scan Sam had in Nuclear Medicine that day helped the providers find out if the cancer spread through his body, and if it has spread, how extensive is the damage. Knowing this information drives the prognosis and treatment.

The scan showed the cancer had not spread to Sam’s bones. All of the needed information was passed on to Dr. Sanders. From there, treatment using hormone therapy could begin. The results also revealed Sam had a very large tumor in his back, which was causing the excruciating pain.

“Waiting an extra few weeks while you’ve got a tumor was not an option and Gifford came through,” Alice said. “My connection with Gifford I think was the catalyst for us being able to move forward in the most positive way that we could.”

After approximately eight months of treatment, Sam is in remission. Had Sam not received the bone scan promptly, his treatment may have looked a lot different and his large tumor could have kept growing.

“The best part is that he’s feeling good,” Alice said. “He’s not back to what he was before all of this happened, but he’s pretty close. We’re back to working on the house and the garden. The grandkids are here a lot so it’s just a wonderful place to be.”



Tera Benson, Nuclear Medicine & EEG Supervisor

From diagnosis to treatment, Sam Dorrance relied on the skilled medical professional Vermont is fortunate to offer. By playing a crucial role in this process, Gifford showed its commitment to caring for patients near and far and how being a partner in health makes all the difference.

“Sam’s story shows that we need to work together to ensure quality health care is available promptly to anyone who contacts us,” Pam said. “My role is to help facilitate and guide patients through a process during a very scary time.”

“When I hear the phrase, Partners in Health, in light of my ongoing experience, I think about working with specialists in various areas who want to know how you’re doing,” Sam said. “Gifford played a part in that, even though the hospital is far from where we live. That’s pretty remarkable. So I would say if you find a good partner in health, stick with them.”

Gifford Health Care

2022 Annual Report

Gifford's Radiology Department offers comprehensive diagnostic imaging services. Diagnostic imaging is completely digital, meaning images are available electronically to the medical center's providers as soon as they've been completed. Radiology images are read by a team of highly-qualified, specialized physicians.

Gifford's Radiology Services

- Bone Densitometry
- Computed Tomography (CT)
- Diagnostic X-rays
- Digital (computerized) Mammography
- Interventional Radiology
- Magnetic Resonance Imaging (MRI)
- Ultrasound
- Stereotactic Breast Biopsies

Efficiency Upgrade

In August 2022, Gifford's Nuclear Medicine Department started using a new GE SPECT/CT camera for patients. The Nuclear Medicine Department performs exams ranging from heart, gallbladder and bone, to gastrointestinal bleeds and pulmonary embolisms.

Gifford also recently started performing a procedure that helps diagnose Parkinsonian Syndrome vs. Essential Tremor. These tests will benefit the most from Gifford's upgrade to the new SPECT/CT as the combined scan provides precise information about how the body is working and more clearly identify problems.

The camera provides better images for Gifford's Radiologists, which leads to more accurate interpretations. Also with this new camera, Gifford can image patients weighing up to 500 pounds, reducing the number of patient transfers.

"We are very excited to have this new Gamma Camera in our Department," Gifford Nuclear Medicine Supervisor, Tera Benson said. "The multiple exams we perform with this camera are imperative to providing quality care for our patients at Gifford."



Jennifer Hubert, Patient Care Navigator and Radiology Technologist



Shelby McDermott, Radiology Technologist



Highlights from 2022

Clinic Makeover

Renovations are taking place on the second floor of the Bethel Health Center. Enhancements include enlarging exam rooms and reorganizing areas to improve patient flow. Energy efficiency is also top of mind when it comes to the new materials and equipment used in this overhaul. The final product is expected to be ready in 2023.



Recognizing Gifford's Best

Gifford is honoring its own with awards based on nominations from their colleagues and patients: The DAISY award for nurses, the HIVE award for providers and the BEE award for employees. In May, Gifford kicked off the campaign by honoring the late Bonnie Hervieux-Woodbury with the **DAISY Lifetime Achievement Award**.



New Leader for Gifford's Nurses

Jill Markowski joins Gifford as the new Vice President of Nursing. Markowski DNP, MSA, RN, BC-NE spent the last three and a half years as a professor at the Castleton University School of Nursing, serving as the Nursing School's Chair and establishing its Masters of Science in Nursing Program. Before her work at Castleton, Jill performed several nursing leadership roles at Rutland Regional Medical Center. Markowski provides leadership and oversight for nursing services in Gifford Medical Center departments including its inpatient and birthing center units, emergency department, operating room, nursing education, and care management.



Gifford Health Care 2022 Annual Report

Highlights from 2022

Magical Menig

For the fourth time in eleven years, Menig Nursing Home made U.S. News and World Report's list of Best Nursing Homes in the country. The publication used several factors in making this determination illustrating Menig's commitment to keeping its residents safe. Almost 91% of Menig's residents maintain the ability to move, eat, use the bathroom and do other common activities without help. That's about 10% better than the Vermont average and about 7% more than the national average.



A Helping Hand

Gifford contributed to the humanitarian effort in war-torn Ukraine by donating medical supplies such as band-aids, IV bags, gauze, rubber gloves, gowns and catheter IVs. The effort started after Ryan Langlois, an associate division manager at Applied Research Associates in Randolph, reached out to neighboring Gifford.



Back in Person

For the first time since the start of the pandemic, Gifford opened its doors to the public for multiple in-person events at its Medical Center in Randolph. That includes a Health Care Decisions Open House and an informational session on managing diabetes. Gifford also welcomed back its volunteers who provide vital support in Gifford's day-to-day operations.



Highlights from 2022

Touring our Communities

Through a series of “Listening Tours,” Gifford welcomed community members to an informal conversation regarding community health needs. The tour started in Rochester and continued in Chelsea, Bethel and Randolph. The results of Gifford’s community health needs assessment (CHNA) were also discussed. The CHNA, which takes place every three years, provides Gifford areas for its strategic focus.



Another Record-Setting Ride

Gifford’s three-day Last Mile Ride, Walk and Run to support end-of-life care set new participation and fundraising records. Between the three in-person events and virtual options, there were 560 total participants. The result is \$187,000 for Gifford’s advanced illness and palliative care program, assisting families whose loved ones are on life’s last mile. Since 2006, more than \$1 million has gone to assist families whose loved ones are in life’s last mile.



Welcome Hadleigh’s Library

Jamie and Andrew Frey lost their daughter Hadleigh a couple of days after her birth. During those short two days with Hadleigh, the only thing Andrew and Jamie could do was read to her. To honor the memory of Hadleigh last April, the Frey’s, with help from their friends, started a small library at Gifford’s birthing center. In November, Jamie gave birth to a beautiful baby girl at Gifford.



Gifford Health Care 2022 Annual Report

Highlights from 2022

Ready for Retirement

We wished five long-time members of the Gifford team well in 2022. Purchasing Specialist, Teresa Bradley spent 12 and a half years at Gifford. Janice Rogers has been with Gifford for 26 years working in our Health Information Department and Dr. Terry Cantlin joined Gifford in 1987 working on our primary care team at the Bethel Health Center. Maureen Heyder and Marilyn Sargeant have been big deals at Gifford for a LONG time. They've combined for more than 100 years of service.

We will continue to benefit from their legacies and their influence on Gifford's culture.



Community-Centered Care

To put preventative medicine first, Gifford established a Population Health Department. This department helps our patients manage chronic diseases and live healthier lives by creating opportunities to proactively engage them with support and resources.



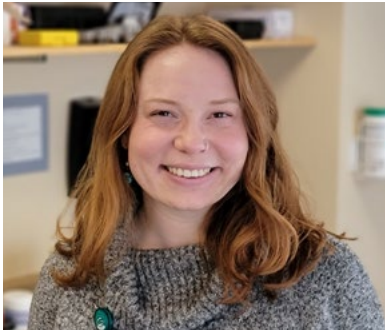
Gifford's got SOLE

The major project to unite our three electronic health systems that started in 2021, took a huge step forward in 2022. We're calling the project, SOLE. Working with the company Meditech, this one system will improve the patient experience. One Patient Portal aligns with our Strategic Plan and incorporates best practice. This is a significant change and will positively impact all areas of our organization. Launch date is schedule for July 2023.



New Faces

While staffing shortages continue to plague hospitals around the country, Gifford was fortunate to welcome some new clinicians to our staff this year. Some came from long distances while others didn't have far to travel at all:



Nutrition Counseling
Anne Hutchinson

Registered Dietitian Anne Hutchinson joined Gifford, because she wanted to work in her hometown, at a place she used to visit as a kid. Hutchinson worked in the federal Women, Infants and Children Program. She also spent time working as a Nutrition Support Clinician, helping feed those who cannot eat orally. At Gifford, Hutchinson is helping patients reach their nutrition goals through support and education. She is certified in treating gluten-related disorders.

“I want to help people try and gain a better relationship with food, getting to the root of why we overindulge or restrict.”

For Gifford **Midwife Ellen Apple**, women's health is a family business. Her mother is a doula and childbirth educator and her sister is a midwife. The three worked together at North Country Hospital's Maternal Child Unit for nine years before Apple left to take a Midwife job at Alice Hyde Medical Center in Malone, NY. On top of her duties as a Midwife, Apple sees women for well-women care which covers teens to postmenopausal.

“Being a midwife is a pretty amazing opportunity to help people become empowered and understand their body in a way that we're not really taught.”



Midwifery
Ellen Apple



Midwifery
Hillary Sylvester

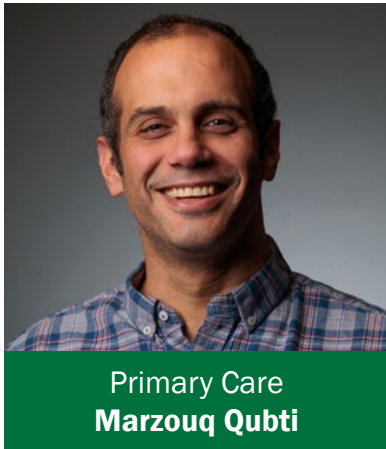
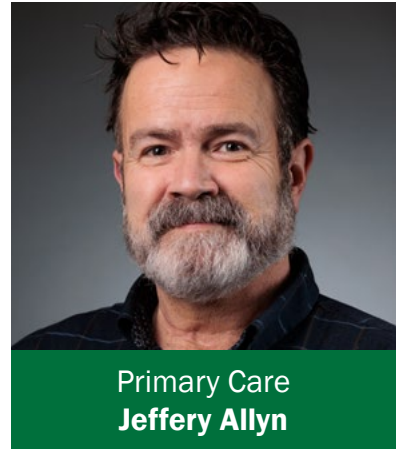
Gifford's midwifery team started operating at full capacity thanks to the arrival of **Hillary Sylvester**. A Vermont native, Sylvester received her Bachelor of Science from SUNY Plattsburgh's nursing program in 2015 and worked at the Northwestern Medical Center Family Birthing Center. Sylvester's passion for midwifery came from her love of women's health and advocacy for sexual assault programs.

“Being a midwife is about teaching women how to be the healthiest version of themselves in an environment in which they feel comfortable.”

New Faces

Gifford welcomed **Dr. Jeffery Allyn** to the Primary Care Team. This was a return to practice for Dr. Allyn, who took about eight years off to focus on family. Before his hiatus, Dr. Allyn spent three years as a physician at the VA in Des Moines, Iowa and eight years as an Adjunct Faculty Clinical Instructor at Broadlawns Medical Center, also in Des Moines. In Iowa, he developed a clinic for people who struggle with addiction, mental health and chronic pain.

“My goal as a clinician is to provide a space for people where they are respected and heard.”

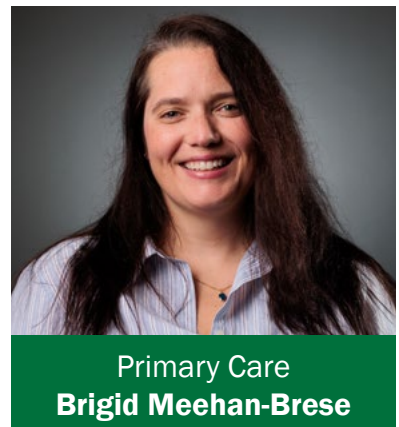


Dr. Marzouq Qubti joined Gifford's Primary Care team seeing patients in Berlin and Randolph. Dr. Qubti finished his internal medicine residency at Tufts-New England Medical Center in Boston before completing his fellowship at Johns Hopkins in Baltimore, MD. He brings his interest in rheumatology to his work at Gifford.

“I'm on a mission to give back in any way. Whether that's helping Gifford from a clinical care standpoint, or representing Gifford as a volunteer in community-based programs.”

Gifford welcomed **Brigid Meehan-Brese** as the primary care provider for Gifford's Rochester Health Center. She received her Associate's Degree in Nursing from Vermont Technical College in Randolph and her Doctor of Nursing Practice at The University of Vermont. She spent nearly four years at Springfield Hospital and her experience working at an inpatient facility helped shape Meehan-Brese's interest in preventative care

“One of the biggest areas where we have to make improvements in people's health and quality of life is preventative care.”



New Faces



General Surgery
Dawn Holman

A husband-wife general surgery team also joined Gifford after spending 20 years working together in a private practice.

Dr. Dawn Holman grew up in New Hampshire and is excited to return to New England roots. Dr. Holman received her medical degree at Medical College of Pennsylvania in Philadelphia, PA. From skin lesions, lumps, bumps, colon resections, thyroid and gallbladder, Dr. Dawn Holman has performed the gamut of general surgeries. However, her specialty is breast surgery, which includes biopsies and special reconstructive techniques.

“I want to see the patient from the beginning of the process, get to know them, and follow them through their recovery.”

Dr. Aleksandr Sokolovsky received his medical training at Chicago College of Osteopathic Medicine and completed his internships and residency at Des Peres Hospital in St. Louis, MO. While at medical school he met his future wife, Dr. Dawn Holman. Dr. Sokolovsky has performed various types of general surgery, with his specialty being laparoscopic hernia surgery, which is minimally invasive.

“We know each other on multiple levels which makes for an easy work environment. We’re excited to be part of a team where we can make a difference.”



General Surgery
Aleksandr Sokolovsky



Cardiovascular Medicine
Bruce Andrus

Gifford welcomed long-time local **Cardiologist, Dr. Bruce Andrus**. He spent a highly successful 20-year career at Dartmouth Hitchcock Medical Center. During that time, Dr. Andrus also served as a consulting cardiologist at Gifford, providing outreach once a week. For most of his career, Dr. Andrus felt it was important to be involved with the high-tech aspects of cardiology. Now, he wants to focus on clinical cardiology and contribute to optimizing Gifford’s cardiovascular systems of care.

“I enjoy getting to know people and their families, understanding their backgrounds, and their philosophy towards health care.”

New Faces

Dr. Rebecca Kincaid became Gifford's fourth member of the pediatric team. Dr. Kincaid, a native of Indianapolis, IN, spent six years working at an outpatient practice in Utah. After a visit with a physician friend in Rutland County, Dr. Kincaid and her husband decided they wanted to move to Vermont. She fell in love with Gifford's feeling of community and also formed a quick bond with the other members of the pediatric team.

"Everybody needs at least one trusted adult they can ask anything to and not feel judged or like they're going to get in trouble. To be that extra trusted adult in their life is an honor and a privilege."



Pediatric Medicine
Rebecca Kincaid



Pediatric Medicine
Kathleen Bryant

Kathleen Bryant became Gifford's school-based nurse practitioner. She has 20 years of experience as a nurse practitioner, working in school-based health centers in Vermont. In Berlin, she created and coordinated a program in the local PreK-8 school. Bryant provides primary and acute care as well as mental health support and one of her goals is to look at ways to improve the health of the communities she serves.

"By being in the school, you develop a different relationship with the children that you don't get with a periodic visit to the clinician's office."

Dr. Steven Andreasen joined Gifford's podiatry team. Dr. Andreasen received his Doctorate in Podiatric Medicine from Kent State University in Ohio and attended the same residency program as another one of Gifford's Podiatrists, Dr. Nick Benoit. After some good conversations with Dr. Benoit, Dr. Andresen decided to come to Gifford because of its rural community setting. He has an interest in sports medicine and has extensive experience in diabetic foot care.

"I am continually reading and studying different treatments because every patient is different and I want to do right by them."



Podiatry
Steven Andreasen

New Faces



Psychiatry & Counseling
Hillary McAllister

Gifford added a pair to its Psychiatry and Counseling Team.

Social Worker Hillary McAllister first came to Vermont for her undergraduate work at UVM. Her appreciation and interest in the unique needs of rural communities grew during her time as a school-based clinician with the Clara Martin Center at East Valley Academy.

“The beauty of social work is we’re trained to think of people in the context of their environment. It is a unique perspective that informs what I do and helps me to relate to people authentically.”

Nicolas Nyirjesy is a psychotherapist and previously worked for the Vermont Department of Corrections and the Northwestern Counseling and Support Services in St. Albans. He describes himself as eclectic in his counseling theory, working with a large range of mental health diagnoses including anxiety and mood disorders.

“I consider the therapeutic relationship to be at the core of what I do and work to make people feel safe and heard.”



Psychiatry & Counseling
Nicolas Nyirjesy



Rehabilitation Therapy
Meghan Durfee

Certified Athletic Trainer, Meghan Durfee has had the privilege of treating and working with various athletes and patients. Meghan incorporates strength, balance and pain-free movement into all treatments to allow a total return to functional and recreational activities. Meghan believes everyone should be able to return to their activity or sport of choice no matter what their age.

To learn more about Gifford’s clinical team please visit our website at giffordhealthcare.org/provider

Gifford Health Care 2022 Annual Report

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**bringing Gifford's 17 year total to over
\$1 million in support of end-of-life care!**



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Jamie Winters
Richard and Susan Wiszniak
wit and grit
Marsha Withington
Judith Witters
Karla Wood
Ken Woods
Alicia Wilder Wright
Michael Wright
Rebecca Wright
Robert and Rose Wright
Lorien Wroten
Domonic Yetz
Betty Young
Thomas and Bobbi Young
Gwynn Zakov
Kenneth Rajesky and Pat
Zimmerman



Gifford Health Care 2022 Annual Report

Donors

Thank you for your many contributions to our Gifford community. We appreciate your choice to support our mission and to join us as a Partner in Health.

2022 proved to be another exciting year at Gifford as we welcomed new talent to our team, invested in up-to-date technology and kicked off our Electronic Medical Health record project. In addition to collaborating with many health partners through outreach and events, we are educating people on risk factors that lead to issues like diabetes and heart disease. We are raising awareness about the importance of annual mammograms, regular colorectal cancer screenings and annual physicals.

The three-day Last Mile event enjoyed record breaking success. These gifts make a profound impact and provide comfort for patients and families during life's last mile. We are looking forward to experiencing the same energy and enthusiasm for our 18th annual event in August. We hope you will join us again for this heart warming event.

Your investment truly makes a difference at Gifford as we partner to maintain a healthy community with local, accessible health care.

With gratitude,

Ashley Lincoln

VP of Development and Public Relations

CENTENNIAL SOCIETY

\$2,500 OR MORE

Auxiliary-Gifford Medical Center
R. William and Mary Ann Becker
Daniel and Jane Bennett
Bowen Permanent Charitable
Trust
Carol Bushey
Jack Cowdrey
Anonymous
Dr. Ruth C. Eng
Marvin and Barbara Harvey
Richard and Bunny Huntley
Joseph W. Raymond Trust
Stephen Levesque
Anonymous
Victor and Suzanne Ribaud
Skinny Pancake
Jeffrey Steinkamp
Stickney and Branliere Trust
Eleanor Strode

JOHN P. GIFFORD SOCIETY

\$1,000 - \$2,499

Betina and Keith Barrett-Gallant
Patricia Becker
Judith Breuggeman
Paul Calter
Suzanne R. Dworsky
Anonymous
Randy and Pauline Garner
H.P. Cummings Construction Co.
Tom and Ann Hunt
Paul Kendall and Sharon Rives
Theodore and Shirley Nelson
Peter and Kathy Nowlan
Anonymous
Jerry and Rebecca O'Berry
Marilyn Sargeant

1903 SOCIETY

\$500 - \$999

William and Shirley Baumann
Bruce and Patrice Buxton
Matthew Chun & Chetna Khemka
Laura Comstock-Akin
Donald Crickard and Jeanie
Levitan
Jody Davignon
Anonymous
David Ellis and Ann Greenawalt
John and Maryann Gilmartin
Herbert and Mary Ellen Goertz
Richard and Robin Goodall
Ronald and Linnea LaPerle
David and Clare Walker Leslie
Theron and Madeleine Manning
Patricia Menchini
Carol Merrill
Timothy Caulfield and Linda
Morse
William and Pamela Rauh
Jesse and Jean Sammis, III
Anonymous
Matt Smith
Michael and Huibertha Sorgi
Arnold and Priscilla Spahn
Troy and Jennifer Stratton
Susan Sytsma and Kenneth
Stevens
Anonymous
Justin and Rebecca Jo Ward
Stephen Webster & Susan Cliff

PATRONS SOCIETY

\$250 - \$499

Jason Aldous & Tina Scheindel
Kathleen Bates
William and Diane Brigham
Linfield and Roberta Brown

Anthony and Nancy Bullard
Kent and Suzanne Butterfield
Leo and Sheila Connolly
Lyndell Davis
John and Patty Chun-Donahue
Paul and Bobbye Donohue
Robert and Carol Drawbaugh
Charles and Christine Eccles
James and Judith Gardner
Dr. Gordon and Mary Jill Harper
Timothy Brennan and Elizabeth
Hayslett
Dr. J. Lorimer and Sabra Holm
Dr. Richard Holt and Ann
Wallace
Michael and Tina Bohl-Hourigan
Dr. Keith Kadel
Jennifer Keller
Drs. Barbara and Joel Lazar
Sandra M. Levesque
Richard Lewis
Hugo and Cynthia Liepmann
Sam and Ashley Lincoln
Richard and Linda Paye
Peter and Karen Lowry Reed
Charles Scribner
Philip and Donna Wheeler
Ron Kovanic & Marilyn Williams

ASSOCIATES SOCIETY

\$100 - \$249

Tom Absher and Erika Butler
Gary Adamski
Olive Angell
Norman Arseneault
Bradford Baker
Malcolm and Nancy Bell
Anonymous
Michael Fiorillo and Amy Borgman
Sara Brewster

Kenneth and Claire Bruno
Richard Burstein
Campbell Global LLC
Steven and Denise Chamberlin
Anonymous
Dr. Ovieto and Susan Ciccarelli
Kenneth and Karen Colby
William and Anna Crowther
Brian and Susan Curtis
Anonymous
Dr. Louis and Joann DiNicola
Louis and Becky Donnet
Anonymous
Tim Eberhardt and Mary Ellen Bean
Deborah Enyeart
Barbara Ernst
Joan B. Farrell
Mark and Joan Goldstein
Anonymous
Joan Granter
Jan Gray
Alain and Jan Grenier
Freeman Grout
Drs. Nat and Christina Harlow
Alvina R. Harvey
Raymond Hayward
Paul Henry
Chad Hewitt
Thomas Heywood & Melody Simpson
Jesse Hills
Sarah Jackson
Sheila Jacobs
Jack and Deb Jones
Kathryn Jorgensen
Perry and Joy Kacic
Jonathan and Anne Kaplan
Law Office of Brian M. Amones
Peter and Kathy Leonard
Carl and Barbara Lind
Eva Linden and Ben Tietze
Gerardo and Laura Lorenzino

Gifford Health Care 2022 Annual Report

Charles and Rebecca McMeekin
August Meyer
Layne and Patricia Millington
Michael Minchin and Katrina Jimerson
Ronald and Denise Mura
Elinor Murphy
National Life Group
Irene Nettler
Benjamin and Megan O'Brien
Anonymous
Peter and Julie Parker
John and Karla Perkins
Carl and Diane Pettersen
Walter and Evelyn Pruiksma
Shirley M. Reid
Marcus and Krista Riccioni
Thomas and Janice Rogers
Wendy Ross
Willis and Denise Ruhlou
Peter and Andrea Sault
Irene M. Schaefer
Donald and Ellen Shepheard
Anonymous
Daryl and Cynthia Sulham
Ella Tewksbury
Dr. Vijay Thadani and Onita Connington
ValleyNet

Kate Van Arman
Michael Van Dyke
William and Helen von Oehsen
James Wacker
Anonymous
Patricia Wesley
Rachel Westbrook
Anonymous
Doris Alberta Wiggett
Charles and Nancy Woolley
Allen and Arlene Wright
James Young, Jr.

FRIENDS SOCIETY

\$25 - \$99

Bruce Adams
Terry and Jean Adams
Peter Anthony and Marsha Kincheloe
William and Betsy Arnold
Dana and Kathryn Belyea
John and Dale Benson
Deborah Berryman
Grace Birchmore
Thomas and Suzanne Burgos
Bruce and Marilyn Butler
Robert L. Caron
Marc and Sheila Castanien
Stuart and Penelope Chase

James Clancy and Debra LaCava
Manuel and Gail Coelho
Amy Danley-White
Anonymous
Elizabeth Dorn
John P. Dumville
Anonymous
Thomas and Michele Eid
Ralph and Roseanne Esposito
Joanne Fairchild
Bruce and Susan Flewelling
Allen and Joyce Fullam
Kenneth Goss
Jed and Barbara Gramling
Raymond and Nancy Gray
William Hackett
Richard and Betsy Hale
Lynette Hamilton
Margaret Harper
Theodore and Bonnie Kenyon
Norman and Kaye Kinzie
Joseph P. Kittel
Marie Kittel
Anonymous
Stephen R. Marx
Steven McCullough
John and Maureen McNulty
Rebecca Miller
Carol B. Mowery

Thelma Murray
Susan O'Malley
George Ostler and Paula Duprat
Gene and Evangeline Parent
Kathy Parshley
Anonymous
Sue Perreault
Karen Petersen
Kathy F Phillips
William and Linda Pollock
Forrest and Barbara Randall
Barbara Schaedler
Ruth Schwinge
Leon and Carol Sheldon
Jeffrey and Susan Sherman
Richard and Nancy Slocum, Sr.
Jean Spaulding
Greg and Bonny Streecher
Dr. David C. Tinning
Heinz and Ingeborg Trebitz
Jay and Deborah Van Arman
Bruce A. Viens
Richard and Mary Weden
Scott and Patricia Wiggett
Worcester Vermont United Methodist Women
Beverly A. Wright

Tribute Gifts

Each year we receive contributions given to honor colleagues, friends, family members, or in memory of loved ones who have passed away. We recognize these thoughtful donations and the people they celebrate with Tribute Gifts.

IN HONOR OF

Manuel S. Coelho
Dr. Milton Fowler
Douglas Lyford
Lynda McDermott
Chip Milnor
Victor Ribaud

IN MEMORY OF

Sally V. Abel
Byron Angell
Geraldine Baker
Roxanne Benson
Warren & Beatrice Blaisdell
Nicholas Blodgett
Thomas C. Bollman
Kelly M. Boucher
Juliette Bradley
Doris Brimble
Jack Reginald Brown
Ruth Brown

Mildred Butterfield
Mary Chamberlin
Kwang Ho Chun
Theodore A. Clifford
Philip Davis
Russell Dimmick
William Dowd
Helen Dumville
Donald C. Dustin
Robert S. Dustin
Leo H. Dworsky
Lisa Priest Dyer
Elizabeth P. Edson
Beth Farnham
Euclid Farnham
Francis H. Farrell
Ronald Jon Gould
Dylan Grout
Richard S. Harvey
Cliff T. Howe
Melvin Kaplan

Elizabeth E. Kittel
Dora Klofach
Patricia R. Lawrence
Philip D. Levesque
George and Thelma Lyford
Ray Lynds
Bev Lyon
Debra Marckres
Roy Maxfield
Patricia Meyer
George L. Mowery
Kenneth Nolan
Tim Nolan
Eugene O'Connell
Colleen Page
Terry Phillips
Janice Pring
Gail M. Proctor
Lorraine Putnam
Janell Fresolo Renner
Pauline Richards

Joyce S. Richardson
John W. Rose
Norman Runnion
Karen Satcowitz
Bradford DeWolfe Sheff
Ivan J. Singer
Dorothy Slocum
Michael B. Slocum
Elaine D. Soule
Palma "Polly" Sparadeo
Fred Staples
Jason Scott Tabor
Ella Tewksbury
The Sault Family
Lura Vinton
Kenneth and Gwendolyn Webster
Newall and Barbara Wood
Elizabeth Wright
John Young

Gifford Health Care 2022 Annual Report

Volume totals for services

	2022	2021
Inpatient admissions	1,264	1,571
Short stay or same day admissions (outpatient)	624	425
Other outpatients	62,457	61,383
GRAND TOTAL	64,345	63,379
Total patient days of care	14,989	14,949
Average daily census (hospital and nursing home)	41.07	40.96
Average length of stay in days (acute patients)	3.6	2.7
Births	216	227
Surgical procedures	1,634	1,313
Emergency treatments	7,255	6,150
Endoscopies	650	509
Cardiology exams	4,188	3,910
Respiratory care	6,296	4,849
Laboratory procedures	167,672	171,581
Radiology procedures (not including CT and MRI)	26,388	25,729
CT scans	5,225	4,636
MRI	1,291	1,355
Radioisotope procedures	467	353
Physical therapy procedures	37,293	37,732
Number patient meals served	47,922	44,117
Physician offices visits	84,808	82,145

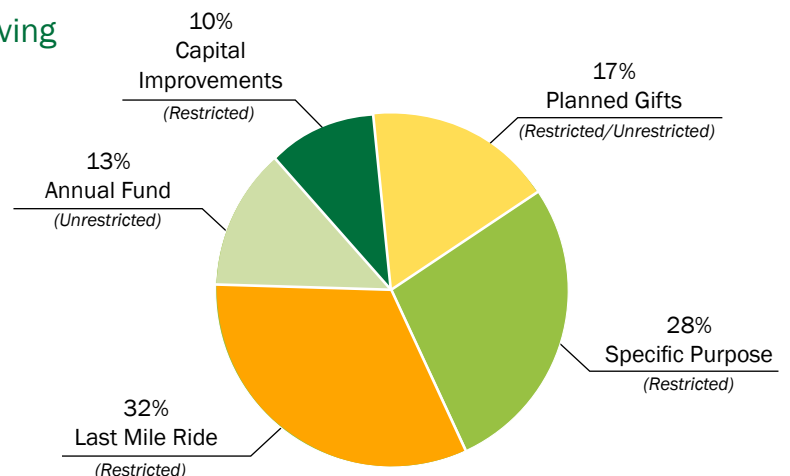
Admissions and visits by top 20 towns

	Inpatient	Outpatient	Total
Randolph	208	10,532	10,740
Bethel	119	5,071	5,190
Barre	46	4,834	4,880
Randolph Center	90	4,011	4,101
South Royalton	74	3,558	3,632
Chelsea	53	3,086	3,139
Braintree	53	2,739	2,792
Northfield	80	2,577	2,657
Rochester	57	2,476	2,533
Williamstown	35	1,788	1,823
Brookfield	46	1,683	1,729
Montpelier	12	1,636	1,648
Tunbridge	24	1,552	1,576
Stockbridge	37	916	953
East Randolph	15	767	782
Washington	13	738	751
Sharon	13	700	713
Hancock	16	601	617
Roxbury	13	587	600
White River Junction	4	479	483
Other VT towns	209	10,927	11,136
GRAND TOTAL	1,264	62,457	63,721

Giving Statistics

For over a century, Gifford's generous donors have helped fulfill our commitment to continually improving services and technology that enhance the patient experience. Donors invest in a variety of ways, as indicated by the categories of giving in the pie chart at right. With their generous support, we are responding to the evolving needs of our patients and communities with services that make us healthier together.

Categories of giving by type



Gifford Health Care 2022 Annual Report

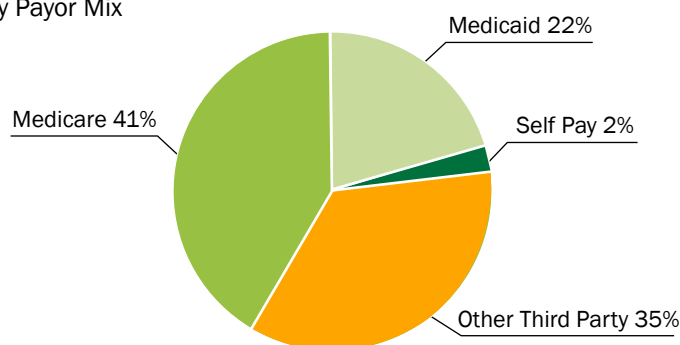
Balance Sheet

Years ended September 30, 2022 & 2021	2022	2021
CURRENT ASSETS		
Cash and cash equivalents	5,405,320	15,900,158
Short-term investments	25,418	723,656
Patients accounts receivable, net	11,398,324	7,613,448
Estimated third-party settlements	2,200,000	918,355
Other receivables	247,448	267,157
Supplies	1,150,677	1,146,945
Prepaid expenses	1,661,159	1,904,826
Current portion of pledges receivable	-	53,000
Total current assets	22,088,346	28,527,545
ASSETS LIMITED AS TO USE		
Internally designated for capital acquisition	19,390,292	23,885,694
Held by trustee under indenture agreement	3,440,326	3,612,523
Long-term investments	6,160,760	7,716,517
Total assets limited to use	28,991,378	35,214,734
OTHER ASSETS		
Pledges receivable, excluding current portion	-	-
Other assets	4,039,838	4,304,281
Total other assets	4,039,838	4,304,281
PROPERTY AND EQUIPMENT, NET	46,092,537	46,754,730
Total assets	101,212,099	114,801,290
CURRENT LIABILITIES		
Accounts payable	1,615,730	1,544,858
Accrued expenses	5,941,842	5,751,531
Estimated third-party payor settlements	3,051,954	7,301,951
Current portion of long-term debt	136,608	86,284
Interest rate swap agreement	0	0
Other	4,300,830	3,929,680
Total current liabilities	15,046,963	18,614,304
Deferred annuity, excluding current position	567,593	526,656
Long-term debts, excluding current portion	19,694,587	21,361,303
Long-term deferred compensation	12,692,946	13,105,372
Total liabilities	48,002,089	53,607,635
NET ASSETS		
Unrestricted	50,530,780	58,846,289
Temporary restricted	995,740	763,876
Permanently restricted	1,683,490	1,583,490
Total net assets	53,210,010	61,193,655
Total liabilities and net assets	101,212,099	114,801,290

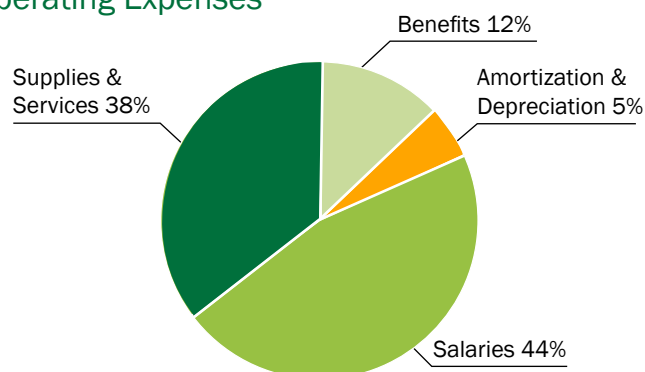
Statement of Operations

Years ended September 30, 2022 & 2021	2022	2021
WHERE THE MONEY COMES FROM		
We billed for services to inpatients	23,028,437	30,188,421
We billed for services to outpatients	117,173,086	113,292,018
We had other operating revenue of	16,822,586	14,412,897
Total operating revenue	157,024,109	157,893,336
BECAUSE WE DID NOT RECEIVE FULL PAYMENT FOR AMOUNT BILLED		
From those unable to pay (charity care based on charges)	477,732	552,552
From Medicare and Medicaid	53,475,959	52,627,419
From other contracted payors	18,705,213	21,589,702
To allow for those patients who are unwilling to pay (bad debt)	2,042,139	1,798,987
Therefore we wrote off	74,701,043	76,568,660
OUR NET REVENUE WAS	82,323,066	81,324,676
WHERE THE MONEY GOES		
To pay our employees salaries and benefits	48,526,616	48,641,652
To purchase supplies and services	30,954,395	26,359,113
To allow for wear and tear on buildings and equipment	4,316,245	3,881,634
To pay for utilities	1,561,100	1,274,211
To pay for interest on our outstanding debt	652,573	725,472
OUR TOTAL EXPENSE WAS	86,010,929	80,882,082
THIS PROVIDES US AN OPERATING REVENUE OF	(3,687,863)	442,594

Percentage of Revenue by Payer Mix



Operating Expenses



Gifford Health Care 2022 Annual Report

Employee Anniversaries

Each year we recognize staff members for their dedication, the value they bring to Gifford, and their years of service (employees are recognized for every five years of service). To all of our honorees, thank you for all you do for our community.



5 years

Tiffany Anderson
Katherine Clark
Melissa DeFlorio
Stuart Edson
Annie Evans
Desiree Frappier
Elizabeth Haeger
David Howe
Heather Johnston
Abigail Lambert
Tyler Lenentine
Shannon Letourneau
Suzanne Lorenz
Christopher Lukonis
Georgia Olsen

David Olson
Margaret Osborn
Emily Ricker
Courtney Riley
Karen Ruben
Penny Severance
Jennifer Spivey
Jessica Springer
Anne Viselli
Jill Wakefield
Katrina Walker
Tina Wood

10 years

Karen Boguzewski
Jessica Bresett

Karen Bushway
Christine Covino
William Craig
Patrick Giordano
Stephanie Herring
Aaron Hutchinson
Eric Koch
Bethany Silloway

15 years

Charlene Baker
Kassandra Benedict
Nicolas Benoit
Tera Benson
Timothy Flanagan
Ellen Fox

Dorothy Jamieson-Brown
Dennis McLaughlin
Melinda Mercier
Stacy Pelletier
Jessica Spencer
Troy Stratton
Rachel Westbrook

20 years

Karen Bonoyer
Pamela Caron
Joanne Colson
Deborah Kendall
Melissa LaPerle
Deanna Perreault
Stephannie Sharbonneau

25 years

Lynda McDermott
Theresa Parezo
Bonnie Stride

35 years

Martha Howe
Penny Maxfield

55 years

Effie Farnham