

# MEETING COMMUNITY NEEDS

## *New Providers*

NMC has a bumper crop of new providers joining our staff this fall, in the fields of Primary Care, Orthopaedics, Pediatrics and Obstetrics and Gynecology.



**Dr. Elizabeth Disney**  
Northwestern OB/GYN

Dr. Elizabeth Disney started practice with Northwestern OB/GYN in August. She is originally from Plattsburgh, NY and recently completed her four-year OBGYN residency at the University of Utah Hospital in Salt Lake City. She said she enjoys caring for women of all ages, through their greatest triumphs and their most challenging hardships. She spends most of her free time in the outdoors, trail running, skiing and playing on the lake.



**Dr. Cecilia Disney**  
Primary Care provider

Dr. Cecilia Disney, also joined NMC this fall! Dr. Cecilia Disney is a Primary Care provider and joins the teams at Northwestern Primary Care in St. Albans and Northwestern Georgia Health Center. Cecilia is excited to join her sister Elizabeth on NMC staff, but said that it was really the people and staff at Northwestern Medical Center who helped her make the decision to come to Vermont from the Sea Mar Community Health Centers near Seattle where she had been practicing. “You have to be energized by your colleagues,” she said, something she experienced during her interview process. Dr. Disney also said she enjoys family practice because it allows her to get to know people deeply, and to connect with whole families.



**Dr. Nathan Mauser**  
NW Orthopaedic and Rehabilitation Center

Dr. Nathan Mauser began work with the Northwestern Orthopaedic and Rehabilitation Center in mid-September. Dr. Mauser earned his medical degree from the University of Louisville School of Medicine and performed his residency at the University of Vermont Department of Orthopaedics and Rehabilitation. He also did a spine fellowship at the University of Pittsburgh Medical Center Department of Orthopaedics. He has strong family ties to the area and said that “Vermont and NMC are the perfect blend of natural beauty and community. I have always wanted to work at a community hospital. NMC has allowed me to create a practice specializing in my two favorite areas of orthopaedics: total joint replacements and spine surgery.”

## New Providers *Continued*



**Dr. Colleen Moran**  
Northwestern Pediatrics

Dr. Colleen Moran also started at NMC this fall, joining the team at Northwestern Pediatrics. Dr. Moran is a Vermont native who earned her MD from the UVM College of Medicine, and performed her residency at the UVM Children’s Hospital. She enjoys working with kids and families at all stages of growth and development. In particular, she enjoys caring for adolescents as they transitioning into early adulthood. “Adolescence is a time of incredible change and growth,” says Dr. Moran, “and I like to work with patients and families to support the natural transition to independent young adulthood.”

Dr. Moran is delighted to be settled in Vermont with her family and pets, including horses.

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### Additional New Providers:

- Kaitlyn Barrett, DO, Endocrinologist
- Christine Corbeil, NP, Cardiology
- Ludmila Kaplan, MD, Hospitalist
- Lucy Lane, MD, Radiologist
- Blake McKnight, NP, Urgent Care
- Elizabeth Owens, PA, Urgent Care
- Lauren Pelski, NP, Urgent Care
- Meghan Saunders, NP, Hospitalist
- Mary Alice Watts, NP, Primary Care
- Robert Yeager, MD, Emergency Med

### Coming Soon:

- Shannon Hogan, DO, Pediatrician (starting 11/18)
- Andrew Myrtue, MD, Orthopaedics (starting 3/2020)
- Shaunna St. Clair, PA, Urgent Care (starting 2/2020)

# Community Events



## Bashaw Bowlathon

This year's Bowl-a-Thon to support the Jim Bashaw Cancer and Catastrophic Illness Fund raised over \$7,200 thanks to generous sponsors and dedicated bowlers. The annual event is one of the biggest fund-raisers for this worthy cause.



## Pediatrics in Action

Dr. Laura Bellstrom got in on the fun at Healthy Hearts as part of the Northwestern Pediatrics booth that encouraged kids to be physically active through things like hula hooping.



## Fun with Flavorland

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# Community Events



## Learning About Stress Reduction

NMC's Deb Timmerman is a Senior Pharmacy Technician at NMC, and she volunteered at the Family Birth Center booth at Healthy Hearts. This year, the FBC encouraged people to engage in mindful activities like knitting, crocheting or making friendship bracelets. This kind of mindful behavior can help calm parents and children!



## Connecting with the Community

Shannon Meehan, Exercise Physiologist, plays Healthy Jeopardy with a Healthy Hearts attendee. Meehan's booth included fun facts from NMC's Cardiac Rehab and Pulmonary Rehab programs – teaching about hearts and lungs.

# Volunteerism at NMC

## NMC Connecting to Community

This year, NMC staff began two programs of regular community service – helping the local food shelf and soup kitchen.

This year, NMC collaborated with other community organizations to help Northwest Family Foods stay open one evening each week – giving access to the food shelf during after-work hours. One Thursday evening each month, NMC's volunteer at the food shelf to help the Northwest Family Foods staff extend the hours of service. The Franklin County Business and Professional Women and the St. Albans Rotary Club join NMC in the week-night volunteering – a true community collaboration.

In another volunteer activity, NMC Departments volunteer each month to gather staples for Martha's Community Kitchen, supporting the organization's work in providing lunches for community members every day from 11 am to 12:30 pm. Staff provide needed items like spaghetti, beans, coffee, iced tea, sugar, cleaning products, responding to need expressed by Kitchen staff. Martha's Kitchen has been a part of our community for 30 years, and this year moved to a new location on Lake Street.



*Bill Young is a Switchboard Operator at NMC and part of the Patient Access team who collected staples for Martha's Kitchen this year.*



*Members of NMC's Laboratory Services team donated this collection of food staples for Martha's Kitchen.*



*Darcy Tatro and Suzette Gagne of NMC's Finance Department spent an evening volunteering at Northwest Family Foods this year, helping stock and organize shelves.*

## *Investing for a Healthier Community*

As a not-for-profit organization and as one of the largest employers in the region, NMC carries a responsibility, both formal and informal, to help address critical issues which impact community health that go beyond the direct care NMC provides. We do so through our ‘community benefit investments’ (a term of the Internal Revenue Service – IRS) to help our community achieve a healthier future.

Northwestern Medical Center receives financial benefits by participating in the 340B drug pricing program. These benefits contribute to the level of financial assistance that NMC can make available to patients who meet established criteria. No specific discount or financial assistance is offered to patients that receive drugs under the 340B drug pricing program; however, these patients can apply for NMC financial assistance that is available to all who qualify.

Lack of financial resources is a barrier to good health. To help, NMC provides free care for those who meet guidelines (income below 300% of the poverty line). That amounted to close to \$1 million of free care in Fiscal Year 2018. We also contribute to and administer the Jim Bashaw Cancer and Catastrophic Illness fund, the NMC Diabetes fund, and the Smiles for Recovery fund which assist patients with healthcare expenses. In addition, NMC provides flexible funding through our care management process to help patients address social determinants that interfere with their recovery and good health.



NMC’s vision calls on us to “partner to improve the wellness of our community.” Investing in wellness and prevention to prevent illness and chronic disease and reduce the demand for costly medical treatments is a vital part of bending the cost curve in healthcare long term and improving the quality of life. Toward this end, NMC invests more than \$1 million in unreimbursed Lifestyle Medicine Services, the RiseVT community campaign to embrace healthier lifestyles, community care management, and related services and offerings. NMC partners with Northwestern Counseling & Support Services to bring the “Healthy Hearts” health fair to the community each February, providing access to education, free screenings, referrals, and family fun for hundreds of attendees. We are a significant funder for the Franklin Grand Isle Tobacco Coalition efforts, which has been instrumental in reducing the rates of tobacco use in our community. We are the major funder of the Healthy Roots Collaborative, the diversified agricultural effort in our local region which is helping fresh healthy local produce and foods into homes across our community.

We are also a significant financial partner in the Congress & Main development in partnership with Vermont Tech, Community

## **Investing for a Healthier Community** *Continued*

College of Vermont, and the City of St. Albans to expand a nursing program into downtown infused with wellness services. The return on these investments is long-term and it is real. The national Prevention Institute says, “For every dollar we spend on prevention we see a 5 to 1 return on investment in just 5 years. We simply can’t fix our economy without it.”

On top of these focal efforts relating to community benefit, NMC provides close to \$100,000 a year in funding to key community partners working on priorities within the community health needs assessment, on social determinants such as housing, and on related efforts to improve the quality of life. These agencies are able to have a positive impact in areas outside NMC’s direct expertise, but which directly impact the lives of our patients and our staff. NMC is a significant funder of the United Way of Northwestern Vermont and also provides donations and support to partners including: the American Heart, Cancer, and Alzheimer’s societies; Martha’s Kitchen; Tim’s House; Franklin County Home Health; Hard’Ack; the Franklin County Regional Chamber of Commerce; the Vermont Futures Project; the

Howard Center; Special Olympics; Make A Wish; Northwest Family Foods of CVOEO; Mobius Mentoring; the Teen Institute; Voices Against Violence; Girls On the Run; the Friends of Northern Lake Champlain; Prevent Child Abuse Vermont; the St. Albans Rotary Club; and more. In addition, this year, NMC employees have joined in on the effort to serve our community, with an initial focus on helping local efforts to address food insecurity. In a partnership with Northwest Family Foods, NMCers are among the volunteers working to keep the food shelf open one evening a week. This allows individuals and families who need access but who are working full time to be able to come to the food shelf after work. NMC staff are also taking turns once a month with departmental food drives to provide meals and needed supplies to Martha’s Kitchen. Monthly donations can weigh in at more than 90 pounds and make a valuable difference to our partners’ efforts to provide meals for those in need. No single individual or agency can tackle the challenges of our community alone and NMC is proud to collaborate with these great partners as we work collectively towards a healthier future for all.