



Urgent Care, Primary Care, Ortho & Outpatient Lab Moving To New Building

This August, NMC opens the new Medical Office Building and four services move into the new two-story space at the front of campus. Northwestern Urgent Care's St. Albans clinic and Northwestern Primary Care both move out of the Cobblestone Building when the new facility opens later this summer. Those two practices will be joined by Northwestern Orthopaedics and NMC's Outpatient Lab which both move out of Doctors Office Commons.

Bringing these specialty services together at the front of our campus allows for efficient care and collaboration, facilitating a common standard of care and culture.

The modern, best-practice design of the building allows for the sharing of exam rooms, increased patient convenience, reduced confusion and the use of embedded services like X-ray and phlebotomy.

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What's Moving:

- Northwestern Orthopaedics
- Northwestern Primary Care
- Northwestern Urgent Care - St. Albans Clinic
- Outpatient Lab Services, including blood drawing



Building for a Healthier Future
{We do that here}

NMC publishes Insights on a bimonthly basis to help our neighbors have a better understanding of their primary care hospital. If you have questions or comments about this publication, please email insights@nmcinc.org or call our Community Relations Office at 524-1280.



A Home Run for Healthy All-Stars: The Little Lake Monsters
 Your Input Needed on Palliative Care



Hamms Honored with Community Service Award
 NMC Now Offering Patient Pre-registration Service



Insights to Health

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A Home Run for Healthy All-Stars: The Little Lake Monsters

Once again this year, Northwestern Urgent Care and the Vermont Lake Monsters will be scouting for an all-star team of youngsters to become Lake Monsters for a day. Young Vermonters from age 5 to 12 can apply for a position on the “Little Lake Monsters,” a community program offered to recognize and celebrate healthy, active lifestyles.

“This creative program supports NMC’s core values of health and wellness,” says Jonathan Billings, NMC’s Vice President of Planning and Community Relations. “We are excited to honor some of our youngest community members on the topic of healthy habits. We love the idea of starting that discussion early.”

Starting in early June, applicants will be able to submit answers to questions about healthy lifestyles, sportsmanship and community service via a form on the Vermont Lake Monsters website. Applications are reviewed in July and winners announced in time for an August Lake Monsters game when the kids take part in a press conference, sign a one-day contract, travel to the field in a limo, be introduced to the crowd in their official jersey, throw a ceremonial first pitch and spend an inning in the dugout!

For more information about the program visit: <http://bit.ly/2qcnYDQ>. Or, call Kate Laddison in NMC’s Community Relations Department at 524-1239.

Your Input Needed on Palliative Care

Palliative care is an approach to care that aims to improve the quality of life for people and their families who face problems associated with serious, complex and life-threatening illness. Palliative Care is often confused with Hospice Care and NMC is seeking community input about Palliative Care to develop greater awareness, understanding and stronger systems of care for patients seeking treatment and curative care for life-threatening conditions.

Please take a few moments to answer this brief online survey to help inform our planning. <https://www.surveymonkey.com/r/XKNTFP7>

For more information about Palliative Care, contact Amanda Wilson in our Care Management Department at 524-1082.

Urgent Care, Primary Care, Ortho & Outpatient Lab Moving To New Building

(Continued from cover)

The Medical Office Building will have its own entrance and convenient parking, including handicapped parking, in front of the building. Patients will check in at a centralized registration station in the lobby for any of the services offered in the building. The spacious waiting area just inside the glassed in lobby will connect to the Medical Clinics addition nearby. Thus, patients entering the Medical Office Building can walk to the main hospital building without going outside.

Stay up to date on the progress of the new Medical Office Building and our other campus construction on our website at www.northwesternmedicalcenter.org. Visit the “About Our Expansion” link at the bottom of our homepage.



Hamms Honored with Community Service Award

Rear Admiral Warren and Mrs. Barbara Hamm were recently honored with this year's NMC Community Service award at an Incorporator's meeting at the hospital.

NMC Board President Kevin Manahan announced the award on behalf of the board, and honored the Hamms for their many years of work on behalf of the community.

"Barbara and Warren Hamm exemplify what it is like to lead a life dedicated to service. One does not have to look far to see the many examples of community offerings made over several decades that this couple has made. Whether leading bold initiatives such as the 150th Commemoration of the St. Albans Raid or providing quiet

CEO Jill Berry Bowen (on left) and NMC Board of Directors President Kevin Manahan (far right) present the NMC Community Service Award to Rear Admiral Warren and Mrs. Barbara Hamm.

support to those in need, Barbara and Warren's list of contributions has been extensive," he said.

The Hamms are the fifth recipient of the NMC Community Service award, which was established by NMC's Board of Directors to recognize an individual or organization residing in Franklin or Grand Isle Counties who exhibits enthusiasm, integrity, and perseverance beyond the ordinary to help fellow citizens and the community through selfless giving to improve the overall health of the community—be it money, talent, or time. Previous honorees include the late Dr. Thomas Howrigan of Fairfield, Marcia Perry of Richford, Helene Biggie of St. Albans and Dr. Frank and Judy Zsoldos.



The new registration space inside the lobby of NMC's main entrance. Check in here for all hospital appointments except outpatient surgery.

NMC Now Offering Patient Pre-Registration Service

NMC now offers a pre-registration service to patients, calling them before their appointments to save time and make appointment check-ins more efficient.

The service started about three months ago, and a team of pre-registration staff make calls about 48 hours in advance of an appointment. Currently these Patient Access Representatives call three of NMC's physician practices: Northwestern Cardiology/Pulmonology, Northwestern OB/GYN, and Northwestern Orthopaedics.

During a pre-registration call, the patient's demographic information is verified as well as insurance eligibility. The patient is also reminded of co-pay and co-insurance information. Pre-registration is considered a best practice by Quorum and other national healthcare organizations and NMC is proud to be offering this helpful service to patients.

INSIGHTS TO HEALTH

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



Look Good Feel Better

Monday, June 5 4:30 to 6:00 pm

For women with cancer who are experiencing appearance related side effects due to treatment. Join us to learn how to look good and feel better about the skin and hair changes that cancer treatment can cause. Free workshops/interactive demonstration led by trained, volunteer cosmetologists. Get help with cosmetics, skin care, and head covering options.

Featuring: Carol Lumbra, Beautician, Rail City Salon and Bonnie Rainville, Beautician, Elite Body Boutique

Location: Northwestern Medical Center Grand Isle Room

Pre-Registration Required: Please RSVP to 524-8479

Parkinson's Support Group

Tuesday, June 13 10:00 to 11:30 am
And
Tuesday, July 11 10:00 to 11:30 am

This group is open to those with Parkinson's and their caregivers including family and loved ones. The monthly meetings can provide an open forum to share experience with others who are coping with Parkinson's disease, gaining education and support. The meetings will be held in the conference room next to the library on the first floor of the Pillsbury Senior Community at 3 Harborview Drive, St. Albans. There is wheelchair accessibility. June Meeting: Pat Cervini, Physical Therapist, Northwestern Medical Center. July Meeting: DVD and Group Discussion.

Location: Pillsbury Senior Community

Pre-Registration Not Required: Contact Info - Pat (802)524-5520, Judy (815)895-2312

Cancer Exercise Rehab Group

Ongoing every Tuesday and Thursday 11:00 a.m. to 12:30 p.m.

A physical therapy evaluation is required to assure that the client is able to participate. This class pin points the common needs of patients. This includes decreased range of motion, decreased strength, cancer related fatigue and lymphedema.

Featuring: Wendy Lawrence, certified NMC Oncology Rehab Physical Therapist

Location: NMC Rehab gym, Cobblestone Building

Pre-Registration Required: Call 524-1064

Fee: Free for the first 8 weeks, then \$40 for open gym access

Prenatal Fitness

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

Northwestern OBGYN offers these free prenatal exercise sessions to strengthen and prepare you for a successful birthing experience. Join other moms as we lead you through a customized routine designed to make you feel energized and confident. Please consult a physician before beginning this exercise program.

Featuring: Stephanie Preedom, AFMA

Location: NMC Wellness & Fitness Room

Pre-Registration Required: Call Stephanie @ 802-288-1141 or email stephanie.preedom@gmail.com .

Fee: Free to Northwestern OB/GYN patients



Featured Program

Diabetes and You

Mondays, June 12 through July 17 4:00 to 6:00 pm

Join us at this self-management educational series for people with diabetes and their families, proven to help people improve control of this disease. Learn how to keep diabetes from controlling your life and improve your blood sugar control to feel better and delay or prevent complications.

Location: NMC, Cobblestone Building Suite 202

Pre-Registration Required: Contact Deborah Robertson at 524-1031

Fee: NMC will bill your insurance for the course fee. Scholarships available. No one will be turned away for lack of ability to pay.

Tobacco Cessation Class

Wednesdays 11:00 a.m. to 12 p.m.

Enter this class at any time and join others for this series to help you successfully quit smoking. Sessions include: understanding why you have an addiction and how to quit; mastering the first few days, mastering obstacles; and staying quit and enjoying it forever. When you are ready to quit, the tools and support can make all the difference. We can provide you with what you need to be successful! As a Vermont resident, you can get free patches, gum and lozenges.

Location: Northwestern Medical Center, Grand Isle Room

Pre-Registration Required: To sign up for a session call Chari @ 524-8480.

Fighting Gravity

Tuesdays, August 8 15, 226:00 to 7:00 pm

Are you having difficulty standing on one foot? Are you having difficulty getting on and off the floor? Can you stand to get dressed? Come join Amy once a week for three weeks to establish the right exercises for you to perform at home. Amy Severance has been a physical therapist for 25 years and will focus on improving your flexibility, strength, posture, and

balance to maximize your independent functional mobility. All ages can benefit from this information. Fighting gravity early is the key to maintaining your independence and preventing injury!

Location: NMC Enosburg Physical Therapy Office

Registration: Contact Faith DuBois at (802)524-1217 or fdubois@nmcinc.org

Healing Circle Women's Cancer Support Group

First Tuesday of Every Month 4:30 to 6:30 p.m.

A self-help cancer support group for women of all ages and lifestyles who have cancer. At our monthly meetings, we share information, offer each other support and comfort, and learn new things from speakers. We extend an invitation to any woman who has cancer, whether you are newly diagnosed or a long term survivor. Please call (802) 524-8479 with any questions or to RSVP (not required).

Location: Northwestern Medical Center Conference Franklin Room

Pre-Registration Required: No

Chronic Disease Workshops

Various Locations and Dates

Are you, or someone you know living with a Chronic Health Condition? Then the Healthier Living Workshop is for you! Learn to feel better by learning how to deal with frustration, fatigue and pain, manage symptoms and medications, and improve strength and flexibility. Each session is 2 ½ hours once a week, for 6 weeks.

Location: Various

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

Breastfeeding Moms Group

First Wednesday of Each Month 10:30 am to 12:00 pm

Meet once a month for snacks, crafting activities, making baby blankets, and get information from the experts.

Location: Northwestern Counseling and Support Services Family Center

Pre-Registration Required: Call 393-6591

Breastfeeding & Infant Massage

Second Wednesday of Each Month 9:30 to 11:15 am

Join other Moms and babies to learn how to massage your baby and discover more about breastfeeding and parenting. No registration necessary.

Location: Alburgh Library

No Pre-Registration Required

Latch On! Discussion Group

Third Saturday of Each Month 10:00 am to 12:00 pm

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

Location: Northwestern Medical Center Family Birth Center

No Pre-Registration Required

