

## BMH Plans Emergency Department Expansion & MRI Upgrade



If you have been a patient or a family member of a patient in the BMH Emergency Department (ED), you know the care provided by the physicians and staff there is wonderful. But the space has some significant challenges. Built in 1982, the Emergency Department was designed to handle half of the current patient volume. Another related challenge is providing magnetic resonance imaging (MRI) in a trailer, accessed through the ED. Our MRI patients are interviewed in an unheated corridor. Access up to the MRI for patients in wheelchairs is far from ideal.

To address these problems BMH has designed an expansion of the Emergency Department and an upgrade and relocation of the MRI to the Richards Building. In order to proceed with the project, BMH must receive a Certificate of Need from Vermont's Banking Insurance Securities and Health Care Administration (BISHCA). On Monday, January 23rd, BMH presented the project at a Certificate of Need Hearing at the hospital. BISHCA officials toured the ED and proposed MRI location and BMH administration and clinical staff presented the need for the renovations and expansion. A number of community members attended the meeting and spoke in support of the renovation.

BMH administration and clinical staff worked with Lavallee Brensinger Architects of Manchester, NH to design the new spaces.

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## Southern VT Orthopaedics a Study in Integrated Care

Integrated Care is a growing concept in healthcare intended to increase access to medical services and improve efficiency and quality in a way that ultimately leads to better patient care. At BMH, the approach is especially evident in its services for orthopaedic patients, which can require input and delivery from several departments, depending on the condition being treated.

It all begins with convenience of location. Nearly everything an

orthopaedic patient requires is housed in the Richards Building. The orthopaedic surgeons of Southern Vermont Orthopaedics and Sports Medicine have their offices on the first floor with Rehab Services directly across the hall. Diagnostic digital x-ray is a short elevator ride down to the ground floor, as are BMH Laboratory Services.

Waiting times have reduced dramatically since physician assistant Robert Feinberg joined last fall. While it takes weeks or even months to get

an appointment at many orthopaedic practices in the U.S., Southern Vermont Orthopaedic patients can usually get an appointment within a couple of days. Part of his role is to determine whether a patient needs surgery and how immediate that need is. "We see a lot of musculoskeletal injuries which are orthopaedic in nature but may not require surgery to fix," Feinberg explains. "You have to take in not only the need for

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## Thomas W. Lewis and Anne Cloutier Join Brattleboro Internal Medicine

Brattleboro Memorial Hospital is pleased to announce that Dr. Thomas W. Lewis and Physician Assistant Anne Cloutier will be joining Brattleboro Internal Medicine effective March 19, 2012. Brattleboro Internal Medicine, a member of the BMH Physician Group, is composed of Drs. Andrea Galasso and Laura Metsch. The office is located on the BMH campus in the Gannett Building on Belmont Avenue.

Dr. Lewis has more than 35 years experience as an independent internist. He is a graduate of Northwestern University and completed his internship and residency at The Medical Center Hospital, University of Vermont. Anne Cloutier trained as a physician assistant at Penn State, Hershey Medical Center and is a member of the Physician Assistant Association of Vermont.

"In this rapidly changing world of medical practice, joining the Brattleboro Internal Medicine group will allow us better management of the evolving complexities in medicine and the inevitable shift to electronic medical records," said Dr. Lewis.

Dr. Lewis will see patients on Tuesdays and Thursdays and Anne Cloutier, PAC, will see patients all day Mondays and Wednesdays and on Thursday afternoons. Brattleboro Internal Medicine is open from 8:00 AM – 5:00 PM and phone number is 802-257-2611.

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**Prudence MacKinney**  
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Please call Ellen Smith at 802-257-8314 if you have comments about this newsletter and/or suggestions for future articles.

*Mission*

*Brattleboro Memorial Hospital will provide community-based health services delivered with compassion and respect.*

*Vision*

*Best patient care experience - every patient; every time.  
Best place to work - employees / volunteers / medical staff*

## Emergency Department Expansion & MRI Upgrade

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The \$7.7 million project has been designed to maximize patient space with the least possible cost by renovating the current ED and coffee shop. The project will modernize the Emergency Department which has approximately 13,000 patient visits annually. The expansion will reduce wait times, improve patient privacy and meet current code and regulatory requirements.

The new Emergency Department will expand into the current gift shop area. The hospital's current front entrance will extend outward to create a walk-in entrance for the Emergency Department that is separate from the ambulance entrance. The gift shop will be moved to the opposite side of the lobby and will include a cafe.

"This project is critically important to the community and the hospital," says hospital CEO Steven R. Gordon, adding that the Emergency Department expansion was the top priority in the hospital's master plan, approved by the board in 2009. "Our staff does an excellent job, but the size and layout of the current ED makes efficient delivery of care impossible."

In conjunction with the Emergency Department expansion, the 1.5 Tesla Magnetic Resonance Imaging (MRI) will be moved from the trailer near the Emergency Department's ambulance dock to the space designed to permanently house it when the Richards Building was constructed. The hospital will also invest in upgrades to the current MRI equipment to upgrade its clinical capabilities. The new Richards Building location will provide a much improved patient environment and support more interventional procedures such as breast and prostate biopsies.

To move forward BMH must not only receive Certificate of Need approval but also receive permits (such as an Act 250 permit) and financial support from the community. We hope to hear a decision on the Certificate of Need in March and will then make decisions about a capital fundraising campaign. If all goes well, we will start construction in Fall 2012.





## Traveling Abroad? BMH will help get you there...

**B**rattleboro Memorial Hospital has recently been approved by the State of Vermont and the Center for Disease Control (CDC) as a Certified Yellow Fever Clinic. On staff is a nurse with extensive travel medicine experience. Whether you are a student visiting a country on a class trip, a college student studying abroad or someone planning a vacation, our goal is to help keep you safe and healthy.

Area citizens traveling abroad may make an appointment approximately 6-8 weeks in advance to receive country specific, timely health related information about your destination. Information includes recommended vaccinations, health protocols and safety concerns from the Center for Disease Control and the World Health Organization. Along with administering the immunizations we can help your family stay healthy and safe while traveling. The BMH Travel Clinic is located within the BMH Occupational Health Department. Appointments can be made by calling 802-257-8235.

*"Since opening the Travel Clinic in November 2011 we have treated and advised SIT students going to Rwanda, Turkey and India. We have also seen a couple planning a hike to Kathmandu, college friends hiking the Andes, a woman joining a dance group in Senegal, and sisters going birding in Brazil. No matter your destination, our Travel Clinic is here to ease your way." ~ Jean Bristol, RN, Occupational Health*



BMH's Occupational Health Services Department also provides resources to area businesses that create a safer workplace environment and improve overall employee health, including pre-placement and annual physicals, drug screening, flu clinics and other immunizations as well as vision and blood pressure checks. The Occupational Health Services & Travel Clinic is open Monday through Friday from 7:00 AM to 4:00 PM.

## Study in Integrated Care continued from page 1

surgery but the recovery period, their lifestyle, their age, their other medical issues."

Depending on the nature of the injury, Feinberg may have to refer patients to other specialists for testing and treatment. To make this as seamless as possible, the practice provides office space during certain days of the week to area physicians they frequently need to call on. Dr. Edward Orecchio is a neurologist based in Claremont, NH who visits Brattleboro every Wednesday. He may get called upon to help diagnose and care for anything from simple cases of carpal tunnel syndrome to life-threatening bone tumors. For him, the personal relationship he has with the orthopaedic surgeons is the biggest benefit to the patients.

"It makes it easier when I have a group of specialists and I know their qualities," says Orecchio. "I know the experience of the three orthopaedic surgeons at BMH and can guide the patient to receive the appropriate treatment."

While Dr. Orecchio looks at neurologic function, Dr. Brett Hynninen is a Greenfield, Massachusetts-based physiatrist attending to patients every Friday at the Southern Vermont Orthopaedics office. His knowledge of physical medicine and rehabilitation aids the orthopedists in determining if nerves or muscles are contributing to a patient's pain or disability. He can provide physical therapy, medication, injections or some combination of those

treatments. In cases such as sciatica pain caused by disc herniations, his treatments can be a pre-cursor to an orthopaedic procedure.

"With disc herniation, there is a chemical irritation of the nerve in addition to the nerve compression," says Hynninen. "We can inject medication around the area to decrease the swelling and help get rid of that pain while the body is repairing itself. Sometimes it takes more than one injection. Then if that doesn't help the patient, surgery would be the next step."

Dr. William Vranos says that some orthopaedic patients with complicated health issues may get referred to a larger hospital, but otherwise the integrated care model means that almost any condition can be treated at BMH. "It's one thing to write a note and send a patient off somewhere, and then there's very little communication or coordination between us," says Vranos. "It's just tremendously convenient for the patients and for us when the doctors who are helping you care for the patient are right here to talk to them."

According to Dr. Elizabeth McLarney, this coordination of patient care does not end at our office doors. It continues with communication with the patient's primary care physicians and specialists as needed. This ensures that patients get the best care possible. Every patient deserves individualized care. We strive to provide that to all of our patients.





## Introducing

**Aida Avdic, MD**  
Hospitalist Physician  
Internal Medicine



### Before I joined BMH I was:

A Hospitalist at the Hospital of the University of Pennsylvania and also served as an instructor of clinical medicine there. Previous to that, I graduated with honors from the University of Rochester School of Medicine and Dentistry and completed my residency in Internal Medicine at the Hospital of the University of Pennsylvania.

### What I've learned about Brattleboro since coming here is that:

Everyone my family and I have met in Brattleboro has been very friendly and supportive. This is a wonderful and vibrant community and a great place to raise a family. My daughter has already found her place at her new school and enjoys weekly visits to the KidsPlayce playground.

### You may not guess it by looking at me, but I:

was born and raised in Bosnia.

### To me, "Exceptional care for our community" means:

Forming a partnership of care with my patients and formulating a treatment plan which addresses not only immediate medical needs, but also addresses their beliefs and values and their place in the community. I take care of patients in the hospital during an acute illness, which is often a difficult and stressful time for both patients and their families. In addition to providing excellent medical care while a patient is in the hospital, my role is to ensure a successful transition and recovery after a hospital stay. To that effect, a strong partnership between me, the patient, their family, and their primary care doctor is invaluable in achieving exceptional care for our community.

**802-257-0341**

## BMH Comprehensive Breast Care Program Introduces MRI, Genetic Testing Capabilities for High Risk Patients

Brattleboro Memorial Hospital recently added breast Magnetic Resonance Imaging (MRI) and genetics risk evaluation to the services offered by its Comprehensive Breast Care Program.

Both breast MRI and genetics risk evaluation services play a valuable role in identifying people who are at high risk for breast cancer. To ensure the quality of both services, BMH has partnered with ProScan Imaging, a radiology group that specializes in MRI interpretation, and with City of Hope, a National Cancer Institute designated Comprehensive Cancer Center. Both groups have extensive knowledge in their respective areas of expertise.

The capability to determine whether patients are at high risk for breast cancer will improve the hospital's ability to offer support services for early diagnosis and treatment within the community. But while these tests are helpful in determining what testing is appropriate for each individual, BMH Comprehensive Breast Care Program Administrator and Nurse Navigator Kelly McCue says breast MRI and genetics testing should not be considered a replacement for annual mammographic screening.

"Breast MRI and genetics risk evaluation are used as adjuncts for further evaluation of an abnormality, or to assess personal or family risk factors," says McCue. "Mammographic screening is recommended for all women annually from age 40 by both the American College of Radiology and the American College of Obstetricians and Gynecologists."

The Comprehensive Breast Care Program at BMH is a collaborative group of professionals including staff from Imaging, Nursing, Oncology, Pathology and Surgery, among others. This unique collaboration, which utilizes a nurse navigator to coordinate and 'guide' a patient through their care, ensures that patients referred for evaluation or who have a diagnosis of breast cancer can be assured their visit and plan of care is individualized for the best possible outcome.

## 10 Reasons to Give Us Your Email Address

1. You'll find out what's happening before everybody else.
2. We like to say thank you.
3. It's free.
4. All your friends are doing it.
5. We won't spam you.
6. You can forward BMH messages to your friends.
7. You can unsubscribe at any time.
8. But, we're pretty sure you won't want to.
9. Email saves paper and that saves trees.
10. We like to say thank you.

It's real easy to get on our Email List! Go on the BMH website ([www.bmhvt.org](http://www.bmhvt.org)) and enter your email address or send an email to [Nicole at nzinn@bmhvt.org](mailto:nzinn@bmhvt.org) and say "Hey, put me on your Email List." We'll take it from there.



## The Ultimate Gift by Arthur Magnaghi, Jr.

This is the time of year we give gifts to our loved ones. We also may give a little more or do a little more to support charitable efforts we find meaningful. With just a few clicks of the mouse button this holiday season, Vermonters can help save a life, just like my own life was saved nearly four and a half years ago.

With that in mind I would like to share some important thoughts and facts with you that come from within a person who would eventually die if he had not received the "ultimate gift" of life, in my case an organ donor's healthy heart. If it were not for the compassion, kindness, caring and understanding of a donor and donor's family, I would not be alive today. I would not have seen one of my daughters married and I would not have experienced the births of three grandchildren. I would not have had the chance to continue to live a healthy life with my loving and supportive wife and family.

I had suffered two heart attacks, one in 2003 and the second in 2007. I "flatlined" twice on landing at Tufts Medical Center in Boston on March 25, 2007. After being treated for one and a half hours in the helicopter on the roof at Tufts, I made it into the Medical Center where I remained unconscious for six days. I eventually went home only to return to Tufts Medical Center in June with the beginning stages of congestive heart failure. My remaining heart function was at 25% and I was told without a heart transplant I would not live very long. I was put on the transplant list in June of 2007 after a battery of tests and returned home with a permanent IV infusing the drug Milrenone into my heart with the aid of a pump which assisted my heart function, all the time praying for a heart transplant opportunity.

On August 24, 2007 at 3:00 a.m. God answered my prayers and I received the most important phone call of my life from Tufts Medical Center that a donor heart for available for me. I can't really put into words my total feeling that morning except to say that my wife and I were extremely grateful and very, very sad at the same time that one had to lose their life in order for me to continue mine.

There is not a day or night that has passed since then that I don't pray to God to bless the donor and donor family for their gift of the heart that beats within me. I never refer to the heart within me as mine, because it is not. It comes to be within me as a very precious gift that has given me a second chance to live a longer and healthy life.

Because of this wonderful gift I have become a volunteer with the New England Organ Bank (NEOB) to help others in their quest to obtain the "ultimate gift" of life. With 112,000 people on the waiting list for organ transplants, the need is as great as it has ever been. Currently, 18 people die every day in the United States waiting for an organ transplant. When one becomes an organ and tissue donor, he or she is not only giving a gift that can save eight people, but you could also enhance the lives of as many as 50 people. One donor can free two kidney patients from dialysis treatments and save the lives of patients awaiting heart, liver, lung or pancreas transplants. Donating corneas can

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*If it were not for the compassion, kindness, caring and understanding of a donor and donor's family, I would not be alive today.*

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## Introducing

**Robert M. Burke, MD, FACC**  
**Brattleboro Cardiology**  
**Cardiologist**



### **Before I joined BMH I was:**

I started a solo practice in Brattleboro in 1996. After 5 years, I moved my practice to the Dartmouth Hitchcock system in Keene, where my practice extended into its eleventh year. During my tenure at DH-K, I developed a large out-patient practice which extended across generations of families, included patients who overlapped in my practice with friends and with friends of friends and, in some situations, with whole neighborhoods. I was also busy outside my practice and, among other things during that time, was awarded a large grant by the state of Vermont to develop a new approach to health care. The timing of the project didn't fit the politics of the time, but many of the principles I was attempting to develop are now taken for granted as the future of healthcare.

### **What I've learned about Brattleboro since coming here is that:**

Although I have worked in Keene for nearly eleven years, I never left Brattleboro. I have kept my home in West B. and have been active in the town; in particular, I am currently on the Town Arts Committee and am involved in many projects which, I hope, will improve the quality of all of our lives.

### **You may not guess it by looking at me, but I:**

enjoy logging. I have my own manual operation. After felling a tree, I cut it up and drag it out with a rope (no tractor, horse or 4-wheeler), buck it up and split it with a 12 lb maul. I am also a photographer and have shown my work locally.

### **To me, "Exceptional care for our community" means:**

pushing for the success of the individual, since, to succeed as a community, we must all succeed as individuals – a person's autonomy is paramount in my practice. Supporting an individual as a patient demands a mutually respectful, truthful, close and compassionate relationship.

**802-257-1444**

## Ongoing Website Upgrades

Over the last several months BMH has invested considerable thought and time in upgrading our web presence. Our goal is to not only make it easier for our community to find the information needed but also to be a “go to” resource for health related information. Whether you are looking for names of physicians who are accepting patients, following the new baby blog “Baby Steps” or downloading pre-registration forms necessary for office visits, BMH is working to make this information accessible.

Among our latest additions have been micro-sites for the Brattleboro Memorial Hospital Physician Group practices. These micro-sites offer a range of information, each specific to the practice. Information about the physicians such as their degrees, interests and experience, the appointment process, directions to the office, patient resources and other helpful links are all incorporated. The micro-sites have a distinct look and feel while maintaining the

same easy navigation and feel of the group. There is clear differentiation and unique qualities to each.

Currently members of BMH Physician Group with a micro-site are Brattleboro OB/GYN, Brattleboro General Surgery, Just So Pediatrics and Cornerstone Pediatrics. We are in the process of creating a micro-site for each practice under BMH Physician Group. To see a complete list of these practices, please visit the website at [www.bmhvt.org/bmh-physician-group](http://www.bmhvt.org/bmh-physician-group). And as we upgrade, if there is information that you think might be helpful for us to include, please send us an email.



## Other Web Related Bits and Pieces

There's nothing more important than your health and at BMH we offer a variety of **wellness programs** designed to keep you healthy. And now you can get information about classes, register for programs, and view upcoming events and class listings all by visiting the events calendar on our website ([www.bmhvt.org/events-calendar](http://www.bmhvt.org/events-calendar)). While many programs are free, registration is at times required. You may also register for classes or receive information by calling the BMH Education department at 802-251-8459.

Brattleboro Memorial Hospital is working with WKVT 1490 to begin a monthly hour-long spot on the **Live and Local Show** with Steve West. Over the past few months guests have included:

- o Carol Schnabel from the Doula Program at BMH
- o Steve Gordon, BMH President & CEO
- o Richard Fletcher, RN, MSN, FNP of Putney Family Healthcare, a BMH Physician Group member
- o Dr. William Vranos, Southern VT Orthopaedic & Sports Medicine
- o Listen for Dr. Gregory Gadowski, Brattleboro General Surgery on March 22.

**Podcasts** of these radio shows can be accessed at [www.bmhvt.org](http://www.bmhvt.org). To view a schedule of upcoming shows, check out the BMH events calendar.

If you are someone who prefers to get your information via email, sign up for “**The Pulse of BMH.**”

This electronic newsletter comes out weekly on Wednesdays and pulls all the information – from the blogs to the videos to the podcasts – together in one easy format. You can sign up online at [www.bmhvt.org](http://www.bmhvt.org).

AND we are continuing to build our **Facebook** presence.

We have been recently adding mini videos – “**Behind the Scenes at BMH**” – introducing you to those individuals who provide your care, keep the hospital clean and ease your stay. Please “Like Us” to receive ongoing news and information that is pertinent to patients, friends, families and employees of the Brattleboro Memorial Hospital community. We also really appreciate it when visitors come to the page and share stories about BMH. The Facebook page can be accessed at [facebook.com/BMHVT](http://facebook.com/BMHVT).







## BMH Establishes New Family Practice in Brattleboro

**B**rattleboro Memorial Hospital is pleased to announce the creation of a new primary care practice, Brattleboro Family Medicine, which opened January 3rd at 53 Fairview Street in Brattleboro.

The practice, comprised of Lauren McClure, M.D., Janine Foote, D.O. and Peter Foote, D.O., offers personal care for whole families under the umbrella of BMH Physician Group, the hospital's newly formed network of medical providers serving the greater Brattleboro area. New and existing patients can call 802-251-8455 to schedule appointments.

After establishing a solo practice in late 2010, Dr. McClure made the decision to join with the Footes in order to offer cross physician coverage, full nursing services and access to the BMH Physician Group's appointment scheduling, registration, and coordinated billing services.

Dr. McClure received her medical degree from University of Massachusetts (Worcester) and completed her three-year residency at Maine-Dartmouth Family Practice Residency in Augusta, ME. Dr. McClure is board-certified in Family Practice and worked at the Sheepscot Valley Health Center prior to moving to Vermont.

Dr. Peter Foote received his medical degree from Philadelphia College of Osteopathic Medicine and completed his residency at Hunterdon Medical Center in Flemington, NJ. He is board-certified in Family Medicine and is a fellow in the American Academy of Family Physicians. Dr. Foote worked at Duke Medicine in Raleigh, NC before moving to the Brattleboro area with his wife and 3 young children.

Dr. Janine Foote received her medical degree and served her internship at Philadelphia College of Osteopathic Medicine before completing her residency at Hunterdon Medical Center in Flemington, NJ. She is also board-certified in Family Medicine.

Brattleboro Family Medicine shares the Fairview Street building with the office of Dr. Dean Bresnahan. Previously located in the building were Dr. Jeffrey Newcomer and Dr. Todd Dombrowski of the Dartmouth Hitchcock Clinic and both have relocated to 191 Clark Avenue. Phone numbers have remained the same for Dr. Bresnahan, Dr. Newcomer and Dr. Dombrowski.

For more information, contact Brattleboro Family Medicine at 802-251-8455.

## BMH Physician Group



You may have seen this green and blue logo around town and wondered what it meant. It's the new logo for BMH Physician Group. BMH Physician Group is a multispecialty group practice of primary care and specialty care providers. Offices are located in Brattleboro, Putney and Bellows Falls. Utilizing a centralized practice management system for patient scheduling, registration and billing, providers are able to focus on delivering the highest quality health care for you and your loved ones.



Putney Family Healthcare held its open house/ ribbon cutting ceremony at its new location at 79 Main Street in Putney on February 8. Community members and patients had the opportunity to tour the new space and meet the medical practitioners and supporting staff.

## Blogs

Wikipedia defines a blog as a “personal journal published on the World Wide Web consisting of discrete entries (“posts”) typically displayed in reverse chronological order so the most recent post appears first. Blogs are usually the work of a single individual, occasionally of a small group, and often are themed on a single subject.”

With the launching of its new website, Brattleboro Memorial Hospital has recently started publishing a number of blogs. This new section at [www.bmhvt.org](http://www.bmhvt.org) contains weekly postings with information for new/expecting parents, suggestions on staying healthy and eating healthy and regular recipe suggestions. This is an expanding area of resources and new blog topics will continue to be added.

- “Baby Steps” is updated every Tuesday with a new entry containing helpful tips and links to interesting articles about pregnancy, delivery and infant care. The blog’s author, Dawn Kersula, RN, is a perinatal specialist in the BMH Birthing Center. Dawn also travels around the country speaking to nurses about breastfeeding instruction and support.
- On Fridays you will find the Reformer column, Health Matters. This post is authored by a member of the BMH medical or administrative staff.
- For those looking for new and healthy recipe ideas there is “Eating Healthy w/BMH.” This blog, authored by Jamie Baribeau, Director of Nutrition Services at BMH, is updated every Monday.
- And on a monthly basis, “Health Tips” is posted by the Rehab Services Department at BMH, with blogs from our Cardiology Department and midwives to follow shortly.



Take some time to review these new additions to the BMH site and if you have suggestions for topics that you would like us to cover, please let us know.

## The Ultimate Gift

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give sight to two people; bone and tissue can repair injured joints and save limbs threatened by cancer; burn victims can heal more quickly with skin tissue.

### FACTS ABOUT ORGAN AND TISSUE DONATION

- People of all ages and medical histories should consider themselves potential donors. Your medical condition at the time of death will determine what organs can be donated.
- Tissue is needed to replace bone, tendons and ligaments lost to trauma, cancer and other diseases in order to improve strength, mobility and independence. Corneas are needed to restore sight. Heart valves repair cardiac defects and damage.
- Donation should not delay or change funeral arrangements. An open casket funeral is possible.
- There is no cost to the donor’s family or estate for donation.
- It is possible to donate life to others as a living kidney or as a partial liver or lung donor.



BECOME AN ORGAN & TISSUE DONOR TODAY AT [WWW.DONATELIFEVT.ORG](http://WWW.DONATELIFEVT.ORG)

*Arthur Magnaghi, Jr. is a Brattleboro resident, past President of the Board of Brattleboro Memorial Hospital and former owner and President of DeWitt Beverage. He is currently working with the New England Organ Bank and with the help of legislative friends in Vermont was successful in introducing legislation in the Vermont House, Bill # H242, an act relating to the creation in Vermont of an advisory council on organ and tissue donations and transplants. Also a data base for organ donors at the DMV is being currently updated. Arthur wishes to thank Governor Shumlin for his support and recognition of organ donation in Vermont and for his guidance on current legislation in progress and wishes also to thank Steve Gordon, President & CEO of BMH and Ellen Smith, Director of Development for their support on behalf of organ donation in Vermont and throughout New England.*





# Contributions

...making a difference

## BMH Donor Profile - Charles Cummings

Chuck Cummings is descended from a long and storied line of attorneys in his native Fall River, Massachusetts. In the late nineteenth century, his grandfather was the mayor of that town along the Rhode Island border for two separate terms. The Honorable John W. Cummings was held in such esteem that John Singer Sargent did a charcoal portrait of him, a copy of which hangs above the living room fireplace in the Brattleboro home Chuck made for his family more than 40 years ago.

Leaving the family practice was never a question in young Chuck's mind after graduating from Boston University School of Law, especially for a landlocked state like Vermont. Chuck had developed a passion for sailing at an early age because his family home was located on the Atlantic Ocean. He also loved to ski, however, and during a summer visit to Wilmington, where his college roommate was building Sitzmark Lodge, Chuck met John Kristensen, an attorney in need of an associate to join his burgeoning practice.

"He asked me the first day he met me if I would consider practicing with him and I said no," Chuck recalls with a chuckle. It was a scene that repeated itself over several lunches that summer. As the weeks passed, Chuck made friends that would last a lifetime. Among those lifetime friends were Steve and Jane Baker, who helped him meet Ann, the woman whom he would marry and start a family with. He returned to Fall River for Christmas with serious thoughts of forging his own path.

"My uncle, a lawyer, God bless him, I thought he would be very upset," says Chuck. "But not at all. He said you've got to do what you want to do, and I was back in Vermont and started in with John Kristensen on the second of January."

From that time forward, Brattleboro became Chuck's home and its well-being his cause. Over the years, he helped establish two critical nonprofit services: Rescue Inc. and the Prouty Center, and served as chairman of the board of the Brattleboro school board and on boards for Brattleboro Memorial Hospital and the Thompson House, among others.

Chuck credits his love of working with people for his level of involvement. "For a town to be successful,

it has to have people participating. It wasn't like I was putting myself out to do it, because I enjoyed it," he explains. "It was also a sense of seeing some achievement. Like a painter, he can be artistic or he can be a housepainter, but he sees what he just did and that makes him proud. And I



Chuck Cummings

guess I could see differences being made because I, along with others, worked to get there."

One of the differences he worked toward during his 11 years on BMH's Board of Trustees was the renovation to the front entrance, which to his bemusement is being undone to some extent by the new plans to expand the hospital's Emergency Department. Chuck cites his uncles as his inspiration for service on hospital boards. He remembers their own active service on behalf of two hospitals in Fall River.

"Financially supporting things that otherwise wouldn't be available is the glue that keeps a town together, and that glue is important," says Chuck. "Without a good hospital you cannot have a good, growing town. Brattleboro wouldn't be anywhere near what it is if we didn't have a hospital like we have. But we have it and we strive to make it even better."

Chuck Cummings will be honored for his service to BMH and other Brattleboro institutions at the BMH 2012 Giving From The Heart Gala taking place at All Souls UU Church on Saturday, April 21.

## Investing In Our Community Hospital

Over the last couple of months, Brattleboro Memorial Hospital has been the recipient of several legacy gifts including two charitable gift annuities and one inclusion in a will. BMH is of incredible importance to these individuals and they wanted to ensure that the hospital continues to be here for future generations.

They benefited from the care of BMH and truly understand its value.

*"I was 43 years old when Dr. Cheri Brodhurst found ovarian cancer and operated on me at BMH. She and others affiliated with BMH saved my life. I can't think of a more fitting way to show my gratitude than by leaving something to the hospital, when I finally do pass. It's a way of saying 'thank you for all the extra years.'" ~ Sally Fegley*

It is this belief in the value of local, high quality health care that spurs community members to make these types of long term investments. And it doesn't take a lot of money nor is it all that complicated. There are a number of easy ways that any one of us can make a long term, legacy investment in BMH. Here are a few:

- Designate BMH as the recipient on your paid up life insurance
- Include BMH as a beneficiary in your will
- List BMH as the recipient on your Individual Retirement Account (IRA) or on a bank account
- Or set up a Charitable Gift Annuity where you receive income while also making a long term gift to BMH

All these are relatively easy methods and ways you can make a lasting difference for generations to come. If you are interested in learning more about legacy gift options, visit [www.bmhvt.org](http://www.bmhvt.org) or call the Development Office at 802-257-8314. And join the many community members who have invested in health, not just now but for many years to come.

## BMH Honors our Docs on National Doctors' Day

In appreciation of our dedicated local doctors, BMH is again celebrating National Doctors' Day on March 30<sup>th</sup>. Join us in expressing thanks to your doctor for being there for you or a loved one. At the same time, you may choose to make an unrestricted gift to BMH in honor of your doctor. Unrestricted gifts enable BMH to provide our physicians with the tools and technology needed to treat the people of our community.

Please fill out the tribute form on page 11 and mail it in to the address provided. Then, "like" Brattleboro Memorial Hospital on Facebook to see your tribute posted in our 2012 Doctors' Day photo album. Tributes will also be on display in the Richards Building lobby at BMH from March 30<sup>th</sup> to April 3<sup>rd</sup>. We invite you to come and view them at that time.



## Planning Ahead...

As we age there are new questions and issues that arise. Many of these questions have to do with retirement and how best to ensure our own financial security. As we tackle these questions, it is often helpful to get input from community resources and experts who address these questions regularly.

The BMH Development & Community Relations Office would like to invite you to an upcoming educational event at Brattleboro Memorial Hospital that will help answer some of these questions.

### **Savvy Social Security**

Joe Little, CFP, CPA, AIF  
March 28<sup>th</sup> - 5:30 - 6:30 PM  
Brew Barry Conference Room #2

Space is limited. If you would like to attend, please contact us at [development@bmhvt.org](mailto:development@bmhvt.org) or 802-257-8314 to reserve your spot.



# National Doctors' Day

March 30, 2012

Please use this box for your comments.

Recognizing: \_\_\_\_\_  
Physician's Name



**check box** to permit BMH to display your testimony publicly, including, but not limited to, the BMH website and Facebook.

Donation tear-off form will not be displayed with testimonial.

If you would like to make a gift to Brattleboro Memorial Hospital in honor of your doctor, please complete the following gift information:

Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Email: \_\_\_\_\_

I wish to make a tax-deductible cash gift of \$ \_\_\_\_\_ (Please make your check payable to BMH)

Please charge:  Visa  MC  Discover \_\_\_\_\_

Phone Number \_\_\_\_\_ Exp. Date \_\_\_\_\_ VTC# (back of card) \_\_\_\_\_

Print Name on Card: \_\_\_\_\_ Signature: \_\_\_\_\_

Recognize Anonymously

Please return form to BMH Development Office • 17 Belmont Avenue • Brattleboro, VT 05301





17 Belmont Avenue • Brattleboro, VT 05301  
802-257-0341 • [www.bmhvt.org](http://www.bmhvt.org)

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Putney, VT  
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## POSTAL CUSTOMER

*In order to save the hospital money, we distribute the Healthwise by sending to POSTAL CUSTOMER. Hence, there is no mailing list (other than specifically to our donors). If you have received more than one copy of Healthwise, we request that you consider passing it on to a friend or neighbor.*

## Giving From The Heart Gala

Giving From The Heart...that is what Chuck Cummings has been doing for Brattleboro Memorial Hospital and the greater Brattleboro community for many, many years. And we want you to help us say "Thank You".

On Saturday, April 21<sup>st</sup>, Brattleboro Memorial Hospital will be holding its annual Giving From The Heart Gala at All Souls Unitarian Universalist Church in West Brattleboro. This annual event helps raise support for the oncology services at the hospital as well as provides an opportunity to recognize key community individuals. For information or to purchase a ticket, visit [www.bmhvt.org](http://www.bmhvt.org) or call the BMH Development Office at 802-257-8314.



gets mooving with  
Strolling of the Heifers.

Join BMH  
Harvesting Health the  
weekend of  
June 1-3, 2012

