

The Headliner

December 2017

A Monthly Newsletter for the Northwestern Medical Center Family

Athletic Training Staff Teams Up with AmCare Collaborative Training Draws a Crowd

In a recent collaborative training session, Athletic Trainers from the Northwestern Orthopaedic & Rehabilitation Center worked with AmCare Ambulance Service to outline how high school athletes would be treated at sporting events where spine immobilization could be necessary.

On November 15, more than two dozen people met at the Highgate Arena for training on removal of athletic equipment and immobilization of the cervical spine. In addition to AmCare staff and Athletic Trainers (ATs), coaches from BFA, MVU and the school's Athletic Directors (Ads) attended – a strong show of support and engagement from the community around preventive care for athletes.

“It was a proactive example of how two critical and important groups can work together in a joint effort to provide the best service possible for our community,” said BFA AD Dan Marlow. “This exercise also illustrated the benefit derived when people get together and share their expertise and knowledge and get to know each other. Developing this working relationship allows both groups to function more effectively on the job when the pressure of the moment is in front of them.”

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Athletic Trainers and staff from AmCare Ambulance Service work together during a recent training at Highgate Arena.



Artist Corliss Blakely To Paint Onsite at NMC December 12

Local artist Corliss Blakely will visit NMC's lobby areas on Tuesday, December 12 painting and talking with the public.

Blakely will work on her iPad paintings near the main entrance lobby fire place. She will have a rolling cart with a large monitor to display her work as she creates her art.

This demonstration will serve as a way for patients,

visitors and employees to experience our vibrant new spaces and mingle with an artist!

If you would like to see the type of paintings she will be working on while she is at NMC, visit <http://ipadpaintings.com>.

Blakely is an established professional artist and seventh generation Vermonter who

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NMC Makes Meds Disposal Easier for Public

This month, Northwestern Medical Center will install a collection receptacle to be used by the community as a secure place to properly dispose of over-the-counter and prescription medications and some controlled substances.

The kiosk will be located

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Cardiac Rehabilitation Program Earns National Certification

Jill Bowen and the Senior Leadership team stopped by to congratulate the Cardiopulmonary Service Line on receiving national certification of the Cardiac Rehabilitation program by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR). Special thanks to team members Katy Magnuson, RN, Nancy Fiske, RN and Jolene O'Connell, RN Practice Manager who worked tirelessly to achieve this designation!



Celebrating Service Excellence

The following staff members were recently recognized as part of the I Caught You Caring program:

Sheila Abair
 Mary Amour
 Meredith Ashton
 Dr. Michael Barnum
 Shari Bashaw x2
 Jennifer Belanger
 Laura Bellstrom, MD x2
 Marc Bessette
 Erin Blake
 Matt Boone, NP
 Dennis Boucher
 Hannah Boudreau
 Sherry Bourgeois x2
 Rachel Brown
 Trudy Bryce
 Anne Cain
 Kelly Campbell
 Karen Campbell
 Dina Carey
 Amy Centabar
 Renee Chevalier

Amelia Clairmont
 Amy Cooke x2
 Ashley Cox
 Johanna Crane-Godin
 Heather Crespin
 Lynne Crocker
 Paula Cutting
 Shantel Daudelin
 Bonnie Day x2
 Elly Dean
 Susan Denison
 Kelsey Dunn
 Deb Durant
 Amber Felisko
 Elisabeth Fontaine, MD
 Anna Gabaree x2
 Suzette Gagne
 Tresca Gray x3
 Dr. David Groening
 Mariah Gutkopf
 Jane Hudak

Nolan Hurley
 Pam Jacobs x2
 Ruth Kane
 Katie Kelley
 Lois Kilmister
 Alyson Kimball x2
 Julie King
 Lisa King
 Stephanie Koch
 Katherine Kuba Dandurand
 Shannon Lawrence x2
 Jean Leahy
 Andre Lombard
 Melinda Lussier
 Vaughn Mays
 Dan McCoy
 Meaghan McFadden
 Lori Meigs
 Anneke Merritt
 Tammy Mitchell
 Trudy Norris

Mike Reardon
 Jenelle Reif
 Darrin Ries x2
 Jeanette Rose x2
 Mike Royea
 Dan Shedrick
 David Simcoe
 Meaghan Sims
 Holly Stromme
 Katie Trombley
 Danielle Trombley
 Sophie Vibert x3
 Jack Visco, NP
 Casey Webb
 Laura Westover
 Michelle Wilcox

A Moment With Jill: Let's Get Healthy in 2018!

There is nothing more important than your health and that of your family. I am happy that we are able to make changes in our benefits that encourage you to take steps to a healthier you. It is exciting to share with you some changes to our award-winning Healthy U program that can help ensure that your New Year starts off in a fun and healthy way.

The basics of Healthy U remain the same: We want our employees to get healthy and stay healthy! To do that, you must pause, assess your health, get support on developing your personal wellness goals, and check in with your primary care provider. Benefit-eligible employees can earn \$150 for completing three tasks: Getting fasting lab work done, completing the online Health Assessment and attending a Wellness Coaching session. Each of those will earn you \$50!

Please note that NMC'ers can also earn up to an additional \$150 when spouses who receive NMC insurance also complete these three steps. You can also earn an additional \$500 discount on your health insurance

premiums by completing those three items, and then attending two more Wellness Coaching Sessions and having an annual physical with your provider.

Did you know that you can still participate in Healthy U even if you do not use NMC benefits? If you are benefit-eligible but receive your benefits elsewhere, you can still take part in the three core components of the program (fasting lab work, health assessment and coaching) and receive your \$50 incentive for each!

One change with the Healthy U benefits this year is an increase in the Wellness Reimbursement to \$250. This money is available to benefit eligible employees for wellness activities like gear for outdoor sports, an at-home gym, yoga classes or membership at a fitness club. This is a more flexible reimbursement option than in years past, shifting away from a designated gym membership to allow

employees more options to achieve their wellness goals. Another change this year is the deadlines. Mark your calendars because March 31 is the deadline for your Health Assessment, your fasting blood work and an initial coaching session. There is no time to procrastinate – start the New Year off right by completing these three simple steps!

Healthy U and our Wellness Coaches are amazing resources and I urge you to take full advantage of them. Your health and wellbeing are important to me, and to all the leadership here at NMC. I truly hope that you enjoy your holiday season with family and friends, taking time to recharge your batteries for an energizing year ahead! My wish for you is peace, prosperity and the joy that a Healthier You will bring!

— CEO Jill Berry Bowen



NMC's Athletic Training Staff Teams Up with AmCare on Training

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MVU's Athletic Director John Lumsden echoed Marlow's sentiment and said the collaboration on behalf of the safety of student athletes was nice to see.

NMC Athletic Trainer Danielle Trombley agreed. "It was a really good eye opener," she said, of the training during which the Athletic Trainers, Paramedics and EMT focused on the challenges unique to scholastic sports injuries. "Working with AmCare like this allows us to provide even better care for our student athletes."

"It was a great opportunity to further coordinate treatment on the scene," said Walter Krul, Director of AmCare. "It will ultimately benefit our young athletes."

NMC's Athletic Trainers follow guidelines from the National Athletic Trainers' Association, said Trombley, which outlines how to handle situations where a cervical spine injury is suspected. These injuries can occur in sports like hockey, football and lacrosse and often involve the removal of helmets and pads, which must be conducted with care.

The ATs at NMC also provided the same training to the hospital's Emergency Department staff, ensuring that the ED team is well-versed in handling injuries to student athletes who may have equipment needing careful removal.



HR Happenings

How to Access your Retirement Plans Quarterly Statements

Many of you have been asking when you will be receiving quarterly statements from MassMutual. As part of their **Go Green** initiative, MassMutual provides access to Participant statements via their online account at RetireSmart. To set up your online account with MassMutual, please follow the instructions below and attached.

Participants that sign up for e-delivery will have an email notice when statements are ready on RetireSmart.

Non e-delivery participants will have them posted to the participant website, but no email notice

Any participant can elect to receive hard copy statements going forward (by contacting the Mass Mutual call center and making the change on the website) at no charge

Q2 statements each year will be sent hard copy to all non e-delivery participants in order to satisfy 404(a)(5) disclosure requirements



Mark Your Calendars
HR/OD Rounding Cart:
December 14 at 6 pm
MassMutual Rep onsite:
December 18

Mass Mutual will send a reminder post card in Q3/Q4 each year making participants aware that statements will be posted to the participant website.

Creating Your MassMutual Account

1. Go to RetireSmart Website, via www.RetireSmart.com
2. Click on Create An Account:
3. Enter your SSN and Name go to NEXT page
4. Answer questions to Verify Your Identity; go to NEXT page
5. Create your Username and Password
6. Create a numeric PIN for automated phone access; go to NEXT page
7. Select your Challenge Questions; go to NEXT page
8. Review your Challenge Questions and click FINISH
9. Return to LOGIN
10. Log in with your newly created account

For assistance with your account please contact MassMutual: 1-800-743-5274.

Recent Staffing Changes

Transfers/Promotions /Changes of Title

- **Nicole Johnson**, Coordinator HIM, HIM
- **Chelsey Lawyer**, Executive Assistant, Administration
- **Luke Heald**, Licensed Nursing Assistant, Progressive Care Unit
- **Jake Ashline**, Supervisor Informati-cist, Information Technology
- **Sam Pothier**, Scheduler, Patient Access
- **Luke Heald**, Licensed Nursing Assis-tant, Progressive Care Unit
- **Seth Boudreau**, Support Tech, IT
- **Derek Laferrier**, ED Tech, Emergen-cy Department
- **Shalyn Peloubet**, Surgical Services Aide, Operating Room
- **Dee LaFleur**, Patient Access Repre-sentative, Patient Access
- **Jenna Letourneau**, Ophthalmic As-sistant, Northwestern Ophthalmology

- **Julian Ferris**, Hospitalist

New Hires

- **Jessica Barrow**, Registered Nurse, Emergency Department
- **Edward Beale**, Histology Technician, Pathology
- **Amber Deavitt**, Licensed Nursing Assistant, Progressive Care Unit
- **Brooke Denis**, Registered Nurse, Progressive Care Unit
- **Lisa Dockham**, Pharmacist
- **Nancy Erno**, Licensed Practical Nurse, Northwestern Pediatrics
- **Ann Guilmette**, Practice Coordina-tor, Specialty Services
- **Jessica Langton**, Registered Nurse, Emergency Department
- **Donna Messier**, Switchboard Opera-tor
- **Samantha 'Sam', Morrone**, Medical Assistant, OBGYN
- **Nancy Parrott**, Patient Access Rep-resentative

- **Brandi Rainville**, Practice Support Specialist, Rehabilitation Services
- **Danielle Sartini**, Medical Technolo-gist, Laboratory
- **Kim Sorber**, Physician Assistant, Urgent Care/ED
- **Susan 'Sue' Dodge**, Physical Thera-pist, Rehabilitation Services
- **Tori Whitten**, Practice Support Spe-cialist, Northwestern Urgent Care, Georgia
- **Imran Alkhalil**, Hospitalist
- **Melinda Hess**, RN Practice Manag-er, NAS, URO, Derm, NOP, Peds
- **Amy Kemp**, Concierge, Hospitality
- **Nicole Nichols**, Registered Nurse, Progressive Care Unit
- **Barry Barrows**, Radiologic Technol-ogist, DI - CT
- **Carolyn Castellano**, Clinic Charge RN, Dermatology
- **Sally Cadieux**, LPN Northwestern Associates in Surgery



Around the House

News, notes and thanks from the NMC community

Kudos Kathy!

Congratulations to **Kathy Coburn** in Northwestern Orthopaedics! In addition to her Certification as an Orthopedic Technologist, Kathy has achieved the designation of Podiatric Medical Assistant, Certified! Nice Job Kathy!

Apartment for Rent

Large 3 bedroom duplex, hardwood floors, high ceilings, washer and dryer hookups. Snow removal and trash removal included. \$1000/ month plus utilities. First month's rent and \$1000 security deposit required at lease signing. Call 524-1324 for more information.

Artist Corliss Blakely To Paint at NMC

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paints still life and landscapes in a classically realist style.

Blakely is an internationally recognized artist for her work in several media, including watercolor, oil, and egg tempera. Her paintings hang in collections worldwide.

She is now also painting on the iPhone and iPad, which has "opened up a new world for artists," she says. "The world is changing and artists now have a new canvas to create on." Blakely has translated her meticulous sharp focus technique in oils to this new technology.

NMC Makes Safe Disposal of Medications Easier for Public with New Kiosk

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in the main hospital lobby and features a one-way drop mechanism with a locking door.

The kiosk is securely fastened to a permanent structure and will be managed by pharmacy staff and our security team.

People who lawfully possess medications may use the receptacle to dispose of them safely at any time.

"The safe disposal of medications is incredibly important to our community," said NMC CEO Jill Berry Bowen. "We want to do our part to prevent the diversion of left-over medication, and provide

easy access to a safe method of disposal."

NMC worked closely with the Vermont Department of Health for the project and obtained a Drug Enforcement Agency license to make the collection system possible.

"We are so pleased that Northwestern Medical Center supports our community effort to provide safe, convenient and responsible ways to dispose of prescription drugs. Having a drug kiosk at the hospital that is open to the community is another step to make sure drugs don't get into the wrong hands or pollute our waterways," said VDH District Director Judy Ashley.

Thank You: NMC's United Way 2017 Campaign a Big Success

NMC kicked off the season of giving with another successful United Way Campaign, raising over \$38,000 for our friends and neighbors in need. Thank you to all who contributed to this record-setting campaign.

The United Way of Northwestern Vermont works with community partners like us to improve education, advance income and promote health in our area. In a generous show of support, NMC'ers participated in a week-long fundraising campaign, food drive, blood drive and day of volunteering at the local food shelf. A week's worth of events was planned as a way of saying thank you for giving back to the community. Free coffee and beverage gift cards were provided in the kickoff packets, live music and a taste of local foods were enjoyed at the Fall Fest, staff and volunteers showcased their handiwork at a craft fair, and Restaurant and Catering prepared delicious prime rib dinners that could be taken home with a donation to the campaign.

As an incentive to donate, an appealing selection of prizes was awarded throughout the week, culminating in the grand prize drawing of two Fuji bikes, a \$1,100 value. Congratulations to the prize winners:

- Jim Larose – four tickets to *A Christmas Carol* at the Flynn Theater;
- Donna Rocheleau – \$100 gift card to Mystic Waters Day Spa;
- Shantel Daudelin – Vermont State Parks season vehicle pass;
- Doreen Potter – a night on the town including a \$75 gift card to One Federal and two movie passes;
- Ashleigh Bourbeau of – \$100 gift card to the Collins Perley Sports and Fitness Center;
- Diane Weishaar – \$250 gift card to Jay Peak Resort;
- Sandy Chicoine – a pair of Fuji Traverse hybrid bikes

With pledges ranging from several dollars to ten thousand dollars, NMC showed once again what a powerful organization we are when we all work toward a common goal. When all donations are added up, even the most modest of pledges have an enormous impact. The outpouring of employee support in all amounts is truly heartwarming. Thank you to all our staff members whose generous support and spirit of caring makes our hospital giving such a great success.

COMPLIANCE CORNER:

It's None of Your Business: Or Is It?

By Jamie Pinkham, CHC,
Manager of Regulatory Affairs
and Health Information Integrity

Accessing Personal Health Information (PHI) for a healthcare professional is like brushing your teeth, getting dressed or driving a car.

You do it every day often without thinking about it. It's just a part of your routine. As the Privacy Officer for the organization, part of my job is to make sure that the routine does not become so regular that we forget the profound impact that the information can have on our patients, should it be accessed inappropriately.

So how can you stay vigilant in how and when you access PHI? The best way is to understand the difference between a business need and a non-business need:

Business Need

- Members of a Patients Care Team
 - * Clinicians Providing Direct Care
 - * Clinicians Consulted on care for a patient
 - * Outpatient clinicians who care for patients on an ongoing basis



- * Primary Care Offices
- * Specialty Offices
- Members of a Payment or Operations team
 - * Patient Access
 - * Business Office Staff
 - * Health Information Management
 - * Environmental Services and Restaurant and Catering
 - * Care Management
- Business or Quality Driven reviewer
 - * Compliance, Risk, or Quality Reviews
 - * Peer Review
 - * IT Reviews and Troubleshooting

Non-Business Need

- Personal Need
 - * Confirming Appointments
 - * Looking up Birthday or phone numbers of a friend or co-worker
- Info for Non-Clinical Care
 - * Review of clinical information beyond scope of position
 - * Curiosity

So if what you are doing in a medical record does not fit into the business category above, then STOP what you are doing. You are violating HIPAA and/or the NMC Confidentiality Agreement.

Whatever your reasoning. Whatever is happening in your life that makes a "quick peek" seem ok remind yourself, that no matter what the reason, if you do not have a business need to be in an account or clinical chart do not proceed. It truly is none of your business. For more details please see the NMC Confidentiality and System's Security Policy, which can be found on the Gateway in the Policies and Procedures area under the Resources tab.

{ Ethics, Integrity, Compliance }...we do that here

VP of Compliance: Joel Benware, 524-1212 Compliance Office: 524-1214

Completely Confidential Reporting: Call 1-800-340-5877 or email nmccompliance@alertline.com

Candy Cane Count

You'll find lots of candy canes hanging around this issue of the Headliner. Count them up and send your tally to Kate Laddison (kladdison@nmcinc.org) We'll pick a winner from among the right answers for a sweet prize! Thanks for reading and Happy Holidays. (PS—Don't forget to include the one in this box in your count!)



Put Safety First with Campus Traffic

As you know, safety is the top priority at both Northwestern Medical Center and Northwestern Counseling & Support Services. That focus includes traffic safety on our shared campus. To increase safety by eliminating literal 'near misses', you may have noticed new signage in the back parking lot which connects our two facilities. At the midpoint in that lot, new signs will remind drivers that there is no through traffic through that lot to preserve pedestrian safety.

Vehicles at NCSS should exit from NCSS onto Fisher Pond Road and roadside signage on Fisher Pond Road reminds drivers there is no access to NMC from that point. Vehicles at NMC, Doctors Office Common, or Cobblestone should exit onto Fairfield Street. By following this pattern, we reduce the chances of accidents on campus.

Dr. Fontaine Among First To Earn Lifestyle Medicine Board Cert.

Northwestern Medical Center is pleased to announce that Elisabeth Fontaine, M.D. recently became one of the first medical professionals globally to be certified as Diplomate of the American College of Lifestyle Medicine (ACLM) and the International Board of Lifestyle Medicine.

As defined by the ACLM, Lifestyle Medicine is the use of evidence-based therapeutic approaches to prevent, treat and oftentimes reverse chronic disease. These therapies include physical activity, adequate sleep, stress management, tobacco cessation and a predominantly whole food, plant-based diet.

“The right prescription for health is not a pill, it is a commitment to well-being and taking the first step to making healthy lifestyle choices. Working in partnership with the primary care physicians, I want to meet the individual where they are at and develop life goals that will focus on the healthy choices for a healthy life” said Dr. Fontaine on her commitment to the ultimate goal of improving individuals’ well-being while emphasizing the priority of the greater good of the population.

Dr. Fontaine’s passion for Lifestyle Medicine has been an underlying theme of her practice as an OB/GYN physician for 23 years. Her background is in Exercise Physiology/Obesity and she is also a Cer-

tified health coach through Wellcoaches®. As NMC’s Medical Director of Lifestyle Medicine and RiseVT, she has pioneered many programs to encourage behavior change for her patients, for NMC employees and for the greater community, all with a positive approach that empowers people to take control of their own well-being. She will soon transition from her OB/GYN practice and launch a Lifestyle Medicine Clinic at NMC, offering a new model of care focused on achieving optimal health and preventing chronic disease.

This recent Board Certification is an achievement that demonstrates a strong commitment from Dr. Fontaine and NMC to invest the time and energy needed for work on primary preventive healthcare.

“This is so timely with the transformation in the health care payment system which is moving to payment for value in care delivery,” said Dr. Fontaine “Ultimately in a capitated system where the hospital will get one payment to care

for the population vs. a fee for every service, the real success comes by investing in keeping healthy people healthy. Moving the population to better health will

reduce the high cost of chronic conditions.”

“We want to be recognized as a leader in Lifestyle Medicine,” said Dr. Fontaine, “And achieving this credential is an important sign of our commitment.”

Dr. Fontaine sees her Lifestyle Medicine certification as a milestone in the journey toward acceptance of the Lifestyle Medicine approach in healthcare. The

certification, RiseVT’s efforts to encourage people to embrace healthy lifestyles, and the new Lifestyle Medicine clinic are steps that break new ground. “Not many organizations have a Lifestyle Medicine Clinic,” said Dr. Fontaine. “We are ahead of the game. When you talk about innovation, that’s definitely innovation in medicine.” She said she wants to coach a village to health and that effort starts with each individual taking the first step.



Upcoming Events from the Activities Committee

Holiday Food Drive:

Help our hungry neighbors this holiday. Blue NMC grocery bags are located throughout the hospital to collect food donations.

Collective Goods Sale (Formerly Books are Fun):

Wednesday, December 13 from 8 am to 5 pm in the Green Mountain Room

Children’s Christmas Party:

Sunday, December 17 from 1 pm to 3 pm in the Courtyard Café



Save the Date
for the Evening
of Elegance in



Saturday,
January 27

An Ounce of Prevention

Health & Wellness Solutions for Everyone!

Ski and Ride Smart This Winter

By Cristine Griffing, ATC

Snow has finally arrived and so begins the skiing and riding season of 2017/2018. Each year, skiers and snowboarders constitute thousands of emergency visits to treat sprains, strains fractures and concussions. Skiers typically suffer from lower extremity injuries including the dreaded ACL tear which can sideline you for the season with a 4-6 month recovery. Snowboarding, while typically easier on the lower body, is no stranger to wrist, elbow and shoulder injuries. Before you head to the mountain to get your turns in, heed the advice below to help keep you and your family injury-free this season.

Maintaining fitness throughout the year can prepare you for the snowy season and build your endurance; skier and rider fatigue from lack of fitness is a major injury risk factor. In addition, warm up before jumping on the lift or make your first runs on easier trails to get your legs ready for the day.

Proper maintenance of your equipment will help you ski or ride your best. Maintain edges, check bindings and wax appropriately for conditions. Helmets should be inspected for changes in fit and failure in material. Ill-fitting boots may also affect your ability to maneuver and prevent falls.

Be vigilant as changes in weather can leave you unprepared; skiing and riding when you're too cold can lead to stiffness and less resilient falls. Also, know when



to head to the lodge if conditions are too icy.

Learn to fall. Falling will happen, no doubt about it ...but your reaction to a fall can make or break your season. Keep arms in front of you if you begin to fall—reaching back with your uphill arm to brace yourself can increase torsion around the knee resulting in ligament sprains and ruptures. Keep knees soft and go with the momentum of a fall instead of resisting it.

Other Tips:

- *Always wear a helmet.* You've got one brain and you're going to need it. For information on helmet safety and fit tips, check out *Live PHAT* (Protect Your Head at All Times)

www.vthelmetsafety.org.

- Avoid alcohol until après ski time as it delays reaction time needed to prevent falls and ski/ride safely.
- Invest in lessons. Novice skiers and riders see high injury rates due to improper technique.
- Wear sunscreen. We are still susceptible to the sun's skin damaging effects during the winter - don't forget your SPF.
- Ski with a friend especially if skiing or riding off trail or in deep powder.
- Take breaks. Skier and rider fatigue can contribute to injuries so know when to sit it out instead of heading up for, "one more run."



Meditation Returns to the Wellness Room!

Looking for an outlet to relieve holiday stress? Join Pamela Easterday for meditation classes in the Exercise and Wellness Room on Main Campus. She will lead you through guided visualization meditation designed to invoke complete relaxation and leave you feeling refreshed and energized. If you've never tried this before, you may be pleasantly surprised at how much you enjoy it!

Wednesdays, 11:30 am to 12:00 pm

An Ounce Of Prevention

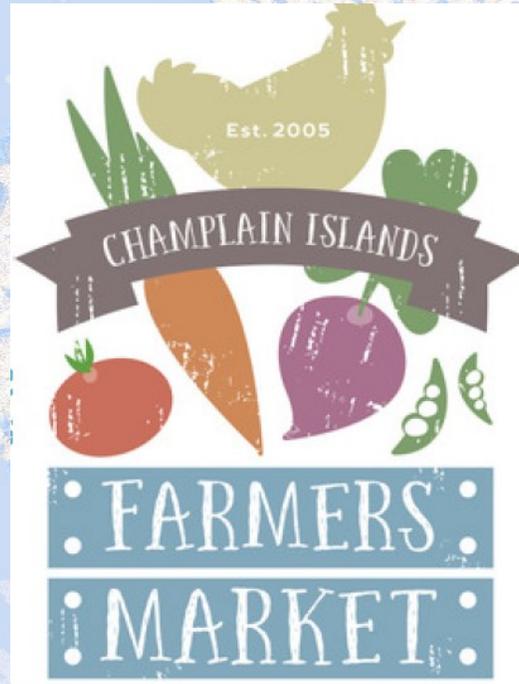
THE FARMERS' MARKET IS COMING INSIDE!

Join us for our
Indoor Winter Market

Where: Congregational Church of
South Hero on South Street



When: Saturdays:
December 2 and 16
10:00 a.m. to 2:00 p.m.



Come see your favorite Farmers and
Artisans just in time for the Holidays!
Grab a bite to eat, sit, relax and enjoy.
See you at the market!

Serenity Now: Hygge for the Holidays

Hygge (pronounced hoo-ga) is a Danish word that describes the practice of creating a cozy, charming environment wherever you are—alone at home or out with friends.

Wintertime is the perfect opportunity to experiment with this living art, as it emphasizes warmth and comfort through good company, relationships and creating a warm, pleasant environment—think warm drinks, candlelight, chunky knits and comfort food. The focus is on savoring simple pleasures with friends and family or by yourself. Friendly, low-tech



gatherings that focus on time spent together playing board games or enjoying each others' company are encouraged, as is time spent relaxing by yourself with a book and a hot cup of tea or cocoa if that's what you need to re-charge. The practice focuses on elevating the importance of comfort, gratitude and community over consumption. To learn more about how to incorporate more hygge (and less stress!) in your life check out The Little Book of Hygge by Meik Wiking or Hygge: The Danish Art of Happiness by Marie Tourell Soderberg. Happy Holiday Hygge!



Learn about new elements
of the Healthy U Program
including a \$250
Wellness Reimbursement!



Visit: <http://gateway/depts/lsm/Shared%20Documents/Healthy%20U%20pdf%20gateway%20.pdf>

An Ounce Of Prevention

Health Tips for the Holidays

Bring a healthy balance of food, activity and fun this holiday season

By **Danielle Pothier**
MS, RD, CHWC

TREAT YOURSELF TO HEALTHY HOLIDAY OPTIONS:

The holiday season can be particularly difficult for those of us trying to maintain/lose weight and/or just eat healthfully. After all, food is part of almost every holiday celebration – and there tends to be a lot of it. There is no reason why this eventful season has to be all or none.

With balance and moderation, you can enjoy the holidays in a healthy way. Here are some strategies to set yourself up for success this time of year.

- Give yourself permission, make a plan and be selective. So often, we categorize food as “good” or “bad” and place restrictions on what we can and cannot eat. This strategy can backfire and result in overindulgence. When you are in a situation with endless choices of goodies, choose a small plate or napkin to help control portion sizes and take time to scan all the numerous options available. Skip items that you can live without and carefully
- choose items that you can’t get any other time of the year. Slow down and savor a small serving.
- Go to a party with a reasonable appetite, but not starving. It’s best not to skip meals for the day to save up on calories as this can lead to overeating.
- Bring a healthy option to share. With all the gatherings there is never a shortage of endless treats and savory dishes.
- Be mindful. Take your time to savor and enjoy the flavors, textures and aroma as this will maximize your eating experience.
- Enjoy seasonal, colorful fruits and vegetables. Do you decorate for the holidays with a lot of color? Treat your plate the same way. Fruits and vegetables add flavor, color and nu-



trients to holiday favorites. And they will help you feel fuller longer. Seasonal produce available at this time of the year include: apples, bananas, grapefruit, oranges, winter squash, kale, Brussels sprouts, beets, leeks, lemons, rutabagas, turnip, sweet potatoes and yams.

FOCUS ON FAMILY AND FRIENDS:

Place less emphasis on food and more on the people you spend your time with this holiday season. Engage in other rituals that the holiday season brings.

- Plan a craft project, such as making wreaths or homemade ornaments.
- Play board/card games: Jenga, Pictionary, charades, “saran wrap ball” Christmas party game, cribbage, Phase 10, Skip Bo, Yahtzee, etc.
- Volunteer and give back to your community.
- Have a dance party and jam out to Christmas music.
- Play outdoors: hide and seek, build a snowman, sledding, ice skating, go for a walk, take a tour of decorated homes, go caroling, etc.

Bravo for Break Passes!

In an effort to integrate wellness into the workday, “break pass” cards are being used in some areas as a mechanism to remind staff of the importance of taking their break. Once handed a card, employees are encouraged to take their 15-minute break within the hour. Later, they may pass the card off to another employee who they feel may benefit from a “break reminder.”

Break cards have been a successful way to encourage staff to decompress and recharge before continuing their workday.



An Ounce Of Prevention

Your Monthly Health-O-Scope

Capricorn:

Try introducing a new tradition to the holidays or dust off an old one and revel in the feelings of nostalgia.

Aquarius:

Grab a sled and a friend and head to the nearest hill for some fun, laughter and movement.

Pisces:

Your gentle, kind nature is a perfect fit for seeking out a charitable cause to share your talents with this month.

Aries:

Strap on some skates, snowshoes, a snowboard or skis and get outside to reenergize!

Taurus:

Take some time out for yourself during the busy holiday season with a nice hot bath, some candles and hot cocoa.

Gemini:



Take a nighttime driving or walking tour of the holiday lights in your area and decide who should receive the commemorative "Griswald Award" of 2017.

Cancer:

Gather friends and family to celebrate the winter solstice on December 21st and welcome the longer days that are coming.

Leo:

Express your generosity and make

someone's day by giving them a poinsettia on Poinsettia Day this December 12th.

Virgo:

Share your love of books this holiday season. Consider organizing a book swap with a close group of friends and compare notes on the results.

Libra:

Take advantage of the crisp winter air and go for a brisk walk or hike followed by the hug of a fleecy robe and a nice hot drink.

Scorpio:

Counter holiday stress by booking a relaxing massage or having a candlelight dinner with a friend.

Sagittarius:

Consider keeping a gratitude journal for the month to remind yourself of all you have to be thankful for.

Recipe of the Month

Four Cheese Mac and Cheese

- 1 pound elbow macaroni
- 2 (10-oz.) packages frozen pureed winter squash
- 2 cups 1% low-fat milk
- 4 oz. extra-sharp Cheddar, grated (about 1&1/3 c.)
- 2 oz. Monterrey jack cheese, grated (about 2/3 c.)
- 1/2 c. part-skim ricotta cheese
- 1 tsp. salt
- 1 tsp. powdered mustard
- 1/8 tsp. cayenne pepper
- 2 Tbs. unseasoned bread crumbs
- 2 Tbs. grated Parmesan
- 1 tsp. olive oil

Preheat oven to 375 degrees and coat a 9 x 13" baking pan with cooking spray.

Cook macaroni as directed on package.

Meanwhile, place the frozen squash and milk in a large saucepan and cook over a low heat, stirring occasionally and breaking up the squash with a spoon until it is defrosted. Turn the heat up to medium and cook until the mixture is almost simmering, stirring occasionally.

Remove the pan from the heat and stir in Cheddar,



Nutrition Info:

Calories 393, Total Fat 11g, Saturated Fat 7g, Cholesterol 34mg, Sodium 561mg, Carbohydrates 55g, Dietary Fiber 4g, Protein 18g



jack and Ricotta cheese, salt, mustard and cayenne pepper. Pour cheese mixture over macaroni and stir to combine. Transfer macaroni and cheese to the baking dish.

Combine bread crumbs, Parmesan cheese and oil in a small bowl. Sprinkle over the top of the macaroni and cheese. Bake for 20 min., then broil for 3 min. so the top is crisp and nicely browned.

Source: www.foodnetwork.com



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Running of the Bells

Many NMC'ers participated in this year's Running of the Bells event in downtown St. Albans, including this group of elves from the Lab. Pictured left to right: Stacie Manchester, Jessica Scanlon Corliss, Diane Weishaar, Patty Tyler, Shanna Desrochers, Travis Roberts, Brook Bushey, Austin Moore and Nila Spaulding. (And one unnamed elf, short in stature).