

VERMONT'S BEAUTY

can take your breath away

I've been honored to serve as the Interim CEO for Mt. Ascutney Hospital and Health Center (MAHHC) for the past six months and during that time, as all of us here have worked to ensure healthier patients and communities, I've seen spring turn to summer then fall. It's magical. But the beauty here isn't limited to the landscape. It's present in the people. I've seen up close what excellence in a small hospital means to this community, I've been inspired by the dedication our staff and providers bring to their work each and every day, and I'm moved by how people treat one another. The beauty I see in this center of advanced medicine starts with simple respect.

While MAHHC has always endeavored to bring advances in healthcare to those we serve, our efforts have received a real boost from our affiliation with Dartmouth-Hitchcock. After two years, we have developed clear objectives for integrating our systems, and for making the most of each organization's strengths to benefit patients.

One of the biggest advances in 2016 has been the development of our Service Line and Integration Plan. MAHHC worked with system leaders from D-H, analyzing data on the types of services needed by people here. Guided by the understanding that people want to receive care as close to home as possible, we now have a plan for the services needed and how we will bring them to our Windsor and Woodstock communities as we move ahead with implementation in 2017. You can find details elsewhere in this report.

Over the past year, MAHHC has also made financial strides, refinancing debt and generating better returns on our investments, through our affiliation with D-H. Elsewhere we are benefiting from harmonization among affiliates to strengthen human resources, giving talented employees opportunities to work across the system where they are needed. The benefit for our patients is access to a wider pool of talented providers.

Windsor is where Vermont got its start, centuries ago. It's where dedicated people came together decades ago to create a hospital that would heal the sick and inspire pride for generations. And it's where people turn today for expert care with real compassion, in order to live their lives to the fullest—all in beautiful surroundings that people far away dream of visiting. As I said at the start, it takes your breath away. I'm proud to be a part of this place.

Sincerely,

Gay Landstrom, PhD, RN, NEA-BC Interim Chief Executive Officer Mt. Ascutney Hospital and Health Center

Lay Fandstrom

MISSION:

To improve the lives of those we serve.

VISION:

Mt. Ascutney Hospital and Health Center will achieve high quality care, high patient satisfaction, and high value through:

- Development of programs based on community need and sustainability
- Multi-disciplinary and regional cooperation
- Involvement of patients in their own care decisions
- Empowerment of and respect for our staff
- Fiscal responsibility

Our success will be measured by the improvement of the health, wellness and comfort of those we serve.



ADVANCED HEALTHCARE

in a simply beautiful place

Every day, medical care advances to treat the complex health challenges faced by patients. New technology is introduced. New medicines become available. And new, better ways of delivering care are put into practice. Here at Mt. Ascutney Hospital and Health Center, we have always worked to adopt effective new technologies and practices in order to ensure quality care for those we serve. From diagnostics to our state-of-the-art Rehabilitation Center, we're proud to offer a level of care that matches what you might find in a major medical center.

But no matter how sophisticated heathcare technology and delivery becomes, some things remain perfectly simple. Treating people with respect. Taking the time to listen. These small-town values inform every interaction between our expert providers and the people who count on us each day. From the Covered Bridge to Mill Pond, from historic Main Street houses to Paradise Park trails, the simple beauty of Windsor and our surrounding communities inspires us and reminds us that even as medical care advances, how and why we care is deeply rooted and timeless. This balance was perhaps best represented this year by our "Best Practice" designation for healthcare quality by the National Rural Health Association. In these pages, we'll highlight that and other milestones from the year gone by, along with our plans for the year to come.

SIMPLY ADVANCED: BEST PRACTICE AWARD

In 2016, the National Rural Health Association (NRHA) awarded Mt. Ascutney Hospital and Health Center with Best Practice recognition for healthcare quality. The award is part of NRHA's annual survey of Critical Access Hospitals across the nation, and is granted to hospitals that have achieved high performance ratings based on categories including heart failure, pneumonia, congestive heart failure, surgical care, outpatient care and others.

one of only 20 Critical Access
Hospitals to acheive this award...





definition audio/video link coordinated by the D-H Center for Telehealth Services.

The future is right here.

COMMUNITY health outreach

Mt. Ascutney Hospital and Health Center is a leader and proud member of the Windsor HSA Coordinated Care Committee, Windsor Area Community Partnerships, PATCH team and Blueprint for Health, Windsor Area Drug Task Force and Mt. Ascutney Prevention Partnership—connecting agencies, community leaders, health organizations and others dedicated to the health and wellbeing of everyone in our community.

The Community Partnership's goals and objectives were updated in 2016, as represented by the Healthy People 2020 strategic plan. The Hospital will be at the heart of community efforts to attain healthier, longer lives for residents, free of preventable illnesses and injury; achieve health equity across different groups; create environments that promote good health for all; and promote healthy development and behaviors at every age. We recognize that we must evolve from our current state to create an Accountable Community for Health and a medical neighborhood that will promote the health and wellbeing of our community through a network of health and human service partners.

To realize these goals, we are addressing an array of specific health objectives, from reduction of tobacco, alcohol, and drug misuse, to encouraging exercise and improving access to primary care, mental health, dental care services, affordable insurance, transportation, and nutrition. We are also focusing on healthcare for seniors and mitigating the effects of poverty and family stress on health.

"Our work is all about partnership; there is no star. Our members—Mt. Ascutney Hospital, local schools, parents, people representing the community, the Southern VT Health Education Center, Head Start, HCRS—all used to work separately, but now we focus on collaboration, creating solutions together.

What's notable this year is that in addition to addressing our top needs, we're building ways to strengthen families and improve health by placing counselors and wellness coaches in our clinics. This is exciting, cutting edge work. In 2017 our family wellness efforts will continue to grow through collaboration with our partners. We're promoting better health and building a safety net for our most challenged families. We're also focusing on interagency care management to maximize our services. To do our very best work we're banding together, and I believe we're on the verge of significant breakthroughs.

To do our very best work we're banding together, and I believe we're on the verge of *significant breakthroughs*.

Our goals for our Healthy People 2020 strategic plan are ambitious, and we will only get there together, by combining our efforts with health and human services agencies, and in partnership with the people we serve. We'll get there by being serious about identifying and implementing best practices. For instance, we're putting SBIRT (Screening, Brief Intervention and Referral to Treatment) protocols into our practices to identify, reduce, and prevent abuse of alcohol and other drugs. This proactive approach is huge; rather than dealing with problems after they occur, we're working to head them off early.

If people care and work together, amazing things can happen."

Jill Lord, RN, MS

Director of Community Health President, Windsor Area Community Partnership Program Manager, Blueprint for Health

COMMUNITY health outreach

WE'RE REDUCING THE MISUSE OF ALCOHOL AND OTHER DRUGS IN OUR COMMUNITIES

A lcohol and drugs can damage lives, harm relationships and jeopardize careers. We know that misuse often starts at a young age. That's why we seek to reduce by 10 percent every two years the number of students in our communities who consume or "binge drink" alcohol, misuse marijuana, stimulants, opioid prescription pain medication and other substances. In 2016 we made significant progress towards these goals through the following activities:

- Coordinated revision and distribution of the Consumer Guide for Substance Use Treatment, a comprehensive list of providers with up-to-date contact information
- Formed a task force to promote more timely access to treatment services
- Offered medication assisted therapy, counseling and support for addicted moms through pediatric clinics
- Partnered with Blue Cross/Blue Shield to provide Screening, Brief Intervention and Referral to Treatment (SBIRT) training throughout our clinics and Emergency Department
- Provided care management through the Community Health Team (CHT) with Spoke staff—nurses and case managers employed by the CHT as part of Vermont's Hub and Spoke opioid treatment approach
- Launched education and prevention initiatives including: "Be Aware Don't Share," "Most Dangerous Leftovers," "Drug Take Back," prom and graduation season education, retailer compliance recognition, and work with Vermont League of Cities and Towns and regional planning boards regarding education on the impact of marijuana legalization

- Designed a comprehensive drug/alcohol prevention plan with Windsor County Prevention Partners, a countywide collaborative group that includes MAH staff and representatives from health and human services agencies
- Worked with law enforcement to enhance underage drinking patrols
- Sub-granted funds to five other anti-drug/alcohol coalitions in the county

PARTNERSHIP FOR SUCCESS

 After the DEA suspended Drug Take Back efforts, Mobilizing for Action through Planning and Partnership contracted with the Windsor County Sheriff to continue collection of prescription drugs and incineration efforts, resulting in the highest ever collected amounts

DRUG TASK FORCE

- Continued the comprehensive program to decrease prescription drug abuse, including drug drop box, community education, and a medical opioid management program
- Distributed posters and cards at prom/graduation time across Windsor County, making adults aware of the consequences of hosting parties where alcohol or other drugs are available



one of America's *Most Wired* hospitals...

SIMPLY ADVANCED: MOST WIRED

In the July 2016 issue of their Hospitals & Health Networks magazine, the American Hospital Association (AHA) named Mt. Ascutney Hospital and Health Center one of America's "Most Wired" hospitals in recognition of its successful adoption of information technology to enhance clinical performance. The AHA pointed to the Hospital's embrace of telehealth in its emergency department, a patient portal, and a collaboration with the Veterans' Administration, using iPads to let VA clinicians remotely evaluate the prosthetic needs of veterans who are rehabilitation patients at Mt. Ascutney Hospital.



WE'RE IMPROVING ACCESS TO MENTAL HEALTH SERVICES

Mental health and physical health are closely linked. Stress, anxiety, depression and other problems can negatively impact your whole life. However, when people have mental health problems it can be difficult to find appropriate, effective care. We're working to better connect people with the services they need. We achieved the following goals in 2016:

- Hired a psychiatrist at Mt. Ascutney Hospital
- Produced a resource guide to local Mental Health Counselors
- Made dozens of referrals to Wellness Recovery Action Plan (WRAP) workshops that help attendees improve their coping skills, and hosted two of them
- Completed an agreement to place masters-level clinicians in the pediatric clinics of Mt. Ascutney Hospital and Ottauquechee Health Center, in addition to the Healthcare and Rehabilitation Services of Vermont (HCRS) clinician now in the adult clinics
- Working with HCRS, created an interagency partnership connecting PATCH (a local network of healthcare providers and social service agencies dedicated to improving access to care) and the Windsor Drug Task Force.

WE'RE IMPROVING ACCESS TO DENTAL HEALTH SERVICES

Studies show that a person's dental health is connected to their overall health. For example, dental conditions like periodontitis (a severe form of gum disease) can contribute to cardiovascular disease and pregnancy complications. Meanwhile, certain illnesses such as diabetes, osteoporosis, or HIV/AIDS can contribute to oral health problems. Good dental health habits start early. That's why we're working to decrease the percentage of students who drink sugar-sweetened beverages, and to ensure that people in our communities keep their teeth and gums healthy and strong. In 2016 we accomplished the following goals:

- In partnership with Alice Peck Day Memorial Hospital and Northeast Delta Dental, provided a dental clinic for elementary students at Windsor Schools, May 10-19, 2016
- With generous support from The Jack and Dorothy Byrne Foundation, provided vouchers for care at Windsor Community Health Clinic, which serves community members not covered by Medicaid, the Vermont Health Access Program, or private insurance, and who do not have the resources to pay for healthcare themselves
- Applied fluoride varnish in pediatric clinics
- Began recruitment of a local dentist, with the search ongoing
- Received a grant from Northeast Delta Dental for a 2017 clinic for elementary school students at Windsor Schools



COMMUNITY health outreach

WE'RE ADDRESSING THE HEALTH IMPACTS OF POVERTY AND FAMILY STRESS

Income instability and poverty can have significant effects on a person's health. Poverty is a kind of slow, ongoing trauma. Without regular income, basics such as shelter and nutrition are put at risk, which can damage physical health and undermine self-esteem. Aside from financial insecurity, other kinds of trauma can affect health, from substance abuse to sexual abuse.

At Mt. Ascutney Hospital and Ottauquechee Health Center, we strive to connect our patients with resources that help reduce the effects of poverty on health, helping people find everything from transportation to heating assistance programs. We're also now bringing the Vermont Family Based Approach (VFBA) to our Family Wellness Program. VFBA is an evidence-based health-promotion strategy for preventing risky behaviors that negatively impact health (See Pg. 13 for more details).

In all of this, our goal is to improve physical health by improving the emotional health of families, which is why we seek to increase the percentage of young people who agree with the statement, "In my community I feel like I matter to people." Kids who feel like they matter know that they matter to their families, and tend to work harder to maintain healthy habits.



In 2016, we made the following progress:

- Administered PATCH (a local network of healthcare providers and social service agencies dedicated to improving access to care) services at the Windsor Connection Resource Center, including 160 visits for economic services, 875 visits for mental health counseling and 19 visits for employment counseling from October 2015 through September 2016.
- Completed four Parent-to-Parent Collaborative Problem-Solving Programs serving local families; MAHHC staff and Windsor Southeast Supervisory Union (WSESU) school staff completed Collaborative Problem Solving Tier II Training.
- All of our pediatricians, and a team of MAHHC and local school staff, completed training in the Vermont Family Based Approach

- Began implementation of the Vermont Family
 Based Approach in pediatric clinics in Windsor
 and Woodstock, in consultation with Dr.
 Hudziak and his staff.
- Trainings were conducted for Health and Human Services clinicians regarding adverse childhood experiences.
- Our Behavior Specialist/Family
 Wellness Coach was appointed to the School
 Coordinated Health Committee
 for the WSESU.
- In Woodstock, a Community Health
 Team member and our Behavioral Specialist/
 Family Wellness Coach have expanded
 interagency care management with the
 Woodstock High School Guidance Program.

Read more about our progress and offer your input on identified community health needs by accessing the full Community Health Needs Assessment and Implementation Plan at www.MtAscutneyHospital.com.

"I really love the collaborative problem solving approach, which feels so different from the other parenting advice I've received. It has helped me see how to change the dynamic with my daughter so that we are working together to solve problems, rather than me trying to "fix" her or the situation. My one-on-one coaching sessions with Courtney allowed me to bring up real-life issues that we were struggling with at home, and to receive specific advice that was tailored to our unique situation. I often came to a session feeling frustrated or dispirited, but I always left feeling empowered."

~ Family Wellness Program participant

SIMPLY ADVANCED: THE BIONESS VECTOR GAIT & SAFETY SYSTEM

The Vector Gait and Safety System[™] promotes independent walking and mitigates risk for patients and staff. This ceiling-mounted system provides customized over-ground gait training for patients of all levels. By supporting the patient's weight while walking, the Vector is ideal for those recovering from stroke and spinal cord injury, amputation or orthopedic injury, or those in recovery from surgery to the hip and lower extremities. The Vector System allows therapists to tailor rehabilitation goals to each patient and track that patient's progress along the way.

allows therapists to tailor rehabilitation goals to each patient...

SERVICE to the community

 $\frac{2016}{2015}$

ACUTE ADMISSIONS

730

847

ACUTE PATIENT DAYS

7,015

6,990

INPATIENT REHABILITATION ADMISSIONS

247

226

INPATIENT REHABILITATION DAYS

3,030

2,771

OPERATING ROOM PROCEDURES

1,765

1,548

EMERGENCY ROOM VISITS

4,754

3,981

RADIOLOGY EXAMS

12,664

13,037

LABORATORY TESTS

60,503

64,915

PHYSICIAN VISITS

54,846

63,129

OPERATING statement

For the Years Ended September 30, 2016 & 2015

AMOUNT WE BILLED & EARNED	2016	2015
Services Billed for Inpatients	\$24,008,793	\$21,255,719
Services Billed for Outpatients	\$45,049,909	\$43,368,901
Services Billed for Providers	\$18,792,366	\$18,809,993
Other Operating Revenues	\$3,511,477	\$2,571,765
Total Gross Operating Revenue	\$91,362,545	\$86,006,378
AMOUNT NOT FULLY PAID FOR OUR SERVICES		
Not Paid by Those Unable to Pay	\$615,260	\$765,163
Not Paid by Those Unwilling to Pay	\$1,301,630	\$1,498,927
Not Paid by Medicare and Medicaid	\$30,380,523	\$28,602,490
Not Paid by Other Payers	\$9,339,148	\$7,053,517
Total Deductions from Revenue	\$41,636,561	\$37,920,097
Total Net Operating Revenue	\$49,725,984	\$48,086,281
AMOUNT WE PAID TO PROVIDE SERVICES		
Salaries and Benefits for Our 406 Employees	\$29,371,914	\$28,894,656
Supplies and Services We Purchase	\$11,902,859	\$11,142,542
Utilities, Leases, and Rentals	\$5,740,221	\$5,777,143
Interest on Outstanding Debt	\$437,533	\$446,591
Wear and Tear on Building and Equipment	\$2,124,980	\$2,844,370
Total Expenses Paid	\$49,577,507	\$49,105,302
Income on Operations	\$148,477	\$(1,019,021)
Income from Non-Operating Activities (Investments, Donations, etc.)	\$1,154,076	\$(133,338)
FUNDS AVAILABLE FOR DEBT AND FOR FUTURE INVESTMENT INTO BUILDINGS AND PROGRAMS	\$1,302,553	\$(1,152,359)

This Operating Statement was audited and considered draft at the time this report was produced. A final audited version, along with other pertinent financial information will be available in January of 2017.

BALANCE sheet

September 30, 2016 & 2015

ASSETS	2016	2015
Cash	\$3,472,557	\$2,667,684
Short Term Investments	\$171,778	\$171,112
Accounts Receivable, Net	\$5,153,115	\$5,464,392
Supplies, Prepaids, Other Current	\$1,937,893	\$1,734,927
Current Assets	\$10,735,343	\$10,038,115
Assets Limited as to Use	\$15,565,935	\$14,531,518
Property and Equipment, Net	\$17,732,576	\$18,480,431
Other Assets	\$2,729,680	\$2,748,827
ASSETS	\$46,763,552	\$45,798,891
LIABILITIES AND NET ASSETS		
Line of Credit	\$1,550,000	\$1,150,000
Accounts Payable & Accrued Expenses	\$2,308,728	\$2,875,134
Current Portion of Long Term Debt	\$79,877	\$407,498
Accrued Salaries and Wages	\$2,609,687	\$2,006,851
Other Current Liabilities	\$440,455	\$404,689
Deferred Revenue	\$811,499	\$445,421
Third Party Settlements	\$824,244	\$2,436,064
Current Liabilities	\$8,624,490	\$9,725,657
Long Term Debt	\$11,168,583	\$10,506,599
Pension Liability	\$7,195,883	\$6,778,813
Interest Rate Swap	<u>—</u>	\$244,674
Liabilities	\$26,988,956	\$27,255,743
Unrestricted Net Assets	\$12,429,466	\$11,126,913
Temporarily Restricted Net Assets	\$1,495,059	\$1,638,019
Permanently Restricted Net Assets	\$5,850,071	\$5,778,216
Net Assets	\$19,774,596	\$18,543,148
LIABILITIES AND NET ASSETS	\$46,763,552	\$45,798,891

Ottauquechee Health Center

Now, a mobile MRI Unit is available at OHC...

SIMPLY ADVANCED: MOBILE MRI AND DIGITAL X-RAY COME TO WOODSTOCK

MRI (magnetic resonance imaging) is an effective, radiation-free diagnostic tool that lets doctors "see" what's going on inside the body for faster, more accurate diagnosis of tumors, internal injuries and other medical problems. MRIs save lives. Now, a Mobile MRI Unit is available at Ottauquechee Health Center (OHC) every other Wednesday, and is open to all regardless of where they get their primary or specialty care. In addition, Mt. Ascutney Hospital has installed a digital x-ray system at OHC, offering sharper images and lower radiation exposure than traditional x-ray systems, along with full integration of digital information into a patient's electronic medical records for quicker diagnosis and better care.

Medical Staff

Anesthesia

Dennis Heibein, CRNA Peter Rauert, MD

Emergency Medicine

Richard Marasa, MD Darin Bradley, PA George Brothers, Jr., PA Matthew Bouteiller, PA Warren Fenner, PA Connor Looney, PA Katherine Macko, PA Lee Morissette, PA Maurice Paquette, PA Gregory Raines, PA

Family Medicine

Judi Friedman, PA Mary Joyce, MD MacKenzie Monahan, PA Sean O'Brien, PA Leesa Taft, ARNP

Laura Vahey, PA Rosemary Dougherty, NP

Geriatrics

Marlene Sachs, MD

Gastroenterology

Andrew Robinson, MD

General Surgery

Catherine Schneider, MD Lauren Tormey, MD Brent White, MD

Hospitalist

Alden Hall, MD Herbert Ip, MD William Palmer, MD Joseph Perras, MD Bilal Rizvi, MD Judith Ross, ARNP

David Russo, MD Internal Medicine

Ivan Levin, MD

Nancy Quintero, DO Lorissa Segal, MD Steven Smith, MD

Oncology

Letha Mills, MD Maggie Moore, ARNP

Ophthalmology

Christopher Connor, MD

Optometry Peter Lapre, OD

Pain Management

Peter Rauert, MD **Pediatrics**

Kimberly Aakre, MD Mary Bender, MD Clare Drebitko, MD Kathleen Geagan, MD Michael Kilcullen, MD

Physical Medicine and Rehabilitation Heidi Cruz, MD

Annice Mason, MD

Podiatry

Jeffrey King, DPM

Psychiatry

Jennifer Connors, MD

Radiology

Marilyn Ray, MD

Rheumatology David Podell, MD

Affiliate/ Addiction Medicine

C. Frederick Lord, MD

Anesthesia

Gregory Aprilliano, CRNA Timothy Quill, MD Megan Taylor, CRNA Francis Valenti, CRNA Sarah Zack, CRNA

Dental

Mark Knott, DMD

Dermatology

Daniel Peraza, MD Jose Peraza, MD Kira Schachinger, PA

Emergency Medicine

Joshua Cascadden, PA Fred Fuller, PA William Hoser, PA Joshua Rosenblum, PA Patrick Schembri, PA Rachel Spengler, PA Cary Stratford, PA Jessica White, PA

General Surgery Sean Bears, MD

Carl Tetirick, MD

Hospitalist

B. Justin Krawitt, MD Neil Volk, MD

Richard Zuckerman, MD

Internal Medicine

Judith Hills, MD

OB/GYN

Julie Braga, MD

Oncology

Steven Larmon, MD

Orthopaedics

James Ames, MD Otolaryngology

Ryan McCool, MD

Pathology

Nancy Dunbar, MD Xiaoying Liu, MD Eric Loo, MD Jonathan Marotti, MD Lananh Nguyen, MD Jason Petus, MD Arief Suriawinata, MD

Psychology

Adam Ameele, PsyD

Radiology

Katrina Acosta, MD Kris Eschbach, DO Mark Hansberry, MD Daryl Parker, MD John Stanley, MD

Sleep Study

Chandra Matadeen-Ali, MD

Urology

Einar Sverrisson, MD

SIMPLY ADVANCED: TEAM-BASED PRIMARY CARE

Research shows that team-based healthcare can improve patient outcomes and satisfaction, boosting quality and efficiency while removing gaps in care and allowing doctors to spend more time with patients. That's why this approach is being implemented in the Primary Care Clinics at both Mt. Ascutney Hospital and Ottauquechee Health Center. Designed to ensure comprehensive, patientcentered care, teams include physician assistants, advanced practice nurses, registered nurses, licensed practical nurses, medical assistants, secretaries, social workers, and behavioral health providers. Managed by Dr. Mary Joyce, Medical Director for Primary Care, teams meet regularly to discuss patients and consider ways to improve work flow, patient satisfaction and access to care.

Emeritus Staff

Sikhar Banerjee, MD Volker Bradley, MD Richard Clattenburg, MD Beach Conger, MD Dale Gephart, MD Walter Griggs, MD David Haseman, MD Donald Herzberg, MD Elvin Kaplan, MD Kenneth Morley, MD

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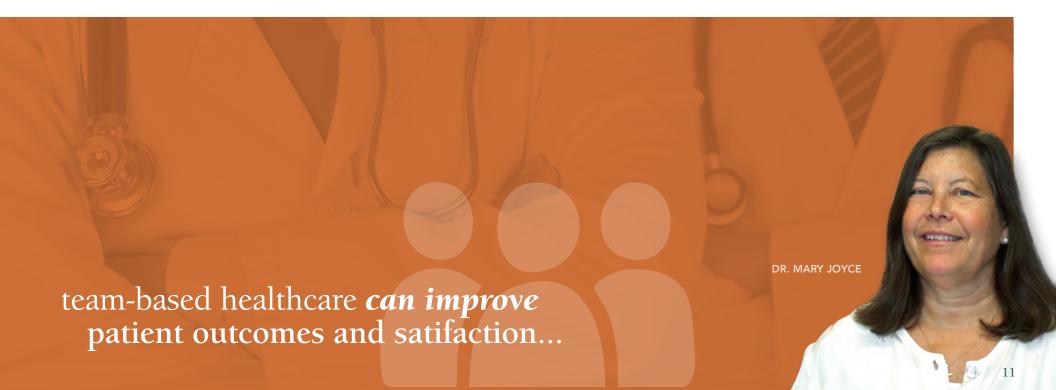
Brent Farnsworth

Norman Frates

Ronald Jaynes Deanna Jones Edward Kissel William Kuiken Nate Larson John Lens Anne Marinello Kathy Marsh Tom Marsh Barry McCabe Terence McDonnell Mark Melendy Sarah Milek Doug Miller Scott Monahan John Moore Constance Moser Patrice Mushlin Brenda Needham Gary Neil Mary O'Brien Colleen O'Neill

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Jonathan Springer Mary Springer June Stacey Robert Stacey William Stillson Barbara Tampasis Nida Tansey Patricia Waite Seth Warren Dana Waters Peter Welch Gina Wenz Mundy Wilson-Piper Rice Yordy



MAH AUXILIARY

nearing six decades of service

Tot much lasts 60 years these days, but if past experience is an indicator, the MAHHC Auxiliary will be one of them. The Auxiliary, comprised entirely of community volunteers who care deeply about the Hospital, enters its 60th year of service in 2017. This past year has been spent doing what the Auxiliary "always" does - organizing events to generate support for the Hospital, managing the Lobby Stop gift shop, and creating imaginative crafts for sale during the holidays. Auxiliary members are motivated not only by their love of the Hospital and their commitment to the community, but also by their desire to "pay off" the extraordinary \$100,000 pledge made by the Auxiliary Board to the Hospital's Positively Vital Campaign. "We're well on our way," says Karen Hill, Auxiliary President, "but we have a way to go before our pledge is fully honored, so we keep on keeping on." What Ms. Hill failed to mention is that this Campaign gift, the largest single commitment in the organization's history, is not all that Auxiliary members have on their plate, so to speak. The Auxiliary also provides scholarships to local high school graduates pursuing education in nursing and other health fields. "We certainly aren't backing off of our commitment to local students either, so you can see why we're so passionate about this work we do. Having a strong hospital in our community is essential, but keeping a flow of new, young health professionals coming to staff our facility is just as important." There's no doubt the Auxiliary will make it to its 60th birthday next year, but first, they're keeping this year's challenges in mind.

WHERE VERMONT WAS BORN, ADVANCED CARE LIVES.

Nearly 240 years ago, people gathered in Windsor to create the Constitution of Vermont, founding the Vermont Republic, which in 1791 became the 14th state in our Union.

Many years later, in 1933, a group of citizens gathered in Windsor for a different purpose, but one which would also have a significant impact on the lives of local people—the creation of Windsor Hospital.

And then again in the early 1970s, when it looked as if local healthcare might disappear, local people spearheaded the relocation and expansion of Windsor Hospital to create Mt. Ascutney Hospital and Health Center in its current location on County Road.

We're proud to be an important part of the tradition of Windsor as a small place where big things are made, identity is forged, and people are served.



THE POWER

of giving

T oo often, pediatricians at Mt. Ascutney Hospital and the Ottauquechee Health Center (OHC) see children whose behavior puts them at risk of health problems. While our doctors can treat many behavioral issues in the Clinic, they can not address underlying causes such as stress, trauma, or dysfunction in the family.

That's changing, thanks to the vision and generosity of **John and Laurie Chester** of Woodstock and the **Canaday Family Charitable Trust**. With their support, the primary care clinics at the Hospital and at OHC have begun to implement the Vermont Family Based Approach (VFBA) to better address emotional behavioral health.

Recognizing that children thrive best in healthy families that are able to support them, Dr. James Hudziak, of UVM's Vermont Center for Children Youth and Families, developed this evidence-based health promotion strategy for preventing and reducing risky behavior that negatively impacts children's health - and that of their families.

This methodology is based on 20 years of research in genetics and brain development, which demonstrates the impact of family on the mental and physical health of children. It is a family-centered approach to wellness that emphasizes emotional wellbeing.

Each patient is paired with a Family Wellness Coach who supports behavior change to help achieve wellness goals. Participants engage in a family-based health assessment and are supported in the development and implementation of a Family Action Plan. Coaches also collaborate with families to set wellness goals that address risk factors and enhance protective factors; serve as liaisons between the family and their healthcare team; and guide family members to learn positive parenting and communication skills.

Participant families are being referred by our pediatricians, but eventually we will conduct broader, community-based outreach and screening.

Adding such a significant program is challenging for a small organization like MAHHC. It is only possible through the support and generosity of insightful and inspired community members who recognize a need and step forward to make a difference. If you see a need, talk to us. Together, we'll work to enhance wellness in our community.

By implementing the VFBA, MAHHC seeks to:

- engage families in skill development that helps them positively interact with and teach children with behavioral challenges;
- help children with behavioral symptoms develop skills which may prevent or resolve health-related issues;
- identify young children who may be at risk of behavioral difficulties and prevent them from developing risky behaviors; and
- make the VFBA part of the fabric of the community by organizing and mobilizing a team of local stakeholders for sustainability.

Just imagine what a difference your philanthropy could make!







Positively VITAL: The Campaign for Mt. Ascutney Hospital and Health Center is a critical component of MAHHC's commitment to quality, sustainable healthcare for the greater Windsor and Woodstock communities.

The goals of the Campaign underscore the importance to this region of keeping quality healthcare close to home, with options for care that respond to the identified needs of the families in our service region. The Campaign is a key funding source for the major facilities improvement program launched in 2013 and continuing at this time.

This initiative comprises a \$7 million investment in facilities improvements at both the Hospital in Windsor and the Ottauquechee

Health Center in Woodstock. Some of what has been done thus far is apparent to anyone visiting these facilities. Other work, while less visible, is no less important to our ability to deliver a quality patient experience in a comfortable and modern environment. Over \$2.9 million has been raised in gifts and pledges to the Campaign to-date -- more than forty percent of the overall cost of the capital improvement program. This is a wonderful achievement for our community and we are extremely grateful to the generous donors who have brought us this far. As the Campaign enters its final months, we are seeking the support of an even broader coalition of community members, patients, friends, and area companies to help surpass our Campaign goal of \$3.25 million.

PROGRESS TO DATE:

Impacting the entire Hospital

- All patient rooms are now private, single rooms
- Redesigned Hospital Pharmacy to promote better patient outcomes and safety
- Upgraded mechanical systems throughout the Hospital to improve comfort, safety, and energy efficiency

New Acute Inpatient Rehabilitation Center

- All new facility with twice the space of the former Rehabilitation Unit, featuring ten modern, private patient rooms and a physical therapy gym
- Expanded space for Physical, Occupational, and Speech Therapies
- Recreational Therapy Studio to help patients resume their favorite activities and hobbies
- Home-style practice Kitchen and Transitional Apartment to ease patients' transitions from the Hospital to their homes

New Outpatient Therapies Unit

- All Outpatient Therapies are now located together, next to the Miller Therapeutic Pool, for the convenience of our patients
- Larger Outpatient Physical Therapy Gym to serve more patients
- New treatment spaces for added patient comfort and privacy
- New Pulmonary Rehabilitation Program
- Expanded space and equipment for Cardiac Rehabilitation patients
- New Vector Gait & Safety System® innovative technology available nowhere else in New England, for enhanced patient outcomes and safety
- Enhanced support for Case Management services
- New space for the growing Hospitalist service

Ottauquechee Health Center

- Reconfigured patient reception area to ensure patient privacy
- Additional exam rooms to serve more patients

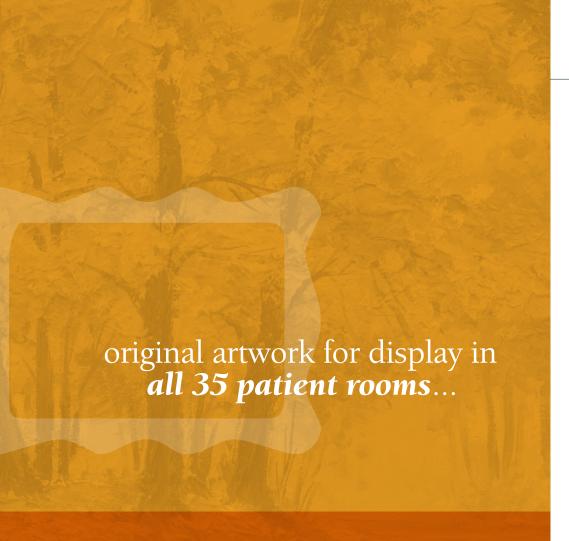
- More comfortable waiting room
- New artwork to create a more welcoming environment
- New digital x-ray system to reduce radiation exposure and to improve image quality for more accurate diagnoses
- Introduction of Magnetic Resonance Imaging (MRI) services for added patient convenience
- Updated and enhanced electrical and mechanical systems throughout the facility

Private philanthropic support is *positively vital* to the success of this Campaign. With additional support in the coming months, more improvements will come, as we complete our strategic investments to ensure quality, sustainable healthcare for the communities we serve.

STILL TO COME:

- Innovative Rehabilitation Courtyard, where patients can practice outdoor tasks in a challenging natural environment under the supervision of their caregivers
- Memorial and Hospice Gardens, where patients and families can benefit from the peace and beauty of nature
- Reconfigured space in the Professional Building to add new medical specialties, allowing greater patient access to services close to home
- Further enhancements to the Ottauquechee Health Center to ensure quality care and long-term service to the greater Woodstock community
- New healthcare programs and support services in Windsor and Woodstock to address identified community needs

Donors to the *Positively Vital* Campaign and to the MAH Annual Fund are helping keep Mt. Ascutney Hospital and the Ottauquechee Health Center strong. These facilities are *positively vital* to the communities we serve – and our communities play a *positively vital* role in ensuring that these essential services remain at the heart of our region, working to improve health and wellbeing for all our citizens.



SIMPLY BRILLIANT: ART GRANT BRIGHTENS MAHHC

If a picture is worth 1,000 words, then the 2016 grant we received from the Susan Sebastian Foundation of Waterbury, Vermont is worth tens of thousands, because it covered the purchase of original artwork for discplay in all 35 patient rooms at Mt. Ascutney Hospital and Health Center. Now original paintings and photography are lifting spirits throughout the Hospital.

EMPLOYEE DONORS

caring in so many ways

ne of the most compelling stories about Mt. Ascutney Hospital is the manner in which the Hospital's own employees do "double duty" – as both care givers and charitable partners with the institution. You might assume that employees are capable and dedicated care givers, and you would be correct. But you may not know the many other ways MAHHC employees demonstrate their commitment to the patients, families, and communities they serve.

Throughout the year, MAHHC employees play an active role in helping the community – they organize food drives, run blood drives for the American Red Cross, provide medical care to runners in the Vermont 100 cross country race, gather coats and other warm clothing for families in need, and counsel high school students thinking of careers in healthcare fields. More than 280 MAHHC employees have made gifts or pledges to the Hospital's on-going Positively Vital Capital Campaign; scores of others have given to the Annual Fund, and many make regular gifts to the Employee Giving Fund (EGF).

Throughout the year, MAHHC employees play an active role in helping the community

Each year, the EGF gives all Hospital employees a chance to compete for mini-grants that support equipment purchases or program needs that are "extrabudgetary," but which the employees feel will improve care, impact the patient experience, or respond to other perceived needs. These minigrants are funded entirely by contributions from MAHHC employees. This is an excellent example of how, when a few folks donate to a cause, even in modest amounts, they can, over time, have a huge impact. To date, the Fund has provided assistance to nearly every department and program within the Hospital and at OHC. Grants from the Fund have now surpassed the quarter million dollar mark! And the most recent round of grants, totaling nearly \$16,000, demonstrates just how diverse, and how significant, these gifts are.

Here's a sampling of the 2016 EGF grants (ranging from \$300 to \$2,500):

- One EGF Grant enabled the Acute Rehabilitation Center to purchase a new lift chair for use by both patients and visitors with mobility challenges, while a second grant covered the cost of a new refrigerator for the rehabilitation staff's break room.
- The Emergency Department was able to purchase new hover mats for use in safely transferring patients between stretchers and gurneys or x-ray tables, as well as new oxygen sensors found to be more reliable in measuring patients' oxygen levels.
- The new Inpatient Physical Therapy Gym received a grant to purchase equipment that assists patients who may be confined to a bed or have limited mobility to practice transfers and access rehabilitative equipment. At the same time, the Outpatient Physical Therapy Program at the Ottauquechee Health Center got funds for a new stationary bicycle to meet the needs of patients in that rapidly growing service.
- The Employee Wellness Program received a grant to buy two elliptical trainers to enable more employees to participate in our in-house wellness program. A second grant funded the purchase of three Varidesks. These are sit-stand workstations for employees who may, for health reasons, need to work in a standing position.

From touch-free thermometers in the Emergency Room to materials to build a "Fine Motor Skills Tool Kit" in Occupational Therapy, from new equipment for the growing Pulmonary Rehabilitation Program to a new open rack system for more efficient storage and retrieval of medical supplies, the Employee Giving Fund in 2016 continued its tradition of granting small amounts of money to improve patient care and create a better workplace for all MAHHC employees.

The next Employee Giving Fund grant cycle will be announced *early in 2017*. Meanwhile, employee donors continue to make gifts to the Fund to ensure that the next round of grants will be even larger than the last.





34 YEARS AND COUNTING: THE ANNUAL MAH CLASSIC BUILDS ON PAST SUCCESS

Then the golfers arrived at the Woodstock Country Club on June 27th for the 2016 MAH Classic, the beautiful weather was a harbinger of the wonderful day on the links to come. The 120 golfers who showed up to play were as excited to be supporting the Hospital as they were eager to get out on the course to compete. Interim CEO Gay Landstrom and Director of Development Tony Tremblay thanked players and sponsors for helping guarantee another successful Classic.

True to form, this year's Classic produced an impressive net contribution to the Hospital of more than \$32,000. Coming in the third year of the Hospital's *Positively Vital* Capital Campaign, the 2016 Classic helped meaningfully to advance the largest fundraising effort in the Hospital's history. "The annual Classic has been our most important fundraiser for over three decades," said Tremblay, "but this year, with our capital campaign moving into its final year, proceeds from the Classic will really have an impact. We've now raised about \$2.8 million to support the Hospital's \$7,000,000 capital improvement program, so every dollar raised through the Classic reduces the impact this work will have, down the road, on the cost to our patients of the services we provide."

The MAH Classic has enjoyed steady growth since its inception in 1983. This year's event, led by Championship Sponsor Sodexo, pushed overall support from the Classic past \$750,000. Great Eastern Radio returned as our Media Sponsor for the third year, airing more than 600 ads on its stations in the Upper Valley. "We are grateful to all our sponsors and golfers for making this event such a success," said Dr. Landstrom, "it is really inspiring to see so many of you here today, supporting Mt. Ascutney Hospital. This is what it takes, a community of friends, to help an organization like Mt. Ascutney Hospital thrive. I can tell you that everyone connected with the Hospital is grateful to each of you for this wonderful support."



CONGRATULATIONS TO THE FOLLOWING 2016 MAH CLASSIC TEAM PRIZE WINNERS:

LOW GROSS, FIRST PLACE:

The ReArch, Incorporated Foursome (Johnny Illick, Steve Savell, Dan Cameron, John MacIntyre)

LOW GROSS, SECOND PLACE:

Casella Waste Management (Bruce McCloy, Chuck Milliken, Shawn Jackson, Tom Lantz)

LOW NET, FIRST PLACE:

Bayada Hospice (Jessicea DeGrechie, Susan Manley, Alanna Farnsworth, Edita Hartig)

LOW NET, SECOND PLACE:

Tire Warehouse (Bobby Shlosser, Tim Targett, Sean Drower, Les Pitts)

LOW NET, THIRD PLACE:

Frazer Agency (Bertram Mills, Henry Wimett, Maxwell Frazer, Larry Frazer)

INDIVIDUAL PRIZES WENT TO:

LONGEST DRIVE (WOMEN):

Theresa Varmer

LONGEST DRIVE (MEN):

Rob Wells

CLOSEST TO THE PIN (WOMEN):

Mary Lee Buff

CLOSEST TO THE PIN (MEN):

Al Keiller

Eric Warren, playing in his fifth Classic as a member of Team Marasa, went home the happy recipient of a gift certificate for a set of four new tires for his car or SUV, courtesy of Tire Warehouse and Yokohama Tire Company — all for hitting his tee shot closest to the tire out on the 9th fairway. But it's probably Jim Lynch who's having the last laugh from this year's Classic — he won an all-expenses paid vacation trip to a destination of his choosing, provided by LeaderBoard Air Cannon. Jim came within a few feet of "shooting" a hole in one with the Air Cannon — a new element added to the Classic this year that was the talk of the day among the golfers.

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A special "Thank You" goes to all the donors to the 2016 Classic Silent Auction whose names are included in the Honor Roll of Donors listed elsewhere in the Annual Report.

Mark your calendar now for the 35th MAH Classic – Monday, June 19, 2017.

Stay tuned for details early in the New Year.

2015-2016 HONOR ROLL of Lonors



The 1933 Founders' Society

The Founders' Society commemorates the eight-decadeslong history of charitable support from our community that established Mt. Ascutney Hospital in 1933 and, in the intervening years, has helped the Hospital evolve in service to the community's needs. At the same time, the Society honors the memory of five outstanding physicians who helped establish the Hospital's reputation for delivering personalized, quality healthcare. Every gift to Mt. Ascutney Hospital and Health Center helps to preserve this vital institution for the benefit of our community. We are grateful to each and every donor for their support. Membership in the giving clubs of the 1933 Founders' Society is one way we can publicly express the deep appreciation we feel for the generous support provided by our donors. This Honor Roll of Donors is based on gifts and pledges of support received between October 1, 2015 and September 30, 2016.

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(Gifts and pledges of \$5,000.00 or more)

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