

GRACE COTTAGE EMERGENCY DEPARTMENT UPGRADES

THE INCREASING NUMBER of patients being seen in the Emergency Department at Grace Cottage requires that we add an additional Emergency Room. Privacy and safety, especially in the case of mental health emergencies, are crucial for all Emergency Room patients and the doctors and nurses caring for them.

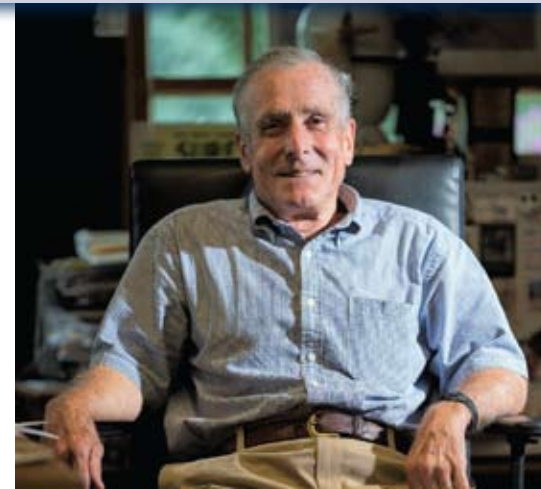
This summer, the Emergency Department waiting room was relocated across the hall to create space for an additional ER room, which has just been completed. Grace Cottage now has four Emergency Department beds.

An additional upgrade to the Emergency Department this year, thanks to the generosity of several donors, was an ultrasound, which uses high frequency sound waves to create an image of internal parts of the body, including organs, tendons, muscles, joints, and blood vessels. This ultrasound, dedicated for Emergency Department use, augments the ultrasound in Grace Cottage's Diagnostic Imaging Department.

Thanks to a generous grant from the Fanny Holt Ames and Edna Louise Holt Fund, a state-of-the-art digital electrocardiogram (to show the electrical activity of the heart) has been purchased for the Emergency Department as well. "Our ER consistently receives very high patient satisfaction scores," said Dr. Kimona Alin, Grace Cottage Emergency Department Director. "The medical professionals in our ER are very experienced, and we hear all the time from patients that the ER staff is also extremely compassionate. We're very proud of the high quality of care that we provide, and this new room and upgraded equipment are very appreciated as we see more and more patients."



(l. to r.) Alice & Richard Thall of Newfane, Howard Graff of Townshend, and Ernie Friedli of Windham attended a celebratory luncheon at Grace Cottage recently with Dr. Kimona Alin, in thanks for their funding of a new ultrasound (pictured) in Grace Cottage's Emergency Room.



"The time has come for me to retire from 'part time' medical practice at Grace Cottage Family Health", Dr. Robert Backus said, announcing that his official retirement date will be March 9, 2017. This will be a bittersweet transition for this rural country doctor who is so revered and beloved by his patients, peers, and co-workers. He's been a dedicated mentor to so many in his profession and to community members; his compassion, wit, and wisdom are legendary. "If you can keep your mouth shut and your ears open, patients will give you the diagnosis 80 percent of the time," he says.

Dr. Backus plans to work in his garden, split wood, fish, travel, and sing in the West River Valley Chorus, and will continue to work year-round on behalf of Hospital Fair Day's Auction.

Dr. Backus is insistent that there be no parties, no buildings named in his honor, and no ceremonies for his retirement, but we are collecting stories to put into an anthology so that they're not lost to time. Do you have a Dr. B (or "Dr. Quackus!") story to share with us? E-mail info@gracecottage.org or call 802-365-9109. We'll share some of these stories in the next issue of *Cottage Door*.

A MESSAGE FROM THE CEO

When I was Secretary of Agriculture, Food and Markets for the state of Vermont, I coined a phrase to describe what was transpiring in agriculture in the state: Renaissance of the Past. Essentially, this meant that everything old was new again, referring to the “back to the farm” movement that was, and still is, thriving.



This Renaissance of the Past is occurring throughout the healthcare arena as well, and it is very evident here at Grace Cottage. It's new people doing traditional things with new technology. Doctors used to make house calls, during which they could very rapidly assess how a patient's living situation impacted their health, whether positively or negatively; today, our Community Health Team members are making these house calls every day. Instead of relying on patients to come to us, we are also going to them. Increasingly, we know that health of a population in any given area is deeply affected by not just the type of health care people receive, but also by their physical and social environment, gender, race/ethnicity, and educational and employment opportunities.

As part of this Renaissance of the Past we've realized the critical importance of nutrition and exercise; our ancestors, by necessity, ate what was grown locally and, without modern conveniences, life demanded that they work hard physically. We are at a wonderful cusp where, if we combine the nutrition and fitness of the past with today's exceptional technology, medicine, and holistic approach of considering the body, mind, spirit, and emotions, we will be able to help the community that we serve achieve optimum health, one patient at a time.

Roger Allbee, CEO

DR. SUSAN LEMEI

We are very pleased to announce that Dr. Susan Lemei has returned to Grace Cottage. She has closed her practice in Chester, Vermont and will be working in Grace Cottage's Emergency Department. A graduate of the University of Rochester School of Medicine, she completed her residency at Central Maine Medical Center in Lewiston, Maine. In her free time, she plays the tuba, trombone, and euphonium with area bands and orchestras. Welcome back, Dr. Lemei!



A grateful patient writes:

“I chose to live in Townshend knowing that Grace Cottage would be nearby and bearing in mind that Grace Cottage has an excellent reputation. The obvious professionalism of all the staff, plus the genuine warmth, concern, and interest in their patient, as well as their attention to family members accompanying the patient was what I liked most. My negative health experience was made positive by the competence and humanity of the Grace Cottage staff.”

Bak Yeo
TOWNSHEND, VT



On the fourth Thursday of every month, the Vermont Food Bank team comes to Grace Cottage to distribute fresh fruits and vegetables to families who might otherwise not be able to afford to buy produce. Approximately 60-70 area families benefit from this program, which is open to anyone and everyone who needs help to sustain a healthy lifestyle. The Food Bank's VeggieVanGo employees, pictured here, provide cooking demonstrations as well; kale was the vegetable prepared at July's free distribution at Grace Cottage.

WISHES GRANTED...

- ♥ The Irwin & Dorothy Nessel Foundation made a very generous donation for building renovations; part of this contribution was used to build a new handicap-accessible ramp and entrance for patients using outpatient rehabilitation services.
- ♥ The West River Westies Late Model VW Bus group raised \$1,500 at their weekend gathering at Ball Mountain Campground in July. These funds were used towards the purchase of a bed for the newly-constructed room in the Emergency Department.
- ♥ Jean Danilow made a very generous donation for the purchase of a heavy-duty commercial dishwasher for the Dietary Department, along with a new floor, industrial wall paneling, and ancillary equipment.
- ♥ The Fanny Holt Ames & Edna Louise Holt Fund donated \$57,796 for a new EKG (electrocardiogram) for the Emergency Department.
- ♥ Margaret Bernache's generous contribution was used for the purchase of platform crutches for physical therapy patients, an air mover to assist the Housekeeping Department with drying floors in the hospital more rapidly after cleaning, and color-coded cutting boards for Dietary.
- ♥ Elizabeth Walker, Heather McConnel Goukler, and Andrea Seaton made donations for hanging baskets of flowers outside building entrances on campus in memory of Joan McConnel.
- ♥ Millie Austin generously donated for a variety of Dietary and Rehab equipment in memory of David Austin and William & Florence Rounds.
- ♥ The Deerfield Valley Rotary Club made a generous grant for a portable SPO² monitor to measure patients' heart rates and blood oxygen levels.
- ♥ These supporters made generous donations to make the Emergency Room expansion project a reality:
Frances Alford • Jim & Chris Bogdany • Faith Boone
John & Sue Eastwood • Sue Hadden • Mary Moberly
Blake & Helen Prescott • Michael Roemer
Dr. Christopher & Deborah Schmidt • Dr. Kenneth & Wendy Rudd
Richard & Barbara Whitcomb Foundation • Ben & Jennifer Wright

WISHES MADE...

- ♥ A new heavy-duty commercial scale with hand rails is needed to weigh patients who are in the hospital. \$1,475.
- ♥ An additional freezer to store vaccines for patients is needed by the healthcare providers at Grace Cottage Family Health. \$650.
- ♥ The Housekeeping Department needs two heavy-duty 23-gallon step-open waste receptacles. \$180.
- ♥ The Diagnostic Imaging Department needs a variety of items for helping to position patients that are receiving CT scans. \$1,372.
- ♥ The Rehabilitation Department is in need of an assistive piece of equipment to help transfer partially-mobile patients from a sitting to a standing position in the hospital. \$1,400.

Grace Cottage's Wish List is updated monthly on our website, at www.gracecottage.org, or call 802-365-9109 for more information.

Grateful family members write:

“Our family would like to express our sincere appreciation to Grace Cottage for the outstanding care you gave to our mother, Jeannine Abare. From the first day, we noticed the professional and compassionate attitude the doctors and staff exhibited to all of their patients. The level of care we observed from those who were responsible for our Mom made us feel that she was in good hands, even when we weren't there.

The extra room that was offered to us, as well as the trays of food to feed our family members who were visiting were so truly appreciated and went beyond the basic needs of providing for our Mom in her last days.

Our family would like to thank you ALL from the bottom of our hearts for everything you did for our Mom, for the wonderful care you provided to her, for us, and for every kind word spoken. We were so touched that you made this time easier and loving.”

Reginald Abare & family
WESTMINSTER, VT



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The mission of Grace Cottage is to serve the health care needs of our community; to promote wellness, relieve suffering, and restore health.



11TH ANNUAL TOUR DE GRACE

Nobody could have predicted that it would be 52 degrees at Stratton and misty-moist on Saturday, July 9th for the 11th Annual *Tour de Grace*, but the 68 stalwart riders (out of over 100 who pre-registered or who showed up but decided not to ride and made a donation anyway!) had a fabulous time. Riders ranged in age from 3 to 77. Surprisingly, the dirt roads and trails were dry (fortunately, the heavy rain came later in the day, after the ride was over). The event raised over \$4,000 for patient care at Grace Cottage, and wouldn't be possible without the dozens of volunteers who make it so fun and safe for riders, and without our generous sponsors: Cota & Cota Oil, D&K's Jamaica Grocery, Howard Printing, Solstice at Trailside, Stratton Village Square Shops, Three Mountain Inn, and Von Barga's Jewelry. Save the date for the 12th annual *Tour de Grace*: Saturday, July 8, 2017.

A grateful couple writes:

“Grace Cottage is special to many. When Harold broke his hip years ago he received excellent care and was treated like a member of the family. We will be forever grateful that Grace Cottage is part of the health care choices in this area. Thank you for all you keep doing.”

Harold & Jean Newell
DUMMERSTON, VT



THE 7TH ANNUAL *Spring into Health 5K* on May 7th brought out 112 runners and walkers on a cool, moist morning. Tammy Richards of Williamsville was the top woman finisher (18:48), followed by Morgan Potter of Westminster (23:56) and Nancy Libby of Brookline (25:04). The top men were Mike Owens of Wardsboro (18:32), Lucas Newton of Townshend (19:56) and Mike O'Neill of New Canaan, CT (20:06). Congratulations, everyone who participated, and thanks to all of the volunteers who helped make this event a success! Special thanks to Dr. Moss Linder who is the originator and prime champion of *Spring into Health!*

SEVENTH ANNUAL TEE IT UP FOR HEALTH

DESPITE TEMPERATURES IN THE 50's and rain that didn't let up until a half hour after the tournament started, an all-time record of over \$31,000 was raised, after expenses, at the 7th Annual *Tee It Up For Health* golf benefit for Grace Cottage's Patient Care Fund.

Thirty-three teams participated in the tournament, held on Saturday, June 11, at The Hermitage Club at Haystack Mountain.

The winning team was Coop Bills, Linda Jane Parson, Scott Clearly, and John Streeter. Second place team was Ward Dannemiller, Eileen Ranslow, Elizabeth Walker, and Scott Wilson. Third place team was Tony Tribuno, Marty Roth, Chad Bullock, and Jack Powers.

EVENT SPONSORS were The Richards Group, The Hermitage Club at Haystack Mountain, and Elizabeth Walker. **SILVER SPONSORS** were: Andy & Linda Barber, Brattleboro Memorial Hospital, Brunelle & Son, Cerner Corporation, Lawrence & Lober Electric Services, and People's United Bank. **HOLE SPONSORS** were: Baker Newman Noyes, Dead River, Durand Motors, Five Maples, G.S. Precision, G.S. Precision Coatings, Homestead Landscaping, Howard Printing, Irving Fuel, Lavallee Brensinger, Northeast Delta Dental, Primmer Piper Eggleston & Cramer, River Valley Credit Union, Southern Vermont Podiatry, West River Family Dental, Windham Foundation, and WW Building Supply. **BRONZE SPONSORS** were: Advance Notice Advertising, BlueCross BlueShield VT, Lawton Floor Design, and Leader Beverage. **HOLE-IN-ONE SPONSORS** were Brattleboro Subaru (nobody won the 2016 Subaru Crosstrek) and The Hermitage Club at Haystack Mountain. Brown Computer Solutions of Brattleboro donated an Ipad Touch for the Putting Contest, which was won by Tracy Sloan.

Special thanks to the many volunteers who made this possible, especially volunteer organizers Elizabeth Walker, Eileen Ranslow, and Betsy Miller, and to The Hermitage Club's golf pro, Drew Anderson, and his staff.



AUXILIARY NEWS

66TH ANNUAL HOSPITAL FAIR DAY SATURDAY, AUGUST 6, 2016



Thanks to Jen & Tom Connor's Costume Booth, butterflies adorned the Townshend Common on Fair Day!



Fair Day Chairperson Laura Smith with Barb Barber.

THE 66TH ANNUAL HOSPITAL FAIR DAY was a fabulous success, thanks to the hard work of many volunteers who pull together every year to raise funds for needed equipment at Grace Cottage. Saturday, August 6th, dawned with rain, but the skies cleared quickly (especially on and around the Townshend Common!) and the crowds of volunteers and fairgoers came to make it a wonderful day.

"The feeling of community spirit at Fair Day is overwhelming", said CEO Roger Allbee, who was busy, with his wife Ann, helping out at the very popular Book Booth. "So many people rally around this hospital to help make sure that it's here for the community, or in thanks for the care that they've received here. Such a tremendous amount of work goes into making Fair Day such a wonderful and unique event every year; it's truly amazing and heartwarming."

Over \$70,000 was raised in one day which, after expenses, will pay for equipment totaling over \$45,000 at Grace Cottage. THANK YOU to everyone who helped, in large and small ways, to make this possible.

We're collecting items for August 5, 2017, so call me at (802) 365-9992 to schedule a pickup of furniture, cars, boats, books, toys, and household items. It's never too early!

— Laura Smith
Fair Day Chairperson



Claire Zukas helped Carrie Attley dispense balloons to fairgoers.



Several "babies" born at Grace Cottage surround the stork.



Transformation into Batman!

A TRIBUTE TO STAN HOLT, 2000-2014 FAIR DAY CHAIRPERSON



IT SEEMED APPROPRIATE that the memorial commemoration for Stanley Holt at Fair Day consisted of a Dixieland Jazz band performance for the crowd. A person who always chose to find silver linings in every cloud, constantly emphasizing the positive, Stan's personality was reflected in the upbeat, clap-your-hands music played on August 6th on the Townshend Common.

A graduate of Loomis School, Middlebury College, and Union Theological Seminary, Stan became a Presbyterian minister in St.

Lawrence County, NY, and was a University of Cincinnati campus minister. He then became a community organizer, first in Chicago, then in Providence, Baltimore, Fall River, Boston, Vermont, and elsewhere. When he and his wife, Marge, moved to Vermont in 1981, he grew Christmas trees, logged, and managed the family farm until his death, at age 84. When Stan died on May 4th, the pear tree that had been planted in his honor last year at Grace Cottage was in full bloom.

THE GIFT OF GIVING

YOUR GRACEFUL LEGACY

A **PLANNED GIFT TO GRACE COTTAGE** creates a personal legacy and helps to ensure the quality and longevity of healthcare in this rural area of Vermont. A charitable gift annuity, gift of life insurance, IRA or other retirement plan, or other estate gift can help Grace Cottage continue to be a vital health resource for those who need our services well into the future.

If you have already included Grace Cottage in your estate planning, please let us know so that we can thank you now (knowing that many planned gifts are revocable and can/may be changed in the future, so we won't hold you to it!).

A bequest may often be the largest single gift that can be made by an individual, and this has certainly been true during Grace Cottage's long history as a recipient of bequests.

To discuss the impact of your legacy, please call Andrea Seaton at 802-365-9109 or e-mail aseaton@gracecottage.org.



A ceremony was held on June 15th to dedicate the foyer of Grace Cottage's Community Wellness Center, in memory of Leona Tabell, thanks to a donation from Leona's husband Bill. Leona taught math for 32 years at Uniondale High School in Uniondale, NY before she and Bill moved to Vermont full-time in 1999. An active volunteer with the Newfane Garden Club, Sew Whats, and Grace Cottage, Leona died in 2012 at age 69. Thanks to Bill's donation in memory of his beloved wife, the Community Wellness Center now has new fully-insulated windows, which will reduce energy usage and cost.

Praise for Grace Cottage Hospital

"I was mystified by the nurses' connection with their patients and I finally figured it out – it was the best connection ever. It was the magic formula that is known as patience and kindness that built the bridges between them.

When my partner, Sandy, said, "I feel better already after one day in Grace Cottage. Maybe they will keep me longer," I knew the connection was perfect. Nothing more need be said for the smallest and best hospital in the USA. God bless everyone at Grace Cottage Hospital."

Sandy Sanders

Faith Boone
NORWICH, VT

Faith and her partner, Norma "Sandy" Sanders, owned Schoolhouse Antiques in Saxtons River, VT for many years, during which time they relied on Grace Cottage for their healthcare. Faith was recently moved to write this tribute; Sandy died in Norwich, VT in 2012 at the age of 96.

CABIN FEVER AUCTION

Grace Cottage's 2017 **Cabin Fever Auction** will be held February 1-28, and we'll have some wonderful items available again, including vacations, art, and gift certificates for area businesses. This is a great way to support Grace Cottage, so check out www.gracecottage.org as the date gets closer. If you have something you'd like to donate, call (802) 365-9109 or e-mail info@gracecottage.org. On behalf of all the patients we serve, thank you for your generosity in donating and/or purchasing auction items.



Grace Cottage Hospital & Grace Cottage Foundation are 501(c)3 nonprofit organizations. The mission of Grace Cottage Foundation is to raise funds on behalf of Grace Cottage.

Donations to Grace Cottage Foundation are tax deductible to the extent allowable by law. Grace Cottage Foundation's Federal Tax ID # is: 03-0343282.

Donations may be made by cash, credit card, check, stocks, bonds, or other tangible assets. Call Andrea Seaton, Executive Director, at (802) 365-9109.

An audit of Grace Cottage Hospital & Grace Cottage Foundation is available upon request.

THE GIFT OF GIVING: HOWARD GRAFF

RESIDENTS of the West River Valley and patients of Grace Cottage Hospital are so fortunate to be beneficiaries of Howard Graff's generosity, wit, and humor, as anyone who knows Howard will quickly attest.

A native of Wisconsin, Howard served in the military for three years, in Vienna during reconstruction after WWII, and then, through a twist of fate, became an assistant to fashion and portrait photographer Richard Avedon in 1949. When Howard ultimately opened his own photography studio, model Dorian Leigh was his first subject. Following numerous photography assignments for House Beautiful and Architectural Digest ("I was a frustrated interior decorator," laughs Howard), he worked for Lillian Bassman at Junior Bazaar and Harper's Bazaar. Howard's partner, Joseph ("Bert" Martinson, Jr.), who died in 1970, was the son of the founder of Martinson Coffee and, thanks to Howard, Grace Cottage has been the recipient of many annual grants from the Joseph Martinson Memorial Fund over the past three decades.

After Bert died, Howard met Richard Haas and their transition from Manhattan to Townshend began

A grateful patient writes:

"I was visiting friends in Townshend, about to set off on a road trip from Vermont to Arizona, when I managed to fall off a staircase and dislocate my shoulder. Dr. Rudd and the ER team provided very high quality and professional care – and were all exceptionally friendly, helpful, and good-humored. Now returned from my road trip, I shall continue to remember Grace Cottage's excellent medical services with much gratitude."

Lucy Emerton

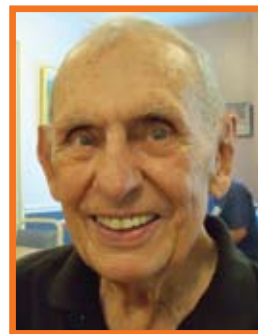
CAMBRIDGE, UNITED KINGDOM

in 1978 when the two were visiting photographer Joseph DeRosa at his home in West Townshend. "We looked at a house, bought it, and moved up year-round in 1979," said Howard. Dick acquired 19 Morgan horses while Howard created Colt Barn Antiques with Townshend resident Walter Tarbell.

"Do you know how to make a small fortune in Vermont? Start with a big one!" laughs Howard. His "fortune" has been made in his legacy of constantly helping others and, in

2014, he received Senior Solutions' Excellence in Community Service Award.

"Grace Cottage saved my life when I had a stroke in 2005," said Howard. "Dr. Backus has always been my doctor, and Dick's, until Dick died in 2009. We always wanted to give back to Grace Cottage in any way that we could, and my bequest to the hospital is one way to do that."



GIFTS WERE RECENTLY RECEIVED IN HONOR OF:

Dr. Robert Backus ♦ Denise Choleva ♦ Dr. Maurice Geurts
Grace Cottage Doctors & Staff ♦ Bryan & Natalie Donovan
Kenneth & Phyllis Emery ♦ Arline Olson ♦ Dr. Timothy Shafer ♦ Elizabeth Walker

♦ MEMORIAL GIFTS ♦

Donations have been received between April 25, 2016, and August 15, 2016 in memory of the following individuals:

David Abolafia ♦ Richard Albert ♦ David Allbee ♦ Harlan & Jessie Allbee
Dale Ameden ♦ Kjell Anker ♦ David Austin ♦ William Ayers ♦ Sylvia Ballantine
Mollie Beattie ♦ Cecil Bills ♦ Janet Bills ♦ Junior & Gladys Brooks ♦ Larry & Jean Brooks
John & Ruth Broutsas ♦ Gladys Brown ♦ Janet Bush ♦ Jan Chamberlain ♦ Betty Chao
Dennis Choleva ♦ Chris Coleman ♦ Kenneth Coleman ♦ Phil Coleman
Phyllis Coleman ♦ Janice Cominoli ♦ Wendell Covey ♦ Cece Dauchy ♦ Russ Dawson
Don Elliott ♦ Alice Chuck Eng ♦ Theresa Wilson Frank ♦ Eric Griffiths
Frank & Frances Grout ♦ Joseph Hamilton ♦ Deb Hescocock ♦ Julia Holland ♦ Stan Holt
Herbert Howard ♦ Russell Howe ♦ Lin Hozempa ♦ Edward Hurley
Forrest "Zip" Jacobs ♦ Joel Johnson ♦ Joe & Rose Keller ♦ George Kimball
Luanne Kopecky ♦ Norman Lake ♦ Jack Lambert ♦ Richard Lang ♦ Richard Lapan
Kathleen LaTaille ♦ Otto Leuschel ♦ Herbert Lipsett ♦ Richard Locke
Helen Dexter Macdonald ♦ Gertrude MacDougall ♦ Siobhan Martel ♦ Gary Martin
Lucille Martin ♦ Joan McConnel ♦ Christine Mikoleski ♦ Malti Misra ♦ Oscar Newell
Robert & Beulah Northrop ♦ Dr. Carlos Otis ♦ William Pagach ♦ Phyllis Patrick
Charles "Red" Pearson ♦ Kim Perry ♦ Irene Phelps ♦ Ed Phoenix ♦ Edward Piascik
Oscar & Bernadette Plumley ♦ Leonard Randall ♦ Estes Rieder ♦ Esther Robinson
William & Florence Rounds ♦ Lorraine Meyer Schoellhorn ♦ Heidi Shine ♦ Peg Sievers
Elizabeth Spencer ♦ Lillian Thayer ♦ Bill Uptegrove ♦ Michalina Wasung
Len & Bernice Welch ♦ Alma Welker ♦ Wanda Welker ♦ Celia West
Marlene Whitacre ♦ Herman Wondrofski

We extend our sympathy to the families and friends of these loved ones, and our appreciation to those who have given in their memories. When memorial gifts are received by Grace Cottage, the donor is thanked, and the next of kin is notified of the gift. (The amount given is never divulged.)

A grateful patient writes:

“ There are not enough words to tell you what wonderful care I had at Grace Cottage.

I am a retired nurse and I know what a difficult job it is. The nurses were great, knowledgeable, and skillful. They all seemed to love their jobs. They took their time to talk, make me laugh, and to educate me about my illness. They never seemed too hurried to do what I asked.

The Occupational and Physical Therapists were gentle, patient, and caring. They taught me all I needed to know to successfully transition home.

Even Dietary went out of their way. I cut way down on what I was ordering because I was eating too much (the food was so good) and someone came to see what was wrong.

Your employees obviously enjoy their jobs and that joy rubs off to people like myself. I feel so blessed to have such a wonderful place in our community. ”

Jill Gentilin
EAST DOVER, VT

 Grace
Cottage

P.O. Box 216
Townshend, VT 05353-0216

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PUTNEY, VT
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A LIFE SAVED

While going about her duties at Grace Cottage on July 26th, Registered Nurse Christine DeVault heard a patient screaming “Help, Help!” Christine ran into the hospital room and Yvonne Boyd pointed to her husband, yelling “He’s choking!” Jim was holding his throat with his hands and was unable to speak. Christine immediately performed the Heimlich maneuver and, after the second attempt, the blockage (from lunch that Jim had brought from home) popped out and Jim was able to say: “That did it, thank you so much.” Yvonne and Jim are very grateful to Christine, and we’re proud of her quick life-saving actions. We recommend that everyone learn to do the Heimlich maneuver; the life you save may be that of someone you love.

HEALTHY AGING CONFERENCE

TUESDAY, NOVEMBER 15 & WEDNESDAY, NOVEMBER 16
AT THE GRAFTON INN, GRAFTON, VERMONT

TAKE CHARGE OF YOUR HEALTH, your security, and perhaps even your longevity at this inspiring and informative conference, presented by area wellness professionals and Grace Cottage staff. In addition to a wide variety of workshops, individual massage therapy, reiki and/or zero balancing sessions will be offered throughout both days of the conference at no extra charge.

The opening keynote address, by Dr. Jesper Brickley, will be “Feeling Good Never Grows Old” and the closing keynote will be by Dr. Robert Backus. In between will be sessions such as: Healthy Eating for Life ♦ Medication Interactions ♦ Financial Refresher ♦ Advance Directives Workshop ♦ Fraud Alerts ♦ The Psychology of Aging Well and Positive Thinking.

Before, between, and after workshops and individual massage therapy, reiki or zero balancing sessions, participants can take advantage of all that the beautiful quintessential Vermont village of Grafton has to offer: art galleries, a blacksmith shop, museums, Grafton Village Cheese, Grafton Ponds Outdoor Center, and much more.

For more information, call 802-365-3616 or visit www.gracecottage.org/events. The conference cost is \$195 per person for one day, \$250 for two days, or \$400 per couple for two days, including breakfast both days, and lunch on Tuesday (mention that you read *Cottage Door* to receive a 10% discount on the conference cost). Discounted rates at the Grafton Inn are available for overnight stays; room reservations may be made by calling 802-843-2248. Space is limited, so register soon!

