

**Healthiest States
in America -
The Top 10**

1. Hawaii
2. Vermont
3. Massachusetts
4. Connecticut
5. Utah
6. Minnesota
7. New Hampshire
8. Colorado
9. North Dakota
10. Nebraska

Source: United Health Foundation - Health Rankings 2014
Chart by New England Business Journals.

Special Sections

Spring Construction

The region's employment issues were discussed at a summit; Montpelier Construction is on a mission to bring energy-efficient building techniques to the forefront in Vermont. **9**

Health & Wellness

We take a look at how retreats and spas can foster wellness; traditional Asian practices such as Reiki are becoming more mainstream; urgent-care facilities are popping up all over the state; and we offer some advice on setting up workplace wellness programs. **11**

Sports

Sports photographers bring a love of the game to their work; and a new exercise facility featuring work on a traditional ballet barre has opened in Burlington's Blue Mall. **17**

Inside

Business coach	4
People on the move	6
Short takes	7
Energy solutions	7
Open for business	8
Business insurance	14
Making a difference	15
Book review	16
Financial focus	16
Corridor connection	19
Money & you	20
Networking after hours	22

CHAMPLAIN BUSINESS JOURNAL

VOL. 19, NO. 4

LAKE CHAMPLAIN REGION

& CENTRAL VERMONT

April 2015

Top real estate agencies merge



JEFF CLARKE PHOTOGRAPHY

Officials with the new Four Seasons Sotheby's International Realty are pictured at the Hanover Inn in Hanover, NH. From left, Tom Heney, EVP and general manager; Alan DiStasio, EVP of brand development and managing broker; Stephanie Wheeler, partner and vice president; Pam Perkins, partner and vice president; Lisa Coneeny, EVP of southern Vermont region; Staige Davis, CEO; and Buff McLaughry, COO.

By MEG BRAZILL

Vermont's largest real estate firm, Lang McLaughry Real Estate – with 15 offices around the state – recently merged with Four Seasons Sotheby's International Realty's (FSSIR) three offices in New Hampshire. They further increased their market share by acquiring Vermont Country Properties Sotheby's International Realty, which

has offices throughout southern Vermont, including Londonderry, Manchester, Mount Snow, Okemo and Stratton. Combined, the three entities will operate as Four Seasons Sotheby's International Realty, with a total of 23 offices and over 220 sales associates across Vermont and New Hampshire.

As part of the Sotheby's International Realty Sotheby's: **21**

Spirits rising

By JOYCE L. CARROLL

The accolades keep pouring in for Appalachian Gap Distillery in Middlebury. At just one-year into production, the distillery has racked up a handful of prestigious awards in several national competitions. This year, it was awarded the gold medal for its unaged whiskey, Snowfall, at the American Craft Spirits Association and the bronze for its coffee liqueur, Kaffeän.

"They grouped the aged whiskeys with the unaged. Because of that grouping, it was even more important that we got a gold medal," said co-owner Chuck Burkins, adding that unaged whiskey, commonly referred to as moonshine, previously had a less than desirable reputation.

Kaffeän also garnered a bronze at the recent New Spirits: **20**

Burlington store has Swedish roots

By MEG BRAZILL

Fjällräven might be seen as a relative newcomer on Church Street in Burlington, but the company, which specializes in outdoor clothing and equipment, was founded in 1960 in Sweden.

With 55 years of experience creating outdoor products and clothing, Fjällräven is committed to providing functional, durable and timeless products to make the outdoors more enjoyable. The name itself, Fjällräven, means arctic fox, and the iconic image of a curled up fox appears on everything from scout-style badges to jackets.

About five years ago, the company established its Fjällräven: **22**

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Urgent-care clinics offer a lower-cost alternative to the emergency room



PROVIDED

Concentra Urgent Care's facility in South Burlington.

By SARA WIDNESS

Urgent-care facilities are relatively new kids on the block when it comes to how some medical conditions are assessed and treated. These facilities tend to be located in urban regions convenient to commuters. Clients don't need advance appointments; they can walk right in, as they would into an emergency department.

Clear Choice MD of New London, New Hampshire, opened its 10th urgent-care facility March 9, 2015, on Wiliston Road in South Burlington. It already has a presence in these two states and in Maine. Heading up this facility during its opening phase will be Marcus Hampers, MD, owner.

The University of Vermont Medical Center staffs Urgent Care on its Fanny Allen campus in Colchester. Concentra Urgent Care, a subsidiary of Humana, headquartered in Addison, Texas, has a facility in South Burlington, another in Barre, and three in New Hampshire.

Clients may opt for treatment at urgent-care facilities if unable to get an appointment with their primary-care physician, if they don't have a primary-care contact, or if their condition doesn't require a visit to an emergency room. Coughs, colds, allergies, sprains, lacerations and a host of other conditions can be treated in these kinds of facilities, explained Barry Magnus, M.D., vice president of medical operations for Concentra Urgent Care's East Zone. This

company has some 300 facilities in 40 states, making it the largest and only urgent-care organization with a national profile. The company treats 30,000 patients daily nationwide.

While appointments aren't required, people are advised to call ahead to ascertain what a wait time might be. Treating physicians often have family-medicine or emergency-care backgrounds, and/or they have received a certificate in urgent-care

training. Whether or not a patient returns for follow-up depends on the situation. For example, stitches may need to be

removed. This can be done at the urgent-care facility. Cases may also be referred to a patient's primary-care physician along with electronic sharing of files. The companies follow confidentiality protocols. Clients sometimes pay for services by self-pay (credit cards may be used at some facilities) or through health insurance plans.

Daniel Weinstein, MD, is medical director at Urgent Care and an assistant professor of Family Medicine at the University of Vermont Medical Center.

"The benefit of coming here," said Weinstein, "is that you are part of an integrated health system where your records are easily viewed by doctors in the system."

"People are looking for lower-cost options to an emergency department. As systems evolve, urgent-care centers can play an important part

in health-care delivery for acute medical issues that can't be handled in the office but may not need the level of care offered in [the] emergency department," Weinstein added.

Alan Ayers, a board member for the Urgent Care Association of America headquartered in Naperville, Illinois, said: "Urgent care is

growing to better serve the ever-growing number of patients and their needs. Consumers increasingly desire more flexibility from their health-care providers and they need convenient, affordable, high-quality treatment during the evenings and weekends – hours that work best for their schedule." ❖

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