

This Week

MID COAST

January 26, 2015

Issue #222

In This Issue

Mid Coast Hospital Auxiliary Completes Another Pledge!

CHANS Home Health Aide Recognized in National Publication

February 6 is National Wear Red Day

Health Risk Appraisal Check-ins

SAVY Care Giver Training – Begins Feb 4

Mid Coast Family Ski Day at Mt. Abram – Feb 8



MID COAST HEALTH SERVICES

Lois N. Skillings

President / Chief Executive Officer

Coleen Farrell, SPHR

Vice President, Human Resources

Human Resources

123 Medical Center Drive, Brunswick, ME 04011

(207) 373-6747

www.midcoasthealth.com

News & Information

Please send news and information to
pmiller@midcoasthealth.com

Mid Coast Hospital Auxiliary Completes Another Pledge!



Lois Skillings, president and CEO of Mid Coast Health Services, left, receives from Mid Coast Hospital Auxiliary President Ellen Hutchinson the Auxiliary's final payment on its \$120,000 pledge in support of the upgrade of the Maternity Unit infant security system. (Photo by Gerry Maraghy)

The Mid Coast Hospital Auxiliary announces its \$120,000 pledge to the hospital for the upgrade of the Maternity Unit infant security system was completed earlier this month. The system has been in operation since it was installed last summer.

Ellen Hutchinson, president, said the Auxiliary paid the pledge in three installments of \$40,000 each. "These payments were possible because of the support of the communities we serve and because we all work together." Hutchinson expects a new pledge will be announced this winter.

Since the opening of the new Mid Coast Hospital in 2001, the Auxiliary has gone over the \$1 million mark, with total donations for major capital projects at \$1,070,000. In addition, over \$400,000 has been awarded to mid coast area high school, college and non-traditional students in health career scholarships to support the education of the workforce.

The Auxiliary is now planning for three fundraisers this winter and spring, with proceeds going to the new pledge, healthcareer scholarships, the healing garden and the Teddy Bear Club.

The old Borders bookstore at Merrymeeting Plaza, Cook's Corner, has been leased again for the annual "Grand and Glorious" Yard Sale on May 8, 9 and 10. Drop-offs will begin Saturday, March 14, from 9 to 12 noon and continue every Saturday morning until May 2. Wednesday drop-offs will start April 1 and continue through April 29. Please call 443-6838 for more information.

The annual "Sweets for the Sweet" Valentine Bake Sale is Friday, Feb. 13, in the hospital Café corridor, 8 am to 1 pm. Donations of home baked goods are appreciated and may be taken to the Volunteer Office, next to the Gift Shop, Feb. 11 and 12, 7 am to 5 pm.

The very popular annual spring used book sale is Thursday and Friday, April 2 and 3, at the Hospital Café conference rooms. Drop-offs for books start Saturday, March 7, 9 to 12 noon, and continue on March 14, 21 and 28. Textbooks, Reader's Digest condensed books, and magazines are not accepted. Please call 725-7268 for more information.

*Submitted by Millie Stewart
Director of Volunteer Services
Mid Coast Hospital*

CHANS Home Health Aide Recognized in National Publication



Holly White CNA

CHANS Home Health Care's Home Health Aide, Holly White, CNA was recognized for excellence in her field and among her peers, by 'Home Health Aide Digest,' the first and only national publication devoted solely to home health care aides.

Each day, thousands of home health and hospice aides across the nation provide personal care to ill or disabled clients in the place they most want to be--home. Holly belongs to this important group of paraprofessionals who provide up to 90% of patient care in the home setting," says Home Health Aide Digest's publisher Nathan Unseth. "They are the backbone of the home care industry," Unseth continues, "and we want to recognize the vital contribution these workers are making to the health care industry."

Holly was nominated by Debbie Siegel, CHANS Home Health Aide and Private Duty Care Manager because of her outstanding commitment to her work and patients. Holly was selected for the 'Spirit Profile' because of the special spirit, skill, style, commitment, and compassion she brings to her work.

According to Debbie, Holly has worked for CHANS for over 15 years. “During that time, Holly has earned the highest respect from her clients, coworkers, and supervisors,” says Siegel, “and is most deserving of this national recognition.”

Holly holds a BS in Mental Health from University of Maine, Augusta, and has worked in special education and social services before returning to a career as a Home Health Aide. She stated, “I didn’t want to be stuck behind a desk, I wanted to be hands on. This ‘little’ job as a HHA is about the biggest thing that I can do.” White provides forty visits per week to both clients who are rehabilitating at home or on hospice care. “It’s a diverse group,” she says. “Some of my clients are close to death, but others are recovering from a stroke, or other illness and just need some support to get back on their feet.”

*Submitted by Amy C. Berube, LMSW
Marketing and Outreach Coordinator
Elder and Home Care Services*

February 6 is National Wear Red Day

Heart disease is the #1 killer of women in Maine.

It can be prevented.

Know the Signs of Heart Attack

- ♥ Chest pain or discomfort
- ♥ Pain or discomfort in jaw, neck, or back
- ♥ Feeling weak, lightheaded, faint, or sweaty
- ♥ Pain or discomfort in arms or shoulders
- ♥ Shortness of breath

At the first sign, Call 9-1-1 immediately. Don't miss a beat!

Go Red!

MID COAST HOSPITAL
123 Medical Center Drive, Brunswick, ME 04011
www.midcoasthealth.com/heart

Heart disease is not just a man’s disease. Each year, one in three women die of heart disease and stroke. National Wear Red Day is a special day to bring attention to this staggering fact. On Friday, February 6, 2015, all Mid Coast Health employees are encouraged to “Go Red” by wearing red to help spread the message that heart disease is killing our mothers, daughters, sisters, and friends. If your department is taking part in National Wear Red Day, let us know! Send a photo of your team wearing red to Judy Kelsh in Public Affairs, jkesh@midcoasthealth.com, so we can share on social media as part of the national campaign. Education and lifestyle changes can prevent 80% of cardiac events. Help raise awareness to end this killer of women. Make a change on National Wear Red Day and all year long!

*Submitted by Judith Kelsh
Associate Director of Community Relations and Outreach
Mid Coast Health Services*

Health Risk Appraisal Check-ins

It is a new year and time for Health Risk Appraisal check-ins. You will be notified by email or a note when you are due for your next check-in. Please sign up for the month you are due. If you work nights, Celeste Pascarella is more than happy to see you at 7:15 am on the days she works. Please call her to arrange at x6362. We are looking forward to seeing everyone and checking in.

SAVVY Caregiver

Are you caring for a family member or friend with dementia?

12 hour education/training program for family and friends caring for individuals with dementia living in the community. No cost to attend.

SAVVY CAREGIVER TRAINING BUILDS:

- Attitude:** Develop a sense of confidence in caregiving and learn how to care for yourself.
- Skills:** Learn tips and strategies for interacting and communicating with the person and how to understand and manage challenging behaviors.
- Knowledge:** Learn what dementia is and how it affects the person and a person's behaviors.

This training is a research study and caregivers need to complete surveys before and after the training to evaluate the program.

Location: Mid Coast Senior Health Center
528 Baribeau Drive
Brunswick, Maine

Dates: Wednesdays,
February 4—March 11, 2015

Time: 1:00 pm - 3:00 pm

Pre-registration required.

Sponsored by:



**To Register:
Call 620-1656**



Sponsored by: Office of Aging & Disability Services, Department of Health and Human Services, with funding from the U.S. Administration on Community Living, Alzheimer's Disease Supportive Services Program (ADSSP) grant.



Mid Coast Family Ski Day at Mt. Abram

This February, Mid Coast Health Employees will hit the slopes together for a fun day of skiing at discount prices!

When: Sunday, February 8

Where: Mt. Abram
Greenwood, ME

Rates: Adult ski passes are \$29
Junior ski passes are \$22
Senior ski passes are \$22
Tubing passes are \$10



Discounted rentals and lessons are available!

Pre-register by calling Celeste Pascarella at 373-6362 and then bring your MCH ID to the mountain.

Come join the fun!