



Hospital's new wing opens Sept. 23



*An Expanded
Emergency Department/
More Inpatient Rooms*

As the healthcare needs of our region grow, so do we! We'll be celebrating that growth with the opening of our new wing on September 23.

Mid Coast Hospital is expanding to meet the growing demands for

our quality healthcare services. This is our commitment to the communities we serve: to provide advanced care, compassionately delivered and accessible to all.

Our Emergency Department (ED) will double in size and

provide a more efficient design so we can better triage critical and urgent care patients. There will be additional treatment and counseling rooms, waiting space, and the ability to perform x-ray

See **Expansion, Page 2**



DESPITE SOAKING RAINS AND OVERCAST SKIES, Mid Coast's 20-member cycling team in this year's American Lung Association *Trek Across Maine* remained in high spirits. Here team members paused on the Colby College campus in Waterville to spell out MCH!

From left are Sharon Miller, RN; Kristin Jhamb, MD; Karmen Blackstone, ANP; Karleen Smat, RN; Janet Moore, RN; Lynne Nichols, CST; Paul Burns, MD, team captain; Matthew Hanna, MD; and Paul LaPrad, MD. The 25th annual event raised more than \$2 million not only for research and to fight lung disease, but also for many clean air projects to improve air quality in Maine and throughout New England.

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**MAGNET[®] RECOGNITION
celebrated in Augusta
& Brunswick See Page 16**

New wing opens

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imaging right in the ED.

"This all translates into more patient privacy and greater efficiency, which means less travel and less waiting for the patient," said ED Nurse Director Lori Allen, RN.

Additionally, she said, the technological advancement of having a computer in each ED room supports patient care by putting patient x-rays and medical records right at the healthcare professional's fingertips at bedside.

Mid Coast Hospital is also adding 18 new private in-patient rooms to provide additional capacity and flexibility.

"The gain for patients with the expansion of med/surg," said Sharon Geuthle, RN, nurse director, "is our greater capacity for admitting patients to the unit when they need to be."

She said the addition of a physical therapy room right in med/surg also means patients do not have to be transported out of the unit for them to have this essential treatment for their recovery.

The new \$21.3 million, 35,392-square-foot expansion will also create much-needed additional space to the hospital's diagnostics center—including more rooms for changing, preparation, counseling, and recovery after treatment.

The renovation of the former ED for Diagnostics is expected to be completed by April 2010.

The new space keeps our patients first in mind. Warm and inviting, the addition has been specifically designed to provide a speedier, more comfortable experience—helping to put our patients' minds at ease and their recoveries on a fast track.

Breast Health Center's Kim Lynch receives cancer foundation award

KIM LYNCH, RN, coordinator of Mid Coast Hospital's Breast Health Center, has been awarded the 2009 *Cure Breast Cancer for ME* Medical Care and Research Award of the Maine Cancer Foundation.

The award is presented annually to a healthcare professional who has gone "above and beyond the call of duty to make a positive contribution to, or difference in, the treatment of breast cancer."

Kim was nominated for the "depth of her understanding and compassion" for her patients.

Herself a cancer survivor who lost her sister to melanoma, Kim is dearly beloved by those with whom she interacts.

She has been coordinator of the Breast Health Center since its inception and has been responsible for decreasing the time it takes a patient to navigate the healthcare system between receiving an abnormal mammography result to diagnosis and treatment plan.

"Kim has streamlined the process and ensured that all patients receive the needed education and support as they go through the experience," said Lois Skillings, RN, NEA-BC, VP for Nursing & Patient Care.

"This helps patients feel that they are not alone in the process; that they have an advocate, a guide, and a caring person there with them."

Kim, who is also coordinator of the Breast & Surgical Oncology Clinic, has facilitated a breast cancer support group for more than a decade.

"Hundreds of women have come [to the group's sessions] for help and healing, knowing she will be



Kim Lynch, RN

there with her knowledge, caring, and support," said Terry Baker of the American Cancer Society.

Kim, a founding member of the Maine Breast Nurses Network, has "made a huge difference in the quality of life of people in the Mid Coast area and statewide," Baker said.

For our
MID COAST HEALTH SERVICES
family

MID COAST **LINE**

Published quarterly by Mid Coast Health Services for staff, volunteers, board members, and friends of CHANS Home Health Care, Mid Coast Hospital, Mid Coast Medical Group, Mid Coast Senior Health Center, and Thornton Oaks Retirement Community.

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MID COAST HEALTH SERVICES
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Mid Coast Area girds for return of flu—both types

Influenza may be global, but being prepared for it requires local action

“Some people may have heard about the flu so much that it has turned to background noise, but preparing to avoid it starts now and it is important,” says Lorna MacKinnon, RN, infection control and prevention specialist with Mid Coast Hospital.



Lorna MacKinnon, RN

That is why a group of emergency preparedness professionals from Sagadahoc and Cumberland counties and the State, nurse epidemiologists from our two local hospitals, EMS chiefs from various towns, and Bowdoin College are coming together to make sure the public is kept up-to-date on the latest flu information including how to avoid its spread.

“The take-home message right now is that a double dose of the flu is likely to hit us in the Fall so we will be dealing with both seasonal flu and the new H1N1 flu,” explains MacKinnon.

“Since there will be more flu around, it could spread rapidly, significantly affecting schools, the work place, families, and any place we get together.

“Hospitals and doctors could be overwhelmed if predictions for 30 percent of the population to have flu are realized. Most importantly, we can and should get vaccinated to limit the spread of both types of flu; flu vaccine should be here this month,” says MacKinnon.

The seasonal flu shot is expected to be available in September and H1N1 flu shots to arrive later in the Fall.

Locally, doctors’ offices, schools, Mid Coast Health Services and CHANS Home Health Care, and many employers are gearing up to provide flu shots to their patients, students, and employees through flu shot clinics—special days when they try to vaccinate as many people as possible.

“Key is for each one of us to be a part of the preparations,” says MacKinnon. “Flu vaccine by itself does not keep us from getting the flu unless we each take the initiative to get a flu shot.”

This year, because both H1N1 flu and regular seasonal flu are expected, there will be two different vaccinations and the H1N1 is a two-part series vaccination with 28 days between the shots.

“Being vaccinated benefits not just the person getting the shot, but also his or her family and co-workers. When you don’t get the flu, you will not pass it on.”

Healthcare Workers— You really need that flu shot!

There is no one at any of our facilities who is not essential in case of a widespread outbreak of flu. Healthcare workers are in regular contact with the public and those who are most at risk of getting flu. Protecting yourself against flu is of the utmost importance.

GET the SHOT. Our patients, residents, clients, and your colleagues are all depending on you. *For patient safety, for yourself, for your family.*

Who can help prepare for flu season?

Doctors’ Offices. They provide flu shot clinics for their regular patients.

Hospitals and CHANS Home Health Care: They are planning regular public flu shot clinics including “Flu Shot Fridays” in the local area.

Employers. Some workplaces will have their own flu shot clinics to encourage employees to get vaccinated.

Schools. H1N1 vaccine is being provided by the Department of Education for school children. Parents should take advantage of this effort to see that their children receive the flu shot.

Municipalities. They carry the message through their cable systems and web sites to get the flu shots. They encourage their staff personnel to get shots. With public works, recreation, public safety, planning and others, this is a large population that has regular contact with the public.

Churches. Sunday bulletins and announcements are an important way to get the word out.

YOU! Each individual needs to take the initiative to get a flu shot.

Mid Coast Hospital training ground for MMC/Tufts Medical School program



Photo by Mike L'Abbe

WILLIAM BOWER OF GLENDALE, CA, second from left, is welcomed to Mid Coast Hospital by President/CEO Herbert Paris; Marybeth Ford, MD, MMC/Tufts program site coordinator; and Vice President of Nursing & Patient Care Lois Skillings, RN. Bower spent three days of his Maine Medical Center/Tufts University School of Medicine physician training program orientation seeing doctor-patient relationships first hand at MID COAST MEDICAL GROUP-*Adult Care* in Bath. Bower is one of 31 in the first-of-its kind in New England partnership to recruit more doctors to rural areas.

Thirty-one aspiring doctors were welcomed in August into the first class of a ground-breaking medical school program created by a partnership between Maine Medical Center (MMC) in Portland and Tufts University School of Medicine in Boston.

One of those in the Class of 2013—William Bower of Glendale, CA—is spending his first semester with MID COAST MEDICAL GROUP-*Adult Care* in Bath.

The medical school program puts emphasis on doctor-patient relationships and so makes that the starting point.

Tufts and MMC teamed up in an attempt to address the statewide doctor shortage in Maine, where there are currently more than 230 physician vacancies.

Each year's class will accept at least 20 students from Maine in hopes of retaining 75 percent of the students as doctors in the state following graduation.

MMC/Tufts recruited students for the innovative program by offering all Maine-based students half-tuition scholarships.

Each member of the incoming class received a stethoscope which they will get to use immediately because all will receive patient contact right away as they do initial training with doctors in rural areas.

Students will spend the remainder of their first two years taking classes at Tufts. They will then return to Maine in their final two years with rotations at Maine Medical Center, Mid Coast Hospital, and other hospitals.

McGeough, Telsey open new urology office



Photo by Jeff Morris of The Pierre Studio

Urologists John F. McGeough, MD, FRCS(C), left, and Jonathan I. Telsey, MD, FACS.

Urologist John F. McGeough, MD, has joined with **Jonathan I. Telsey, MD**, to form **MID COAST MEDICAL GROUP-Urology**.

The practice has opened in **Suite 2350** in the medical office building at **81 Medical Center Drive** on the Mid Coast Hospital campus.

Dr. McGeough has closed his previous office on Baribeau Drive. The new more spacious and comfortable offices will better allow the two physicians to meet the needs of the growing practice.

Dr. Telsey, a graduate of Mt. Sinai School of Medicine in New York, NY, joined the active medical staff of Mid Coast Hospital in August.

For more information, or to make an appointment, call MID COAST MEDICAL GROUP-*Urology* at **373-6690**.



Caring Touch volunteers offer patients hand massage for ease and comfort

By Marla Davis, RN
Community Health Improvement

MID COAST HOSPITAL PATIENTS extol the benefits of a new program offered by trained volunteers to bring calm during their hospital stay.

The *Caring Touch* Hand Massage program brings the volunteers to the bedside of willing patients where they perform simple hand massage techniques.

A Relaxing Experience

Our patient experience mirrors research reports about how this massage can bring relaxation and a distraction from discomfort. The patients report that they find the massage “wonderful,” “enjoyable,” “relaxing.”

Many appreciate the visit of a caring person and a chance to talk with someone; others find this an opportunity to close their eyes and rest. The program has averaged 50 hand massages a month to date in 2009.

Caring Touch started with five palliative care volunteers in a three month pilot program in early 2008. It was so popular with patients that ten other volunteers were recruited in October of 2008.

Specially Trained Volunteers

The four-hour training consists of hands-on learning as well as discussions about infection control, the mind/body connection, and how to facilitate a comforting environment.

The training team members are Lorraine Ring, RN, LMT, Behavioral Health; Lorna MacKinnon, RN, Infection Control; Linda Kastner, RN, ICU; Marla Davis, MSN, RN,



Photo by Marla Davis

CARING TOUCH VOLUNTEER CHUCK WRIGHT gives a hand massage to a Mid Coast patient.

Community Health Improvement; and Sandra Carslick, RT, who is also a volunteer at the hospital.

Sandra also assists Director of Volunteer Services Millie Stewart with orientation, training, and scheduling for the program. In order to expand this service and the comfort and satisfaction it provides, more volunteers will be trained in the fall.

Current hand massage volunteers are Priscilla McKeith, Ellie Patterson, Dr. Charles Wright, Carolyn Hall, Olma Sullivan, Marilu Ostromecky, Sue Musk, Becky Cuthbert, Judy LeMoine, and Jan McConney.

For more information, call **Millie Stewart** at 373-6015.

Happy retirement, Bertha!



Photo by Gerry Maraghy

BERTHA FRENCH, an Environmental Services team assistant, embraces her supervisor, Molly Gardner, during her retirement party.

Emloyees and administrators from throughout the hospital turned out Friday, August 14 to fete Environmental Services Team Assistant Bertha French on her last day of work.

Bertha began at Mid Coast as a laundress for the Maternity unit at the former Bath Memorial Hospital 28 years ago.

“Working with Bertha for the past 19-and-a-half years, I’ve truly come to know and appreciate her,” said Director of Food and Enviromental Services Ross Taylor.

“I miss her already!”

Bertha won’t be idle, she says. She plans to visit with out-of-state relatives more often and to garden on her 40-acre homestead.

International Exchange



Photo by Gerry Mangaly

A DELEGATION OF NURSES FROM NORSK SYKEPLEIERFORBUND—the Norwegian Nurses Organisation—are welcomed for a day-long visit to Mid Coast Hospital. From left are Paul Parker, RN, Mid Coast’s director of Nursing Education & Practice; Irene Feet, RN, MSc Nursing, senior advisor to the organization’s president; Inger M. Holter, RN, PhD, the organization’s project coordinator; Lois Skillings, RN, Mid Coast’s vice president for nursing & patient care; and Lisbeth Normann, RN, MSc Nursing, president of the Norwegian Nurses Organisation.

The three Norwegian nurses received a tour of the hospital and had lunch with nurse leaders to discuss hospital practices that led to Magnet® Recognition by the American Nurses Credentialing Center and to a culture of appreciation for the work and contributions of nurses in healthcare.

The three visitors also met with nurses at Massachusetts General Hospital.



Two for the Tri

TWO MID COAST EMPLOYEES were among the 770 women participating in the Maine Cancer Foundations’s August *Tri for a Cure* Maine Women’s Triathlon event in South Portland.

Kim Lynch, RN, coordinator of the Breast Health Center, **came in first among 41 in the Survivor category** and 7th overall among the 70 in her 45-49 age category.

“After having four back surgeries five years ago, I thought I might never run again,” said Kim. The swim portion of the race also made her a bit nervous.

But she said thoughts of her sister—Terri Lemieux, who lost her life to melanoma five years ago—pulled her through.


“Once I got in the water, I was good,” said Kim, who was herself diagnosed with the same disease seven years ago but has been cancer-free since surgery. “I figure my sister’s watching over me.”

Jill Weybrant, PT, with Rehabilitation Services, was **10th among 114 in the 40-45 age group** after completing a full Iron Man competition in Lake Placid two weeks earlier (See story Page 15).

The event raised \$400,000 for cancer research and patient support in Maine.

Ounce of Prevention

A Continuing Educational Series Dedicated to Your Good Health • 2009




September 14 **Ask the Nurse Practitioner**
Jane Colton, *Family Nurse Practitioner, MCSHC*

October 19 **Arthritis: Functional effects, treatment and surgical options**
Dr. Jabbar Fazeli, *Medical Director, MCSHC*

November 9 **New therapy applications for Parkinson’s Disease**
Yonca Berk-Giray, MS, *Certified Clinical Competency, Speech and Language Pathologist*

Programs will be held in the Community Room at 11:00 a.m.

MID COAST SENIOR HEALTH CENTER (MCSHC)
58 Baribeau Drive, Brunswick



MID COAST SENIOR HEALTH CENTER
An affiliate of MID COAST HEALTH SERVICES

Watch for the *Matter of Balance* class later this fall.

For more information, please call (207) 373-3646.

Savvy Caregiver classes offered free

CAREGIVERS OF PEOPLE WITH DEMENTIA are invited to a training series beginning in November which will help them in their care-giving efforts.

Spectrum Generations Family Caregiver staff will provide the training free at the Mid Coast Senior Health Center, 58 Baribeau Drive, Brunswick.

The Savvy Caregiver training assists caregivers by providing the knowledge, skills, and attitude essential for successful caregiving.

The **six classes over six weeks** will be held **10 am. to noon Nov. 5, 12, 19 and Dec. 3, 10 and 17.**

Participants will learn what dementia is and how it affects the person with dementia; how to help the person with dementia participate in daily tasks and activities that support the person being contented throughout the day; how to take care of yourself as a caregiver; how to develop a sense of mastery in the care-giving role so that you can feel good about the job you are doing.

Spectrum Generations has been helping individuals, families, and communities in Central and Mid Coast Maine for more than 30 years.

It is an independent, not-for-profit organization providing information, advice, solutions, referrals and programs, and activities for adults of all ages.

Whether you are an active ager, a caregiver, or a senior in need of assistance, Spectrum Generations is available.

For additional information, or to register for *Savvy Caregiver* training, call **(800) 282-0764, Ext. 139.**

Volunteer Spotlight

Laurel Koepke & Our Junior Volunteers

LAUREL KOEPKE OF RICHMOND has wound up her second summer as junior volunteer coordinator for Mid Coast Hospital.

In late August, Laurel went back to Clark University in Worcester, MA, for her senior year, where she is majoring in sociology, and expects to pursue a master's degree in communications. Laurel is a graduate of Mt. Ararat High School in Topsham.

Laurel directed 46 juniors between the ages of 13 and 18 this summer, many of whom are interested in health careers.

The opportunities provided at Mid Coast have given juniors a good look at how a community hospital functions and the kind of atmosphere that prevails in a medical setting.

"Laurel has been a wonderful role model and mentor for the students, whom we hope have had fun working at Mid Coast as well as expanding their health horizons," said Director of Volunteers Millie Stewart.

Under Laurel's direction, juniors raised \$450 at their bake sale August 3 to benefit



Photo by Mike L'Abbe

the Teddy Bear Club. The club, now sponsored by the Mid Coast Hospital Auxiliary, provides furry stuffed animals for our young patients.

Laurel is the daughter of David and Carolyn Koepke, RN. Carolyn is Medical Quality Review Coordinator at Mid Coast Hospital.

"Thanks also go to the parents of the juniors, who have provided the transportation for the students so that they could come to the hospital to volunteer," said Laurel. "Without parental support, there could be no junior volunteer program for most of the students, as only a few have a license to drive. Some students will continue to volunteer during the school year."

*For more information on volunteer opportunities at Mid Coast Hospital, including its Junior Volunteer Program, please contact **Millie Stewart, Director of Volunteers**, at **373-6015** or by email at mstewart@midcoasthealth.com*

CHANS trio on medical mission to Haiti

THREE CHANS HOME HEALTH CARE clinicians—two nurses and a physical therapist—flew to Haiti in March to provide free health care clinics to the 350 students at the Institution Univers Christian (IUC) School.

Marti Torbeck, PT, Maggie Chadwick, RN, and Avenel Payne, RN, not only conducted health screening clinics, but also brought supplies such as oral hygiene products, treatments for conjunctivitis, vitamins, fungicides, and pain medicine.

Part of a Team of Ten

The three clinicians were among ten who went to the island nation. The group included Andrea Pierce, RN, of Bowdoin Medical Group, a medical resident, and six others.

This was the first such medical trip organized by Grace Episcopal Church of Bath, which has a relationship with the Coalition of Children in Need Association (COCINA).

COCINA was established in 1995, by Huse Bastien, a Haitian local who was raised and educated in the US, with a degree in engineering.

For Maggie and Avenel it was their first trip to Haiti. But for Marti, it was her eighth!

Marti, who has been accompanying medical missions since 1998, says, “I always leave feeling like I have gotten more than I have given. The Haitian people have such an incredible spirit of openness and friendship that is inspiring and welcoming.”

Common Maladies

Common maladies found in the clinics were hearing loss in the lower ranges, eye infections, and tooth decay.

Children who had significant dental and eye needs, were “flagged” so that the next dental

I always leave feeling like I have gotten more than I have given.

—Marti Torbek, RN



and optometry team to visit can provide immediate care to the children in most need.

Children who needed more immediate or intensive medical care were given vouchers, paid for by the mission group, to receive medical care at the affiliated Health Care Clinic.

Services from that facility must be paid for and many families are unable to afford the most rudimentary care from its practitioners.

That is why the COCINA group’s free oral, eye, and hearing screenings as well as general health check-ups were so welcome.

Singing with Residents

The mission group also made a visit to “Old Folks Home” and delivered supplies of wound care dressings and supplies, antibiotics, and hygiene products. Although they did not provide medical care to the residents, “we ended up singing with them; which was their wonderful gift to us,” says Avenel.

To prepare for the one-week trip, the group of ten and its supporters from Grace Episcopal Church gathered supplies from parishioners, friends, CHANS Home Health Care, and other community resources for three months before departing.

Growing School

The IUC school is located on an old plantation that belonged to Huse Bastien’s family. The school started in one room with a small number of students, and now has an impressive campus that serves over 1,700 students K-12.

The school has grown through financial contributions, medical and Christian-based mission trips which have assisted the school to now include school buses, a mission house for visitors, and the fee-based Medical Clinic, which is three stories tall and has an operating room.

It is hoped future missions will provide community education to decrease communicable diseases, and assist with identification, treatment, and disease management.

As the first class of 15 has just graduated this year from Institution Universe Christian School the group extended their generosity to sponsor one graduate to attend college. The group will be doing fund raising for the next 4 years combined with their own personal financial contributions to support the student.

For more information, please call **Marti Torbeck** at 522-8710 or **Maggie Chadwick** at 721-1249.

Marking 33 years of service to CHANS

JEANETTE BEAUDOIN, PT,
CHANS' therapy
department

manager, stepped down
from her administrative
duties in mid-July.

Jeanette took the
summer off for some R&R
and to work on projects
at her family home on
Matinicus Island.

She returns to CHANS
in the fall to provide
direct patient therapy
care.

**Jeanette was hired as
CHANS' first therapist
in 1976.** She was in fact
hired when CHANS was
known as Bath-Brunswick
Regional Health Agency,
and located across from
the old Bath Memorial
Hospital.

She served as the
therapy department
manager for 19 years and
watched her department
grow right along with
the rest of CHANS. Today
the department has
a staff of 23 physical,
occupational, and
speech therapists.

Jeanette was excited
to have the summer off,
but says "I'll be glad to
be back in the fall. The
Therapy Department is
like my second family,
and I will miss working



Jeanette Beaudoin, PT

with everyone over the
summer."

**On July 12, more
than 40 CHANS staff
and family held a
party in honor of
Jeanette's service** at
Ruth Stevenson's (OT)
home in Yarmouth.

We at CHANS Home
Health Care thank
Jeanette for her
years of experience,
leadership and
dedication that have
been integral to
CHANS' growth and
success today.

CHANS medical director, nurses receive certification in hospice & palliative care

CARL S. DEMARS, MD—medical director of CHANS Home
Health Care—is among the first wave of physicians in
Maine to receive certification in hospice and palliative
care as a board specialty practice.

He joins two thirds of the CHANS hospice nursing
staff who have also achieved similar certification at the
nursing level.

"This certification for both me and the nursing staff
demonstrates that hospice services provided by CHANS
Home Health Care continue to be of the highest
possible quality," Dr. DeMars said.

Dr. DeMars has set several goals designed to share
his new certification with the medical and provider
community in the Mid Coast area.



Carl DeMars, MD

Dr. DeMars said he will
continue to build and strengthen
professional ties with state and local
hospice provider groups through
more involvement in the Maine
Hospice Council.

He also plans on providing
more educational sessions not only
to the staff at CHANS, but also to
local physicians and groups with
emphasis on disease process and
medication management.

"It is my aim that we, as a community, be able to
add to our current professional understanding of the
disease process on an individual patient-by-patient
basis and manage the symptoms our patients are facing
to improve the patients' quality of life and advance
care offered at end-of-life," said Dr. DeMars.

In 2006 the America Board of Medical Specialties
approved accreditation in the hospice and palliative
medicine as a subspecialty of practicing medicine
(although the American Board of Hospice and
Palliative Medicine offered certification from 1996
until then) bringing with it official recognition as a
medical specialty.

Oncologist Thomas Keating, MD, CHANS's former
hospice medical director, was the first physician in the
state to receive the Hospice & Palliative Care board
certification.

Shining a Light on Planned Giving

As he carefully lifts and turns the fragile wooden lighthouse that he created in his basement workshop, **Robert Grondin of Topsham** speaks with the pride of a craftsman: “It took me over 180 hours to design and build this piece by hand.”

With careful planning, patience and creativity Robert has created dozens of one-of-a-kind model lighthouses. They have been inspired by those along the coast of Maine and other maritime locations he saw during his service in the Air Force and in his 41 years with Bath Iron Works.

His wife, Priscilla, who has lived in Topsham her whole life, shares her husband’s talent for smart planning, patience and creativity in managing their family finances and charitable giving decisions. Years of service as Treasurer for her church and as Executive Officer of the Merrymeeting Board of Realtors gave Priscilla skills in accounting and bookkeeping as well as the ability to research and analyze various financial instruments.

While attending a financial seminar several years ago, Priscilla was inspired by the benefits available to donors of *Charitable Gift Annuities* and has given them to several organizations such as the World Wildlife Fund, Defenders of Wildlife, and the Dana-Farber Cancer Institute in Boston.

“Charitable Gift Annuities are a great way to donate, especially in your later years because the rate of interest is higher and you receive money back for the rest of your life” said Priscilla. **“Only a small portion of this return is taxed and the tax savings in the first year of the gift are significant.”**



Photo by Gerry Maraghy

PRISCILLA AND ROBERT GRONDIN of Topsham take pride in the wooden lighthouses he crafts in his basement workshop and in the fact they can support their local community hospital with a *Charitable Gift Annuity*.

Robert and Priscilla later attended a planned giving seminar hosted by Mid Coast Hospital in 2008 and were pleased to realize that they could give their next *Charitable Gift Annuity* to benefit their community hospital.

Adds Priscilla, “It is really nice to make a gift to our hospital because we know and can see how gift monies are being used. It is a privilege to help in a small way. It gives us a feeling of really being a part of it in a personal way.”

Director of Development for the hospital, Michael Todd, says, “A number of friends and supporters of Mid Coast Hospital have found *Charitable Gift Annuities* more appealing during the current economic downturn than typical forms of investment. These are particularly well liked because they provide such a high degree of stability and income for the donors.”

People continue to care about the causes they have long supported and donate generously

even when they have less to give. They also tend to be more astute in their charitable contributions.

Adds Todd: “It was such a pleasure to work closely with Robert and Priscilla Grondin who understood the benefits offered by *Charitable Gift Annuities*, and knew they were doing something significant for their community hospital and the patients we serve.

“They are down to earth people who have worked hard their whole lives, have been prudent with their finances, and are now in a position to happily give back to others.”

If you would like to learn more about the benefits available to you by giving a *Charitable Gift Annuity* to Mid Coast Hospital, or to discuss other ways of supporting our mission, please contact — **Michael Todd at 373-6065, or mtodd@midcoasthealth.com.**

You may also find more information about ways of giving to Mid Coast Hospital on our web site www.midcoasthealth.com/gifts.

Thank you for your support!

Appreciation Dinner draws large crowd



President/CEO Herbert Paris welcomes guests to this year's annual Appreciation Dinner.

MORE THAN 80 FRIENDS and supporters of Mid Coast Hospital were treated to an evening of music, delicious food, and a fascinating presentation at the *Annual Appreciation Dinner* in July.

"This annual event gives us an opportunity to say a heartfelt 'Thank You' for the generous support we receive from those who contribute to us throughout the year," said Michael Todd, Director of Development for Mid Coast Health Services.

"Much of what makes Mid Coast such a special place of healing is made possible by the gifts we receive from grateful patients, family members and friends in the communities we serve."

Guests were welcomed by President/CEO Herbert Paris, and listened to an in-depth program about the hospital's current expansion project, *Growing*

to Meet the Needs of our Community.

The expansion of the hospital's Emergency, Medical/Surgical, Diagnostic Imaging and Rehabilitation Services Departments is scheduled for opening this September. (See story *Page 1*)

The program was led by Lois Skillings RN, VP of Nursing and Patient Care Services, and included Department Directors Lori Allen, RN; Sharon Guethle, RN; Paul Quill, and Dory Holmes OTR/L.

Skillings also shared exciting news about the hospital's recent recognition as a Magnet Hospital, placing Mid Coast among the top 5% of hospitals in the US.

For information on how to contribute to Mid Coast Hospital, please call **Michael Todd** at (207) 373-6065.

ACCESS Health honors partners

ACCESS Health, the local Healthy Maine Partnership, recently held its annual meeting to celebrate their volunteers and recognize community partners.

This year, the *Helping Hand Award* was presented to the **Sagadahoc County Sheriff's Office, Bath Police Department, and Brunswick Police Department**, in appreciation for their work to prevent underage drinking. The three law enforcement agencies worked to educate retailers, conducted compliance checks and party patrols, and spent the extra time necessary to investigate the source of alcohol being used by youth.

Responsible Retailer Awards were given to **Richard's Restaurant, Bootleggers, and Joe Byrnes** to thank them for their outstanding record of compliance with carding laws, responsible serving, and staff education.

Work Healthy Awards were presented to **Mid Coast Hospital, Parkview Adventist Medical Center, MSAD 75, and Sea Coast Management**. These work sites were recognized for reducing tobacco use, increasing physical activity, and improving healthy eating in the workplace.

MSAD 75's Health Promotion Awards were presented to several educators whose personal dedication to a healthy lifestyle helped set an example for others in the District.

Certificates of appreciation were also presented to ACCESS Health's youth advocates. This group of **enthusiastic students from Bath, Brunswick, Mt. Ararat, and Freeport** organized and participated in many events such as *Kick Butts Day*, a container gardening project, and a *Run for Congo* fundraiser.

Thanks also went to **Kathy Savoie** from the **University of Maine Cooperative Extension Service**. She delivered the keynote address, *Impressions from a Locavore*, encouraging people to enjoy more locally grown food.

"ACCESS Health is fortunate to count on its many community partners who share the Healthy Maine Partnership's commitment to improving the health and well-being of all in the Mid Coast area," said Linda Christie, director.

For more information, please contact **Linda Christie** at 373-6926.

IN MEMORIAM



**Doris L.
Ford**

DORIS L. (DORY) FORD, a nine-year volunteer and Auxilian at Mid Coast Hospital, died August 7. She was 82.

She was born and grew up in Quincy, MA, and early in her work life was employed as a dental assistant.

In 1974, Dory and her husband, Robert, moved to Bath and she became actively involved in the work of Mid Coast Hospital.

She generously shared her time and talents as Wednesday cashier in the Café and the “Miscellaneous” chair for the Grand & Glorious Yard Sale.

“She took all the stuff that had no place to go and turned it into treasures that were hard to resist,” says Volunteer Director Millie Stewart.

“Her incredible sense of humor and her great ability for storytelling made her loads of fun to work with.”

Dory is survived by her husband, Robert, son James and his wife, Dr. Marybeth Ford, and two granddaughters, Sydney and Gillian, all of Brunswick; as well as a sister, nieces and nephews.

A memorial service for Dory was held August 22 in the hospital’s Healing Garden.

Memorial contributions may be made to the Mid Coast Hospital Auxiliary.

IN MEMORIAM



**Gilbert R.
Morin**

GILBERT R. (BOB) MORIN, a receiver in Materials Management at Mid Coast Hospital for 11 years, died August 15. He was 66.

He was born and grew up in Bath and served in the Navy following high school. He worked as an assistant foreman at Bath Iron Works for 23 years before coming to Mid Coast.

He was an ardent supporter of the hospital’s Junior Volunteer Program.

“He liked to tinker,” Materials Management Director Rita Renaud said. “He loved working with electronics, cameras, and computers. He also liked woodworking and spending time with his six grandchildren.”

He was dubbed the “dockmaster” by his fellow workers for his mastery of every aspect of his job.

“Bob really felt working here was like working with family,” said Renaud.

He is survived by his mother, Mildred of West Bath; his former wife, Joan; two daughters, Lorie and Tamara, and their husbands; and six grandchildren—Nicholas, Timothy, Kody, Kristopher, Emily, and Skylar.

Memorial contributions may be made to the Mid Coast Hospital Junior Volunteer Program, P.O. Box 279, Brunswick, Maine 04011.

Brunswick native kicks off pharmacy rotations program

SAMANTHA “SAM” TOLLEY HAALAND, who is a sixth-year student at the University of South Carolina, is Mid Coast Hospital’s first pharmacy intern on clinical rotation.

Sam helped the pharmacy create a “template” which will provide a comprehensive hospital rotation including distribution, clinical, and managerial aspects of our practice.

“Every PharmD (Doctor of Pharmacy Degree) candidate must take anywhere from 12-15 clinical rotations during their last three ‘professional’ years,” explained Jack Underwood, director of the Mid Coast Hospital pharmacy.

“They must experience the areas of retail, hospital, industry, long term care, and management to complete their requirements to become licensed pharmacists.”

Mid Coast has been approached by both University of New England and Husson College—Maine’s two new pharmacy schools—to hold clinical rotations for their students in the fourth, fifth, and sixth years.

Sam’s ground-breaking experience, therefore, has been critically important.

Sam has participated in ICU rounds with our intensivists, worked with nursing on drug issues, spoken with cancer patients, and helped screen physician orders for drug-to-drug interactions, drug allergies, and drug duplications.

Sam began her rotation learning about our drug distribution system, which involves our medication dispensing cabinets, PYXIS.

Senior Health Center rates high in patient satisfaction

ALL SERVICES AT THE MID COAST SENIOR HEALTH CENTER received high resident and family satisfaction rankings in a recent national independent survey which compares assisted living and long term care facilities in Maine and the nation. This survey assesses quality of life, care, and service.

Nearly 50 percent of all residents or family members in each area participated by completing the survey which they mailed directly to the survey firm.

Mere Point had a 92% satisfaction rate and exceeded both state (90%) and nation (86%) with a 100% willingness to recommend the long-term care nursing facility to others.

The report noted Mere Point's primary strengths as care and concern of the staff, commitment to family updates, RN/LPN and CNA care, and respectfulness of the staff.

Thornton Hall assisted living ranked 96% in the overall satisfaction rate with its strengths noted as resident-to-resident friendships; comfort of room and surroundings; community life opportunities, quality of amenities and respect for privacy.

The Garden, A Special Place for the Memory Impaired, received a 75% satisfaction rate with strengths listed as safety of the facility, community life opportunities, comfort and cleanliness of room and surroundings, and resident-to-resident friendships.

"We have a staff dedicated and trained to place resident care, comfort and safety as their priority every day," says Darlene Chalmers, executive director of Mid Coast

We have a staff dedicated and trained to place resident care, comfort and safety as their priority every day.

– **Darlene Chalmers**
Executive Director
Mid Coast Senior Health Center



KAREN SPIER, CNA, who has been caring for residents of Mere Point Long-Term Care Nursing for nearly 25 years, visits with Mary Lee Brooks, a Mere Point resident.

Senior Health Center. "We work with a quality improvement team to continually evaluate the care and lifestyle we provide for residents."

The annual survey is a multi-page assessment provided to residents or resident families which are mailed by participants to the independent survey company which compiles and reports the results, allowing for total anonymity of the participants.

Close Encounter



ACTRESS GLEN CLOSE was celebrity ambassador for Maine participants in this year's NAMI Walk around Back Bay in Portland. With her were the more than 40 members of the Mid Coast Hospital/NAMI-Brunswick team which raised more than \$5,600 to improve the lives of those affected by mental illness.

Salute to the Nation!



JASMIN SATCHWELL, a CNA in Mid Coast's Wound Care Center, is congratulated by her husband, Jack, after she completed the mile-long parade route at Heritage Days in Bath dressed as Betsy Ross. Jasmin is well known for appearing as different characters around holidays to brighten the lives of patients and Mid Coast Hospital employees.

More than 50 on Baribeau Drive campus honored for years of dedicated service

MORE THAN 50 STAFF MEMBERS of Mid Coast Senior Health Center, CHANS Home Health Care, and Thornton Oaks were honored at this year's employee recognition ceremony at the Baribeau Drive campus.

The honorees' longevity totaled 440 years!

Presenting the awards were Herbert Paris, President/CEO of Mid Coast Health Services; Darlene Chalmers, Executive Director for Mid Coast Senior Health Center and CHANS; Human Resources Manager Susan Wasserott; and managers of each department.

"It is an honor to work with such dedicated professionals...it really is the employees who make a difference in the lives of the people we serve," said Chalmers, who also was recognized for her 20 years as a Mid Coast Health Services employee.

Recognitions were presented in five-year increments.

Topping the years of service was Rachelle Moody with 35 years. She is a CNA at the Senior Health Center's Bodwell rehabilitation unit.

Recognized for **20 years** within the Mid Coast system were Darlene Chalmers; Sandra Green and Nancy Hawkins of CHANS; and Ann Marchese of Thornton Oaks.

Earning **15 year** recognition were Nancy Anthony, Linda Carroll, Terry Nehring, and Deborah Osgood, all of CHANS.

Ten year awards were given to Paula Cyr, Senior Health Center; Catherine Birkinbine, Darlene Lapeza, Janet Nannen, Avanel Payne, and Holly White of CHANS; and Gladys Meeks of Thornton Hall.



Rachelle Moody, CNA, a 35-year-employee at Mid Coast Senior Health Center, right, helped Mary Scanlon during her recovery in Bodwell sub acute care unit.

Receiving **five year** recognition were Linda Adams, Terri Arsenault, Paula Avallone, Nancy Bloch, Terry Bronson, Barbara Brown, Karen Carlisle, Christine Charette, Valerie Collins, Jane Colton.

Brenda Fitts, Lauri Gallimore, Ryan Heath, Linda Henderson, Brandy Jenkins, Rhode Jones, Elizabeth Koehler, Susan Levandoski, Jean Macleod, Linda Mansfield, Karen Marble, Moriah McDonough, Mary Moore.

Adam Morris, Sandra Morse, Laura Nickerson, Cecilia Nolan, Caroll Noyes, Brenda O'Neal, Nola Ormsby, Joellan Pilgrim, Nancy Ramsey, Heather Raubeson, Michelle Rogers, Stacey Russell, Mary Sherwood, Elizabeth Stilphen, and Christine Walter.

The Mid Coast Senior Health Center and CHANS employ more than 500 full and part-time staff at *Thornton Hall* assisted living; *The Garden*, a special place for the memory impaired; Mere Point long-term care nursing; Bodwell sub-acute care and rehabilitation; *Lifeline* emergency response system; and CHANS Home Health Care, which is located at the Mid Coast Senior Health Center.

New employee exercise room opens



Mid Coast President/CEO Herbert Paris, above, tries out a piece of exercise equipment in the new employee fitness studio on the lower level of the Senior Health Center. The project to construct and equip the room was made possible by a generous donation from Teedy Bergstrom, a resident at Thornton Oaks. Her gift was given in thanks for the caring services her late husband received as a patient of the Senior Health Center, and that she has received as a resident of Thornton Oaks. Below, Teedy is thanked for her much appreciated gift by Michael Todd, Director of Development.



Photos by Marlise Swartz

Leslie takes lead in nuclear medicine

Diagnostic Imaging is pleased to announce that **Patty Leslie** RTR, CNMT, has accepted the position of Lead Nuclear Medicine Technologist.

Patty has been at Mid Coast Hospital as a Nuclear Medicine Technologist since 2006.

Sleep Disorders Center receives re-accreditation

Mid Coast Hospital's Sleep Disorders Center has received program re-accreditation from the American Academy of Sleep Medicine (AASM).

The five-year accreditation means the sleep center met or exceeded all standards for professional health care set by the AASM. The accreditation process involves detailed inspection of a center's facility and staff, including an evaluation of testing procedures, patient contacts, and physician training. Additionally, the facility's goals must be clearly stated and include plans for positively affecting the quality of medical care in the community it serves.

The American Academy of Sleep Medicine currently accredits more than 1,600 sleep medicine centers and laboratories across the country.

Mid Coast Hospital Sleep Disorders Center is directed by Hal I. Sreden, MD, and is located at 81 Medical Center Drive, Suite 1100.

For more information, call 373-6351.

Jill Weybrant, PT

Mid Coast's own Ironwoman

Rehabilitation Services' Physical Therapist **Jill Weybrant, PT**, was one of 35 Maine athletes competing in the Ironman Lake Placid competition July 26 in the heart of the Adirondak mountains.

More than 2,500 from around the world participated. Of those, 2,051 completed the event.

The course consisted of a 2.4 mile swim in Mirror Lake, followed by a grueling 112 mile bike ride, and a 26.2 mile marathon finish.

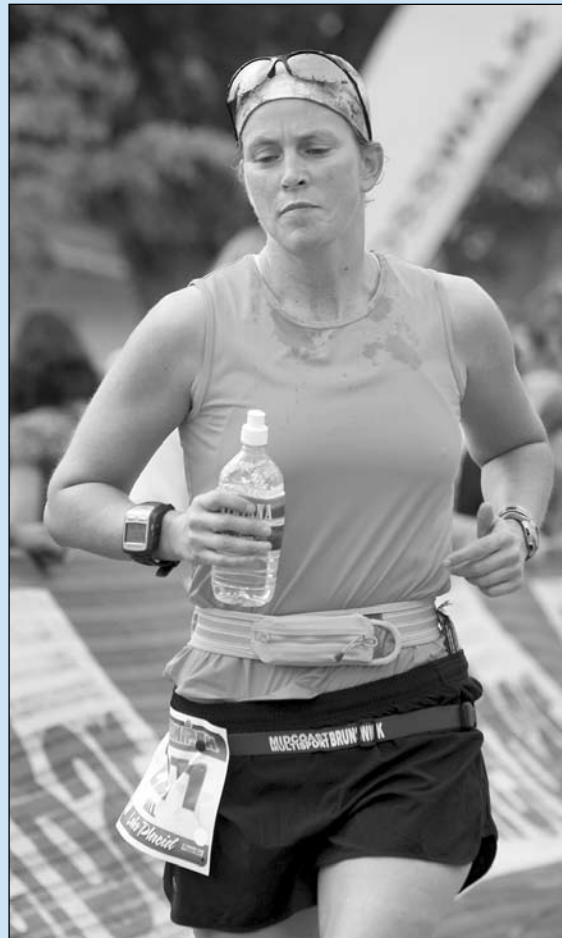
"This was my first Ironman," Jill explained. "I began

competing in triathlons just last year. This is only the sixth triathlon I have competed in."

Jill finished the course in 14 hours, 11 minutes, and 35 seconds. "To be an official Ironman finisher, you must finish in 17 hours or less," she said.

And what does she remember most about her preparation for the event? "Months and months of early morning workouts and lots of days with double workouts," she said.

Despite that, she's ready to do it again! "I am looking forward to competing again next year."



Above, Jill on the second loop of the 112-mile bike segment of the Ironman triathlon.

At left, she heads out at the start of the 26.2 mile marathon run that concludes the race.

Photos courtesy of Jill Weybrant

Magnet® Recognition celebrated in Brunswick, Augusta



LOIS SKILLINGS, VP of Nursing & Patient Care at Mid Coast Hospital, front center, cradles the coveted crystal Magnet® Recognition obelisk received from the American Nurses Credentialing Center for high quality patient care.

She is surrounded by the cast and crew of the skit *Dreams Really Do Come True*, a take off on the *Wizard of Oz*, presented by nurses at a July party in celebration of becoming a Magnet® hospital.

Mid Coast Hospital is the first community hospital in the state to be awarded this recognition. There are only two other Magnet Hospitals in Maine—Maine Medical Center, a tertiary care facility in Portland, and Acadia Hospital, a psychiatric facility in Bangor.

Photo by Gerry Managhy

A MID COAST HOSPITAL DELEGATION of nurses traveled to Augusta in June to receive a sentiment of the state legislature in praise of the hospital's recognition as a Magnet® hospital. From left in front are Deb MacLeod, RN, director of Nursing Administration and Case Management; Peggy Martin, RN, Maternity Care; Panee Mancharoen, RN, Behavioral Health; and Catherine Underwood, RN, Surgical Services. They are surrounded in the Speaker's chambers by local legislators who sponsored the sentiment.



Photo by Jeff Morris of The Pierce Studio

Kelley Memorial Gifts Brighten Healing Garden

WHEN THE FAMILY OF THE LATE DOROTHY "BETTY" KELLEY of Bath sought an appropriate way to honor her legacy of support for Mid Coast Hospital, they chose to make generous donations to enhance the Healing Garden. The family worked with hospital staff and a landscaper to create a design that would add more colorful varieties of perennial and annual plants, including several plants and bulbs from Betty's own home garden!

Betty had been president of the Auxiliary, a volunteer, donor, and Board member serving on committees for the creation of the new hospital and its Healing Garden. Betty loved the garden and was often found there chatting with friends and staff. We are grateful to Peter and Deborah Kelley of Bath, and Donald and Barbara Kelley of San Mateo, California, and other memorial donors for their thoughtful, generous and colorful contributions.



Photo by Mike L'Abbe