



Our Community.
Our Health.

Summer 2013

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Creating a Community Fit for Life

Bath Iron Works (BIW) is the area’s largest employer and has a vested interest in the health of its workforce and the Midcoast community. It has created a comprehensive worksite wellness program, recognizing that its more than 5,000 employees are its most important asset.

Over time, the BIW program has evolved into a health improvement model. As part of the growth of the program, BIW needed to improve its onsite health screening. It found a great partner for this in Mid Coast Hospital. With the early successes of the program, the future looks bright for a deepening relationship.

Established in 2012, *Bath Built Fit for Life* is managed through Mid Coast Hospital’s Community Health Improvement program and offered at no cost to all BIW employees and their dependents. Through another key partnership, TrestleTree—a health coaching company, the program helps participants manage chronic health conditions, plan for weight loss and stay motivated, quit tobacco, learn about nutrition and exercise, coordinate their healthcare, and connect them to community health resources.

“Worksite wellness initiatives have proven to create a healthier workforce with increased productivity and reduced absenteeism due to doctors visits and sick days,” said Steve Trockman, Director of Community

Health Improvement at Mid Coast. “Working with BIW to create opportunities for better health is consistent with our goal of improving the health and wellness of our community.”

Through *Fit for Life*, BIW employees are screened onsite during work hours for cholesterol, blood pressure, Body Mass Index (BMI), body fat, blood sugar (including HbA1c), and other health risks. The program also provides a team of health coaches that meet one-on-one with participants to review results, educate about what they can do, and create short and long-term goals for sustained health improvement.

Joining Mid Coast within the past year, the *Fit for Life* management team of Anthony Anderson, Program Manager, and Betsy Peixotto, Office Coordinator, work hard to create programs that meet the personal health needs of BIW employees. In addition to overseeing the screenings and health coaching, they develop engagement strategies and build program awareness by sharing personal success stories of those who have taken part.

“We have already seen significant health improvements in many of our participants,” said Anderson.

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Fit for Life Office Coordinator Betsy Peixotto and Program Manager Anthony Anderson work to improve the health of BIW employees and their dependents. (Photo courtesy of BIW)



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Fit for Life

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"Through the screening process, we help employees identify potentially serious health risks. Through education and lifestyle changes many participants have been able to meet and sometimes exceed their health-related goals.

"Furthermore, by addressing specific health risks with our coaches, employees and dependents can save money on their annual health care costs and provide the company with an advantage in the marketplace," Anthony said.

Brian LaBrecque, a mechanic at BIW, was among the first to participate in the health screenings.

"My numbers were a little bit out of whack and I was particularly uncomfortable with my weight," he said.

With the help of a health coach and a clear plan for success, Brian has already lost 28 pounds and almost four inches off his waist. More importantly, he feels great and has much more energy.

He attributes much of his success to the support from the *Fit for Life* team and plans to continue working toward his weight loss goals.

Trockman commented, "The *Fit for Life* program has become a model for how we can work with businesses to improve the health of our community and positively impact the future of healthcare in our region."

Healthy Choices Come Easy at the Café at Mid Coast Hospital

As part of Mid Coast's ongoing effort to provide the absolute best care for our community, we have signed on to the Partnership for a Healthier America's (PHA) "Hospital Healthy Food Initiative."

Across the country, 155 hospitals are taking part, making it the most expansive effort to impact hospital food and nutrition to date.

"Given our commitment to the health of our community, we are excited to take part in the Hospital Healthy Food Initiative," said Lois Skillings, Mid Coast Health Services President and CEO. "Offering a wide variety of affordable and healthy options to patients, visitors, and employees will help them make the healthy choice the easy choice."

Over the next three years, Mid Coast will focus on creating a healthier

Dear Friends:

We Remain Strong

It is no secret that times are tough in the world of healthcare. The ongoing debates and budget deliberations seem to dominate news sources both locally and nationally. While economic challenges are still a threat, here at Mid Coast we remain hopeful and passionate about our vision for improved healthcare and lower costs for our community.

Regardless of the inevitable changes that we face, we have already begun to lay the groundwork for a stronger local healthcare system.

We have adopted a culture centered on the needs of our patients to ensure we are efficiently and effectively addressing their health concerns; we have reached out to local businesses to establish onsite health improvement

programs; and we continue to offer community screenings and events that focus on health prevention and education as a means of preventing health concerns from becoming long-term, chronic conditions.



Lois N. Skillings
President & CEO

Every day, we work hard to improve the health of our community. Guided by our vision for the future of healthcare and ongoing support from our patients, staff, donors, and the community, we remain strong.

environment with increased availability of nutritious options. Specifically, the initiative asks participating hospitals to adopt standards in the following categories:

- Boost access to fruits and vegetables.
- Make healthy meals more affordable.
- Encourage healthier beverage choices.
- Focus on preparing healthier foods.
- Label foods with nutrition information.
- Market healthy foods in cafeterias and on menus.

"Through this commitment, our café is building upon many of the healthy practices already in place at Mid Coast, providing the best care possible for our community," said Ross Taylor, Director of Environmental Services at Mid Coast.



Fresh start—New signs, nutritious offerings, and better ways to help you make the healthy choice the easy choice are all hallmarks of the Healthy Café. (Photo by Steve Trockman)

Early Detection Decreases Risk of Skin Cancer

Skin cancer is the most common type of cancer in the United States. With one in five Americans being diagnosed with some form of skin cancer, you or someone you may know are likely at risk. The good news is that skin cancer is preventable and treatable through good sun-safety habits and early detection.

Mid Coast Hospital collaborates annually to provide a free Skin Cancer Screening in hopes of promoting early detection and treatment to prevent possible cancer from progressing. Offered at no cost to the public, this year's screening was held on June 22.

Board Certified Dermatologists Helge Riemann, MD, and Nancy Egan, MD, along with Susan Leveille, NP, and Mary Mraz, NP, provided their services in collaboration with the American Academy of Dermatology and the American Cancer Society.

Of the 169 individuals screened, 69 had positive findings. The screening identified potentially life-threatening cancers in 41% of participants. Individuals with positive findings were given instructions on getting proper care.

Welcome!

New Physician

Gastroenterology

Miguel R. Arguedas, MD, MPH, has joined the active medical team of MID COAST MEDICAL GROUP—*Gastroenterology*, specializing in the diagnosis,



prevention, and treatment of gastrointestinal and liver diseases.

Dr. Arguedas completed his fellowship in Gastroenterology at the University of Alabama, Birmingham, AL. He is board certified in Internal Medicine and Gastroenterology.

(207) 406-7300

Providing Comforts of Palliative Care

An increasing number of Midcoast residents are experiencing the benefits of palliative care offered by CHANS Home Health Care. The CHANS' Palliative Care Program is dedicated to meeting the needs of individuals while they seek active treatment for a life-threatening illness such as cancer, chronic obstructive pulmonary disease, or heart disease. The program promotes patient comfort and dignity, while offering support for family and caregivers. "Studies show that engaging in palliative care early on in the treatment of a life threatening illness will improve the patient's quality of life and can even extend the length of survivorship," said Chris Corriveau, Director of Hospice and Palliative Care at CHANS.

"Palliative care helps lessen not only the physical symptoms associated with the disease and treatment processes, but also helps lessen the emotional impact that accompanies serious illness."

Palliative Care patients establish a supportive, trusting, and long-term relationship with a nurse who is trained in pain management and symptom control. Through this relationship, they are able to collaborate on the patient's care plan, as well as address preferences for treating pain and associated side effects.

In addition, Palliative Care patients often make fewer trips to the doctor and emergency room as a result of the extra support and the means to control their symptoms at home.

Senior Health Center Focuses on Personal Preferences

Over the past several months, the management and staff at the Mid Coast Senior Health Center (SHC) have embraced a new team approach that further emphasizes the patient-centered model of care.

Part of an organization-wide culture shift, this new approach examines all aspects of resident and patient experience, and prioritizes personal and family preferences.

The team at the SHC has engaged residents and patients in supportive, respectful, and empowering conversations in order to enhance communication, deepen meaningful relationships, and provide care in a manner that is in keeping with their natural preferences.

As a starting point, individual resident and patient schedules for sleeping, bathing, dining, and recreation will be accommodated.

"We have worked diligently to foster an environment that honors our tradition of excellence and continues to improve the life experiences of our residents and patients," said Darlene Chalmers, Vice President of Elder and Home Care Services for Mid Coast Health Services.

"Our patients are at the heart of everything that we do."

Who's New

Director of Development

Kara Johnson has been appointed the new Director of Development for Mid Coast Health Services. As a lawyer and local business owner, Kara brings over 20 years of professional experience to our development team.



Johnson

In her new role, she will lead the planning, implementation, and administration of our development programs, building upon her already established relationships within the Midcoast community.

Medical Students

Kevin Baier and Anne Hicks, students of Tufts University School of Medicine class of 2015, will learn their third year core competencies through the MMC-TUSM Maine Practice Network-Longitudinal Integrated Curriculum Program.



Hicks



Baier

Under the supervision of Mid Coast Hospital providers, they will work in multiple medical disciplines including Family Medicine, Internal Medicine, General Surgery, OB/GYN, and Pediatrics, giving them increased exposure and educational opportunities.

Giving Corner

Now More than Ever, Your Thoughtful Gift Matters!

Amidst unprecedented changes in healthcare and significant economic pressure, Mid Coast Hospital remains committed to providing high quality, compassionate care to our community. Through consistent management of quality and cost, we provide maximum value for each service we deliver and remain at the forefront of healthcare in Maine.

We rely on the generous donations from partners and friends like you to consistently look for ways to improve everything that we do, ensuring our strength and leadership through these difficult times. When our Annual Giving appeal arrives in your mailbox this fall, please take a moment to reflect about the importance of a strong community hospital. *Now more than ever*, your donation makes a difference.

Your tax-deductible contribution is not just an investment in Mid Coast Hospital; it ensures the vitality of our vibrant community through the gift of good health. For more information about giving to Mid Coast Hospital, please contact Director of Development Kara Johnson at 373-6065, or karajohnson@midcoasthealth.com.

Thank you.

UPCOMING EVENTS

**Mid Coast Center for
Joint Replacement Open House**
September 5, 2-3 p.m.
Mid Coast Hospital

**Mid Coast Hospital Classic
20th Annual Golf Fore! Health**
September 12
Brunswick Golf Club

**Southern Midcoast
Walk To End Alzheimer's**
September 14
Maine Street Mall, Brunswick

**Center for Weight
& Lifestyle Change**
Thursdays, 4:30-6 pm
12-Week beginning September 19
FMI: 406-7446

Marya Hornbacher
Lecture on Mental Health
October TBD
Frontier Café, Brunswick



Hutchinson New Auxiliary Head

Ellen Hutchinson has been elected President of the Mid Coast Hospital Auxiliary.

For the past two years, she has served as the Auxiliary Vice President and Chair of the Scholarship Committee. She has contributed to many bake sales, yard sales, and book sales.

She and her husband Glenn Hutchinson, Mid Coast Health Services and Mid Coast Hospital Board treasurer, live in Bath.



**MID COAST
HEALTH SERVICES**

Lois N. Skillings
President / Chief Executive Officer

Steven J. Trockman, MPH
Director of Community Relations & Outreach

123 Medical Center Drive, Brunswick, ME 04011
(207) 373-6000



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News & Information

Please send news and information to
jkesh@midcoasthealth.com

