



New expansion opens without hitch



Photo by Gerry Maranghy

MID COAST HOSPITAL'S \$21.3 million expansion, including new Emergency Department and additional Medical/Surgical inpatient rooms, opened to rave reviews during its first few days. Few problems were encountered.

WHEN MID COAST HOSPITAL OPENED its new Emergency Department and Medical/Surgical Inpatient Rooms at 6 a.m. Sept. 23, patients took notice of the continuing improvements made in patient care and convenience.

The two new units (Emergency and Medical/Surgical) work together to ensure rapid admission and care for patients. Long waits have been largely eliminated.

In Emergency, increasing the number of triage areas and patient rooms is one benefit. Going from

the treatment bays or beds prevalent in most emergency units to 16 single patient rooms is another step forward.

The rooms are big enough to allow for family chairs on one side of the patient's bed and treatment area on the other.

And the core around which the new rooms are arrayed makes it easier for clinical staff—doctors, nurses, lab techs, pharmacists and others—to do their tasks quickly and efficiently.

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Grant to Mid Coast Hospital targets underage drinking and drug use

MID COAST HOSPITAL'S Substance Abuse Prevention Program has been awarded a *Drug Free Communities* federal grant in the amount of \$125,000 per year for five years with an additional five years of continued funding possible.

This *Drug Free Communities Project for Sagadahoc County and Brunswick and Harpswell* was awarded to Mid Coast Hospital by the Substance Abuse and Mental Health Services

Administration (SAMSHA).

"The grant money will allow us to increase focus on reaching and educating parents about what they can do to prevent underage drinking, and marijuana and prescription drug use," explained Director of Substance Abuse Prevention Pat Conner.

"We have for a number of years been primarily focusing on

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KIM LYNCH HONORED
 at Portland event
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Abuse prevention program receives grant

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underage drinking. This new grant allows us to broaden that focus to include marijuana and prescription drug abuse," she said.

Project coordinators will be working closely with Marla Davis, RN, of *Healthline* and the prescription drug disposal program as a strategy to decrease access of young people to these potentially dangerous drugs.

This funding will also allow the program to investigate creative and innovative ways to reach parents such as using social networking and web-based outreach.

"We know there is disconnect between what kids are telling us about their use of alcohol and other drugs and what parents think is happening," says Melissa Fochesato of Communities Against Substance Abuse (CASA).

"28% of Maine youth in grades 7-12 tell us they have used alcohol in the past 30 days, but only 4% of Maine parents of 7-12th graders believe their child is using.

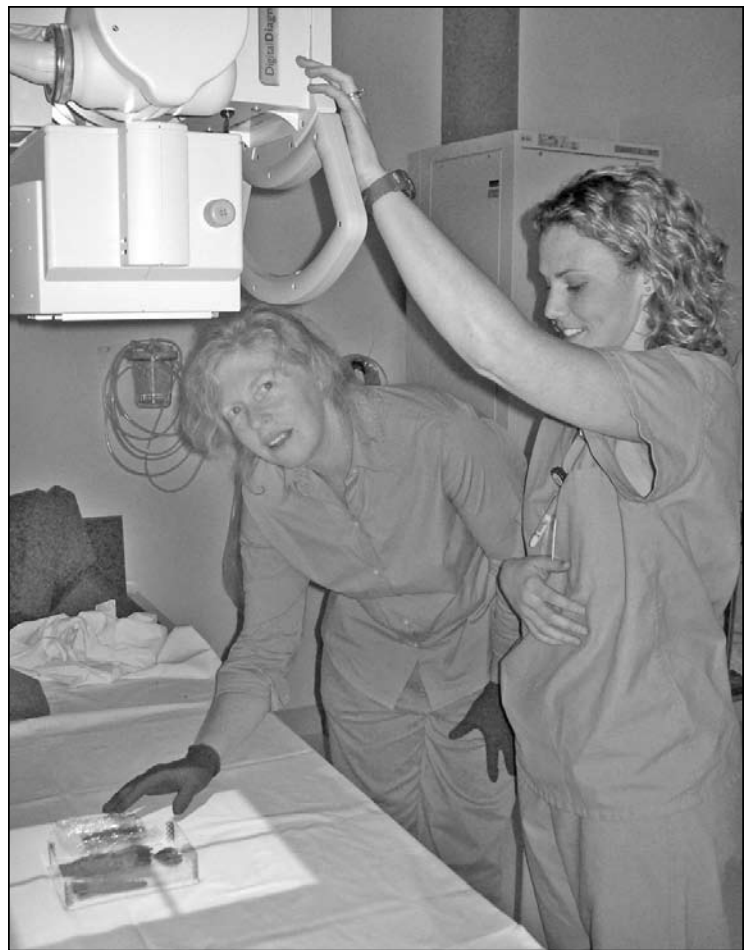
"We must reach parents with the facts and provide information and support about what they can do to prevent their kids from using alcohol or drugs," she said.

Lois Skillings, vice president for nursing and patient care, called the grant award "just what we had hoped for to bring long-term stability to this prevention strategy."

She said it is wonderful to see the vision of Pat Conner and others at the Substance Abuse Prevention Program becoming a reality.

"It is not every day that we hear about a half-million dollars coming into our community that will help us take a big leap in abuse prevention services," she said.

DIGGING DEEP!



Photos by Mike L'Abbé

ARCHEOLOGICAL CONSERVATOR Molly O'Guinness Carlson places artifacts on an x-ray table as Kelly Duplisea, RTR, positions the x-ray tube over them. The study at Mid Coast Hospital's Diagnostic Imaging department was undertaken to help conservators and archeologists make critical decisions on how the objects should be preserved and in interpreting how the objects might have been used. A spear head and drill bit are seen below along with smaller items whose historical usage is not clear.



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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Nursing students begin semester at Mid Coast



Photo by Mike L'Abbe

SIX NURSING STUDENTS from the University of Southern Maine are starting their Fall semester with a clinical rotation in the Medical/Surgical unit at Mid Coast Hospital. These students, under the supervision of USM faculty member Jean Dvorak, MS, RN, are learning nursing through patient care and classroom instruction.

“We are pleased to be assisted by nursing colleagues who are wonderful mentors and role models,” says Dvorak, who is on staff at Mid Coast Hospital and previously served as nursing director at the Mid Coast Senior Health Center. “Mid Coast Hospital is a great place for students to learn and a desirable place to work after graduations,” Dvorak said.

Pictured from left are student nurses Shawna Eagers of Westbrook; Janie Ho of Portland; Amber Reed of Portland; Misty Sears of Portland; Kelly Palmer of Portland, Lynne Lindsey of Woolwich; and Jean Dvorak, faculty.

Lynch spotlighted statewide by Cancer Foundation

In a Portland banquet hall with close to 400 well-wishers, cancer survivors, and co-workers, registered nurse Kim Lynch, coordinator of the Breast Health Center at Mid Coast Hospital, was presented with the Maine Cancer Foundation’s award for Medical Care and Research.

The presentation was at the Cure Breast Cancer for Maine annual luncheon at the Holiday Inn by the Bay.

Kim was Maine’s healthcare professional chosen because she has “gone above and beyond the call of duty to make a difference in the treatment of breast cancer.”

Portland Newscaster Cindy Williams was visibly moved as she told Kim’s own story of cancer which took her sister in 2004. Williams chronicled Kim’s contributions to modeling healthcare done right in establishing the Breast Health Center and serving as its indefatigable coordinator.

According to Lynch, the Center, which began in 1999, has two major components which clearly serve as a model for others:

First, do everything possible to help those facing a diagnosis of cancer to navigate the system of care and treatment. Don’t let these people be alone, but rather, let them know there is support in so many ways for them.

Second, bring together the various healthcare professionals, not just cancer doctors and cancer nurses, but also surgeons, pharmacists, therapists, primary care doctors, laboratory technologists, and many more that Kim will tell you must all be a part of the coordinated care and collaborative effort.

“Kim is an advocate, a guide, and a very caring person for every patient,” says the hospital’s vice president for nursing and patient care Lois Skillings, RN.

According to Skillings, Kim has streamlined processes and ensures that patients—and family members—



Photo by Mike L'Abbe

Newscaster Cindy Williams with Kim Lynch, RN, at awards ceremony.

have the resources, education, and support they need.

A founding member of the Maine Breast Nurses Network, Kim also coordinates the Breast and Surgical Oncology Clinic at Mid Coast and facilitates the Women with Cancer support group that meets at Mid Coast.

Says Terry Baker of the American Cancer Society, “Hundreds of women have come for help and healing knowing that Kim will be there with her knowledge, caring, and support.”

Rhode Jones recives *Lifeline* Program Award



Lifeline Representative Kathy Anderle and Rhode Ann Jones

RHODE ANN JONES, *Lifeline* Program Manager at Mid Coast Senior Health Center, has been recognized for her valuable service by Phillips *Lifeline*.

“It is an honor to be recognized for doing work that I love,” said Rhode. She has shown consistent efforts to educate both internal and external networks of health and community services professionals on the value of *Lifeline*.

The Mid Coast Senior Health Center *Lifeline* program was established more than 25 years ago and since then has helped more than 2,000 seniors live more safely in their own homes.

Rhode has been with the program for six years. She receives calls not only from health

professionals, but also from the adult children and families of seniors seeking ways to reduce the care-taking load and maximize their loved one’s safety.

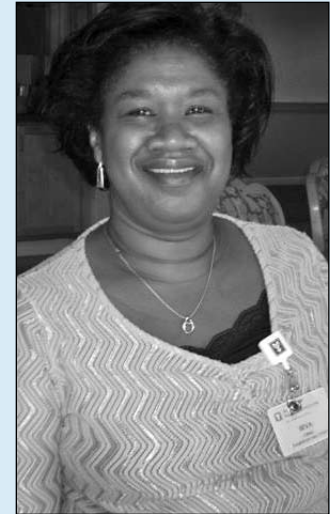
The *Lifeline* services provides immediate help for subscribers 24-hours-a-day, 365-days-a-year at the simple touch of a lightweight, waterproof button worn around the wrist or as a pendant.

The service is affordable at \$42.00 monthly with a one-time professional installation fee of \$56.00. No long-term contracts are necessary.

Founded in 1974, Phillips *Lifeline* of Framingham, MA, is the largest personal response service in North America.

For information, call 373-3635.

Benjamin nominated for *Excellence in Long-Term Care Award*



IRVA BENJAMIN, a CRMA at Thornton Hall, has been nominated for the *Excellence in Long Term Care Award* by the Maine Long-Term Care Ombudsman Program.

Benjamin, who provides care at Thornton Hall assisted living, is a certified registered medical assistant and has been with Thornton Hall for four years.

“You could talk about Irva forever,” says Judith Redwine, RN, nurse manager. “She is steady, kind, reliable, and knowledgeable, just everything that you want in a caregiver.”

As a resident of Thornton Hall, Donald Murchie says, “I have come to know Irva to be an industrious, knowledgeable, caring member of the staff.

“In addition to the many things she does for me, I have come to consider Irva a friend, not just an employee.”

CHANS distributes safe med disposal packets

ALL CHANS HOME HEALTH CARE PATIENTS are now receiving medication disposal packets from the *Safe Medication Disposal for ME* program in their admission packets. The *Safe Medication Disposal for ME* program has been in existence for a few years, but distribution of its packets has been limited to individuals and pharmacies, until now.

In August, the program opened up its wait list to allow home health care agencies, and a few other patient-related agencies, to distribute the packets to their patients. It is a list that CHANS has patiently been on for almost a year!

CHANS Home Health Care staff have been involved in the Medication Collection Day since it began in 2005 and, as front line providers, know how confusing having extra, unused and unwanted medications in the home can be for our patient population.

Currently CHANS Home Health Care follows federal guidelines and maintains a policy that unused and unwanted medications are to be flushed or mixed with kitty litter or coffee grounds for disposal in the trash.



A CHANS nurse helps a patient check for outdated medications to safely dispose through new system.

“We are delighted to finally be able to offer our patient population an environmentally friendly and safe manner to dispose of their medications,” says CHANS Director of Nursing Janet Colleran, RN.

Four sets of sisters grace Thornton Hall



AUTHOR ISADORA JAMES said “A sister is a gift to the heart, a friend to the spirit, a golden thread to the meaning of life.” Eight women—four sets of sisters—are enjoying sisterhood at Thornton Hall. From left, standing, are Gladys Mercier and her sister, Edith Libby; Lucy Scesa behind her sister, Catherine Clark; Irene Doyon behind her sister, Rose Poitras; and Loretta Aubertine behind her sister, Jennie Hanks.

Vaccine shortage curtails public flu shot clinics

CHANS HOME HEALTH CARE has been forced to cancel its public seasonal flu shot clinics because of the continued lack of seasonal flu vaccine. It is unclear when additional supplies may become available so that the clinics can be rescheduled.

Meanwhile, supplies of the H1N1 “swine” flu vaccine are “slowly arriving in the state,” the Maine Center for Disease Control and Prevention says. They are not expected to be on hand in any significant numbers until early December.

At that point, the State CDC said, the focus of the first doses to arrive will be on those who are most vulnerable, and hence in the highest priority grouping—children and pregnant women.

Gifts to Mid Coast's Annual Giving Fund are an investment in the health of our community

MID COAST HOSPITAL is a nonprofit *community* hospital that offers an extraordinary depth of healthcare and wellness services to the people of this region.

We have invested greatly in the past year to offer everyone in our community state-of-the-art technology, expanded facilities and compassionate care by our nationally recognized staff.

As a resident of the community, you are one of the owners of Mid Coast Hospital. Once each year we ask friends like you to support our mission by making gifts to our Annual Giving Fund.

Donations are used to help us provide you, your family and

neighbors with the very best care, including those facing financial hardship.

When you receive the Annual Giving appeal in the mail this November, please express your pride in what has been accomplished at your community hospital by sending a tax-deductible contribution. Your support of Mid Coast Hospital truly matters, and is greatly appreciated!

FOR MORE INFORMATION contact the **Development Office** at (207) **373-6064** or enjoy the convenience of making a gift **online** at www.midcoasthealth.com/gifts

Thank you!

A winning season!

PART OF OUR TRACK TEAM...

left to right, Craig Dorn, PT, Richelle Sipiora, PT, Sarah Cyr, PT, Amy Farrell, PT ATC, and Lee Stanton, PT.



THE MID COAST HOSPITAL Maine Corporate Track Association team was organized in 2008 by the Physical Therapy Department

Current captains are Amy Farrell, PT ATC, and Richelle Sipiora, PT.

As a new team, Mid Coast Hospital has been quite successful. In 2008 the team came in first in the small company category while in 2009 achieved second place in the same category.

This past year Amy Farrell was named *Coach of the Year*.

This is a great opportunity to represent Mid Coast, promote health and wellness, and have fun. No experience is necessary and we'd love to get more people involved.

An informational meeting is planned for the spring.

FOR MORE INFORMATION, contact Richelle or Amy in the Rehab Department at **373-6175**.

IN MEMORIAM



Sandra J. Flaherty

SANDRA J. (SANDY) FLAHERTY, RN, a nurse at Mid Coast Hospital for more than 25 years and known as the "Ambassador" of the Medical/Surgical unit, died September 7. She was 66.

Born in Malden, MA, she grew up in Bath and graduated from Morse High School and Southern Maine Technical College.

At Mid Coast Hospital, she was an active leader of the Employee Wellness Program and was part of many educational retreats. She also volunteered many hours at the Oasis Clinic.

"She was a phenomenal preceptor for many new graduating nurses just starting out in their careers at Mid Coast," says Marla Davis, RN, director of Community Health Improvement for the hospital..

"And what a role model she was for living a healthy lifestyle with her walking, swimming, and golfing."

Sandy was a member of Bath Country Club, Southern Maine Women's Golf Association, and the Bath YMCA.

"She had such a wonderful attitude," Davis recalled. "I remember the last time I saw her she gave me high fives and we shouted, 'Life is good.'"

Transition to new expansion goes without a hitch

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X-ray and lab services right in the Emergency also reduce the critical time needed for results. And for privacy and cleanliness, blinds are between the noise-reducing double panes of the sliding glass doors.

According to the Emergency team, the new patient rooms in the inpatient Medical/Surgical unit are equally important. By having the expanded capacity to admit a patient as soon as possible, back-ups are reduced if not eliminated and patients can be scheduled for procedures much more easily.

The new private inpatient rooms include features such as showers with benches so patients can be seated, and a recliner that can be used by patient or guest.



DAWN BREAKS OVER MID COAST HOSPITAL, above, on opening day of its new Emergency Department and Medical/Surgical inpatient rooms. Below left, Wiscasset EMS staff bring in a patient on the first day under the new covered ambulance bay. Director of Volunteer Services Millie Stewart, center below right, meets in the new Emergency waiting room with volunteers who will be serving in the new areas.



Photos by Mike L'Abbe

Fire Department Open Houses

Helping out during Fire Prevention Week

MID COAST HOSPITAL STAFF set up displays, provided health information, and answered questions for those attending area Fire Department Open Houses as part of October's *Fire Prevention Week*.

The hospital was pleased to again have the opportunity to work with local departments and emergency crews to get the word

out about safety and wellbeing.

Mid Coast joined firefighters at Bath, Brunswick, Topsham, Wiscasset, and Freeport in the events.

At right, Emergency Department Nurse Jeanne Pierce, RN, and ED Tech Kate Merryman, a paramedic, greet visitors at Freeport Fire Department.



Photo by Helene Maraghy

Pink in the Rink event raises awareness, funds

\$4,000 raised for the American Cancer Society

The Lewiston MAINEiacs and Mid Coast Hospital's Breast Health Center partnered for the 3rd Annual *Breast Cancer Awareness Night* October 17 raising \$4,000 through the auction of special "Pink in the Rink" items for the fight against breast cancer.

Auctioned off in the fund raiser were pink jerseys and hockey sticks used by the team. Also auctioned off was a specially designed mask donated by East Coast Sign and Design, which was worn by MAINEiacs goaltender Adrien Lemay. The game was against the Drummondville Voltigeurs at the Androscoggin Bank Coliseum in Lewiston.

Proceeds were donated to The American Cancer Society through Mid Coast Hospital's *Making Strides Against Breast Cancer* team.

"It was just an awesome night to be a part of Mid Coast Hospital and the efforts to find a cure for breast cancer," said Rita Renaud, RN, of the Breast Health Center, coordinator of the event.

The "Pink in the Rink" theme took on a whole new meaning before the crowd of 2,844, as the MAINEiacs played on a pink ice surface!

Eleven breast cancer survivors were recognized in a special ceremony prior to the game including two Mid Coast employees, Bettie Kettell and Maria Hyatt.

Renaud accepted the special goalie helmet for auction from Lemay before the puck drop. Employee Kandy Ivy sang the National Anthem at the opening.



Photo courtesy of Ron's Sports Photography



Rita Renaud, RN, left, of the Breast Health Center, joins cancer survivors and wellwishers to receive a special goalie helmet from MAINEiacs goalie Adrien Lemay for auctioning.

Presidents All!

TWELVE PAST PRESIDENTS of the Mid Coast Hospital Auxiliary join current president Ellie Tracy, seated at far right, at the group's recent fall luncheon.

Standing, left to right, are Bev Wilson, Helen Freeman, Ellie Patterson, Martha Greenlaw, Eileen Cole, Abigail Manny, Nancy Schlieper, and Beverly Emero. Seated left to right are Betty Akar, Beryl McPherson, Peg Small, and Roberta Doyle.



Photo by Mike L'Abbe