

# TRUE COLORS

## Girls on the Run

Spring 2016

This spring, Maine Coast Memorial Hospital and the Down East Family YMCA came together to bring Girls on the Run (GOTR) to Ellsworth, an afterschool program for girls in the third through fifth grade. During the ten week program, volunteer coaches guided girls through fun lessons to help them understand who they are, the importance of team work, and how they can positively shape the world. “One of the things I love about Girls on the Run is it’s big picture. It’s not just about running. It’s about teaching the girls life skills that will benefit them for the rest

of their lives,” says Kimberly Formby GOTR coach and Occupational Therapy Supervisor at MCMH. “It is my hope that every third through fifth grade girl in our area has the opportunity to participate in this program.”

The season ends with the girls completing a Girls on the Run 5K, which helped the participants learn the value of setting and achieving life goals. Girls of all fitness ability and levels are encouraged to join the GOTR program. Robin Clarke, assistant coach for the program and fitness director at the

Down East Family YMCA says, “I am really enjoying creating relationships with this group of awesome girls! If only I had this around when I was their age, I wouldn’t have waited to start running in my 30’s. Now it’s cool for girls to run, race, and be strong – what a confidence builder and game changer for these young women. I want them to be proud of me as their coach, I’m pretty sure I’m getting as much benefit as the girls being part of this program!”

Girls in the Ellsworth program met twice a week starting in March and

*Continued on page 2...*



## Message from the CEO

Summer is here and all around Maine things are growing and changing, including here at Maine Coast Memorial Hospital. We're well into our first year as a member of EMHS and have already started to see the benefits of being part of a system of hospitals. From our new employee health program, that has us all stepping up to the challenge of creating a healthier hospital, to building a more comprehensive orthopedics program with physicians seeing patients both here in Ellsworth and at Blue Hill Memorial Hospital, the positive changes are being felt by employees and patients alike.

In the past six months we've welcomed a number of providers including Clarke Baxter, MD at Southwest Harbor Medical Center and Linda Napier, FNP at the Eleanor Widener Dixon Memorial clinic. Most recently, we welcomed Karen Laflamme, PA-C and Paul Benoit, MD, a foot and ankle specialist, to the Specialty Orthopedics and Sports Medicine team. Later this month Anita Kolisch, MD, will join Ellsworth Internal Medicine. July will bring two more providers—Jesse Cloutier, PA-C, who will also be joining our orthopedics practice and David Coffman, MD, a general surgeon who will be working alongside doctors Harmon, Collins, Mason, and Hendricks to meet the growing needs of our community.

All of this is to ensure that our patients have access to the best care possible, and our commitment to safety and service has not gone unnoticed. Last fall, we were again recognized as a Top Performer in Key Safety Measures by The Joint Commission. In early April of this year, we received word that we are among the recipients of the 2016 Healthgrades Outstanding Patient Experience Award™, and then in April we were notified that we again earned an A safety score from The Leapfrog Group. The teamwork and dedication to our patients displayed by our staff every day make Maine Coast Memorial Hospital an amazing place to work and an outstanding place to receive care. Thank you for your continued support and for choosing our hospital and clinics for your family.



Charlie Therrien,  
President and CEO

A handwritten signature in black ink, appearing to read 'Charlie Therrien'.

### *Girls on the Run Continued...*

covered interactive curriculum topics such as self-awareness, building healthy relationships, and developing personal strengths. The program lessons also included the completion of a community service project and running practice to prepare them for the completion of the non-competitive 5k.

Girls on the Run is an international organization that began in 1996 to promote physical, emotional, and social development in girls before they reach high school. The goal of the program is to prevent future at-risk behaviors such as adolescent pregnancies, eating disorders, depression, suicide attempts, and substance abuse problems.

The after-school lessons are led by trained, volunteer coaches who guide the girls through the 10-week program and help prepare them for a lifetime of self-respect and healthy living.

Girls on the Run will continue in Ellsworth with a new season starting the second week in September, running through mid November.

**If you know a girl who is interested in participating, or you would like to volunteer as a coach, please contact Kimberly Formby at [kformby@mainehospital.org](mailto:kformby@mainehospital.org).**



## Donor Support Makes a Difference

Through generous donor support, the Eleanor Widener Dixon Memorial Clinic in Gouldsboro had two significant facility upgrades in December 2015. A new shingled roof was installed and the heating system was upgraded. The volunteer clinic committee, staff, and patients were pleased to have these projects completed before the extreme winter weather arrived.



*The Sinclair Builders crew work to replace the original shingles from the Eleanor Widener Dixon Memorial Clinic.*

# CenteringPregnancy®

The March of Dimes Maine Chapter has awarded a grant to Maine Coast Memorial Hospital to provide CenteringPregnancy®, a program proven to help reduce premature birth and cesarean birth rates, and increase breastfeeding among participants. CenteringPregnancy® is a prenatal care program shown to help lower preterm birth rates and has proven to be successful in reducing preterm labor rates in up to 33 percent of participants. Jane Gerlach, certified nurse midwife, is leading the team at Maine Coast Women Care in this innovative program that kicked off in May of this year.

The CenteringPregnancy® program focuses on group-centered prenatal care, where a small group of women, all within the same stage of pregnancy, receive prenatal care education. Groups form within the twelfth to sixteenth week of pregnancy and continue for ten sessions until the early postpartum period.

“All of the midwives and physician providers at Maine Coast are excited and enthusiastic about implementing CenteringPregnancy! This model will provide women in our service area with care that meets the highest standards for prenatal care. The opportunity for women to have extended time with the midwife and physician providers, and to draw on the support of each other during pregnancy and postpartum time is invaluable. They will be able to hear from other clinical experts including a dietician, lactation consultant, and physical therapist. We are very grateful for the support of March of Dimes in bringing this program to our families in Down East, Maine,” says Jane Gerlach.

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During typical prenatal care visits, a woman spends a short time with her healthcare provider. In the CenteringPregnancy® program, a woman spends two hours with her provider in an open environment, where part of the room is designated for prenatal care and the rest of the room is designated for discussion. These discussions help to build social support systems, which may help reduce stress levels.

Each patient receives prenatal care assessments with her practitioner and is able to discuss specific concerns. She also learns and performs self-care techniques, such as taking her blood pressure and accurately weighing herself. Each woman is invited to share her experiences and discuss different topics relating to pregnancy and parenting with other the participants and her healthcare provider.

**To learn more about this program or to enroll, please call Maine Coast Women Care at 207-661-5650.**



## MCMH holds the 23rd Annual Chefs' Gala

Maine Coast Memorial Hospital's twenty-third annual Chefs' Gala was held on April 30 with outstanding community support led by presenting sponsor Camden National Bank. Attendees danced the night away and helped raised over \$60,000 to support the patients of The Breast Clinic. Over the course of 23 years this event has raised nearly a million dollars to enhance diagnostic technology and provide support for patients in Hancock County and the surrounding area.

**For a complete list of sponsors, supporters and photos of the extraordinary evening, visit [www.mainehospital.org](http://www.mainehospital.org).**

## Local Entrepreneur Invests in MCMH

Although Bonnie Tokas is a new business owner in Ellsworth, she certainly knows the value of supporting others in her community. Last year, Bonnie opened B&B Tradewinds in Ellsworth. Understanding the value of keeping healthcare local, she selected the Maine Coast Memorial Hospital's Mary Dow Center to receive a penny for every gallon of gas sold. This generous donation resulted in an additional \$3,000 to support cancer patients in our community.



*Bonnie and Bart Tokas*



*Mark and Samantha Politte dance the night away.*



*Left to right: Lucille Poulin, MD; Sherrie A. Downing, PA-C; Marta E.C. Rieman, MD*

## Nursing Home Team

When you are recovering from surgery or a medical emergency, you want the comfort of knowing that your healthcare team has your back and will be with you during your journey toward recovery. That is why, for several years, Maine Coast Memorial Hospital (MCMH) has partnered with local nursing homes to ensure continuity of care is maintained for primary care patients of MCMH affiliated practices. Part of this care now involves having MCMH providers visit patients as they recover at Courtland Rehabilitation and Living Center and Seaport Village. Christie Weed, office manager for MCMH's nursing homecare team says, "It's really reassuring for the patients during their stay. The patients know these providers, and have history and an established relationship with them."

The trio of providers that visit patients in the nursing home setting no longer see patients in the office. Instead, they dedicate their schedules fulltime to those in assisted care. These seasoned providers also have an impressive 20 plus years practicing medicine with MCMH. While working in a nursing home setting can be challenging, without immediate access to certain lab and radiology tests, there are benefits. "Seeing patients in a nursing home setting gives us more flexibility to have sometimes difficult conversations, without the constraint of a busy practice. It allows important questions to be asked and answered—sometimes in one sitting, and sometimes over the course of a week and multiple visits. This is really an extension of the care that these patients have appreciated for years, it allows us to fulfill our commitment to the community to help them live their lives to the fullest," says Sherrie A. Downing, PA-C.

And those benefits go both ways, says Lucille Poulin, MD, "It is rewarding to work with seniors who have an abundance of rich life experiences, they are often focused on the things that matter most. We are in the position to help people retain as much independence as possible in the midst of sometimes extensive life changes."

These providers have become a much appreciated addition to the team. "As a team they are extraordinary to watch, they care for one another, as well as they care for their patients," says Weed. "It's really a wonderful thing to be able to have some of our most experienced providers caring for these patients during these challenges."

**To learn more about the services made available to MCMH patients during short term stays in these facilities, ask your primary care provider during your next visit.**

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# Expanding Behavioral Health Services in Hancock County

Maine Coast Memorial Hospital is proud to participate with many other health and community partners throughout the state in a shared Community Health Needs Assessment (CHNA). The CHNA helps those organizations who participate in the Hancock region to plan and address health priorities in our local area. In the most recent CHNA, behavioral health services was identified as one of the top five priorities of need for Hancock County. Therefore, Maine Coast Memorial Hospital (MCMH) has partnered with Community Health and Counseling Services (CHCS) to provide behavioral health services in each of their primary care offices for patients who might not otherwise be able to afford them.

A \$25,000 grant from the John T. Gorman Foundation has helped the hospital and CHCS put this new service in place. Founded in 1995, the mission of the John T. Gorman Foundation is to advance ideas and opportunities that can improve the lives of disadvantaged people in Maine.

“This funding allows Maine Coast Memorial Hospital to expand its collaboration with Community Health and Counseling Services,” Jack Frost, MCMH director of philanthropy commented. “There is a clear need in our region

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Those who are uninsured and underinsured will be able to meet with a counselor at no cost, and grant funds are intended to provide support for up to 100 individuals in the region of Hancock and western Washington counties.

The process is simple and confidential. Once a patient and their provider agree that they are need of behavioral health services, the provider makes the referral to CHCS. CHCS makes the final determination regarding financial need. Once enrolled, the patient sees their behavioral health provider in the same clinic where they see their primary care provider—in Ellsworth, Southwest Harbor, or Gouldsboro, eliminating the need to travel to a secondary location.

**If you or someone you know could benefit from CHCS services, you are encouraged to contact your primary care provider.**

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Our Communities



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