



Fall 2012

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Diabetes Education & Treatment Center Meets Patient Demand

The new Mid Coast Center for Diabetes & Endocrinology provides local medical care and education for adults living with diabetes. The Brunswick-based Center opened in August 2012 and has been well-received by the community, having seen roughly 200 patients in the first two months.

The Center focuses on a multidisciplinary approach designed to empower individuals to take an active role in managing their disease. It offers a full range of services to manage and treat Type 1 and Type 2 diabetes, as well as other glandular disorders, and also provides treatment for pregnant women diagnosed with gestational diabetes.

The educational component of the Center is recognized by the American Diabetes Association (ADA) and offers diabetes education, nutrition counseling, insulin pump training, continuous glucose monitoring, and more.

Dr. Christine L. Twining, an endocrinologist at the Center, sees great value in such a model. "We are excited to offer comprehensive diabetes care to individuals in the Mid Coast area. In partnership with the patient's primary care doctor, we are able to provide high quality care in a convenient and familiar setting, close to home." Dr. Twining is also on staff at Maine Medical Partners – Endocrinology & Diabetes Center in Scarborough, Maine.

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Reducing the Risks

It is estimated that over 100,000 Maine adults are living with diabetes; a disease that could lead to additional health complications including kidney failure, nontraumatic lower extremity amputations, blindness, cardiovascular disease, and death.

Through education programs and regular medical care, these risks can be greatly reduced.

DIABETES CENTER TEAM

From left, Carol Freshley, RN, CDE; Chistine L. Twining, MD; Alison Fernald, RD, LD, CDE; Liana B. Kelly, MSN, FNP; Judy Ventri, CCMA; and Christopher Holmes, PSR, all of the Mid Coast Center for Diabetes & Endocrinology at Mid Coast Hospital.

(Photo by Gerry Maraghy)

November is National Home Care & Hospice Month...

Hospice care promotes a patient's choice, dignity, comfort, and quality of life, while at the same time helping to decrease the burden of healthcare costs at end-of-life.

www.chanshomehealthcare.com

Diabetes

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By supporting diabetes self-care and management, the Mid Coast Center for Diabetes & Endocrinology aims to prevent unnecessary hospitalizations, which account for almost \$7 million of annual healthcare expenses in Maine.

By reducing overall healthcare costs, improving community health, and providing exceptional patient care, the Center is a perfect example of how Mid Coast Health Services is transforming the future of healthcare through its 2020 *Vision*.

The team at Mid Coast Center for Diabetes & Endocrinology is set up to work closely with an individual's primary care doctor to ensure consistent, clear communication and comprehensive medical care for each patient.

Appointments are made through a referral from a doctor. Physicians should call (207) 406-7290 to start the referral process. For more information and to meet the team, visit www.midcoasthealth.com/endocrinology. The Center is located at 81 Medical Center Drive, Suite 2200 in Brunswick.

Role of Nurse Practitioner in Healthcare Subject of International Visit

Administration, medical staff, and educators from Lovisenberg Diakonale Hospital in Oslo, Norway, recently visited Mid Coast Hospital to research the role of the Nurse Practitioner in healthcare and how it contributes to the delivery of high quality and cost effective care. Currently, the role of Nurse Practitioner is not part of the healthcare system in Norway and the representatives sought input into the potential of establishing such a program.

Paul Parker, Director of Nursing Education and Practice noted, "Mid Coast is very excited to share knowledge and information with other colleagues. It is this type of collaboration that will continue to foster excellence within the nursing field and healthcare as whole."

The highlight of the visit was the opportunity to hear directly from eight of the twenty nurse practitioners that work throughout the Mid Coast system.

Dear Friends:

Caring for Our Community

With each passing year, Mid Coast Health Services is honored to provide high quality, compassionate care to the people that live and work in Midcoast Maine. We too are members of this wonderful community and are proud of the medical services, specialty practices, support programs, and health education opportunities that we offer to our families, friends, and neighbors each day, right here, close to home.

It is the community we care for and the patients we serve that take priority in everything that we do. Our goal is to make it as easy as possible to stay or become well by increasing opportunities to prevent and manage chronic diseases, improving access and quality of care that you receive, and consistently looking for ways to

decrease the overall costs of healthcare.

During this time of unprecedented changes in healthcare and the economic challenges we are facing in our country, state, and region, we remain committed to our priority... your health and healthcare in our community. Thank you for your continued support and guidance as we work together toward the health and well being of our community.



Lois M. Skilling
President & CEO

They were able to provide valuable insight about their work, relationships with patients, and collaborative practices with physicians and the rest of the healthcare team.

Mid Coast was selected by the Norwegian healthcare organization due to its relative size and location, as well as its reputation for excellence as a community hospital that is designated as a Magnet organization. Only 6% of hospitals in the U.S. have achieved this recognition. The group from Norway also visited Massachusetts General Hospital in Boston.

Golf Tournament Proceeds Enhance Community Health Education

Mid Coast Health Services extends a sincere thank you to all of the sponsors, volunteers, and participants of the 19th Annual Mid Coast Hospital Classic – Golf *FORE!* Health Tournament.

The net proceeds of \$21,000 will be used to enhance and expand a vast array of health and wellness programs and services offered by *Healthline*, our community health education center.

Health promotion and disease prevention is a keystone of Mid Coast Hospital's vision for the future of healthcare in our communities.

Healthline works with community partners to provide quality health education on a variety of topics for all audiences. Programs are evidence-based and delivered by medical professionals that are certified by nationally recognized organizations.

Some of *Healthline's* programs include: *Let's Go!* 5-2-1-0 the community health and wellness initiative that reaches over 7,000 area children through local schools; the Annual Skin Cancer Screening that offered free screenings to 159 community members in May; outpatient Tobacco Cessation; Nutrition; and Asthma Management.

A **resource guide**—with information about classes, workshops, support groups, and health improvement programs provided by *Healthline*—is **available online at www.midcoasthealth.com/healthline**.

Hard copies of the guide can be requested by calling *Healthline* at (207) 373-6585.



Welcome!

New Physicians

Orthopedic Surgeon

Lisa D. Khoury, MD, has joined Mid Coast Medical Group—Orthopedics.

She obtained her medical training at the University of Pennsylvania School of Medicine, completing her residency at University of Pennsylvania Health System and a Sports Medicine Fellowship at New York University Hospital for Joint Diseases. She is board certified in orthopedic surgery.



Dr. Khoury

(207) 442-0350

Emergency Medicine

The active medical staff of Mid Coast Hospital's Emergency Department welcomes **Ariel A. Clark, MD**.

Clark is a graduate of the University of Vermont College of Medicine and completed her residency at Maine Medical Center.



Dr. Clark

(207) 729-0181

Who's New

Director of Clinical Initiatives

The nursing leadership team at Mid Coast Hospital is excited to welcome **Rosemary Cummings MS, RN**, to our organization.

Rosemary brings strong clinical and leadership skills to her new role and will be leading efforts that assure the practice of nursing at Mid Coast Hospital is evidence-based, compliant with professional practice standards, and in alignment with our *2020 Vision* for the future of healthcare.



Cummings

Sock Tree Benefits Local Charities

Each December, the podiatry office of Dr. Angela M. Perron decorates its holiday tree with pairs of socks for local shelters and charities. Between November 28 and December 21, the public is invited to hang a new pair of socks on the tree at 81 Medical Center Drive, Suite 1150, in Brunswick.

Mid Coast Launches Maine's First Blue Wrap Recycling Program

As part of its commitment to the health and well being of the Midcoast community, Mid Coast Hospital has recently implemented a new recycling program that will reduce the amount of plastic that it disposes.

The first of its kind in Maine, the new recycling program will serve as a model for other hospitals that are looking to reduce costs while caring for the environment.

Like all hospitals, the biggest contributor to the plastic waste at Mid Coast is the blue sterile wrap used to prevent contamination of medical supplies and surgical instruments. Made of chemical resistant polypropylene (plastic #5), "blue wrap" is not reusable and therefore must be disposed of after each use.

Until now, Maine has not had a system in place for recycling this type of plastic causing hospitals to discard the non-biodegradable product with the regular trash, posing a threat to the environment.

Molly Gardner, Linen and Waste Management Aide, said: "By participating in recycling efforts, we are not only reducing our impact on the environment, but we are reducing waste that is costly to

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CHANS Hospice Services Stimulates Public Dialogue

In a special collaboration with The Theater Project, CHANS Hospice Care Program was a proud sponsor of *Eurydice* by Sarah Ruhl, a professional ensemble production directed by Christopher Price that ran October 26 – November 11.

In a retelling of Orpheus, a Greek myth, Ruhl tells the story of death and loss from the perspective of Orpheus' wife, Eurydice.

Through this play, Ruhl honors her own father, who died in 1994 of cancer. The play is about relationships, love, loss, communication, and finding the meaning between life and thereafter.

During the three-week run, CHANS Hospice Volunteers, supporters, and community were invited to attend special showings and encouraged to take part in public discussions about death, dying, grief and loss in our greater community.

The three Sunday matinee performances were followed by a panel of local community members that included local physicians, grief facilitators, chaplains, professors and direct care staff who offered valuable insight to the audience and this important community discussion.

Giving Corner

Annual Giving Fund

Your Gifts Truly Make a Difference!

You may recall a time when you or a loved one received compassionate care at Mid Coast Hospital.

Perhaps there was a time when one of our highly-trained surgeons performed a complicated procedure, or our Emergency Department physicians and nurses provided quick access to care when it was suddenly needed, or our Maternity staff helped you welcome a child into the world. Our family of caregivers was there for you and your family...close to home.

And now we ask you to be here for us by making a contribution to our *Annual Giving Fund*. Your generous donation will help us to purchase state of the art medical technologies; to provide the latest training and resources for our staff; and to assist us in offering care for everyone in our community, regardless of their ability to pay.

Gifts to the Annual Giving Fund truly make a difference.

When our *Annual Giving Fund* appeal arrives in your mailbox this November, please take a moment to send your gift in the enclosed postage-paid envelope. For more information about contributing to Mid Coast Hospital and affiliates, please contact Director of Development, Michael Todd at 373-6065 or mtodd@midcoasthealth.com.

Thank you.

Center for Diabetes & Endocrinology opens on Mid Coast campus

See story on Page One!

UPCOMING EVENTS

Flu Shot Clinics

Fridays, 9 am - 12 pm

Through December 7

Mid Coast Senior Health Center

FMI: 729-6782

Center for

Weight & Lifestyle Change

- Information Session

Tuesday, December 4, 5-6 pm

Café Conference Room

FMI: 406-7446

- Next 12-Week Session begins

Thursday, January 13, 4:30-6 pm

FMI: 406-7446

Blue Wrap Recycling

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dispose of. We can pass on those savings to our patients, contributing to the overall reduction of healthcare costs for our community.”

Gardner, along with a team of dedicated staff, worked diligently to identify a solution for the large amount of blue wrap generated by the hospital.

As a result of a collaboration between Kimberly Clark, Mid Coast’s supplier of blue wrap, and Pine Tree Waste & Casella Recycling, the hospital’s waste collection service, Mid Coast was able to establish a program to recycle not only the blue wrap, but other similar products including patient warming gowns, surgical drapes, booties, and masks.

With the new process in place, these items are collected at the hospital and then bailed and shipped to a facility that will melt the material for repurposing into new plastic items such as totes, trash cans, and park benches.



MID COAST HEALTH SERVICES

Lois N. Skillings

President / Chief Executive Officer

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www.midcoasthealth.com



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News & Information

Please send news and information to jkesh@midcoasthealth.com

