



Spring 2012

# Prestigious award!

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## Mid Coast Hospital Recognized for Excellence in Breastfeeding and Lactation Care

Mid Coast Hospital has been recognized for excellence in breastfeeding education and lactation care by two international organizations in the field – the International Board of Lactation Consultant Examiners (IBLCE) and International Lactation Consultant Association (ILCA).

Mid Coast Hospital has received the IBCLC Care Award in recognition for staffing International Board Certified Lactation Consultants (IBCLCs) and providing a lactation program that is available five to seven days a week for breastfeeding families. In addition, the Brunswick hospital demonstrated that it has provided recent breastfeeding training for medical staff that care for new families, and have recently completed activities that help protect, promote, and support breastfeeding.

**Mid Coast Hospital has not one, but nine Certified Lactation Consultants** on staff: Kim Beaulieu, RNC, IBCLC, Coordinator of Lactation Services; Maternity Unit nurses Colette Gathcell, RN, IBCLC, Fay Beaudoin, RN, IBCLC, Bettina Pearson, RN, IBCLC, Roni Sweeney, RN, IBCLC, and Angela Klein, RN, IBCLC; and Mid Coast Medical Group–Women’s Health Care nurse Cindy Warner, RN, IBCLC. In addition, Donna Harkins, RN, CLC, and Amy Wing, RN, CLC, are certified lactation consultants.

Eileen Delaney, RNC, Nurse Director of Mid Coast Hospital’s Maternity, recognizes the incredible

Moms and their little ones gather for a Mother’s Circle with Coordinator of Lactation Services Kim Beaulieu, RN, IBCLC, center in lab coat. Offered twice a month, the group allows these newmothers to share experiences, get helpful suggestions, and socialize. The sessions are facilitated by Mid Coast’s lactation consultants who are available to discuss feeding issues and do weight checks. (Photo by Steve Trockman)

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**June is National Safety Month...**

*always put the safety of you and your family first, avoid unhealthy behaviors, and visit a healthcare professional to receive care for injuries*

[www.midcoasthealth.com/walkin](http://www.midcoasthealth.com/walkin)

## Breastfeeding

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value that IBCLCs bring to nursing mothers, their babies, and the community: "All nine of our board-certified Lactation Consultants focus on preventive care, so they are available during pregnancy to assess the mother and provide information on how to get off to a good start.

"Our Lactation Consultants continue to assist families after the baby is born by helping mothers latch their babies appropriately and answering their questions, and continue supporting them as their baby grows. They assist mothers returning to work or school, and help mothers in more unusual situations such as breastfeeding more than one baby, nursing a sick or premature infant, and dealing with other challenges. They are such a vital part of the care team and to our young families."

According to Cathy Carothers, President of ILCA, "This recognition highlights the efforts being made by maternity facilities all across the world to help mothers get off to a good start with breastfeeding, and to support them in reaching their goals. IBCLCs have the only internationally recognized lactation credential in the world, and are highly skilled in helping mothers with the questions and concerns that can arise. They are also an important part of the overall maternal and child health team by assuring that evidence-based policies and practices are in place that help mothers succeed with breastfeeding."

Carothers said, "Breastfeeding rates are on the rise today and with that dramatic increase the need for trained professionals who can help also increases. Breastfeeding is natural and often works quite well without intervention. But sometimes things happen and mothers need extra support. IBCLCs are the trained experts who know how to work with the entire health care team so that a mother's breastfeeding goals can be met."

Elizabeth "Kaili" Stehel, chair of IBLCE, echoes those sentiments. "Facilities that receive the IBCLC Care Award are to be commended for making breastfeeding a priority and for taking steps to improve breastfeeding support. IBCLCs are the health care professionals best suited to provide this help and often make the difference between success and failure for women meeting their breastfeeding goals."

## Dear Friends:

### Healthcare is changing. Mid Coast has a plan.

All around our country, state and region, healthcare is changing. With greater emphasis on continuously improving all we do, while at the same time decreasing the cost of healthcare during these tough economic times, Mid Coast Health Services is meeting the challenges of healthcare reform and embracing the opportunities as this new world unfolds.

Our commitment to wellness, health promotion, and disease prevention is the cornerstone of our 2020 Vision for the future of healthcare in our community.

Our mission to deliver outstanding healthcare happens one patient at a

time, thousands of times a day. In our work at Mid Coast, every patient counts.

From the ease of getting an appointment, to the physical, emotional and spiritual care we provide, our goal is to serve the people who live and work in our community with exceptional caring and professionalism.

Thank you for putting your confidence in us and for your support of Mid Coast Health Services.



*Joia N. Skilling*  
President & CEO

### CHANS Home Health Care earns 'perfect' score in federal survey

CHANS Home Health Care was rated "deficiency-free" in a federal recertification survey conducted earlier in February. Both federal and state survey visits are opportunities for the government to review a home healthcare agency's documentation and care practices, ensuring that services provided by that agency are among the very best.

CHANS staff was delighted to learn that it is rare for an agency to be awarded a deficiency-free survey. The perfect rating is an outstanding accomplishment for CHANS Home Health Care.

"It truly takes an entire team working together to achieve this prestigious

status," said Darlene Chalmers, CHANS Executive Director.

"Our staff's dedication and commitment to quality care for our patients is the foundation for excellence. A deficiency-free federal survey validates the quality care that CHANS staff provides with the goals of supporting patients to remaining safely and comfortably in their own homes and in the best possible health."

The federal survey, a Center for Medicare and Medicaid Services (CMS) requirement for Medicare Certified Home Health Care Agencies, ensures that agencies are in compliance with Medicare health and safety standards. Federal surveyors performed on-site reviews of patient medical records and accompanied staff in visits to patients' homes.

## Welcome!



### Dr. Maloy joins MCMG-Neurology

Alyson E. Maloy, MD, joins MID COAST MEDICAL GROUP- Neurology. Dr. Maloy is a graduate of the University of Vermont College of Medicine in Burlington, VT.

She completed a combined residency in neurology and psychiatry at the New York University School of Medicine in New York, NY, and did a fellowship in autonomic disorders there as well.

**Dr. Maloy** Dr. Malloy is board certified in both neurology and psychiatry.

Dr. Maloy joins the medical practice—which includes Kathryn D. Seasholtz, DO, William P. Stamey, MD, and John A. Taylor, DO—as it moves just down the hall at 81 Medical Center Drive to more spacious quarters in Suite 2400.



## Who's New Health Sciences Librarian

**Christina Stuntz**, MLIS, has joined Mid Coast Hospital as its health sciences librarian.

Christina is a graduate of Middlebury College in Middlebury, VT, where she majored in environmental studies and sociology. A medical research librarian, she received her masters in library science and information technology from Simmons College in Boston, MA.

Christina previously worked at Cape Cod Hospital in Hyannis, MA, and Massachusetts General Hospital in Boston.



**Stuntz**

## Practice Manager of Women's Health Care

**Ross H. Cunningham**, MBA, of Lisbon Falls, has been named Practice Manager of Mid Coast Medical Group—Women's Health Care.

As Practice Manager, Cunningham will oversee the daily operations of the Women's Health Care practice, which consists of a team of board-certified OB/GYN physicians, certified nurse midwives, and nurse practitioners.

Cunningham retired from the U.S. Navy. He received a degree in Business Administration from the University of Maine, and obtained his MBA from Southern New Hampshire University.



**Cunningham**

## Audiologist with Rehabilitation Services

**Anna K. Strange**, AuD, joins Mid Coast's Rehabilitation Services staff.

Dr. Strange is a clinical and dispensing audiologist and joins the Audiology Department at 310 Bath Road.

She received her clinical doctorate from Bloomsburg University, Bloomsburg, PA, and earned her Bachelor of Arts degree from the University of Maine at Orono.

She maintains certifications through the American Speech-Language Hearing Association and the American Academy of Audiology, as well as Maine state licensure in audiology.



**Strange**

# Transitions in Community Health completed

TRANSITION HAS BEEN THE OPERATIVE WORD within the Community Health Improvement Department at Mid Coast Hospital this spring.

After 24 years with the hospital— five as Staff Development Coordinator and 19 in Community Health Improvement— Marla Davis is handing off various aspects of her role to Steve Trockman, MPH, Director of Community Relations and Outreach, and Jessica Loney, RN, MSN, Community Health Education Unit Coordinator. Steve Trockman assumes the Department Director role for Community Health Improvement.

**Marla has been instrumental in the development of many successful health education and public health programs** that have directly contributed to improving the health of the Mid Coast community.

Some of the most notable programs include, but are not limited to: 5-2-1-0 (a healthy weight campaign for children), *Family Tree* (a local public television program that provides health education), Tobacco Cessation Services, Women's Wellness Day, Free Blood Pressure Clinics, and Medication Collections.

Davis will continue her role as Tobacco Treatment Specialist, as well as coordinator and host of *Family Tree* Community Cable TV, and advisor to Access Health. This "gift of time" will afford Marla more time to enjoy her family and her creative pursuits of gardening, photography, quilting, and historical research.

The Community Health Improvement Department will continue its role of supporting Mid Coast Health Services' *2020 Vision*. The vision includes transforming healthcare for the communities we serve by collaborating to expand access to evidenced-based prevention and wellness resources determined by the needs of the community, while continuing to offer exceptional clinical care and excellent patient experience within Mid Coast Hospital.

In the midst of these transitions, Trockman has increased the visibility of Mid Coast Health Services through social media and educating community stakeholders about shared accountability for individual and community health. Meanwhile the popular *Healthline* programs have grown under the supervision of Jessica Loney in her enhanced role as Community Health Education Unit Coordinator.

The Community Health Improvement Department also includes a team of experts that provide individual counseling and health education to promote chronic disease prevention and management.

The team consists of tobacco cessation expert Marla Davis, RN, MSN, TTS; nutrition expert Alison Fernald, RD, LD; diabetes expert Carole Freshley, RN, CDE; asthma expert Meredith Smithson, RN; holistic health expert Gail Boudin, RN; and Monica Recknagel, Administrative Assistant.

## Giving Corner

### Springtime & the Harvest

**Spring is planting time for the future harvest.** The ground is prepared and the seeds sown. Then comes the growth and eventually the ripened fruit.

The same sequence occurs when donors plan for the future by planting an endowment in benefit of Mid Coast Hospital. The endowment funds grow, and eventually the earnings are harvested and used to help us provide the very best care for our patients.

**Endowment funds are tremendously valuable to Mid Coast Hospital** because they represent a steady flow of financial resources year in and year out. They allow us to accomplish things we would not otherwise be able to do.

Endowments benefit the donor as well. Not only are there tax benefits, but these named giving vehicles create a legacy for the donor so future family members and coming generations will know that the donor was committed to supporting the needs of their community hospital.

**To obtain complimentary materials** about "planting" your own endowment at Mid Coast Hospital, please **contact Director of Development Michael Todd at (207) 373-6065 or [mtodd@midcoasthealth.com](mailto:mtodd@midcoasthealth.com)** Happy Spring!

# Wound Care Center expands services

Each year, six million Americans seek treatment for acute or chronic wounds. At Mid Coast Medical Group–Wound Care Center, our certified advanced practice nurses provide expert care for non-healing and hard-to-heal wounds from diabetes, pressure ulcers, or trauma. The

center at 81 Medical Center Drive is open 8 a.m. to 5 p.m. Monday through Friday.

**Patsy Cyr, RN, MS, FNP-C, CWS**, is a certified wound specialist who has headed the Wound Care Center team for more than 12 years and pioneered much of the wound care work done in the Mid Coast area.

**Gisele M. Castonguay, RN, MS, ANP-C**, is an adult nurse practitioner with lymphedema certification. She is advancing her studies in the specialized areas of wound, ostomy, and continence care.

**Susan Newkirk, RN, BSN**, is an intensive care nurse who uses the center's non-invasive Doppler skin perfusion technology to measure the level of blood circulation and healing capacity in the skin.

As one of the few healthcare facilities in the northeast using this sensitive equipment, the center provides state-of-the-art perfusion studies that detect narrowing of arteries, and can be used with MRIs, segmental studies, or angiograms for a more complete diagnosis.

## UPCOMING EVENTS

### **Baby Sitting & Home Alone Safety**

• for children ages 11 and up

Next classes: June 9 & July 7

FMI: 373-6585

### **Red Cross Blood Drive**

Wednesday, July 25,

2:30-7:30 p.m.

Cafe Conference Rooms, MCH

### **Center for Weight & Lifestyle Change**

12-Week Session begins

Thursdays, September 13, 4:30-6 p.m.

FMI: 406-7446

### **Living with Diabetes**

Next Class begins in September

FMI: 373-6585



## MID COAST HEALTH SERVICES

**Lois N. Skillings**

*President / Chief Executive Officer*

**Steven J. Trockman, MPH**

*Director of Community Relations & Outreach*

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[www.midcoasthealth.com](http://www.midcoasthealth.com)



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## News & Information

Please send your news and information for the *Mid Coast LINE* to [publicaffairs@midcoasthealth.com](mailto:publicaffairs@midcoasthealth.com)

