



Spring 2013

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A Community of Support for Victims of Sexual Assault

April is National Sexual Assault Awareness Month, a time to reflect on our community's capacity to care for victims of sexual assault. A recent study found that nearly 1 in 5 Maine adults report that they have been the victim of rape or attempted rape. Whether it be a family member, a neighbor, or a coworker, there are many people within our community dealing with the pain, the emotional distress, and countless other long-term effects of sexual abuse and/or sexual assault.

Health care providers are often the first responders for victims of sexual assault. At Mid Coast Hospital, we ensure that we are providing comprehensive care for patients who have suffered sexual assault through the Sexual Assault Forensic Examiner (SAFE) Program. Our SAFE program is made up of a team of registered nurses who have been specially trained to provide comprehensive medical care and to collect forensic evidence for patients who have suffered sexual assault.

Care includes assessment and treatment of injuries, medications for sexually transmitted infections, pregnancy protection, and if the patient wants, collection of evidence in a manner consistent with state requirements. Nurses and other health care professionals provide this care to all ages—children, adolescents, adults, and elders. This care is free with no billing to the patient or the patient's insurance.

"The SAFE program allows us to put the needs of our patients first," says Deb McLeod, Vice President of Nursing and Patient Care at Mid Coast. "The goal is to start the patient on the path of healing from the moment they reach out."

The Mid Coast SAFE nurses are part of the Sexual Assault Response team that includes local law enforcement, the District Attorney's office, and Sexual Assault Support Services of Midcoast Maine (SASSMM), our local support and advocacy group. All of these groups share the common goal of creating a seamless, community-based response to the needs of sexual assault victims and survivors.

Polly Campbell, RN, BS, BA, Director of the Maine SAFE Program in the Office of the Attorney General commented, "Mid Coast is to be congratulated for working to ensure that health care providers are available to care for this patient population. With specially trained nurses on staff, the waiting period to receive care is minimized, trauma from the assault is reduced, and the option

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SAFE TEAM

Mid Coast Emergency Department nurses Jana Hentz-McDorr, RN, left, and Pauline McLuer, RN, are both SAFE-certified. (Photo by Steve Trockman)

May is National Asthma & Allergy Awareness Month...

Asthma is a serious, sometimes life-threatening chronic disease that can be controlled. Our asthma education program offers personalized support to help manage the symptoms of asthma and enjoy a better quality of life.

www.midcoasthealth.com/asthma

SAFE

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to collect evidence is available for the patient.”

Mid Coast Emergency Department nurses Pauline McLuer, RN, and Jana Hentz-McDorr, RN, completed the rigorous SAFE training in 2010 and have since been working to grow the program at Mid Coast Hospital.

“Our goal is to provide a compassionate and caring environment to address the unique needs of victims of sexual assault and abuse,” says McLuer.

Hentz-McDorr commented, “With increased capacity of our SAFE program and an integrated, informed response team in place, Mid Coast Hospital offers high quality care and a network of community support for victims to begin the healing process.”

For more information about Mid Coast Hospital’s SAFE program, contact Lori Allen, RN, Director of Mid Coast Hospital’s Emergency Department at lfallen@midcoasthealth.com.

Now in its 30th year, SASSMM is an agency of professionals and trained volunteers dedicated to providing advocacy and support to survivors, families and concerned others affected by sexual assault, sexual abuse and sexual harassment.

SASSMM offers services to improve awareness and response by providing prevention, education, and risk reduction programs throughout Eastern Cumberland, Lincoln, Sagadahoc, Knox and Waldo Counties.

SASSMM advocates can provide support and additional information on their confidential **24-hour support line: 1 (800) 822-5999**. From a cell phone: 1 (207) 725-1500; TTY: 1 (888) 458-5599.

A Colorful Celebration of Fruits and Vegetables

Earlier this year, Mid Coast Hospital and Access Health teamed up with local schools to celebrate “Colors Week,” an annual initiative that focuses on the importance of eating fruits and vegetables every day.

Each year, this event serves to highlight the *Let’s Go!* 5-2-1-0 program, offered at local schools, day care centers, and community sites.

Dear Friends:

A Community of Support

As a community health system dedicated to improving the health of our family, friends, and neighbors, we strive to provide everyone with the education and opportunities to make healthier choices to improve their quality of life.

This edition of the *Mid Coast LINE* cites several examples of programs that reach beyond our walls, in which we join forces with local organizations to engage the community in meaningful ways.

Mid Coast’s SAFE program in our Emergency Department collaborates with local law enforcement and SASSMM to provide comprehensive support for victims of sexual assault; the *Caregivers to Persons with Dementia* support group, offered by CHANS, partners with local experts to speak on health topics; and as local dissemination

partner for *Let’s Go!* 5-2-1-0 Mid Coast assists local schools and day care centers to promote healthy eating and physical activity to combat childhood obesity—one of our priority health issues.



Lois N. Skillings
President & CEO

At Mid Coast, we believe that health is the result of a community-wide effort and we are honored to play a significant role. By strengthening our partnerships and reaching out to new organizations that share our goals for improved health, we will see a greater impact on the health and wellbeing of our community.

Lois

Throughout the week-long event, a daily fruit or vegetable was featured and made available to sample during lunch. To increase awareness and engagement, students were encouraged to wear the featured color of the day that matched the food sample.

More than 7,000 students participated in this colorful health-focused event.



4th grader Allison Metcalf crosses the street while high-fiving Lynn D’Agostino, Physical Education Instructor and 5-2-1-0 Champion at Harriet Beecher Stowe Elementary School in Brunswick. (Photo by Jessica Loney)

Area schools have been promoting the 5-2-1-0 message for almost five years when Mid Coast began collaborating with them to create healthier environments for students.

5-2-1-0 focuses on four positive health behaviors that are recommended to increase physical activity and healthy eating, including eating **five** fruits and vegetables per day, limiting screen time to **two** hours per day, engaging in **one** hour or more of physical activity per day and limiting sugar sweetened beverages to **zero**.

Mid Coast Hospital and Access Health provide technical assistance and grant support to community partners who wish to participate in the *Let’s Go!* 5-2-1-0 program.

For more information about the *Let’s Go!* 5-2-1-0 initiative and upcoming *Let’s Go!* events, contact Jessica Loney at (207) 373-6592, or jloney@midcoasthealth.com.

Mid Coast Recognized For Perioperative Nursing Certifications

Mid Coast Hospital has been recognized by the Competency & Credentialing Institute for having more than half of our operating room nursing staff CNOR® certified.

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Welcome! New Physician

Internal Medicine

Amy K. Etzweiler, MD, has joined Mid Coast Medical Group—Adult Care TOPSHAM.

She obtained her medical training at Case Western Reserve University in Cleveland, OH, completing her residency at the Hospital of the University of Pennsylvania in Philadelphia, PA.

Dr. Etzweiler is board certified in internal medicine and is accepting new patients.



Etzweiler

(207) 729-1689

Senior Health Center ranked among Maine's 'Best Nursing Homes' by U.S. News & World Report

Mid Coast Senior Health Center's Mere Point Long-Term Nursing Home and Bodwell Nursing & Rehabilitation facility were recently listed in US News & World Report's 2013 "Best Nursing Homes" for being among the highest rated in Maine.

The 2013 Best Maine Nursing Homes list is comprised of those facilities with a rating of five stars from the federal Centers for Medicare & Medicaid Services (CMS) for their overall performance in health inspections, nurse staffing, and quality of medical care.

About 30 percent of Maine nursing homes earned an overall five-star rating, and Mid Coast's Mere Point and Bodwell were one of two facilities in Midcoast Maine receiving the highest possible rating.

"We are very pleased by this exceptional rating by CMS. It represents the hard work and dedication of all our staff who provide top quality care and a healthy, supportive living environment for the residents of Mere Point and Bodwell," said Darlene Chalmers, Vice President of Elder and Home Care Services at Mid Coast Health Services, and Executive Director of Mid Coast Senior Health Center.

To view the complete rankings, visit <http://health.usnews.com/best-nursing-homes/area/me>.

Caring for Caregivers to Persons with Dementia

For the past 10 years, Mid Coast Senior Health Center has hosted a free, community-based support group for caregivers to those with dementia.

"Caregivers need to remember that in order for them to be available to care for the one that needs them, it is essential that they take care of themselves too," stated Cindy Hughes, CRMA, PSS, and support group co-facilitator.

This year, the support group format has changed slightly to include monthly guest speakers and follow-up discussion. The selected topics for this year's series include home modifications and safety adaptations, brain progression of dementia, and trauma.

"It is our hope that offering guest speakers will provide insight through education about what possible changes to expect and provide a basis for understanding typical behaviors a caregiver might experience in caring for someone with dementia," said Amy Berube, Director of Community Relations and Outreach at the Senior Health Center.

"By providing caregivers with effective 'tools' for understanding and responding to their loved ones with dementia, they will hopefully experience less stress as caregivers," Berube said.

Who's New

CHANS Director of Clinical Services

Becky Rosen, RN, MS, is the new Director of Clinical Services at CHANS Home Health Care and brings with her more than 20 years of leadership in home health and hospice programs.

Her past experience includes development of Medicare certified programs, operational procedures, clinical policies, and quality initiatives.



Rosen

Certified Asthma Educator

Asthma Educator **Stacey Schmidt, RRT, AE-C,** has joined Mid Coast's Community Health Improvement team. As a Registered Respiratory Therapist with more than eight years experience,

Stacey will spearhead the Asthma Education Program that helps to manage symptoms and improve lifestyles of asthma sufferers.



Schmidt

Giving Corner

Feeling Good About Your Will

When you have a valid will in place, it is comforting to know you have your "house in order" and have made sure that your loved ones will not be left to guess your wishes. It requires some time and effort, but those who complete the process nearly always say, "It was worth it and I feel good about it."

Perhaps you have a will that dates back several years and no longer represents your wishes. Maybe your children are no longer dependent or you have experienced major life changes. Even changes in the tax law could affect the provisions in your will. This is why professional advisors suggest reviewing your estate planning documents every few years to make sure they are up-to-date and reflect your current needs.

The Mid Coast Hospital Development Office offers complimentary materials to help you with your will. Our *Will Planning Guide* contains information about basic estate planning and how to prepare for a visit with your attorney. It also includes sample bequest language should you choose to include Mid Coast Hospital or its affiliates in your plans.

If you would like to receive our free *Will Planning Guide*, please call us at (207) 373-6064 or visit the planned giving section on our website at www.midcoasthealth.com/gift.

Thank you.

UPCOMING EVENTS

Blood Pressure Clinics
Wednesdays, 10 am - NOON
Mid Coast Hospital
FMI: 373-6585

Medication Collection
April 27, 10 am - 2 pm
Various Locations
FMI: 373-6958

Women's Wellness Day
May 19, 11:30 am - 4:30 pm
Mid Coast Hospital Café
FMI: 373-6585

"Grand and Glorious" Yard Sale
May 17, 18 and 19
Cook's Corner Mall, Brunswick
FMI: 373-6015

Mid Coast Hospital Classic
20th Annual Golf Fore! Health
September 12, Brunswick Golf Club
FMI: 373-6064

Community of Support for Sexual Assault Victims

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CNOR

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The CNOR certification program is for perioperative nurses interested in improving and validating their skills and providing the highest quality care to patients.

Certification also recognizes a nurse's commitment to professional development. It is an objective, measurable way of acknowledging the achievement of specialty knowledge beyond basic nursing preparation and RN licensure.

Research shows that nurses who earn the CNOR credential have greater confidence in their clinical practice. A team of certified nurses who have mastered the standards of perioperative practice further advances a culture of professionalism and promoting improved patient outcomes.



MID COAST
HEALTH SERVICES

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