

*“We are committed, not only to serving the community, but also to being a part of it.”*



## **A Message from Our CEO**

Dear Friends of DECH,

We have more than just a new look at your community hospital. Down East Community unveiled a new logo and signage in the middle of September. We also renamed and dedicated our medical office building on Main Street to the memory of Reid Emery. The hospital is moving forward with a constructive agenda to bring only the best for patients while always remembering where we have been and what we, as a hospital and as a community, have been through. Mr. Emery's untimely death and the many other events and experiences that led to the establishment of an emergency receivership and the potential loss of Medicare funding must not be pushed behind us and forgotten. To the contrary, we must remember these things and honor them by repairing what was broken.

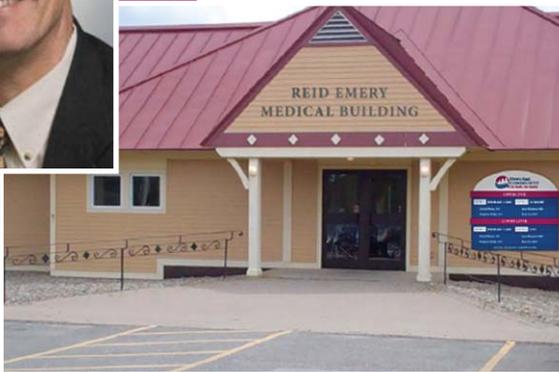
In the creation of our new look, we have placed the Community at the center of what we are about. We are committed, not only to serving the community, but also to being a part of it. We are accountable and present. When there is a complaint or concern, we are responsible to address the issue. We are building on our process improvements so that reasons for what we do are evident; in other words, we are transparent. And when we make a mistake, we will own up to it and say, “I’m sorry.” In naming the Reid Emery Medical Building, we are acknowledging the mistakes that were made and saying that we are accountable and forever sorry. We are also saying this will not happen again. We are about organizational learning. When we err, we learn from the bad experiences and make changes.

We, also, believe that the coming challenges of accountable care organizations, healthcare reform and chronic disease are our responsibility to address on behalf of our community. We will change to meet these demands and will constantly strive to bring our best – to focus our efforts to meet the challenges and to serve our patients.

With best regards always,



Douglas T. Jones, FACHE  
President & CEO



## **Physician Practice Move**

The Down East Community Hospital ENT practice has moved from the Women’s Center to its new location in the Reid Emery Medical Building at 229 Main Street in Machias (formerly Down East Community Hospital Medical Associates). The telephone number remains the same 255-4434.

The offices of Dr. Edward Khalil and Christine Moulton, FNP have moved downstairs from their current space in the medical building. This move provides more space for the providers and their patients.

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Ashley, Elizabeth, Lisa, Sara, and Chris

## A Performance of Rehabilitation

A special performance occurred at our *Rehabilitation Department* this summer. **Elizabeth Gardner**, age 6, performed a ballet recital for her parents and friends as the finale to her physical therapy program. Learning the dance was a part of Elizabeth's rehabilitation; the part she really liked. Miss Gardner, under the direction of Mrs. Ashley Curtis, DPT, performed her ballet dance to the music of Mendelssohn's *Midsummer Night's Dream*. Elizabeth danced beautifully and received a loud round of applause from family and visitors. She even agreed to one last pirouette and curtsy. Her parents Chris and Lisa, and sister Sara were moved by her performance.

Down East Community Hospital's Rehabilitation Department is considered one of the most comprehensive programs in Washington County. It offers convenient hours and flexible schedules and skilled clinicians work with each client to meet all their rehabilitation needs. Services include physical therapy, occupational therapy, and speech therapy.

For further information, contact Rehabilitation Department Director Gwen Jones at 255-0258.

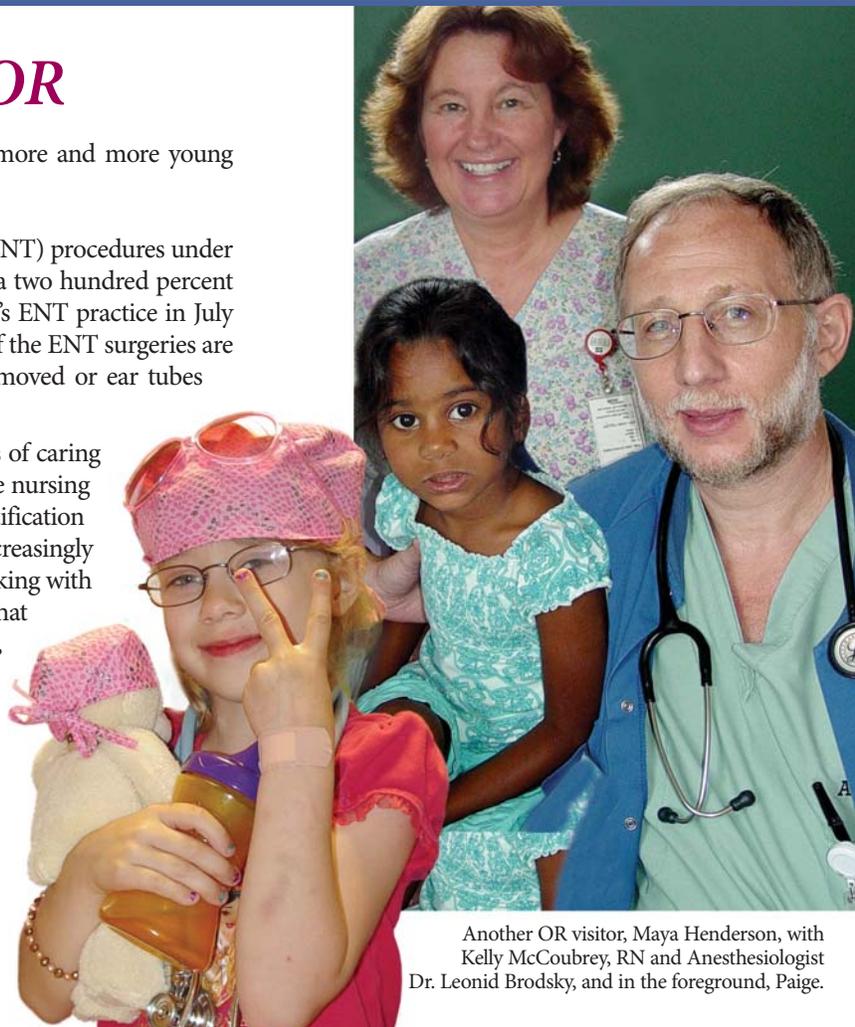
## More Young Faces in the OR

The Surgical Services Department has had the privilege to greet more and more young patients and their families over the past two years.

**Paige** is one of many children this year having ear, nose or throat (ENT) procedures under the care of **Dr. Karen Miller**. From 2009 to 2011 the OR has seen a two hundred percent increase in pediatric patients. Since the establishment of Dr. Miller's ENT practice in July 2009, the many faces of young patients have grown. Forty percent of the ENT surgeries are children, most of whom are having their tonsils and adenoids removed or ear tubes placed.

The surgical department has welcomed the challenges and rewards of caring for the increasing amount of children and their families. Most of the nursing and physician staff have taken on the responsibility of receiving certification in Pediatric Advanced Life Support (PALS), as well as becoming increasingly familiar with care of children and their families. The rewards of working with children are priceless. Knowing that the hospital provides a service that parents once had to travel outside of Washington County to receive, gives staff great satisfaction. The grateful families and the healthy little ones are a special tribute to all who help in the process of caring for children and their loved ones.

As the hospital continues to meet the needs of the pediatric population, the increasing number of pediatric patients present a unique blessing. As one young patient thanked the surgery department, she wrote, "you guys gave me a dream about being a doctor." DECH staff feel fortunate to see their future care providers in the faces of these young patients.



Another OR visitor, Maya Henderson, with Kelly McCoubrey, RN and Anesthesiologist Dr. Leonid Brodsky, and in the foreground, Paige.

## *A Labor of Love*

*Down East Community Hospital is proud to announce the delivery of a beautiful 200 pound...labor tub. It's hydrotherapy...a new option we're excited to offer at our Obstetrics Department. Hydrotherapy utilizes the soothing properties of warm water immersion to relax the patient and to help ease patient discomfort and anxiety while in labor.*

Total immersion produces buoyancy which creates a hydronamic lift, reducing gravitational pull and hydrostatic pressure equalizes the pressure on the body below the water surface which helps to reduce pain and allows patients to easily change positions such as knee to chest, seated, and standing.

*If you would like to learn more about hydrotherapy, you can call our Women's Center at 255-0400 or or our OB Department at 255-0242.*



## *Surgical Weight Loss Support Group*

Down East Community Hospital continues to host a bi-monthly Surgical Weight Loss Support Group. Co-facilitators Janet Monaghan DTR/L and Denise Harris MS RD, would like to extend an invitation to all past participants as well as anyone who has undergone, or is considering going through the surgery. Meetings are held in the MacBride Conference Room on the Hospital campus the first and third Monday of each month (excluding holidays and severe weather) from 5:00-6:00 p.m. The next scheduled meeting is Monday October 17, 2011.

The support group is participant driven with the common mission of providing tools for long term weight loss success and well being. This is accomplished through peer support, with honest and open dialogue related to successes and challenges. While the procedure itself is fairly common for all participants, its affects are not. The one hour session of questions, answers, and discussions of how individuals handle different situations creates more than peer support. Through networking, it creates bonds for life long friendships with others who have similar experiences.

Current participants are interested in hearing your story. In general, they are interested in hearing about positive approaches for wellness as it relates to weight loss success, stress management and stories related to body image and sculpting. If you are interested in volunteering as a guest speaker to share your story please contact Janet Monaghan DTR/L at [jmonaghan@dech.org](mailto:jmonaghan@dech.org) or 255-0485.

## *Hometown Girl Practicing in Milbridge*

Milbridge Medical Center would like to welcome Jennifer Murphy, MSN, RN, NP-C. Jennifer was born and raised in Downeast Maine. She is an Addison native, who graduated from Narraguagus High School in 2001. She received her bachelor's degree in nursing from the University of New Hampshire in 2005 and her master's degree in nursing from the family nurse practitioner program at the University of Maine in May 2011. In October 2011, Jennifer will marry her fiancé Keegan Beal, a local lobster fisherman from Milbridge and become a stepmother to his two wonderful daughters. Jennifer has a passion for the outdoors and enjoys camping, fishing, hunting, skiing, and snowmobiling. She is also a huge sports fan, especially baseball and the Boston Red Sox, as well as NASCAR, hockey and basketball. Jennifer is looking forward to serving the Downeast Maine community for many years to come as a family nurse practitioner at Milbridge Medical Center. Jennifer will see all ages of patients, including pediatrics. To make an appointment with Jennifer, please call 546-2391.





## Awareness

October is national breast cancer awareness month. The Women's Center and Imaging Department at Down East Community Hospital wishes to remind all women that early detection is the best defense against breast cancer and that mammography is the best known tool to detect breast cancer. The key to mammography screening is that it be done routinely – once is not enough.

The American Cancer Society recommends that all women receive a baseline mammogram between the ages of 35 and 39 and annually after the age of 40. Men, especially those with a family history of male breast cancer, should consider regularly scheduled exams.

*If you haven't had a mammogram during the past year, why not take this opportunity to schedule an appointment during breast cancer awareness month by calling the outpatient scheduler at 255-0474.*

## Infection Control Award

**Donna Kelley, RN** was recently recognized by the *Association for Professionals in Infection Control and Epidemiology (APIC)* by being this year's recipient of the *Maine Hospital Association Certificate of Achievement* for her outstanding commitment to patient safety and dedication to infection prevention and leadership.

*"Eric Burke, chair of the DECH Board and I were on hand to honor Donna who brings great honor to our hospital. I let Donna know that this was the first time I have had a staff member so honored by any of the allied professional associations."* Doug Jones, CEO



Doug Jones, CEO, Donna Kelley, RN and Steve Michaud, MHA President



## Reaching Out Once Again

*The Washington County Children's Program (WCCP)* is thrilled to announce the return of the *New York University College of Dentistry (NYUCD) Dental Outreach Program* to Machias, offering dental care to families in Washington County. The NYUCD team will provide dental services at the Lee Pellon Event Center in Machias on October 17-22, 2011. Children will receive complete care. Adults will be offered emergency dental care on a walk-in basis. **For more information contact Teresa Alley at WCCP at 255-3426, [www.wccp.net](http://www.wccp.net).**

October 2011 will be NYUCD's third trip to Maine. During the past two programs, more than 1450 dental visits were offered. Over 95% of children completed all the dental care they needed. Hundreds of adults with serious dental emergencies received compassionate care.

*We feel like we've been given a huge gift!* Thanks to all those who made this possible - Caring Hands of Maine, Henry Schein Cares, Delta Dental Plan of Maine, Washington Hancock Community Agency, and Down East Community Hospital. A special thanks to DECH employees Gloria Woodward, Juanita Boyd and Julie Hixson for taking care of our daily equipment sterilization needs.



*Small team  
makes a big  
wave in  
Washington  
County and  
beyond.*

Maine Families staff (back row L to R) Jess Boyd, Ellen Farnsworth, Nicole Stauffer, Susan Bennett, Program Mgr. Jane Brissette. (front row): Anneke Waag, Stephanie Dorr.

As Augusta struggled with revising their biennial budget, Maine Families was overlooked and actually penciled right out. Suddenly in the spotlight, the quiet little program was overwhelmed by supporters and advocates of their work, with offers to make calls, write letters to editors & state representatives, and even testify at the legislative hearings.

After years of serving Washington County families, Maine Families found that that they had lots of great data and statistics to share, proof of how effective a small group of dedicated people can be in a county this large. The agency was exhilarated by the support of the community and all of their collaborating partners.

But it wasn't just Maine Families that was struck by the powerful reaction of the community and their partners, Augusta heard it too. The legislators worked hard to find state monies to restore Maine Families statewide and additional federal support to actually expand the program further in Washington County. The agency had formerly worked with first time parents and teen parents, now with the new expansion; they can serve many more families including those at risk for health concerns, economic hardship, child and household safety issues, as well as families that are seeking resources for education, prenatal care, support and advocacy, and child development.

*For more information on Maine Families' expanded programs, please contact Anneke Waag at 255-0481.*

## *DECH Auxiliary Scholarship Winners!*

This year's DECH Auxiliary scholarship winners are **Brandée Beal** from Beals and **Jordan Spencer** from Machiasport. Each year, two \$1000 scholarships are awarded to local area high school graduates pursuing a degree in the medical field.

Beal wishes to pursue her education in Nursing at Husson University. She attended the Nursing Discover Camp at the University of Maine at Fort Kent last summer, got her CPR certification and each Friday works at the Pediatric clinic at DECH. She *"couldn't be more thankful for the experience."*

Spencer plans to attend Husson University in the fall to pursue a doctorate degree in Physical Therapy. He understands the difference between the words "job" and "career" and says *"this is the career I'm determined to have."*

Because of the generosity of our community, the Auxiliary is able to provide financial assistance to our future healthcare providers and leaders.



# 10 Tips for Cancer Patients

by Pat Oftedal  
Inflammatory breast cancer survivor



*Pat Oftedal is an inflammatory breast cancer survivor who was first diagnosed in 2007 and has been in remission since 2008. Pat wrote the “Tips for Cancer Patients” to help people newly diagnosed with cancer to better navigate through their treatment. These are things she learned going through her diagnosis process and she hopes these tips will help someone else.*

1. Bring a family member or friend to your appointments. He or she can take notes on what the doctors say. There will be so much new information coming at you that you will probably not remember it all. Some have brought a micro recorder to replay later for themselves or family. If your doctor objects to this, find another doctor.
2. Write down any questions you may have for the doctor ahead of time, in case you forget during the appointment.
3. Don't be afraid to ask for a copy of your test results and have those results explained to you. If the results are vague or unusual in some way, ask that they be reviewed by another pathologist or radiologist, especially if clarification could change your diagnosis or your treatment plan.
4. If something the doctor says doesn't feel right to you, never hesitate to ask for a second opinion. Doctors, after all, are human. If your doctor objects to this, find another doctor.
5. Many resources are available; transportation, lodging, financial assistance, and support services and they may be accessed by talking to a social worker at Cancer Care and other agencies.
6. Many patients go to the internet for information. This is fine as long as you know which sites are trustworthy. The American Cancer Society, the Mayo Clinic, the National Cancer Institute and Lance Armstrong's site are some of the best.
7. Reading or hearing about the prognosis statistics on your type of cancer can be discouraging, but remember they are mostly outdated because so many advances in treatment have occurred in the last few years. You are not a statistic, and there is no expiration date stamped on the bottom of your foot!
8. Attend support group meetings if you can. They are a great resource for information and moral support as you go through treatment. Online support groups can also be very helpful. Find a mentor, someone who has gone through what you are facing.
9. Many tests and treatments are available at your local community hospital. You may not have to travel long distances for them, but sometimes your oncologist or surgeon will forget to tell you about what is offered locally.
10. No one goes through cancer alone. Your family and friends are eager to help, and on those days when your energy is too low to get to the store, or shovel your walk, make them feel good and ASK for help.

# in the Community



## Babies Come Together

The second annual *Down East Community Hospital Baby Reunion* took place on July 16. Nineteen babies attended and brought along some family members. The babies had a good time playing with the toys and enjoyed all the bubbles from the bubble machines. The two lambs that Alf Wakeman brought with him were also a big hit. *Honestly, how can you not just love a lamb?* Dr. Loughland and her husband Jack brought their canine children to greet the families. Beautiful day, beautiful babies!

## First Aid is Not Just for People

Down East Community Hospital sponsored the First Aid Station at the Machias Wild Blueberry Festival again this year. Nurses and Physicians were on hand for any emergency care needs. A special cantina was provided by Star Sweeney, RN for the hot and thirsty canine friends who attended the festival.



## Pleasant Point Health Fair

Down East Community Hospital RNs Rob Janssen and Desiree Bassett attended the Pleasant Point Passamaquoddy Community Health Fair to provide free blood pressure screenings and to show the health fair attendees some of the services available at Down East Community Hospital. Every year at the start of Indian Day weekend celebrations, the Pleasant Point Passamaquoddy Health Center hosts its annual Community Health Fair which offers many screenings, blood pressure, glucose, and cholesterol to name a few. Attendees also learn about different health agencies and what they have to offer.



## Upcoming Events

### Auxiliary Book Fair

Please save the date for the Down East Community Hospital Auxiliary's Annual Book Fair on October 21st and 22nd. It will be held at Centre Street Church. Book donations are now being accepted in the Auxiliary's Gift Shop at the hospital.

### Auxiliary Holiday Craft Fair

The annual DECH Auxiliary Holiday Craft Fair will be held on Saturday, December 3rd from 9 a.m. to 1 p.m. at the Rose Gaffney School. Vendors from last year's craft fair have received applications for this year's event. New vendors interested in this year's craft fair should contact Susan Pottle at 255-0294 or [spottle@dech.org](mailto:spottle@dech.org). *Why fight the crowds in Bangor or Ellsworth when you can find unique and creative gifts at the Holiday Craft Fair?* Stroll and shop along the booths, enjoy a cup of chowder or chili and don't forget to buy a chance for the Auxiliary's Homemade Quilt or Weekend Get Away Raffle! **Mark your calendars! We hope to see you there!**

### Light A Life

Down East Community Hospital's Light A Life celebration will take place on December 13 at 5 pm. This celebration, that has been a tradition at DECH for well over 20 years gives us the opportunity to remember loved ones. With a minimum donation of \$10, you can reserve a luminaria bag and candle in honor of or in memory of a loved one. These luminaria bags will be lit the evening of the celebration. **For more information log onto our website @ [www.dech.org](http://www.dech.org) or call Julie Hixson at 255-0244.**



# Calendar of Events



## Support Groups & Classes

### Childbirth Classes

**Down East Community Hospital**

**9:00 am- 4:00 pm**

**November 12, January 14**

This free class provides expectant parents with a tour of the Hospital's Obstetrics Department, information on what to expect during labor and delivery and tips for taking care of that new bundle of joy. For more information or to register, call Jane Brissette at 255-0438.

### Gastric Bypass Support Group

**MacBride Building at DECH**

**5:00 pm**

**October 3 & 17, November 7 & 21  
December 5 & 19**

Provides on-going support to those who have gone through gastric bypass surgery as well as their family and friends. Topics include healthy eating and nutrition, impulse control, exercise. On-going emotional support is provided around the day-to-day challenges encountered post surgery. For more information, contact Janet Monaghan at 255-0485.

### Diabetes Support Group

**Women's Health Resource Library at  
Milbridge Medical Center**

**October 31, November 18  
December 16**

Provides on-going support to people with diabetes as well as their family and friends. Topics include nutrition, prevention of acute complications, managing high and low blood sugar, disease process, among others. On-going emotional support is provided around the day-to-day challenges faced by persons with diabetes. For more information, contact Jesse Burns, RN of Milbridge Medical Center at 546-2391 or Julie Hixson, Community Relations & Marketing Coordinator of Down East Community Hospital at 255-0244.

### Maine Families Playgroup

**Community of Christ Church in Jonesport**

**11:00 am**

**October 5 & 9, November 2 & 16  
December 7 & 21, January 4**

This free parent/child playgroup meets the 1st. and 3rd Wednesday each month. It is for children ages 0 - 5 (siblings welcome!). For more information, call Anneke Waag at 255-0481.

### Cancer - There is Hope Here in Washington County

**Pellon Center**

**8:30 am - 3:00 pm**

**October 7**

This conference is to bring hope to those living with cancer or caring for a loved one with cancer. Guest speakers will be featured throughout the day and various agencies and organizations will provide information and resources to attendees. This all day event includes lunch and is free of charge thanks to support from the Maine Cancer Foundation. Call Tami at 733-1090 ext 2214 for more information.

Please visit our calendar of events  
on our website at [www.dech.org](http://www.dech.org)  
for updates.

**Good Medicine**

**Good Medicine** is published quarterly for Down East Community Hospital. We welcome comments and suggestions from readers. The information contained herein is intended to educate the community about subjects pertinent to their health, not as a substitute for consultation with a physician.

**Douglas T. Jones**, Chief Executive Officer  
**Julie Hixson**, Community Relations & Marketing Coordinator  
**Hook Design**, *Good Medicine* Editor/Designer · 888-353-6348  
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For more information: call **Down East Community Hospital** at 207-255-3356, FAX 207-255-0427 or write 11 Hospital Drive, Machias, Maine 04654, Attn: Julie Hixson.  
[www.dech.org](http://www.dech.org)

*All information is intended for your general knowledge only and is not a substitute for medical advice or treatment.*