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*Nothing's More  
Important Than  
Your Health*

## Meet Our New OB/GYN

Calais Regional Hospital is pleased to welcome Vladimir Breslau, DO, MD, PhD to the active medical staff and the Calais Regional Medical Services OB/GYN practice. Dr. Breslau is an OB/GYN physician offering over thirty years expertise in patient care and hospital experience.

Dr. Breslau earned his medical degree at the University of Kishinev Medical School in Kishinev, Moldova and his PhD in Endocrinology/Oncology at Petrov's Research Institute of Oncology in Leningrad, Russia. He earned his Doctor

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*Dr. Vladimir Breslau joined the CRMS OB/GYN practice on May 1*

## 2009 CRH Excellence Award

Calais Regional Hospital is pleased to announce that April Free is the recipient of the 2009 Excellence Award. The CRH Excellence Award is an



*April Free is the recipient of the 2009 CRH Excellence Award. Pictured above (l to r): Son - Eric, April, CRH Board Chair Linda Gralenski and CRH CEO Michael K. Lally.*

honor given to an individual who exemplifies teamwork, respect for people, service to others, outstanding customer service & dedication to quality. Nominated by her peers, April was described as: considerate & courteous, respectful, loyal, highly motivated, open to new ideas, continually striving for excellence and a supporter of all things at CRH. April grew up in Princeton the daughter of Vona and Leon Bailey. She

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# Four Long term Employees Leave CRH

## Marilyn Hanson

Marilyn Hanson retired in May after 20 years at CRH. For half that time she was a Certified Nursing Assistant at the 'old CRH' working mostly nights on the skilled nursing facility (SNF) and then on the Hall Wing medical-surgical unit. For the past nine years she has been Ward Clerk on the Inpatient Care Unit. Shortly after moving to the new replacement Hospital at 24 Hospital Lane, Marilyn changed status to part time.

Marilyn was born in the original Calais Hospital on Church Street. She grew up in Baileyville. For 30 years she worked at Ware Knitters in Calais, leaving the position of floor supervisor when the plant closed. After this Marilyn decided to take computer classes offered at Woodland High School but she didn't stop there. She earned her CNA and ambulance attendant certificates from WCVTI where she also studied small business management.

Marilyn's husband of five decades, Edward, retired after 19 years at Georgia Pacific Corporation. They have three children: Tammy Bailey of

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## Donna Hennequin

In June Donna Hennequin retired after nearly three decades at CRH. Her role for all of those years was the position of Laboratory Assistant. Donna was born in St. Stephen, because there was not a Hospital in Calais at that time. She grew up in Robbinston with two brothers and one sister, the daughter of Arnold and Madona Quimby.

After graduating from Calais Memorial High School, she moved to Presque Isle where she worked for two years in the chemical lab at Potato Service Inc. She later returned to the area and worked in the CRH laboratory for five years before leaving to raise a family. She re-joined the lab as an assistant in 1980. Donna studied at Washington County Vocational-Technical Institute in Calais graduating with a Medical Lab Aide and an Advanced Medical Laboratory Aide Certificate.

Donna and husband Marshall have been married nearly four decades. For the past 40 years Marshall has been the manager and owner of Calais Tire and Auto Supply in Calais. Their children include daughter Reba Cleghorn who lives in St. Stephen and sons Arnie Hennequin who lives in the area and Aaron Hennequin who is in the military stationed in Arizona. They have five grandchildren and three great-grandchildren.

Donna's plans for the summer months include spending as much time as she wants at the Hilltop Campground in Robbinston. This business venture they purchased in 2003 includes 82 seasonal camp sites. When the leaves fall, Donna said she is "not sure" what she will do. Donna will celebrate her retirement with family and close friends. Congratulations Donna and best wishes for a happy and healthy retirement.



*Marilyn Hanson,  
Ward Clerk*



*Donna Hennequin,  
Laboratory Assistant*



*Teresa MacLean,  
Health Information Coder*



*Mary Phelan,  
CNA*

## Teresa MacLean

Teresa MacLean is retiring after nearly 35 years at CRH. She leaves the position of Coder in the Health Information Department.

Teresa was born at the Calais Hospital on Church Street to Margaret Kelly and grew up in the family home in Milltown with her younger brother Michael, who is still in the area. She graduated from Calais Memorial High School in 1959. After graduation, Teresa had her first experience at CRH typing reports in xray for Dr. Southworth. She then moved on and spent two years at the paper mill in Baileyville and ten years as an operator for the New England Telephone Company until the Calais office closed. During her time away from CRH, Teresa stayed involved with the hospital and worked on the CRH community fund to raise money for the extended care facility referred to as C-Wing at the old facility.

In 1974 Teresa told then Hospital Administrator Frances Hall that she would cover vacation in Radiology for Ivie Avery. Before the vacation ended, Teresa had accepted a full time Medical Records Clerk position.

Although Teresa enjoyed working in Health Information, after seven years she decided it was time for a change. In 1981 she transferred to the position of secretary to the director of nursing. Eight years later Teresa

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## Mary Phelan

Mary Phelan is leaving Calais Regional Hospital after working 36 years. Her experience at the hospital included several roles over nearly four decades. She leaves the position of part time Certified Nursing Assistant on the Inpatient Care Unit.

Before joining CRH, Mary worked as a store clerk at the MH Fisherman Co, a five and dime store on Main Street in Calais before it closed in the early 70's. She took business courses at New Brunswick Community College in St. Andrews, later earning her CNA certificate from WCVTI in Calais.

Although her love was always nursing, Mary worked in the laboratory, patient accounts and registration and communications. In nursing she worked in the Skilled Nursing Unit and on the Hall Wing med-surg unit in the former Hospital location.

Mary was born in Milltown, New Brunswick, Canada where she grew up with three brothers. She moved to the U.S. after she married her husband of 30 years, Richard "Karat" Phelan. Karat was a member of the CRH family working ten years in the maintenance department until he passed away suddenly in 1983.

Together they had four children: Eldest son Richard passed away in 1994. Daughters Joanne Brockway lives in St. Stephen and Cathy Holmes in Baileyville. Son Robert lives in Calais. Mary has 4 granddaughters and one great granddaughter, all living in Maine and New Brunswick.

Mary will be remembered for her kind and caring demeanor and providing excellent customer service to her patients and co-workers. "Mary is one of our long-term employees in nursing," said Catherine Scullin her nurse manager. "She does whatever is asked of her, is a team player and works well with others."

# CRH Encourages You to Get Active For Your Health!

Calais Regional Hospital is excited to announce the formation of the Walking for Wellness program. This program is an organized effort to provide incentives, education and group support for community members in their effort to be physically active. The club also provides conversions to miles from steps or any other aerobic activity, so anyone can join. You don't have to be a walker –joggers, runners, bikers, swimmers, kayakers, etc. are all welcome and encouraged to join the Wellness Program. To participate, community members simply track their miles and submit the information to the hospital weekly.



Incentive prizes will be awarded at various "mile" stones. Plus – MEMBERSHIP IS FREE – so there is no reason not to join. The Walking for Wellness program will run through November 13. Participants can join at any time.

Over the weeks, program participants will be walking across Maine. Various destinations have been measured and plotted out across the State. A map of the routes will be provided. Join the club and see how far you can get across our great state of Maine.



The idea of the Walking for Wellness program is for each participant to personalize the activity choice to what works for them. For those who enjoy being outdoors, there are many places to walk and exercise in our surrounding communities. Downeast Maine is a great place to get out, unwind and enjoy nature while exercising for the betterment of your health. However, if outdoor activities are not for you, then walk on a treadmill, do aerobics or try out the latest exercise craze. The object is to find what activity or activities you enjoy and get active. Plus don't forget — you can log the miles anywhere you walk - even on vacation.

The health benefits of exercise such as walking are irrefutable; and can lower one's risk for coronary heart disease, hypertension, diabetes, obesity, osteoporosis, depression, colon cancer, stroke and back injury. CRH is encouraging all community members to get active for your health!

To enroll in Walking for Wellness stop by the hospital's information desk at the main entrance for a registration form, contact the community relations office at 454-9262 or 454-9227 or, send an email to

# CRH Participates in Surgical Safety Checklist Challenges

A team of clinical experts at the World Health Organization (WHO) developed a Surgical Safety Checklist that could be used in any surgical setting worldwide to improve patient outcomes. In the fall of 2008, the Calais Regional Hospital Surgery and Anesthesia Departments introduced the Surgical Safety Checklist as part of its operating room procedures. This quality improvement exercise was initiated through participation in a program with Maine Medical Center called "Keeping Maine in Step". As a follow up to this event, the Departments registered in March 2009 as a participant in the national effort, called Sprint, to test the Checklist.



The Institute for Healthcare Improvement (IHI) proposed the nationwide Sprint for the Surgical Safety Checklist by challenging every hospital in the U.S. to test the Checklist at least one time with one operating team before April 1, 2009.

The Checklist was designed as a tool to improve communication and the items included are considered the most widely applicable in all surgical settings (not just those in the w). The one-page checklist itemizes essential safety steps that surgical teams should do at three stages of surgery: before induction of anesthesia, before skin incision, and before the patient leaves the operating room.

"The checklist is easily adapted for surgical cases and prevents patients from getting into a surgical procedure until it's absolutely safe to do so," states Michael Bodkin, RN, CRH Surgery Department Nurse Manager.

According to an article published in the January 14, 2009 online edition of the New England Journal of Medicine, a collection of hospitals in eight cities around the globe successfully demonstrated that use of the Checklist during major operations can lower the incidence of deaths and complications by more than one third. Even more dramatically, inpatient deaths following major operations fell by more than 40 percent with implementation of the checklist.

The implementation and use of the Surgical Checklist is just one example of Calais Regional Hospital staff working to improve patient safety. "Using a tool such as the Checklist is a perfect example of a small change, requiring minimal resources, making an immediate impact on patient safety and care," stated Dr. Karen Hadam, CRH Anesthesiologist. "The Surgical Checklist is an opportunity for improvement and consistency. It helps the entire surgical team know what to expect and fosters communication about concerns and ways to improve and help each other." Once the surgical teams have become familiar with the checklist, it requires very little extra time to perform, plus may even save time by ensuring better coordination between the teams and minimizing slowdowns for tasks like retrieval of additional equipment.

Calais Regional Hospital was part of 622 hospitals nationwide to take part in the Surgical Checklist Sprint effort and one of four hospitals in Maine to participate.

*Calais Regional Hospital joined 622 hospitals nationwide and four statewide in a surgical safety checklist effort. (l to r:) Surgeon, Dr. Bob Chagrasulis; Anesthesiologist, Dr. Karen Hadam; and Surgery Nurse Manager, Mike Bodkin were the coordinators of this effort at CRH.*



# Remember Sun Safety for You and Your Family

We all need some sun exposure; it's our primary source of vitamin D, which helps us absorb calcium for stronger, healthier bones. It doesn't take much time in the sun for most people to get the vitamin D they need, and unprotected exposure to the sun's ultraviolet rays can cause skin damage, eye damage, immune system suppression, and even cancer. Even people in their twenties can develop skin cancer.

Sunlight contains three types of ultraviolet rays: UVA, UVB, and UVC. What's important is to protect your family from exposure to UVA and UVB, the rays that cause skin damage. With the right precautions, it can be safe to play in the sun. Here are the most effective strategies:



## Avoid the Strongest Rays of the Day

First, avoid being in the sun for prolonged times when it's highest overhead and therefore the strongest, normally from 10 a.m. until 4 p.m. If you are in the sun between these hours, be sure to apply protective sunscreen — even if you are just out in the backyard. Most sun damage occurs as a result of incidental exposure during day-to-day activities. Even on cloudy, cool or overcast days, UV rays travel through the clouds and reflect off sand, water and concrete.

## Cover Up

One of the best ways to protect your family from the sun is to cover up and shield skin from UV rays. Ensure that clothes will screen out harmful UV rays by placing your hand inside the garments and making sure you can't see it through them.

For all-day outdoor affairs, bring along a wide umbrella or a pop-up tent to get out of the sun. Or, if it's not too hot, wear a light long-sleeved shirt and/or long pants.

## Use Sunscreen Consistently

Lots of good sunscreens are available, including formulations for sensitive skin, brands with fun scents, long-lasting waterproof and sweat-proof versions, and easy-application varieties in spray bottles. What matters most in a sunscreen is the degree of protection from UV rays it provides. When faced with the overwhelming sea of sunscreen choices at drugstores, concentrate on the SPF (sun protection factor) numbers on the labels.

For kids age 6 months and older, select an SPF of 15 or higher to prevent both sunburn and tanning. Choose a sunscreen that states on the label that it protects against both UVA and UVB rays (referred to as "broad-spectrum" sunscreen). To avoid possible skin allergy, avoid sunscreens with PABA, and if your child has sensitive skin, look for a product with the active ingredient titanium dioxide (a chemical-free block).

# Calais Regional Medical Services Receives Award for Immunization Rate

Calais Regional Medical Services (CRMS) was presented with an award for having over a 90% success rate of immunizations for its pediatric patients in 2008. Statewide, only 10 of 120 practices achieved this level.

The award was announced at the Maine Immunization Program Conference, sponsored by the Maine Department of Health and Human Services Center for Disease Control and Prevention. The conference is a dedicated review of emerging and existing issues relating to immunization practice, at the federal, state and local levels.

CRMS staff work as a team to meet guidelines set for immunizations by the Federal CDC – Advisory Committee on Immunization Practices. Parents are reminded about appointments and staff work to follow up on missed appointments with phone calls or letters. CRMS nurses keep excellent records of those due for immunizations and are urged to remind physicians and parents when children are due for a vaccine. Physicians and nurses in the practice keep well informed about vaccines and current schedules. The team works to inform and educate parents on the importance of vaccines and is comfortable giving multiple immunizations at the same time. It also helps that the CRMS patient population has a positive attitude toward immunizations.

According to the CDC, the United States currently has the highest immunization rates and the lowest disease levels recorded. CRMS take great pride in being an important part of these statistics and knowing our communities' children are being adequately immunized.



*CRMS RN Julie Richard (l) and CRMS Office Manager Pam Beckett (r) work diligently with the pediatric patients and their parents to ensure proper immunizations are received.*

## *New OB/GYN* continued from page 1

of Osteopathy degree from the New York College of Osteopathic Medicine in Old Westbury, NY. His internship and residency was completed at St. John's Episcopal Hospital in South Shore, NY.



*Dr. Breslau is pictured with his first delivery at Calais Regional, baby Sarah Katherine of Calais.*

Dr. Breslau joins certified nurse midwife Nancy Green at the CRMS OB/GYN practice in Calais. "I am excited to begin working at CRMS," states Dr. Breslau. "I believe we have a great team in place to provide healthcare for the women in this area." The practice provides a wide range of OB/GYN services, including pre and postnatal care, annual female exams, pap tests, infertility services, gynecological surgery, urogynecology, preventive care, menopause treatment and much more. To schedule an appointment, call 454-3307.

# Relay for Life

Congratulations to the CRH Relay for Life team. They raised over \$3300, coming in first place the night of the event! The Calais Relay for Life raised over \$26,000 to benefit the American Cancer Society. Great work to all who made the success possible. Thank you to donors Heatherwood Gardens for the plant and Norman Thornton for the planter for the team to raffle at the event. Kudos to the CRH team leaders - Judy Thornton and Anita Flagg for all the time and effort coordinating the CRH team.



**MacLean** continued from page 3

decided she wanted to return to her first love, Health Information. During her 27 year career in this department, she had only three bosses: Norma VanDevander, Renee O'Neill and since January 2009, Pat Hoard. Teresa has been complimented by her supervisors for her positive attitude and her ability to work well with everyone. Her supervisors described her as well organized, loyal and conscientious; always trying to improve systems to make work easier.

Teresa was married for 20 years to husband Eddie who passed away in 2000. Her family includes daughter Ann Marie Flood and her husband Ronnie of Cooper and two grandchildren she is especially proud of. Trevor is a 4th grade teacher at the Alexander Elementary School and lives in Cooper with his wife Shannon. Vanessa, who is attending college to also be a teacher, is the mother of one year old great grandson, Caleb and lives in Robbinston with her fiance David Townsend.

Teresa's plans in retirement include doing just exactly what she wants to do, when she wants to do it. She's not an early bird, so don't expect to see her out and about before sunrise. Watch for her waving from a reunion float in this years International Festival Parade. Wherever or whenever you see

her, take the time to ask her to share some of her stories with you.

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You'll be glad you did.

## Statement of Purpose

*Calais Regional Hospital exists to provide and plan patient care, educational and restorative services that meet our customer's expectations, commensurate with available resources.*

## Our Vision

*CRH will be known by our customers as the best rural hospital in Maine.*

## Statement of Values

*As an organization we value customer service, leadership and progressive management, compassion, teamwork and collaboration, stewardship of resources, dedication to quality, honest, integrity and ethical behavior. At CRH, quality means the continuous improvement of programs and services in an effort to exceed customer expectations.*



## National Hospital Week

National Hospital Week in May was very busy with many events.

Baby Day had a great turn out with 26 babies and 36 parents. Baby Day is a celebration of babies born at CRH the prior year. Cookies and punch were enjoyed as the young guests of honor were busy checking out their peers.

Over 50 volunteers attended the Annual Volunteer Dinner. This event is held to recognize and thank CRH volunteers for their gifts of time and talent throughout the year.

Forty eight employees were honored for combined service of 650 years at the Annual CRH Employee Awards Banquet. Topping the honors were Ivie Avery and Norma Van Devander with 40 years of service and Peter Yates with 35 years. Barbara Wheaton, Debra Flood, Bonny Beausoleil, Mark Kidder and Sharon Diffin each had 30 years of service. Honored for 25 years was Karen Thomas, Karen Childs, Shelly Bodkin and Diane King. Mary Barnett, Marilyn Hanson and Carol McElarney were honored for 20 years of service. Recognized for 15 years was Marlene Dobson. Heidi McCann, Julie Ward, Kathy Byron, Stacy McLaughlin, Carla Bridges, Kathleen Stevens, Kathy Arbo, Diana Howell, Donna Webb, Ericka Tracy and Patty Lindsay received 10 year service awards. Recognized for 5 years of service were Dan Daley, Valerie Kilby, Michael Kessler, MD, Nancy McCann, Joe McAdams, Beth DiCenzo, Christopher Hayward, DO, Judy Thornton, Pam Reynolds, Joan Stevens, Donna Descoteaux, Janet Perkins, Julie Richard, Pam Beckett, Sharon Nelson, Ann Simmons, MD, Angela Olsson, Kandis Davis, Sandra Woodward and Mary Beth Newman.

Dessert Day was a treat for everyone's sweet tooth. There were 85 free desserts given out in the cafeteria. As always, "Scoops for the Troops" was a popular event with Michael Lally CEO; Bernie McAdam, CFO; Cheryl Zwingman-Bagley, CNO and Linda Gralenski, Board Chair serving ice cream to employees.

The CRH Employee Health and Fitness Celebration consisted of employees earning "treasure" tickets for participating in various activities such as showing up with sunglasses, joining the Walking for Wellness Club, playing video/electronic exercise games, taking part in health screenings and much more. Wear Jeans for a Good Cause day raised \$384 that was donated to the American Cancer Society by the CRH Team at the Relay for Life.



**Excellence Award** continued from page 1

graduated from Woodland High School and from WCCC where she earned certification as a nursing assistant and completed the electronics program. She also studied to become an EMT.

April has worked in many capacities during her tenure at CRH. She has filled the role of CNA, ED Ward Clerk, and worked in Rehabilitative Services, Central Supply, and Surgery until she began her current position as an Inpatient Care Unit Ward Clerk.

Her participation in Hospital activities includes volunteering for the first CRH Haz Mat D-Con team training, service on performance improvement teams, taking part in parade floats, raft races and the polar dip. Her community involvement includes volunteer service at the Princeton Rod and Gun Club, Greenland Point Center, Woodland High School and Baileyville Ambulance Service.

A proud mother, April has worked hard to support her son's college education. In May her 21-year-old son Eric graduated from Thomas College in Waterville with not 1 or 2 but 3 bachelor degrees. April beams with pride when she talks about him and the importance of his education.

No story about April would be complete without mentioning her role as Correspondent for the local newspaper. She starts her columns letting us know how long or short they are based on how big a "cuppa-a-coffee" we need to fix before we sit down to read it.

April is known as the Queen of fundraisers. She is the 1st to start up a collection for those in need. One of her fans felt April "put the family back into the CRH family" and "It was so impressive, and personally rewarding, to be a part of a recent fundraiser which brought so many employees together to benefit one of our own. All started, organized and successful because of April."

April freely gives of herself for others. She asks for nothing in return, except the personal satisfaction of a job well done. For April, the bigger the challenge, the more fun the job seems to be. April has also been nominated for the Maine Hospital Association's Caregiver of the Year Award.

**Hanson** continued from page 2

Middleton NH, Lisa McKay of Tulsa OK and Glenn Hanson who lives in Porter ME. Their four grandchildren are Joey Bailey, Hunter Hanson, Cameron Hanson and Kayla Thistlewood.

Marilyn will be remembered for being organized and conscientious. "She uses good judgment" said Catherine Scullin, her nurse manager. "She is dependable and always willing to help out", she said.

Marilyn's plans in retirement include maintaining good health, a summer visit with her daughter and son-in-law in Oklahoma, and more time to do what she wants to do. Marilyn declined a hospital-wide celebration in her honor and instead will celebrate with family and friends. Congratulations Marilyn.

*Wishing You  
and Your  
Family a Safe  
and Happy  
Canada Day  
and  
Independence  
Day.*

**Message from  
Carla to Seniority**

What sunshine is to flowers, smiles are to humanity. You have to accept whatever comes along and the only important thing is that you meet it with the best you have to give.

We are car pooling to Roque Bluffs in Machias on Monday, July 20 at 9:30 am for a day at the beach for beach combing, gathering sea shells or just enjoying the sea air. Bring a bagged lunch. Call to sign up and let me know if you are willing to drive. The rain date will be Tuesday, July 21.

We are having our Annual Ice Cream Social on Tuesday, July 7 at 1 p.m. to celebrate National Ice Cream Month. CEO Michael Lally will be joining us to serve and update us on current hospital issues.

Seniority members come walk with us and join our Walking For Wellness program. We will follow along with a walk at home DVD in the classrooms twice a week for anyone who would like to be more active. You can view this video sitting, standing or with a chair. You just need to keep your feet moving. You have a choice to do 1mile or 4 miles. It's all up to you. Classes will be on Tuesdays and Fridays in July and August, 8:30-9:30 a.m.

On Tuesday, August 18, we are off to Ann Caswell's camp at Keenes Lake for a BBQ. Come join the fun. We will leave from CRH at 11:30 a.m and return by 3 p.m. Call to sign up and let me know if you can car pool.

**Schedule of Events**

**July**

Cardiac Rehabilitation Support Grp  
CRH Classroom  
Friday, July 3, 3 p.m.

Free Blood Pressure Clinic  
Woodland Manor, Baileyville  
Tuesday, July 7, 9 a.m.

Seniority Ice Cream Social  
CRH Classroom  
Tuesday, July 7, 1 p.m.

Caring Connections Support Grp  
Mona Van Wart's office  
Health Services Building  
Thursday, July 9, 3-4 p.m.

Diabetic Support Group  
Eastport Health Care Clinic  
Monday, July 13, 6 p.m.

Diabetic Support Group  
CRH Health Services Building  
Wednesday, July 15, 6 p.m.

Free Blood Pressure Clinic  
Country View Apts, Pembroke  
Thursday, July 16, 11 a.m.

Seniority Picnic  
Roque Bluffs in Machias  
Monday, July 20, 9:30 a.m.  
Rain Date: Tuesday, July 21

Seniority Breakfast Club  
Wickachee Restaurant  
Wednesday, July 29, 7:15 a.m.

**August**

Free Blood Pressure Clinic  
Woodland Manor, Baileyville  
Tuesday, August 4, 9 a.m.

Cardiac Rehabilitation Support Grp  
CRH Classroom  
Friday, August 7, 3 p.m.

Diabetic Support Group  
Eastport Health Care Clinic  
Monday, August 10, 6 p.m.

Caring Connections Support Grp  
Mona Van Wart's office  
Health Services Building  
Thursday, August 13, 3-4 p.m.

Seniority Barbecue  
Ann Caswell's Camp at Keenes Lake  
Tuesday, August 18, 11:30 am - 3 p.m.

Diabetic Support Group  
CRH Health Services Building  
Wednesday, August 19, 6 p.m.

Free Blood Pressure Clinic  
Country View Apts, Pembroke  
Thursday, August 20, 11 a.m.

Seniority Breakfast Club  
Wickachee Restaurant  
Wednesday, August 26, 7:15 a.m.



DeeDee Travis  
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The Newsletter is published for the benefit of the communities we serve. For more information about this newsletter, to make suggestions for articles in future issues or for information about the Hospital in general, contact the Community Relations Office at: 454-9248, [community@calaishospital.org](mailto:community@calaishospital.org) or write to us at 24 Hospital Lane, Calais, Maine 04619.

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**Calais Regional Hospital**

24 Hospital Lane  
Calais, Maine 04619

## As of July 1 CRH is a Tobacco Free Campus

### Tobacco Free Frequently Asked Questions

#### What is the tobacco free policy?

On July 1, 2009 CRH becomes tobacco free – inside and out. Tobacco use is not permitted by anyone on CRH property.

#### Why is CRH going tobacco free?

As a major provider of healthcare in the community, we are committed to creating a healthier environment for our patients, visitors, employees, volunteers, and everyone who comes on our campus. We believe that we are setting a positive example for the community with genuine concern for an individual's health.

Non-smoking patients, visitors and staff are entitled to smoke-free, litter-free areas surrounding CRH's entrances and other public spaces.

#### Where can I go if I want to smoke?

If you want to smoke, you must leave CRH owned property. The property map is to the right.

#### Are there exceptions for patients and visitors?

The new tobacco free policy applies to everyone, including employees, patients and visitors.

Physicians who care for patients that use tobacco products will provide nicotine replacement therapy options and cessation information resources.

#### Do I have to quit smoking?

No. The policy is not about whether someone chooses to use tobacco products. You just may not use them on the campus. But, if you have managed to go tobacco-free while at CRH, even for a little time, why not keep up the good work?

CRH is a tobacco free campus. To smoke requires leaving the CRH campus.

