

CareLetter

Calais Regional Hospital
24 Hospital Lane Calais, Maine 04619

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, and dedication to quality and honesty, integrity and ethical behavior. At CRH, quality means the continuous improvement of programs and services in an effort to exceed customer expectations.

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September 26, 2007

CRH Occupational Therapists Advise Elementary Students to "Pack it Light, Wear it Right"

September 19 is National School Backpack Awareness Day. Each year over 5,000 school children go to emergency rooms because of injuries related to over-weighted backpacks and in a recent study 60% of school age children reported chronic back pain related to heavy backpacks. Occupational therapists recommend that a student's backpack weigh no more than 15% of their body weight.

On September 19 Calais Regional Hospital occupational therapists weighed in backpacks at Calais Elementary School for grades 1 - 6 to make sure students are not carrying too much. Occupational therapists, Katie Ramey and Katie Michie, advised students to "Pack it Right, Wear it Light!" to prevent injury.

"Occupational therapists work with children in schools across the nation and see the effects of heavy backpacks first hand," stated Shirley Reed, PT, Director of Rehabilitation Services at CRH. "Katie and Katie wanted to use this day to educate not only teachers and parents, but the children themselves on the proper way to pack and wear their backpacks to prevent injury and strain."

The following are guidelines on loading and wearing backpacks the right way to avoid health problems: Never let a child carry more than 15% of his/her body weight. Load heaviest items closest to the back. Arrange books and materials so they don't slide around. Both shoulder straps should be worn and also be well padded. Adjust the shoulder straps so that the pack fits snugly to the child's back. Wear the waist belt if the backpack has one. The bottom of the backpack should rest in the curve of the lower back and should never rest more than four inches below the child's waistline.

For more information on National Backpack Awareness Day or other occupation therapy issues, contact Katie Ramey, OT or Katie Michie, OT at 454-2544.



Katie Ramey, OT (l) and Katie Michie, OT (r) weighed Calais Elementary School students and their backpacks and advised on proper wearing.

CRH Sponsors Blood Drive



**Tuesday, October 2
1 - 6 p.m.**

**Use side entrance at the
OLD Facility**

**Call 800-448-5433 to
schedule an appointment.
Appointments WILL be honored.**

Thank you Notes

I would like to thank everyone for all the gifts, cards and best wishes on my recent retirement.

Janet Higgins

I wish to thank all CRH Staff who called, sent cards, and gave gifts of food after the death of my father. A special thank you to Bernie and the staff of CRMS.

Cammi Griffin

Thank you to everyone for their emotional support during this difficult time.

John Stanley

Kudos Korner



Kudos go out to the following CRH family members...

- ◆ To Mindy Smith, Radiology Technologist, for passing her certification exam.
- ◆ To Billie Jo Boone, MT who is teaching the WCCC Phlebotomy Class this semester.
- ◆ To Laura Chadwick who is now a student in the UMPI medical laboratory technology program while working at CRH.
- ◆ To the Auxiliary for sponsoring the great Book Fair fundraiser.
- ◆ To Mary Barnard, the winner of \$25, one of 8 staff submitting activity suggestions to the Events Committee.

If you have kudos to report, please contact the community relations office.

Safety Car Key Tip

Put your car keys beside your bed at night. If you hear a noise outside your home or someone trying to get in your house, just press the panic button for your car. The alarm will be set off and the horn will continue to sound until either you turn it off or the car battery dies.

This tip came from a neighborhood watch coordinator. Next time you come home for the night and you start to put your keys away, think of this: It's a security alarm system that you probably already have and requires no installation. Test it. It will go off from most everywhere inside your house and will keep honking until your battery runs down or until you reset it with the button on the key chain. It works if you park in your driveway or garage.

If your car alarm goes off when someone is trying to break in your house, odds are the burglar or rapist won't stick around ... After a few seconds all the neighbors will be looking out their windows to see who is out there and sure enough the criminal won't want that.

And, remember to carry your keys while walking to your car in a parking lot. The alarm can work the same way there.

This is something that should really be shared with everyone. Maybe it could save a life or prevent a sexual abuse crime. It would also be useful for any emergency, such as a heart attack, where you can't reach a phone.

COMPLIANCE

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Investigative Units

The Office of the Inspector General of the Department of Health and Human Services is responsible to investigate allegations of fraud for the Medicare and MaineCare programs.

Significant resources are used when an allegation of fraud is made. Law enforcement agencies that may be involved, include the Federal Bureau of Investigation (FBI), the Internal Revenue Service (IRS) and State Medicaid Fraud Control Units.

ValuesLine 1-800-273-8452

Employee News

Welcome to Debra Demmons, Meddybemps, Environmental Services Worker part time and to full time employees Michelle Abbott, RN, Maine ED and Katherine Moran, MT, Florida.

UMO BSN nursing student Hollye Beckett of Calais is doing her 84 hour Community Health Clinical Rotation with Kathleen Stevens, RN, of the CRH Home Health Department. Hollye will also do her 192 hour Senior Practicum at CRH on the Inpatient Care Unit with preceptor Beverly Champagne, RN. Hollye graduates in December. She is a graduate of Calais High School.

Sympathy is extended to John Stanley on the death of his son, to Camela Griffin on the death of her father, to Molly MacArthur on the death of her brother and sympathy is sent to the family of Marie Chabak of Baileyville. Marie worked at CRH as a CNA for many years.

Congratulations to Brenda Prout on the birth of her fourth grandchild, Hannah Louise Allen born August 30.

CRH Events Committee Busy Planning

The CRH Events Committee is giving out candy apples to each employee on October 31. We ask that you please take one per employee please from 11:30-12:30 p.m. in the cafeteria.

The Events Committee invites all employees, volunteers, physicians and their staff to a complimentary Spaghetti Feed Luncheon. The fall themed event will be held 11:15 a.m. - 1 p.m. Tuesday, October 30 in the classrooms. The Luncheon, catered by the Princeton Rod & Gun Club, will feature Speedio's manifique spaghetti and homemade meatball dinner with a thick, hearty sauce accompanied by a crisp salad, fresh rolls and butter, sweet punch and homemade strawberry shortcake for dessert.

Anyone still interested in buying the CRH memories DVD with pictures from the past and through our first year in the new facility, contact the community relations office. The DVD showcases all the changes we have been through and how we continue to move forward. The cost is \$2.



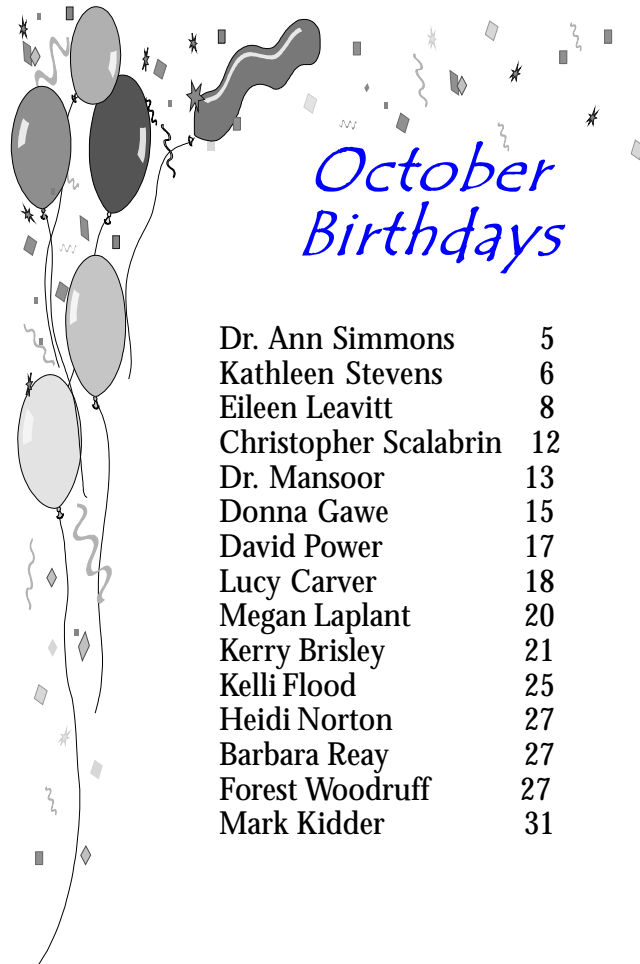
The winner from the Above and Beyond nominations for the month of August was Kristi Saunders.

To recognize someone through the Above and Beyond program, simply complete a recognition card that can be found in the lobby, cafeteria, Inpatient Care Unit or nursing employee lounge and submit it to community relations.

Handbook Policy Refresher

SAFETY AND SECURITY

It is the responsibility of each employee to monitor security and safety in the Hospital. Employees should question and/or report any situation/individual that appears out of the normal routine or unsafe conditions or practices. Report such situations to your supervisor, the nursing service manager or the director of plant maintenance, security and environmental services.



October Birthdays

Dr. Ann Simmons	5
Kathleen Stevens	6
Eileen Leavitt	8
Christopher Scalabrin	12
Dr. Mansoor	13
Donna Gawe	15
David Power	17
Lucy Carver	18
Megan Laplant	20
Kerry Brisley	21
Kelli Flood	25
Heidi Norton	27
Barbara Reay	27
Forest Woodruff	27
Mark Kidder	31

Schedule of Events

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

Cardiac Rehabilitation Support
Group CRH Classroom
Friday, September 7, 3 p.m.

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

Free Blood Pressure Clinic
Paradis Shop N' Save, Calais
Thursday, September 13, 10 a.m.

Ice House at Blueberry Point Chefs
in Perry Maine
Monday, September 24, 10-1 p.m.

Encore Plus
Mona Van Wart's office at CRH
Thursday, September 13, 3-4 p.m.

Diabetic Support Group
CRH Health Services Building
"Old Facility"
Wednesday, September 19, 6 p.m.

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

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

Auxiliary News by Muriel MacArthur

Hope everyone enjoyed the wonderful summer we had. Our next Auxiliary meeting will be October 1 with a potluck. Bring a covered dish and place setting and join us at 6 p.m.

Donation Day for the coffee shop will be on Thursday, October 18 from 9am-3pm. Items needed are: paper goods, small jars of strawberry and raspberry jam, bagels, english muffins, individually wrapped donuts, mini bags of popcorn, 8oz tubs of regular cream cheese, small cans of tomato and V8 juice, 10oz bottles of apple, cranberry and orange juice, 18oz jars of peanut butter (creamy & crunchy). Cash donations are always welcome. Make a donation and have a chance to win one of three homemade pies.

The next "Books are Fun" book fair is scheduled for November 29 in the hospital classroom. Mark your calendar and complete some holiday shopping.

Sallee McShane won the sun catcher draw that was displayed in the coffee shop.

See you at the meeting!

Seniority by Carla McCann

August breakfast club winners were Mary Scribner, Barbara Mitchell and Anne Williams.

Come out for a Potluck Dinner on Tuesday, October 16, 11:30 am at the Methodist Homes Rec Hall. Bring a covered dish and a place setting. Everyone is asked to bring your most memorable vacation pictures. We will have a prize for the furthest traveler. This will be your chance to tell us what your choice would be a nice vacation destination. If you do not wish to tell the story behind your pictures, just come and listen.

JOB OPPORTUNITIES

Rehabilitative Services

Physical Therapist full time

Laboratory

MT or MLT full time

Nursing

Nursing Service Manager full time

Environmental Services

Worker part time

Apply: Applications available from
switchboard or on line @
www.calaishospital.com

*This newsletter is published monthly by
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Calais, Maine 04619

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