

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.

Inside this issue:

*Schedule of Events
Seniority News
Auxiliary News
Employee News
Events Committee News*

Volume XVI. No. 6
June 24, 2009

Marilyn Hanson Retires

Marilyn Hanson retired in May after 20 years at CRH. For half that time she was a Certified Nursing Assistant working 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 the 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 Hanson, CNA

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 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.

A Word from the Dietitian and Food Services Director

The CEO employee surveys completed earlier this year reflected that more healthy choices in the cafeteria are desired, along with more variety in menu choices. We are thrilled that employees want to make healthy food choices. The cafeteria menu runs on a 6 week cycle and is developed in conjunction with the patient menu. Having menus that run simultaneously with similar options allows for efficiency of staff time and best use of food supplies.

Dietitian Mona Van Wart develops the patient menu, based on dietary guidelines and state regulations and reviews/revises it periodically. In fact, a new revision is coming soon. From the patient menu, Food Services Director Heather Rambjor develops the café menu.

The food services department has taken various steps recently and in the past to create healthier food choices in the cafeteria, such as: discontinued pies and danish's made with trans fats, changed to canola oil for frying, use reduced calorie mayo for all sandwiches, switched to pork chops and beef patties with less fat, and use a lean hamburger in recipes. Healthier options have also been selected for items such as soybean oil, vegetable shortening, bulk margarine, and individual margarine and miracle whip packages. The wheat bread used now is 100% whole wheat and provides 2 gms fiber per slice. Although high in sodium, the ham and corn beef are low in fat. A variety of salad greens, beans, chick peas, etc. are being added to the salad bar. Single serve cans of low salt and regular soups are now available for purchase, along with single and double size servings. Nutrition information on some café items is provided based on the recommended serving size.

As mentioned earlier, menus are in the process of being revised. New menu items to look for are: Orange Flavored Pork Chop and Spinach and Cheese Pie (Mona's own personal recipes), Aloha Chicken, Openfaced Chicken and Mozzarella Melts, Grilled Chicken Caesar Salad, Sweet Potato Fries, Tortilla Salad and homemade soups such as Beef and Barley Mushroom, Chicken and Rice, Chicken, Chunky Chicken with Pasta, Chunky Vegetable with Pasta, Tortilla and Vegetable Chicken Noodle.

Privacy Violations

CRH is committed to protecting patient information. There is a process at CRH to report violations. Employees are obligated to do so. Complaints are investigated promptly and appropriate action is taken. There are several ways concerns can be expressed.

- 1) Contact any supervisor
- 2) Follow the Compliments & Complaints Policy posted throughout the hospital
- 3) Contact the privacy officer or compliance officer in person or anonymously

Call the confidential **ValuesLine 1-800-273-8452**.

National Nursing Assistants Week

National Nursing Assistants Week is June 11-18. We acknowledged CNAs, Ward Clerks & the Central Supply Aides with a card & Dunkin Donuts gift card.



COMPLIANCE

Drawing winners from the 132 employee readers of the CRH Compliance and Ethics Week Newsletter were: Kristen Boies, CNA, ED Ward Clerk, Janet Perkins, RN, CRMS RHC, Heidi Williams, RN CRMS OB, and Nicole Leeman, Materials Management. Each received a CRH logo item from the Community Relations Closet.

Employee News

Upcoming Reduced Staffing Day: Independence Day, Friday, July 3.

Welcome back to Shannon Campbell, Princeton, part time environmental services worker. Welcome to the following: Aimee Dosch, Physical Therapist, New York, temporary; Craig Croman, environmental services worker Baileyville, full time; Tara Pyke environmental services worker part time, Calais and Doris Pike, Princeton, Registration & Communications Clerk part time; registered nurses Beth Curtis, Edmunds and Katelyn Chadwick, Calais, full time ED, recent graduates of the NMCC nursing program in Calais at WCCC; Emily Wheaton, Princeton, Physical Therapy Assistant and Jennifer Alley, Calais, Occupational Therapy Assistant, full time Rehabilitative Services.

Melissa Royer, RN nursing service manager will transfer to RN ED part time.

Congratulations to Patty Wentworth and her husband John on the birth of their first daughter Sarah Katherine Wentworth born at CRH on May 27 weighing 6lbs 3oz.

Congratulations to Andrew Davidson, son of Dana Davidson, who was married May 30 to Katlyn Sawyer. Andrew and Katlyn live in Yarmouth. Also to Dr. Kessler's son Samuel, who was married May 28 in London, England to Susanna Ross.



The winner from the Above and Beyond nominations for the month of May was Sandra Sprague.

To recognize someone through the Above and Beyond Program, simply complete a recognition card that can be found in the lobby, cafe, Inpatient Care or nursing employee lounge and submit it to community relations to have a chance to be drawn for a prize.

Kudos Korner

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

- ◆ To Shirley Richardson, Trudy Gillespie, Andrea Driscoll and Teena Dominie who starred in the BSN Fair videos. All have achieved or are working toward advanced degrees in nursing.

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

Students Train at CRH

Husson College Physical Therapy Student, Stephanie Maquire, will do a clinical rotation in Rehabilitative Services this summer.



July Birthdays

Karen Hadam	2	Louise Lowe	17
Cindy Rhoades	2	Donna Mills	17
Fran Holst	4	Richard Hickson	18
Pauline Beach	4	Kristi Saunders	19
John Thayer	6	Debora Kinney	20
Kimberly Bridges	6	Nicole Leeman	20
Bernie McAdam	6	Amanda Hatch	21
Mona Van Wart	7	Mary Barnard	27
Theresa Estey	8	Andrea Driscoll	27
Wanda Smith	11	Teresa Cousins	28
Heidi McCann	12	Dolly Newcomb	28
Nancy Green	12	Heather Rambjor	29
Candace Robichaud	13	Robert Mealey	30

Congratulations to the following graduates:

College

Bryan Blake, son of Catherine Blake graduated from Drivers International, Eriel, N.S.

Katelyn Chadwick, sister to Laura Chadwick, graduated from NMCC.

Christina Driscoll, daughter of Andrea Driscoll, graduated from Husson University.

Eric C. Free, son of April Free, graduated from Thomas College.

Amanda Kessler, daughter of Dr. Michael Kessler, graduated from St. Francis Yaviza Ohio.

Joseph Ira Meister, son of Paulette Meister, RN graduated from New Brunswick Community College in St. Andrews.

Ashley N Moore, daughter of Debra Bassett, graduated from Washington County Community College.

Devon Thornton McCormick, daughter of Becky Thornton-Harriman, graduated from UMA.

Hannah McGee, daughter of Chris Scalabrin, graduated from New Brunswick Community College in St. Andrews.

Emily Wheaton, daughter of Becky Thornton-Harriman, graduated from KVCC.

Megan Woodruff, daughter of Forest Woodruff, graduated from University of Maine.

High School

Colleen Bagley, granddaughter of Cheryl Zwingman-Bagley, graduated from Woodland High School.

Nicholas Barnett, step-son of Mary Barnett, graduated from Calais High School.

Randi Dawn Brown, daughter of Diane Brown, graduated from Calais High School.

Deanna DelBiondo, daughter of Kim Mathews, graduated from St. Stephen High School.

Nicholas Driscoll, son of Andrea Driscoll, graduated from Calais High School.

Macey Gillespie, daughter of Trudy Gillespie, graduated from Calais High School.

Taylor Hatch, son of Amanda Hatch graduated from Calais High School.

Chad Ryan James, son of Trudy James, graduated from Woodland High School.

Alexandra Johnston, niece of Pam Ivey and granddaughter of retiree Jean Woodside, graduated from Greely High School.

Amy Elizabeth Meister, daughter of Paulette Meister, graduated from Fundy High School St. George New Brunswick.

James P. Moreside, grandson of retiree Irene Moreside and nephew of Shelly Bodkin, graduated from Bangor High School.

Michael Muir, son of Dana Davidson, graduated from Calais High School.

Mary Elisabeth McAdam, daughter of Joe McAdam, graduated from Calais High School.

Adam McFarlane, son of Carole McFarlane, graduated from St. Stephen High School.

Brody McGee, son of Chris Scalabrin, graduated from Sir James Dunn Academy in St. Andrews.

Chelsey McGovern, daughter of Jo-Ann McGovern, graduated from Woodland High School.

Annastasia Parks, daughter of Benai Parks, graduated from Woodland High School.

Zachary Newman, step-son of Mary Beth Newman and nephew of Tammy Davis, graduated from Calais High School.

Paula-Michelle DeLeon Umali, daughter of Mario Umali, graduated from St. Stephen High School.

Junior High/Grade School

Laura Barnett, daughter of Mary Barnett, graduated from Calais Middle School.

Heather Bridges, daughter of Kim Bridges, graduated from St. Stephen Middle School.

Cody Dempsey, nephew of Patty Lindsay graduated from St. Stephen Middle School.

Joshua Dominie, son of Teena Dominie, graduated from St. Stephen Middle School.

Paige Lindsay, niece of Patty Lindsay graduated from St. Stephen Middle School.

Megan Little, daughter of Anita Flagg, graduated from Calais Middle School.

Janelle Pottle, sister of Kristy Harkins, graduated from Perry Elementary School.

Elementary School

Kristen Champagne, daughter of Bev Champagne, graduated from Perry Elementary School.

Cassandra Day, daughter of Amy Day, graduated from Charlotte Elementary School.

Bailey Dominie, son of Teena Dominie, graduated from St. Stephen Elementary School.

Dakota Earle, daughter of Alicea Earle, graduated from Deer Island Kindergarten.

Bill Reppert, son of Luann Reppert, graduated from Princeton Elementary School.

Preschool

Baylee Burgess, granddaughter of Mary-Jo Burgess, graduated from Little Spuds Preschool.

Tristan Seavey, son of Laura Chadwick, graduated from Preschool.

CRH Employees Participate in Relay For Life

The CRH Relay for Life team did an outstanding job, raising a total of \$3368 and was the top

fundraising team at the event. The top individual fundraiser for the team was Fran Holst. Patsy Beckett was the winner of the raffle donated by Heatherwood Gardens and Norman Thornton.

Special thanks to the CRH Events Committee for the donation of food and drinks, and to CRH Management for approving the "Wear Jeans to Work" fundraiser to benefit the team. Thank you also to



International Festival Events

The Peanut Fair, sponsored by the Calais PTA and Calais Regional Hospital, will be held at the Calais Elementary School Thursday, August 6 from 4-6 p.m. Forest Woodruff has again volunteered to coordinate the Doll Hospital which takes place at the Fair.

If you would like to help at the Peanut Fair, call community relations at 454-9227. To help at the Doll Hospital, call Forest at 454-7521, ext. 208.



HandBook Policy Refresher

CONFIDENTIALITY

All information concerning customers, their doctors, fellow employees and other Hospital business is of a confidential nature and will not be discussed with persons not concerned with such information, either inside or outside the Hospital.

Customers rely on employees to demonstrate discretion and to follow the fundamental principal that only the customer's physician or other authorized personnel release customer information. Customer or employee business will not be discussed with unauthorized persons and gossip will be avoided.

Schedule of Events

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.

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

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

Seniority by Carla McCann Bridges

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 give an update on hospital activities.

Seniority members are invited to come walk with us and join the CRH 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 do this video sitting, standing or with a chair. You just need to keep your feet moving. You have a choice to do 1 or 4 miles it's all up to you. Classes will be on Tuesdays and Fridays in July and August at 8:30-9:30 a.m.

Auxiliary News by Irene Moreside

The June meeting of the CRH Auxiliary was held at the Methodist Homes Rec Hall.

Discussion was held about an increase in some of the food items in the coffee shop and this was voted on.

Scholarship recipients were Zachary Carle of Calais High School and Colleen Bagley of Woodland High School. Congratulations to both.

Winner of the 50/50 was Pat Yardley.

The next meeting will be October 5 at 6pm at the Methodist Home Rec Hall with a pot-luck supper.

JOB OPPORTUNITIES

Radiology Technologist

Ultrasound with vascular experience required. Echo ability preferred, full time.

Nursing:

Nursing Service Mgr per diem
RN Inpatient/Special Care part time
1 day & 1 night 12 hr shift

Rehab Services:

OT and PT full time

This newsletter is published monthly by the community relations and human resources departments. CRH is an equal opportunity provider.

Calais Regional Hospital
24 Hospital Lane
Calais, Maine 04619

ADDRESS CORRECTION REQUESTED

Nonprofit
Organization
U.S. Postage
PAID
Calais, Maine
04619
Permit #38