

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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Volume XVI, No. 9
September 29, 2010

Digital Mammography Now Available

Calais Regional Hospital is advancing the fight against breast cancer by installing a new, cutting edge digital mammography system for our patients. The system, a GE Healthcare Senographe Digital Mammography



system, provides physicians with clear and precise all-digital images. What's more, the system provides the largest field of view currently available, which can be extremely helpful for precision imaging of patients with diverse shapes and large sizes.

Mammograms are among the best early detection methods, yet 13 million U.S. women 40 years of age or older have never had a mammogram, according to the National Breast Cancer Foundation, Inc. "This new digital technology will provide both accuracy and increased ease of use for our patients and technicians," says Michael K. Lally, CRH Chief Executive Officer.

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Positively Pink Parade

Join us on Thursday, October 21 for a Mardi-Gras style celebration of life. Dress up in your most outlandish or best pink attire, bring your family and friends and take part in this entertaining and moving procession in pink. We will parade to raise awareness, remember those touched by breast cancer and celebrate the many survivors.

There will be complimentary refreshments and prizes, this is an event not to miss. Show off your pink side—the most outrageous costumes will receive prizes. You must positively remember to wear pink! And, yes, real men wear pink!

We will gather in the front room at the Unobskey College on Main St. between 4:30-5:30 p.m. At 5:30 p.m. the parade will begin its travel down Main Street around the Triangle and back to the Unobskey College. Prizes will be awarded following the parade. In honor of our positively pink event, many of our local eateries are offering special promotions that evening if you are wearing your pink attire: The Schooner Restaurant - free appetizer with an entree purchase, Jo's Diner & Pizzeria - 20% off; Townhouse Restaurant - 20% off (excluding alcohol), Calais Motor Inn Restaurant - 10% off (excluding alcohol), Yancy's - 10% off (excluding alcohol), Wickachee Restaurant - 10% off a menu entree, Sandwich Man - 10% off, King China - 15% off (excluding alcohol), Border Town Subz - 10% off, Bamboo Garden - 15% off.



Health Insurance Open Enrollment

Now is the time for employees to join or make dependent changes to the health insurance plan effective 11/1/10. Forms must be completed in Human Resources by September 30.

COMPLIANCE

CRH is required by law to maintain the privacy of protected medical information.

◆CRH will provide patients with notice of the Hospital's privacy practices with respect to that information.

CRH will disclose information when required by law.

◆The Hospital will comply with state disclosure laws and federal privacy laws.

◆Use and disclosure of medical information is for medical treatment, for payment of services provided, and for limited operations purposes.

ValuesLine 1-800-273-8452

Digital Mammography

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“Providing outstanding diagnostic equipment for patients is a vital step to good preventive health, and one we take very seriously.”

There are many advantages to a digital system. The images are clear and easy to read and it offers an excellent view of the breast, especially near the skin line, chest wall and in women with diverse breast tissue types. The digital image is ready to read within 10 seconds – there is no longer a wait for films to be developed to be sure the images are usable. Digital mammograms take as little as half the time of film mammograms. If a second opinion is needed, the image can be sent electronically to a consulting physician virtually instantaneously.

At CRH, we work hard to provide the best in healthcare, and the new state of the art digital mammography equipment adds a top quality service we are excited to provide to our community members. To schedule an appointment for a digital mammogram, your healthcare provider can contact the CRH Radiology Department at 454-9203.

Scheduled Flu Clinics

Location	Eligible	Date	Notes
CRMS Office	Pediatric Patients of the Practice	Oct 5 5-7 pm	Standard Charges Apply
CRMS Office	Adult Patients of the Practice	Oct 12 5-7 pm	Standard Charges Apply
CRH Classroom	Adults	Oct 25 9am-2pm	Free Public Clinic

Clinics are being held at the Calais Schools for students as well.

Many area employers have scheduled on site flu clinics for their staff.

CRH Sponsors Blood Drive

Tuesday, October 19
1 - 6 p.m.

Use side entrance at the Health Services Building

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



Kudos Korner

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

- ◆Thanks to all donations towards the blanket warmer.
- ◆To all those who worked together to prepare the facility and staff for the impending Hurricane Earl.

Submit Kudos to community relations.

Employee News

Welcome to the following: Allison Smith, PT from Saint John NB has joined CRH full time. Allison has been a traveler at CRH. Bruce Stevens, PTA of Waterville will also join CRH full time the end of October. He has been a traveler in rehabilitative services as well.

Christine Cleaves, CRNA will be joining the anesthesia department later this year. She will be relocating from Fairfax Station VA. She is a Washington County native, having graduated from Washington Academy in East Machias.

Judy Tompkins, Administrative Assistant in Practice Management, will also work part time as Credentials Coordinator.

Shirley Reed has resigned her position of Director of Rehabilitative Services. She will be relocating to Seattle.

Congratulations to Candace Kelley on her July 31 marriage to Randy Welch of Calais.

Sympathy to Billy-Jo Leighton on the death of her father-in-law; and to Debra Bassett on the death of her grandmother.



The winner from the Above and Beyond nominations for September was Diane Canuel for going above and beyond with all her help and encouragement on OB, you are greatly appreciated from Erika Tracy.

To recognize someone through the Above and Beyond Program, simply complete a recognition card available in the lobby, cafe, Inpatient Care or nursing employee lounge and submit to community relations for a chance to win a prize.

CRH Events Committee Fundraiser

Calendars of Cash will be sold in October for November draws. If you are interested in buying a calendar, see any events committee members, switchboard or the community relations department. Cost is \$10 with giveaways totaling \$590!



HandBook Policy Refresher

Job Postings

Jobs available at Calais Regional Hospital are posted outside Human Resources and the Gift Shop and on the Internet at www.calaishospital.com Employees are encouraged to apply to the Department of Human Resources for positions for which they are qualified.

2010 REDUCED STAFFING DAYS

.....Clip & Save.....

Veterans' Day, Thursday, November 11
 Thanksgiving, Thursday, November 25
 Day after Thanksgiving, Friday, November 26
 Christmas, Friday, December 24

Reduced staffing days are now on mycrh intranet.

October Birthdays

Dr. Ann Simmons	5
Kathleen Stevens	6
Christopher Scalabrin	12
Angela Nesbitt	12
Donna Gawe	15
Dale Bolton	15
David Power	17
Kristen Fowler	17
Lucy Carver	18
Megan LaPlant	20
Dr. David Walter	20
Maureen Pike	25
Heidi Norton	27
Barbara Reay	27
Forest Woodruff	27
Rebecca Lingley	31
Mark Kidder	31

Seniority by Carla McCann Bridges

Auxiliary News by Pat Fellers

Schedule of Events

Cardiac Rehabilitation Support Group
CRH Classroom
Friday, October 1, 3 p.m.

Free Blood Pressure Clinic
Woodland Manor, Baileyville
Tuesday, October 5, 9 a.m.

Seniority Bowling
Meet in CRH Lobby
Tuesday, October 5, 9:45 a.m.

Diabetic Support Group
Eastport Health Care Clinic
Monday, October 11, 6 p.m.

Seniority Glucose and Cholesterol
Screening CRH Classrooms
Tuesday, October 19, 8 a.m.

Caring Connections Support Grp
Mona Van Wart's office
Health Services Building
Thursday, October 14, 3-4 p.m.

Diabetic Support Group
Mona Van Wart's office
Health Services Building
Wednesday, October 20, 6 p.m.

Free Blood Pressure Clinic
Country View Apts, Pembroke
Thursday, October 28, 11 a.m.

August breakfast club winners were Pat Fellers, Mary Scribner and Anne Williams. Our next breakfast is at the Wickachee Restaurant Wednesday, October 27, 7:15 a.m. We will have a Poker Walk after breakfast. Come try your luck and win a prize.

Seniority is heading to Bordertown Bowling Lanes in St. Stephen to bowl three strings at a cost of \$7.50 cdn. (There is no charge for shoes). We will meet in the CRH Lobby on Tuesday, October 5 at 9:45 a.m. After bowling, join us for lunch. Call to sign-up 454-9262.

There will be a glucose and cholesterol screening on Tuesday, October 19 in the CRH Classrooms at 8 a.m. Don't forget to fast for 12 hours. Call to register 454-9262.

***Happy Thanksgiving
Monday, October 11
to all our Canadian
Friends!***

Hope everyone had an enjoyable summer! Our next Auxiliary meeting is Monday, October 4. This is a potluck dinner at 6 pm and bingo will be played following the meeting. Come and join us!

JOB OPPORTUNITIES

Health Information:

Director full time

Rehabilitative Services:

PTA & PT full time

Medical Assistant CRMS Surgery:

per diem

Apply: Applications available from

switchboard or on-line

www.calaishospital.com

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

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ADDRESS CORRECTION REQUESTED

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