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*Nothing's More Important Than Your Health*

## Mary McLellan Retires With Over Forty Years of Service

Mary McLellan, RN, Director of Obstetrics retired from Calais Regional Hospital at the end of January. After four decades touching the lives of many families in the St. Croix Valley, Mary will finally have extra time to spend with her family and on her many hobbies.



Mary McLellan was born in Calais; the daughter of Clyde and Muriel Doten. She grew up in Baring with one brother and one sister and lots of cousins not too many doors away. Mary graduated with honors from Calais Memorial High School and the St. Mary School of Nursing, Lewiston, ME.

Mary joined CRH soon after her graduation and spent her entire nursing career here. She worked part time as an RN on OBS, and over many years, helped in ICU, ED, and Med/Surg, working 8 and 12 hour shifts, doing ambulance runs, working as nursing service manager and teaching. Her part time schedule increased to full time in 1989 and a year later she was promoted to lead the OB department. While Nurse Manager, and raising children, she enrolled in the University of Maine at Orono, Bachelor of Nursing program where she graduated in 1993. She also earned National Certification in Maternal/Child Nursing.

Delivering babies seems to be a family tradition. Her mother was an RN who worked at CRH for many years as an OB nurse. She even performed Mary's orientation to the CRH OB Department. Mary's daughter is also an OB nurse in Bridgeton, Maine.

Cooperative, flexible, professional, competent

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# CRH New Year's Baby



Calais Regional Hospital welcomed the first baby of the new year on January 7, 2011. Brooke Leanne Corbett arrived at 1:38 p.m. weighing 7 lbs 15 oz. Proud parents are Jessica DelMonaco and Daniel Corbett of Robbinston. Baby Brooke was presented with gifts from the hospital. Congratulations to the new parents.

## Cold and Flu Season Is Here

*With Winter comes cold and flu season, and a good reason to refocus your efforts on the benefits of thorough hand washing. Frequent hand washing is one of the best ways to avoid getting sick or spreading illness.*

*If you have not received your flu shot, it is not too late to get one. Calais Regional Hospital still has vaccine supply available. Call 454-9227 for more information.*

## 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.*



# Two Promotions Announced

Calais Regional Hospital is pleased to announce two recent staff promotions.



*Kris Mesman, BS, PTA*

**Kristine A Mesman, BS, PTA** was promoted to the position of Director of Rehabilitative Services. For the past nine years Kris has worked in Rehab Services providing physical therapy to inpatients, outpatients, nursing home patients and children. Prior to joining CRH she was the director of rehab departments in Benton Harbor, Michigan and New Carlisle, Michigan.

Kris earned a Bachelor of Science Degree in Agriculture and Sciences from the University of Wisconsin-Madison and an Associate of Science Degree in Physical Therapy from Kellogg Community College in Battle Creek, Michigan.

In her former career as a Kansas Police Officer for the Wichita Police Department, she was awarded the Silver Wreath of Valor, the Police Officer of the Year Award from the Kansas Police Chief's Association and the Police Officer of the Year Award from the Women's Insurance Association of Wichita.

Kris has been active in hospital sponsored community events and has served as a long-time volunteer coach and referee for area school and recreation program sports teams. She is a recipient of the CRH Excellence Award. Congratulations Kris.



*Ericka Tracy, RNC*

**Ericka Tracy, RNC** was promoted to Director of the Obstetrics Department. She began her new role at the end of January.

Ericka grew up in the Calais area and graduated from Calais High School (CHS). After high school she served one year with the U.S. Army National Guard as a Medical Specialist. Completing the CHS Certified Nursing Assistant program, she worked as a CNA at Atlantic Rehab and Nursing Center in Calais.

Ericka joined CRH 11 years ago. She has worked as a pharmacy technician and as a CNA on medical-surgical and our former skilled nursing facility, and in ED, surgery and OB. While working and raising a family, she earned her associate degree in nursing from the University of Maine of Augusta. For the past seven years she has worked as an RN in OB. Ericka earned National Certification as an Inpatient Obstetrics Nurse and is currently enrolled in the Bachelor of Science in Nursing Program through the University of Maine at Fort Kent. She also holds certification in ACLS, PALS, and STABLE. Ericka has served as President of the MSNA Local Union and is a Certified Nursing Assistant Instructor for WCCC, and Neonatal Resuscitation Instructor. Hobbies are scrapbooking, quilting, photography and snowboarding with her children.

# How Do I Find Out If I Am At Risk For Heart Disease?

The first step toward heart health is becoming aware of your own personal risk for heart disease. Some risks, such as smoking cigarettes, are obvious: everyone knows whether or not they smoke. But other risk factors, such as high blood pressure or high blood cholesterol, generally don't have obvious signs or symptoms. So you'll need to gather some information to create your personal "heart profile."

## You and Your Doctor: A Heart Healthy Partnership

A crucial step in determining your risk is to see your doctor for a thorough checkup. Your physician can be an important partner in helping you set and reach goals for heart health. But don't wait for your physician to mention heart disease or its risk factors. Here are some tips for establishing good, clear communication between you and your doctor:

**Speak up.** Tell your doctor you want to keep your heart healthy and would like help in achieving that goal. Ask questions about your chances of developing heart disease and how you can lower your risk.

**Keep tabs on treatment.** If you already are being treated for heart disease or heart disease risk factors, ask your doctor to review your treatment plan with you. Ask: Is

what I'm doing in line with the latest recommendations? Are my treatments working? Are my risk factors under control? If your doctor recommends a medical procedure, ask about its benefits and risks. Find out if you will need to be hospitalized and for how long, and what to expect during the recovery period.

**Be open.** When your doctor asks you questions, answer as honestly and fully as you can. While certain topics may seem quite personal, discussing them openly can help your doctor find out your chances of developing heart disease. It can also help your doctor work with you to reduce your risk. If you already have heart disease, briefly describe each of your symptoms. Include when each symptom started, how often it happens, and whether it has been getting worse.

**Keep it simple.** If you don't understand something your doctor says, ask for an explanation in simple language. Be especially sure you understand how to take any medication you are given. If you are worried about understanding what the doctor says, or if you have trouble hearing, bring a friend or relative with you to your appointment. You may want to ask that person to write down the doctor's instructions for you.



# New Stroke Support Group

Calais Regional Hospital Rehabilitation Department, along with the Dietary Department, is pleased to announce the formation of a Stroke Support Group. The main focus of the Stroke Support Group is to provide



*Above are some of the CRH staff that will be assisting with the new Stroke Support Group; l to r: Jen Alley, OT; Karen Wait, OT; Rebecca Crapo, OT; Michel Deveau, PT; Candy Kelley, PT.*

stroke survivors and their caregivers a safe, supportive environment to interact with others dealing with similar limitations. This support group is open to everyone in the community who has suffered from a stroke, is caring for someone suffering from a stroke or is just interested in learning more about strokes in general.

Representatives from Occupational Therapy, Physical Therapy, Speech Therapy, and Dietary will be at the first informational meeting. Meetings will be held the third Thursday of every month at 3:00 p.m. These meetings will be located at the Calais Methodist's Home Community Center. The first meeting of the Stroke Support Group will be February 17, 2011 at 3:00 p.m.

Contact Kris Mesman in the CRH Rehabilitation Services Department with any questions at 454-2544 or [kmesman@calaishospital.org](mailto:kmesman@calaishospital.org). We hope to see you there!

*Our Physicians Make Our Whole Community Better.*

*Calais Regional Hospital thanks our physicians for their contribution to our well being on a daily basis. So let's make one day special for them - please join us in recognizing these friends, neighbors and dedicated health-care professionals on **National Doctor's Day - March 30.***

# New Medicare Preventive Service Benefits Now Effective

Starting this month, as part of the new healthcare reform law, everyone with original Medicare will have access to many important **preventive health services - most at no cost to you.** If you do not have original Medicare, you should call your plan to check on your costs for preventive services. For more information or help determining your benefits contact the CRH Patient Accounts Department at 454-7521 ext. 207 or 170.

Preventive Services Covered by Original Medicare <b>WITHOUT</b> Coinsurance or Deductible	
Preventive Service	Description and Frequency
'Welcome to Medicare' Physical Exam	A one-time routine physical examination. This includes an electrocardiogram (EKG); and height, weight and blood pressure measurements. Covered if you receive the exam within 12 months of enrollment in Medicare Part B.
Annual Wellness Visit	A yearly visit in which your doctor will update your medical history and current prescriptions; measure your height, weight, blood pressure and body mass index; create a screening schedule for the next 5 to 10 years and screen for cognitive issues.
Breast Cancer Screenings	Mammogram screening: Once every 12 months for women age 40+; women 35-39 can get one baseline mammogram.
Heart Disease Screening	Blood tests to screen for cholesterol, lipid and triglyceride levels: once every five years.
Osteoporosis Screening	Bone mass measurements: Once every 24 months; more frequently if medically necessary.
Diabetes Screenings	Once every 12 months if you have a family history or are at risk for diabetes. Twice a year if you have been diagnosed with pre-diabetes.
Colon Cancer Screenings	Fecal occult blood test: Once every 12 months for people age 50 and older.
	Colonoscopy: Once every 10 years if you are not at high risk; once every 24 months if you are high risk.
	Flexible sigmoidoscopy: Once every 48 months.
Vaccinations	Pneumonia shot: Most people need only one shot in their lifetime.
	Flu shot: Once per season
	Hepatitis B shot: Only for people at medium to high risk
Smoking Cessation	Counseling to stop smoking for people without smoking-related illnesses: Covers 2 quitting attempts per year; each attempt includes 4 counseling sessions.
Cervical Cancer Screenings	Pap smear and pelvic examination: Once every 24 months; if at risk, once every 12 months.
Prostate Cancer Screenings	Prostate specific antigen (PSA) test: One every 12 months for men age 50 or older.
Medical Nutrition Therapy	Therapy to help you learn to eat well so you can better manage your illness. With a doctor's referral, people with diabetes, chronic renal disease, or those who have had a kidney transplant can receive three hours of therapy in the first year and two hours every year thereafter.

Preventive Services Covered by Original Medicare <b>WITH</b> Coinsurance or Deductible		
Preventive Service	Description and Frequency	What You Pay
Glaucoma Screening	Once every 12 months if you are at high risk. Screening must be supervised by a state-certified eye doctor.	20 percent after you pay your Part B deductible.
Colon Cancer Screening	Barium enema: Once every 48 months or every 24 months if you are at high risk.	20 percent after you pay your Part B deductible.
Prostate Cancer Screening	Digital rectal exam: once every 12 months.	20 percent after you pay your Part B deductible.

## Free Prenatal Class

They say nothing can prepare you for child birth. We can. Call to register for our free prenatal class to help prepare you for your special delivery. A one day class will be held February 12, 2011 from 8:30 am - 4 pm. Call 454-9262 to register.



*nothing's more important than your* **health**™

## Retirement

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and a role model for others are descriptions of Mary in both her medical and personal life. In 1989 she was named CRH Employee of the Year, an honor for those who have exhibited exemplary service beyond their job responsibilities. Chief Nursing Officer Cheryl Zwingman-Bagley notes, "It will be a great loss to CRH when Mary retires."

Mary's family includes her husband and high school sweetheart, Doug McLellan. They live in Baring and have two children and four grandchildren. Daughter Laurie Green, and husband Steven, live in Casco with children Ethan, 14 and Abigail, 11. Son Duane, and wife Crystal, live in Calais with children Austin, 10 and Casey, 4.

"I have sincerely enjoyed my work at CRH. Labor and delivery have been my passion even though over the years I have worked in every department," stated Mary. "I know I will miss the patient care aspect of my job after retirement."

However, Mary will have little time to miss too much about CRH with her many hobbies of sewing, reading, making crafts, playing piano, singing, photography, scrapbooking, and quilting. Not to mention her town and church activities and her love of spending time with her cherished grandchildren and at her camp on Pocomoonshine Lake. An afternoon reception was held at the hospital in her honor. Congratulations Mary and best wishes on a happy and healthy retirement.

# So, You've Resolved To Eat Healthier In 2011. Now What?

Each year, countless Americans resolve to make eating healthy a priority. While many do it with the goal of losing weight, others understand that eating healthy can do more than just help you fit into your skinny jeans. Eating healthy can reduce your risk of illnesses such as heart disease, cancer and diabetes. It can also help improve your overall health by boosting energy, sharpening memory and stabilizing mood.

As you move forward with your commitment to healthier eating and, in turn, improved health in this New Year, consider these tips:

**Simplify.** Instead of being overly concerned with counting calories or measuring portion sizes, think of your diet in terms of color, freshness and variety. Focus on finding healthy foods you love and easy recipes that incorporate those foods.

**Start slow.** Rather than making lots of changes to your diet on day one, try integrating one or two changes each week. For example, let this be the week you begin having a green salad with dinner (light on the cheese and dressing, heavy on the fresh vegetables).

**Be reasonable.** Remember that maintaining a healthy diet doesn't mean you have to eat well all of the time. Allow yourself the occasional indulgence, so that you don't feel deprived and fall off the proverbial wagon.

**Remember: Moderation is key.** Serving sizes have ballooned in recent years, especially in restaurants. When dining out, choose an appetizer instead of an entrée, or share a meal with a friend. At home, use smaller plates and visual cues to control portion sizes. For example, your serving of meat, fish or chicken should be the size of the palm of your hand. Your salad dressing should be limited to one tablespoon (Pour it on top of your salad and then thoroughly cut your salad to spread the flavor throughout.).

**Understand that how you eat matters.** Slow down and think about food as nourishment rather than just something you gulp down in between meetings or while sitting in front of the computer/TV (another no, no!). And stop eating before you feel full. It actually takes a few minutes for your brain to tell your body that it has had enough food, so eat slowly.

**Plan ahead.** Whenever possible, prepare and eat your own food.

Pick a few healthy recipes that you and your family like and build a meal schedule around them. If you have three or four meals planned per week, you'll be off to a great start.

It's also a good idea to have an emergency dinner or two in the freezer for use as needed. This way, when life gets in the way, you'll be prepared.

**Stock your kitchen with healthy recipe basics,** including:

- ❖ Recipe and soup starters such as garlic, onions, carrots and celery;
- ❖ Fresh and dried herbs and spices;
- ❖ Healthy fats and oils for cooking, such as olive oil and canola oil;
- ❖ Fresh and/or frozen fruits and vegetables;
- Brown rice, white Basmati rice and whole wheat pasta;



- ❖ Salad fixings, such as lettuce, carrots, tomatoes, nuts and dried fruits;
- ❖ Beans such as lentils, black beans, chickpeas and kidney beans;
- ❖ Frozen fruit and berries to make desserts; and
- ❖ Unsalted nuts for snacking.

“One of the best things you can do for yourself is to eat a healthy, protein-packed breakfast each morning. It gets your metabolism going,” says Mona VanWart, Licensed/Registered Dietitian at Calais Regional Hospital. “Eating smaller meals throughout the day can also help minimize cravings and keep your energy level up.”

**Fill up on colorful fruits and vegetables.** They are the foundation of a healthy diet and are packed with vitamins, minerals, antioxidants and fiber. Fruit and vegetables should be part of every meal and your first choice for a snack.



### **Eat more whole grains and healthy**

**carbohydrates.** In addition to being delicious and satisfying, whole grains are rich in phytochemicals and antioxidants, which help protect against coronary heart disease, certain cancers and diabetes. Try mixing grains as a first step to switching to whole grains. Avoid refined grains, such as breads, pastas and breakfast cereals that are not whole grain.

### **Enjoy healthy fats and avoid unhealthy fats.**

Healthy fats nourish your brain, heart, cells, hair, skin and nails. Foods rich in certain omega-3 fats (EPA and DHA) can also reduce your risk of cardiovascular disease and dementia.

“Healthy fats include monounsaturated fats from plant oils like canola oil, peanut oil and olive oil, as well as avocados, nuts and seeds,” says Van Wart. “Polyunsaturated fats, including Omega-3 and Omega-6 fatty acids, found in fatty fish like salmon, herring, mackerel, sardines and some cold water fish oil supplements, are good choices, too.

“It’s also important to reduce or eliminate consumption of saturated fats – such as those found in red meat and whole milk

dairy products – and trans fats. Trans fats can be found in vegetable shortenings, fried foods and processed foods,” she adds.

**Support bone health with calcium and vitamin D.** These nutrients are essential for strong, healthy bones. Recommended calcium levels are 1000 mg per day, or 1200 mg if you are over age 50. Great sources of calcium include: low fat dairy products; dark green, leafy vegetables; and dried beans and legumes.

**Limit sugar, salt and refined grains.** It is okay to enjoy sweets in moderation, but try to cut down on sugar, as it causes energy ups and downs, and contributes to health problems like arthritis, diabetes, osteoporosis, headaches and depression. When possible, limit sodium to 2,300 mg per day, the equivalent to one teaspoon of salt. And avoid processed, packaged, restaurant and fast food. Processed foods like canned soups or frozen meals contain hidden sodium that quickly surpasses the recommended daily allowance.

“Two-thirds of Americans are either overweight or obese, and childhood obesity has tripled in the past three decades. Nearly 18 percent of adolescents are now obese, potentially facing a future of diabetes, heart disease and other ailments,” says Beth Buckley, Clinical Operations practice leader at Quorum Health Resources (QHR). “In addition to the health burdens associated with obesity, there is a cost burden on both the individual and our nation’s healthcare providers. In fact, a major study found medical spending averages \$1,400 more a year for the obese than healthy-weight people. Healthy eating and healthy living must become a priority for people of all ages.”



## Trustee Interest Notice

Requirements:

- Good character
- Advocate for quality healthcare
- Commitment to the health & welfare of Eastern Washington

County

- Willingness to share experience or skills valuable to the continued welfare and improvement of CRH healthcare.

Salary:

\$0.00

If you meet the above requirements and are interested in applying for nomination to serve on the hospital's Board of Trustees, please complete the following and mail to:

Nominating Committee - Board of Directors  
Calais Regional Hospital  
24 Hospital Lane  
Calais, Maine 04619

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Telephone: \_\_\_\_\_

Must be postmarked or emailed to  
admin@calaishospital.org by March 18, 2011.

## Message from Carla to Seniority

Come join us for a Seniority Valentine Dance at the Methodist Homes Rec Hall on Friday, February 18 at 1:00 pm bring some snacks and come enjoy DJ Dave's music. Bring your dancing shoes or just enjoy listening to some oldies that you may not have heard in a while.

A Lunch & Learn program will be held in the CRH classroom on Friday, March 11 at 10:30a.m. Kathy Irving, Patient Accounts Director, will talk about the new Medicare Preventative Care benefits that started this year. Sandwiches & salads will be provided by CRH Food Services staff. Please sign up if you will attend.

There will be a free glucose and cholesterol screening on Tuesday, April 5 in the CRH classrooms at 8 a.m. Members are entitled to one screening per year. Don't forget to fast for 12 hours. You must register.

Seniority is a health and leisure membership program is dedicated to enhancing the lives of people age 50 and better for the one-time enrollment fee of \$20. Call Carla Bridges in the CRH Community Relations Office at 454-9262 to join.

# Schedule of Events

## February

Free Blood Pressure Clinic  
Woodland Manor, Baileyville  
Tuesday, February 1, 9 a.m.

Cardiac Rehabilitation Support Group  
CRH Classroom  
Friday, February 4, 3 p.m.

Caring Connections Support Grp  
Health Services Building  
Thursday, February 10, 3-4 p.m.

Stroke Support Group  
Methodist Homes Rec Hall  
Thursday, February 17, 3 p.m.

Seniority Valentine Dance  
Methodist Homes Rec Hall  
Friday, February 18, 1:00 p.m.

Free Blood Pressure Clinic  
Country View Apts, Pembroke  
Thursday, February 24, 11 a.m.

Seniority Breakfast Club  
Wickachee Restaurant  
Wednesday, February 23, 7:15 a.m.

## March

Free Blood Pressure Clinic  
Woodland Manor, Baileyville  
Tuesday, March 1, 9 a.m.

Cardiac Rehabilitation Support Group  
CRH Classroom  
Friday, March 4, 3 p.m.

Caring Connections Support Grp  
Health Services Building  
Thursday, March 10, 3-4 p.m.

Seniority Lunch & Learn  
CRH Classroom  
Friday, March 11, 10:30 a.m.

Diabetic Support Group  
Eastport Health Care Clinic  
Monday, March 14, 6 p.m.

Diabetic Support Group  
Health Services Building  
Wednesday, March 16, 6 p.m.

Stroke Support Group  
Methodist Homes Rec Hall  
Thursday, March 17, 3 p.m.

Free Blood Pressure Clinic  
Country View Apts, Pembroke  
Thursday, March 24, 11 a.m.

Seniority Breakfast Club  
Wickachee Restaurant  
Wednesday, March 30, 7:15 a.m.

## April

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

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

Seniority Glucose and Cholesterol Screening  
CRH Classrooms  
Tuesday, April 5, 8 a.m.

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

Caring Connections Support Grp  
Health Services Building  
Thursday, April 14, 3-4 p.m.

Diabetic Support Group  
Health Services Building  
Wednesday, April 20, 6 p.m.

Stroke Support Group  
Methodist Homes Rec Hall  
Thursday, April 21, 3 p.m.

Seniority Breakfast Club  
Wickachee Restaurant  
Wednesday, April 27, 7:15 a.m.

Free Blood Pressure Clinic  
Country View Apts, Pembroke  
Thursday, April 28, 11 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: 454-9227, [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



**we can!**  
Ways to Enhance Children's Activity & Nutrition

## Energize Our Families

Join us for a series of **four workshops** to learn ways to help children and families stay healthy by encouraging healthy eating, increasing physical activity and reducing screen time.

**February 1, 3, 8 and 10**

**6:00 - 7:30 p.m.**

**Pembroke Elementary School**

Adults and students (ages 8-13) will have separate workshops simultaneously in separate classrooms.

**Healthy recipes, fun activities, snacks, tips and resources will be provided.**

**Sign up by calling 726-5564**

Presentations will be conducted by:

Mona Van Wart, RD/LD of Calais Regional Hospital  
and

Nancy LeClair, Nutrition Associate of The University of Maine Cooperative Extension