

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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November 24, 2010

New Rehabilitative Services Director

We are pleased to announce that Kristine A Mesman, BS, PTA has been 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.

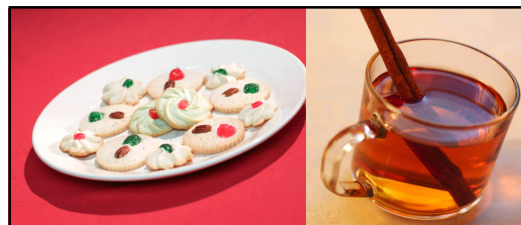
Kris has been active in hospital sponsored community events and has served as a long-time volunteer coach and referee for area school and recreation program sports teams. She is a recipient of the CRH Excellence Award. Congratulations Kris.



*Kristine A Mesman, BS, PTA
Director of Rehabilitative Services*

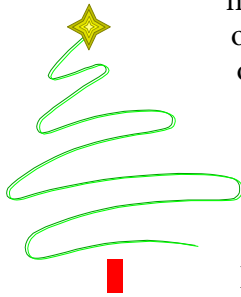
Apple Cider and Cookie Break

The Events Committee is sponsoring a hot & cold apple cider and cookie break on Tuesday, December 14 from 1:30-3 p.m. in the cafeteria. The treats will be delivered to other campus locations for those unable to come at this time. All employees, physicians, staff, volunteers, board and board committee members are invited to attend.



Treebute to Life

The annual Treebute to Life program began November 8, 2010. A donation of five dollars places a ribbon in memory of, in honor of, in appreciation of, or in celebration of a person or life event of special significance to you. Personalized ribbons are displayed on a tree in the CRH lobby with your designated name or event. Donations are listed in the CRH Annual Report by donor and the tributed person or event.



At your request, a letter will be sent to acknowledge your donation to the person of your choice. In January the ribbons may be picked up as keepsakes or to be used as bookmarks.

All donations to the Treebute to Life benefit the CRH Annual Fund. Forms are in the lobby.

Personnel Records Reminder

Do you know who the beneficiary is on your life insurance? Do you know who you have listed as an emergency contact? If you have not updated this information since you were hired or there has been a marriage, divorce, birth, or death, please contact Human Resources to verify who you have listed.

COMPLIANCE

CRH Fire Plan Reminders

- Fire or smoke doors may not be propped open.
- In an evacuation, patients and staff should move to an adjacent smoke compartment.
- Oxygen cylinders should always be stored in a rack.
- Extension cords should never be used.
- Nothing can be stored within 18" of the ceiling.

ValuesLine 1-800-273-8452

HandBook Policy Refresher

WINTER PARKING

Night staff may park in the winter parking areas between the hours of 7 p.m. to 7 a.m. beginning the night of Thursday, October 28, 2010 and ending on Friday, April 29, 2011. Staff have been notified about the designated winter parking areas.

The Employee Handbook is being reviewed for changes and will be updated in early 2011. With suggestions on policy changes, notify your director or Human Resources.

**Need some holiday gifts?
Stop by the CRH Gift Shop
and check out the new
holiday selections
Urban Moose has to offer.**

Kudos Korner

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

- ◆ To the staff who helped relocate Dr. Kessler's office: Information Systems, Maintenance, Radiology, Kim Spear and Kennetha Doten.
- ◆ All staff who provided flu clinic services.
- ◆ All staff for donating money on Jeans Day for patient DVD players \$241 was raised and the Pharmacy Week fund raiser activities raised \$227.

Submit Kudos to community relations.

Employee News



Welcome back to Barbara Stanhope, RN, Robbinston, per diem IPCU and CRMS. Welcome to the following: Carrie LeSuer, Calais, Receptionist full time CRMS; Elizabeth Boomer, RN, Baileyville, IPCU per diem; and James Spivey, CRNA, Texas, temporary.

Bridgette Murray has transferred from Home Health Clerk part time to Quality Management Data Quality Coordinator full time. Karac Nutile, Communications and Registration part time has transferred to Surgical Technican full time. Bruce Stevens, temporary PTA, has joined the Rehabilitative Services Department full time.

Congratulations to Daniel Pinney in Security and Ashli Leeman on the birth of their son, James Levi born October 25, weighing 8 lbs 4 oz. A new brother for Alex and grandson for Nikki Leeman, Materials Management.

The next reduced staffing days are Christmas, Friday, December 24 and New Years Friday, December 31.

The winner from the Above and Beyond nominations for November was Sonja Carter. She was nominated by Donna Descoteaux for: "Excellent customer service". Thank you, Sonja!"

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

Holiday Meal

Employees scheduled to work Christmas, Saturday, December 25 may enjoy one free meal in the Café courtesy of CRH.



Note of Thanks

I would like to thank everyone for their donations and moral support for my recent participation in the Patrick Dempsey Challenge 50 mile bike ride. I am happy to say that I did not crash and finished the ride without mishap.

All of the volunteers at the event and the people who stood along the route to cheer the riders on were amazing. The event itself was a very moving experience, from the cancer survivors who participated, to family members riding for a loved one. The stories were endless, the atmosphere positive and supportive. It was well worth the time and effort to do the challenge. And if not for your support, I would not have been able to join this worthwhile event.

I am going to do the Trek across Maine in June for the Lung Association. It's a 180 mile trip from Sunday River to Belfast over 3 days. This will be the start of my build-up for the Dempsey Challenge in October, at which time I will do the 100 mile ride. So don't be surprised if you see me out on the road, I'm already in training for the spring ride.

Thanks again,
Kris Mesman

December Birthdays

Brian Walton	3
Carol McFarlane	7
Julie Richard	7
Luann Reppert	7
Dr. David Feiner	13
Marie McKeown	13
Amy Casey	13
Jane Follis	14
Mary McLellan	14
Karen Thomas	17
Melanie Howard	17
Heidi Williams	19
Manuel Hensley	20
Ericka Tracy	22
Dana Davidson	22
Tarrah Hall	23
Mario Umali	23
Beth Dizenzo	23
Wanda Cox	25
Karen Sabattus	28
Janice Sullivan	29
Alicea Earle	29
Kathy Arbo	31

Schedule of Events

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

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

Seniority Christmas Potluck
Methodist Homes Rec Hall
Tuesday, December 7, 5:30 p.m.

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

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

Seniority Vision Screening
Dr. Lin, CRH Clinic Room
Friday, December 17, 8-12 noon
Call 454-9262 to make an appointment.

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

Auxiliary News by Pat Fellers

November and December are very busy months for Hospital Auxiliary members. New officers for 2011 are Pat Fellers, President; Carla Bridges, Vice President; Loraine Wilson, Treasurer; Norma Van Devander, Secretary and Coffee Shop Treasurer; Irene Moreside, Gift Shop Scheduler.

The Auxiliary Christmas Bazaar is from 7 a.m. to 3 p.m. on Thursday, December 2 in the CRH Classroom. Please bring all donated cooked items on Wednesday or Thursday by 10 a.m. Set-up will be on Wednesday at 5 p.m., December 1.

The annual Auxiliary Christmas Dinner Party will be in the Hospital Classroom at 5:30 p.m. on Monday, December 6. Please RSVP to Carla Bridges no later than November 25, 3 p.m. Ten dollar gift item exchange is optional. Please bring a non-perishable item of food for the Calais Food Pantry.

Sign up for hostessing and activities for 2011 was completed at the November meeting. The 50/50 draw was won by Mae Berry.

Seniority by Carla McCann Bridges

Seniority is having a Holiday Potluck on Tuesday, December 7 at 5:30 pm at the Methodist Homes Rec Hall. A place setting and dessert will be provided. The Calais Elementary School Chorus will perform after dinner. Bring a non-perishable item for the food pantry.

On Friday, December 17, Dr. Lin will provide free eye screenings from 8 am - 12 noon for Seniority members in the CRH clinic. Call 454-9262 to make an appointment.

JOB OPPORTUNITIES

Health Information:

Director full time

Rehabilitative Services:

PTA, PT full time

Medical Assistant CRMS Surgery:

per diem

Registration & Communication

Clerk part time & per diem

Home Health Clerk

part time

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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24 Hospital Lane
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