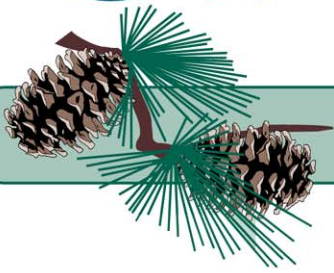


# Car<sup>e</sup>Letter



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. At CRH, quality means the continuous improvement of programs and services in an effort to exceed customer expectations.*

## **Inside this issue:**

*Flu Vaccine  
Employee News  
Schedule of Events  
Treebute to Life  
Auxiliary News  
Seniority News*

## **CRH Welcomes New Physician**

Calais Regional Hospital is pleased to welcome Dr. Carlos Ahumada and his wife Jill. They come to CRH from Fargo, ND. Dr. Ahumada has been in private practice as a pediatrician and neonatologist for over 25 years. He also practices Family Medicine.

Dr. Ahumada earned his M.D. from the University of Chile, School of Medicine in Santiago, Chile. He served his residency at Case Western Reserve University Affiliated Hospitals in Cleveland OH where he also completed a Neonatal Fellowship.

Dr. Ahumada spent his childhood in Santiago, Chile where his father worked for the government and his mother was an elementary school teacher. He has one sibling, a brother, who remains in Chile as a surgeon. His mother, now retired from teaching, runs the practice. Dr. Ahumada first experienced the midwest as an exchange student in high school. After graduating from medical school, he chose a pediatric program that brought him back to the States, where he has lived ever since.



*Dr. Carlos Ahumada,  
Pediatrics and Family Medicine*

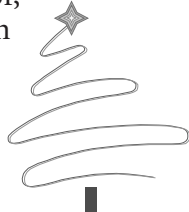
With the move to Maine, Dr. Ahumada's wife Jill retired as a midwife, which she had practiced for over 20 years. Their combined family includes 11 children and 2 grandchildren, one of whom lives in Augusta, Maine. Jill spends most of her free time taking care of the family and remaining very involved with her children. Dr. Ahumada also attests that she can "sing like a bird" and hopes she will now be able to enjoy more time singing. As for Dr. Ahumada, he says he likes to read in his off hours and would like to learn to kayak.

"The practice is very busy and everyone is hard at work, yet the office environment still manages to feel very calm and relaxed for the patients," states Dr. Ahumada. He adds that the staff is great to work with and friendly, making his transition very easy. Dr. Ahumada is currently seeing patients at Calais Regional Medical Services. If you would like to speak to him or schedule an appointment, please call 454-8195.

Please give all of our new doctor a warm welcome when the opportunity presents itself.

### Treebute to Life

The annual Treebute to Life program begins November 13, 2006. 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. The personalized ribbons are displayed on a tree in the CRH lobby with your designated name or event. The donations are also listed in the 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 campaign benefit the CRH Annual Fund. Forms will be in the lobby November 13, 2006.

### Flu Vaccine

Flu shots will be administered to employees, medical staff members, retired employees, coffee shop workers who serve the public, and the Board of Directors. Our supply is coming from the State and, as yet, we have not received it. When the vaccine arrives, notices will be posted with when and where the clinic is being held. After the announcement is posted, please call the Infection Control Dept at 454-7521 Ext 143 to sign up for your flu shot.

There is a new requirement this year that everyone must sign a consent form before receiving the vaccine and, if you wish not to have it, you must sign a Declination Statement. Evening and night shift employees will be receiving flu vaccinations from the Nursing Supervisor.



The winner from the Above and Beyond nominations for the month of September was Debbie Gibson.

To recognize someone through the Above and Beyond program, simply complete a recognition card that can be found in the Main Lobby or Cafeteria and submit it to Community Relations.

### Events Committee Holiday Plans

The Events Committee is sponsoring a hot apple cider, cookie and fruit break on Wednesday, December 6 from 1:30-3:30 p.m. in the cafeteria. All employees, physicians, staff, volunteers and board committee members are invited to attend.



A Scrapbooking Christmas paint can class with Melissa Royer will be offered November 1 or November 2 at 4 pm in the classroom. The cost is \$8, which includes all supplies, and is due when you sign up. For more information or to sign up, call Mary-Jo Burgess at ext. 212.

The committee is sponsoring a raffle for a Toy Chest filled with all kinds of goodies starting November 1 and the draw will be December 22. Tickets are available from committee members or at the switchboard for \$1 each or \$2 for 3.

Cookbooks are still on sale in the coffee shop for \$5. These are great for gifts.

### Home Health Open House

The CRH Home Health Department is holding an open house on November 15, 11 a.m. to 1 p.m. at their new location in the medical office building at 43 Palmer Street. Stop in to visit with the staff and check out their new home.

**COMPLIANCE**

Everyone is responsible to protect health information (PHI) that could identify a patient. Examples of PHI are: patient name, all or part of an address, phone or fax number, social security number, date of birth and admission or discharge date.

PHI could be in written, spoken or in electronic form. Examples of written or electronic form includes the medical record, a prescription label, a doctor's note about a patient, an x-ray or lab report, a letter giving test results, a wrist bracelet or billing statements.

Spoken form is what is said. Where are you saying it and how loud is your voice? It is everyone's job to protect patient health information — patient's count on us to protect them.

ValuesLine 1-800-273-8452

Employee News

Welcome to Valarie Knights, Brookton, per diem food services worker; Tanya Hamilton, Baileyville, Home Health Aide part time and Deena Bennett, RN, SD temporary IPCU.

Sorry to see you go to physical therapist Joanne Carney, who plans to sail south this winter to warmer waters. Joanne Carney and her husband own a whale watch sailing business in St Andrews.

Sympathy is extended to the following: Ellen Rhinehart, RN Home Health on the death of her mother; Board member Brand Livingstone on the death of his wife; Dr. Brazier on the death of his mother; Dr. Mansoor on the death of his mother; Jillian Higgins on the death of her grandmother and Shelly Bodkin on the death of her grandmother.

Congratulations to Pat Phillips, RN on her October marriage to Rick Doyle; to Trisha Nixon, daughter of Marina Nixon on her September 1 marriage to Jason Spearin in Bangor; and to Stephanie Davis, oldest daughter of Ray Davis who was married October 2 in Yosemite National Park in California to Joshua Henrichsen.

Congratulations to Heidi McCann, RN and her husband on the birth of their second son, Kameron McCann born at CRH on September 14, weighing 8lbs and 10oz.

Congratulations to Jason Fowler, son of Jeannine Fowler, who graduated from the Maine State Police Justice Academy in Vassalboro. Jason will be assigned to Washington County.

Card of Thanks

It really warmed our hearts to hear from so many of our coworkers and friends during the time we lost my mother, Helen Brazier. Thank you.

Fondly,  
Cressey and Teresa Brazier

Kudos Korner

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

- ▶▶ To the CRH employees who volunteer in the coffee shop!
- ▶▶ To Shelly Bodkin for organizing the classrooms at 22 Hospital Lane to be used for training and meetings.
- ▶▶ To Laboratory staff on their successful recent clinical inspection
- ▶▶ To the dietary staff for always fulfilling last minute requests without hesitation!

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



We want to hear from you!

The dust has barely settled from the move into the “new” Calais Regional Hospital, and we’ve already started work on the ‘to do’ list of items dealing with the old facility. One of these items is, what do we call it? Old facility, old hospital – the phrases we use to refer to our past home, just don’t quite cut it! So we’re putting the request out to all of you to submit suggestions for a name for the building.

We’re seeking a name for the building that doesn’t indicate any specific services, because as time passes the services offered there could change. Some examples of what we might be looking for are “Pine Building”, “Wellness Building” The former Hall Wing, may assume the name of the “Frances Hall or Hall Building”. Your ideas can be submitted to community relations on forms available in paychecks and in the mailroom. Or, email: [community@calaishospital.org](mailto:community@calaishospital.org). Submissions must be in by November 7. The Building & Grounds Committee will approve the final selection.

Katharine Michie	2
Elizabeth Hinson	3
Mary Barnett	4
Lisa Edgerly	9
Russell Staples	9
Marlene Dobson	11
Cheryl Bean	13
Wendy Brownrigg	13
Janet Higgins	13
Dr. Peter Wilkinson	13
Diane Brown	15
Jeannine Fowler	15
Cindy Kierstead	17
Marina Nixon	18
Robert Rogers	18
Amanda Magoon	20
Dana Riquier	21
Catherine Doane	21
Susan Hastey	22
Sharon Nelson	24
Karen Childs	28
Teena Dominie	28
Barbara Sprague	29
Kathy Irving	30
Carla Jundt	30
Michelle Johnson	30

## Schedule of Events

Cardiac Rehabilitation Support Group  
CRH Classroom  
Friday, October 6, 3 pm

Free Blood Pressure Clinic  
Woodland Manor, Baileyville  
Tuesday, October 3, 9-11 am

Glucose/Cholesterol Screening  
CRH Classrooms  
Tuesday, October 3, 8 am

Free Blood Pressure Clinic  
Paradis Shop N' Save, Calais  
Tuesday, October 10, 3-5 pm

Diabetic Support Group  
Eastport Health Care Clinic  
Monday, October 9, 6 pm

Encore Plus  
Mona Van Wart's office at old CRH  
Wednesday, October 11, 3 – 4 pm

Seniority Trip to Shore Road Organic  
Gardens Scythe Supply  
Tuesday, October 17, 10:45 am

Diabetic Support Group  
Methodist Homes Rec Hall  
Wednesday, October 18, 6 pm

Free Blood Pressure Clinic  
Country View Apts, Pembroke  
Thursday, October 19, 11 am – 1 pm

## Auxiliary News by Irene Moreside

Hope everyone had an enjoyable summer! Our next Auxiliary meeting will be October 2 with a potluck. There will also be a one pound auction; bring something in a paper bag weighing one pound sight unseen. Come and join us at 6 p.m.

The next "Books are Fun" book fair is scheduled for November 15 & 16 in the hospital classroom. Mark your calendar and complete some holiday shopping.

See you at the meeting!



**Happy Thanksgiving  
to all our Canadian  
Friends!**

## Seniority by Carla McCann

There will be a glucose and cholesterol screening on Tuesday, October 3 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 call to register.

We will be offering a field trip to Shore Road Organic Gardens and Scythe supply in Perry. There will be a demonstration on sharpening and mowing europium scythe supply and potato farming. We will leave the hospital Tuesday, October 17 at 10:45 am. We will meet for lunch at The New Friendly Restaurant. If you are interested please call and sign up this will be a car pooling trip.

### JOB OPPORTUNITIES

#### **Nursing**

RN, *Inpatient Care part time day/nights*

RN, *ED part time all shifts*

RN, *ED full time nights*

RN, *ED full time (2) 8's & (2) 12hr days*

*CNA Home Health full time*

#### **Rehabilitative Services**

*Physical Therapist full time*

#### **Environmental Services**

*worker part time*

*This newsletter is published monthly by the community relations department. CRH is an equal opportunity provider.*