



Mid Coast-Parkview Health
MaineHealth

2023 ANNUAL REPORT

COMMUNITY CONNECTIONS



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2023 ANNUAL REPORT



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ON THE COVER

Ruth Kingsbury shares her musical skills and other talents as a Mid Coast-Parkview Health volunteer. She often plays piano for residents at The Garden, Mid Coast Senior Health's memory care facility.



MID COAST-PARKVIEW HEALTH 2023: YEAR IN REVIEW

Hello everyone:

As I write this note to you, we've come through the holiday season and entered a new year. This offers me an opportunity to reflect on 2023, my initial year as President of Mid Coast-Parkview Health.

It has been so gratifying to lead such an outstanding team of care professionals dedicated to delivering the highest quality, patient-centered care and to embrace the MaineHealth vision of working together so our communities are the healthiest in America.

One of the most enjoyable aspects of 2023 was meeting with so many of our community partners and participating in local events. Those were some of the most valuable experiences for me personally, and my wife and I are excited about moving to Harpswell this spring so we can become more fully entrenched in our communities.

It is no surprise that as we move into 2024, MaineHealth continues to evolve at an accelerated pace. We simply must to keep up with the challenges before us. Many pressures that began during the COVID-19 pandemic remain today – financial challenges such as inadequate reimbursement for services, lack of enough care team members to manage our work and significant new community needs. MaineHealth and its local health systems, like Mid Coast-Parkview Health, are working hard to be part of the solution to what ails healthcare today.

As you may be aware, MaineHealth has created three regions across its system, and we've been working with LincolnHealth, Pen Bay Medical Center and Waldo County General Hospital in the Coastal Region. We're looking at ways to work together to increase access to services for the patients of our region and improve the patient experience, while at the same time reducing costs and improving our long term stability.

Success in the long-term will be defined by how we leverage regional and system resources to improve patient access while preserving our local connections and honoring the commitments we've made to those who entrust us with their care.

This is a work in progress, and I am truly excited about what the future holds.

This year's annual report features some examples of how we've impacted our patient's lives and how we continue to make community health and wellness an essential part of our daily activities. We'll also introduce you to one of our valued volunteers and provide you with a financial overview of the past year.

Each year, we take the opportunity to recognize the many individuals who have chosen to support Mid Coast-Parkview Health with their generous donations. We are both humbled and grateful for your support.

I wish you all the very best health and wellness in the coming year, and I hope you enjoy reading this year's annual report.

Sincerely,



Christopher Bowe, MD
President



LEADERSHIP TEAM

Christopher T. Bowe, MD
President

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Chief Nursing Officer

Jayne Cloutier, RN, BSN, CPHQ
Senior Director, Quality & Safety

Carl DeMars, MD
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Jeff Garnett
Senior Director, IS and Regional CIO

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Casey Maloney, SPHR, SHRM-SCP
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MID COAST-PARKVIEW HEALTH

2023: FINANCIAL REPORT

SOURCES

	FISCAL 2022	FISCAL 2023
Net amounts received by Mid Coast Hospital, CHANS Home Health & Hospice and Mid Coast Senior Health for services rendered to patients, clients and residents	\$ 233,405,184	\$ 261,060,416
Contributions, earnings (losses) on investments and other revenue from activities not directly related to patient care	\$(9,914,520)	\$13,459,102
COVID-19 Relief Funding Support	\$4,159,623	\$2,839,375
Amounts earned in previous years used to support current year	\$40,782,293	\$2,359,909
Total sources of funds	\$268,432,580	\$279,718,802

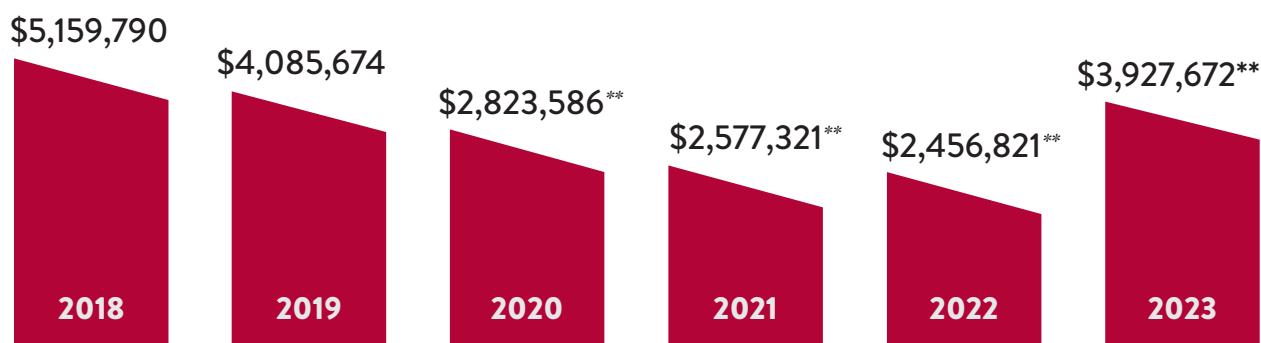
USES

Salaries, wages and employee benefits	\$144,061,009	\$152,860,605
Supplies and purchased services	\$97,224,557	\$100,343,690
Fees paid to physicians	\$11,917,431	\$11,039,144
Estimated cost of this year's use of property and equipment	\$9,507,445	\$9,853,822
Revenue tax	\$4,904,567	\$4,913,224
Interest expense	\$817,572	\$708,318
Total uses of funds	\$268,432,580	\$279,718,802

SELECTED STATISTICS

Mid Coast Hospital		
Inpatient admissions	4,872	5,185
Outpatient visits (includes Mid Coast Medical Group)	404,769	467,883
Patients seen at Mid Coast Hospital Walk-In Clinic	18,544	23,659
CHANS Home Health & Hospice, total visits	25,568	24,547
Mid Coast Senior Health, resident days	30,629	32,007

HEALTHCARE SERVICES PROVIDED AT MID COAST-PARKVIEW HEALTH TO THOSE UNABLE TO PAY



** COVID Pandemic Impact



Respiratory Therapist Patrick 'Paddy' Bonnar and Andy Harris share a moment together, with Intensive Care Unit Manager Tricia Olson looking on.

MEET ANDY HARRIS FAMILY SHARES GRATITUDE FOR LIFE- SAVING CARE

It's not often that a patient takes the time to visit a hospital to deliver an in-person thank you. But for Freeport's Andy Harris and his family members, a letter just wouldn't do.

Harris, his wife, Tracy, and stepdaughter, Lexi Ketch, spent a few hours visiting the Mid Coast Hospital Emergency Department and the Intensive Care Unit in late November to share their gratitude for the life-saving and personalized care he received.

For many of Andy's caregivers, it was the first time they'd seen him upright.

On April 19, 2023, Harris knew there was something seriously wrong when he woke up and couldn't feel his legs. Freeport EMS took him to Mid Coast Hospital Emergency Department, where he was diagnosed with the rare Guillain Barre Syndrome (GBS).

GBS is a disorder of the immune system where the nerves are attacked by immune cells, often causing temporary paralysis. Between 3,000 and 6,000 cases

Andy Harris (center), his wife, Tracy, and stepdaughter, Lexi Ketch, credit Mid Coast Hospital's Emergency Department and Intensive Care Unit with saving Andy's life.

occur in the United States annually, according to the Mayo Clinic. The syndrome has no known cause and typically, people recover over a long period of time.

What made Harris' case concerning was how rapidly the paralysis spread up his body. Within 24 hours, the muscles that control breathing were affected, and Harris was put on a ventilator to allow him to breathe.

"That began my two-month stay in the ICU," he said.

An Air Force Veteran firefighter who did tours in Desert Storm and the conflict in Bosnia, Andy spent 10 years in the service. His training and experience is something he credits for his drive to survive.

"I could almost feel the brim of my drill instructor's hat hitting me in the forehead and shouting "the pain is leaving your body – get your ass up."

"There's a phrase we used to use in the military called 'embrace the suck,'" Harris continued. "You'd be crawling through a deep puddle of mud and you'd embrace it because you knew there was something better ahead."

During his two-month stay at Mid Coast Hospital, Harris marveled at the care he received.

"The attentiveness, the quality of the care and the people were amazing," Harris said, rattling off a handful of his caregiver's first names. "They would encourage me to rest and tell me 'go to sleep, I'll be right outside the door.' They were very reassuring."

Andy said his only moment of weakness was when it appeared he would be discharged to a rehabilitation facility in Roxbury, Massachusetts. He was still on a ventilator, which made him difficult to place in Maine.

"The alternative was to get off the vent and stay in Maine, so that became the focus," he said. Andy's persistence and perseverance led to rehabilitation continuing at New England Rehabilitation in Portland and RiverRidge in Kennebunk. They helped Andy get stronger.

"I told them when I got there that I was not leaving there in a wheelchair," he said. True to form, Andy exited inpatient rehabilitation using a rolling walker with a seat, known as a Rollator.

On November 28, Andy returned to Mid Coast Hospital to connect with the people he now feels like are his extended family. The Emergency Department was very busy as it usually is, but a few of his caregivers met with him to say hello while Andy offered his thanks.

"Look at you!" said emergency physician John Elias. "You're up and walking around? That's amazing."



The group ventured to the ICU for a lengthier visit that involved many smiles, hugs, laughter, a few tears and awe.

"Wow, you're tall!" said one of Andy's caregivers.

"Look at you, you're upright," said another. "That's unbelievable."

Andy shared some of his future plans with them, including writing a book and holding a fundraiser at a microbrewery down the road to support the GBS International Foundation for Research. He also made plans to raise a pint with respiratory therapist Patrick 'Paddy' Bonnar, who created a strong bond with Andy during his stay.

So what are the next steps in his recovery?

Andy recently began outpatient therapy and is being cared for by his wife, who has worked in health care during her career. He said he wants to get full use of his hands back and write a book about his experiences. He also is focused on improving his leg strength and balance in the hope of walking without any assistance sooner rather than later. A bright new shiny truck in his driveway serves as visual motivation to be well enough to drive.

"I want to make something of my second chance that (Mid Coast Hospital) gave me," he said. "I am not done yet."

The family's visit to the hospital meant so much to the care teams. But in some ways, it meant more to Andy and his family.

"You know, these people all saw me at my worst. I just wanted to come back and show how grateful I am. They kind of became like family to us," Andy said while reaching for a tissue to wipe away a tear. "If it wasn't for them, I wouldn't be here."



MEET RUTH KINGSBURY VOLUNTEER ROYALTY

When asked why she became interested in giving back to the community through volunteering, Ruth Kingsbury paused for a moment before answering.

“I had a professor at Regis College who always said: ‘Remember, you can make a better world out there,’” she said. “That kind of stuck with me.”

Ruth, who grew up in Cambridge, Massachusetts, began volunteering in 1960 when she lived in Bedford, Massachusetts after graduating from Regis College (Weston, Mass.) and marrying her husband, Robert ‘Bob’ Kingsbury. She spent nearly 40 years volunteering at Emerson Hospital in neighboring Concord and the Veterans Administration in Bedford. Today, she’s in her twenty-third year as a Mid Coast Hospital volunteer and shows no signs of stopping.

“I guess you could say I am a professional volunteer,” Ruth said. “There’s a lot of camaraderie in it, and I love it.”

After graduating from college, Ruth, one of many Regis math majors, went to work for Bell Telephone Labs in New Jersey. “Half of us went to Bell Telephone and the other half went to the NSA,” Ruth said.



*Along with
volunteering
at Mid Coast
Hospital,
Ruth Kingsbury
also plays
the piano for
residents
at Mid Coast
Senior Health.*

Later, Ruth went to Sylvania Electric in Needham, to work as a computer programmer on the Ballistic Missile Early Warning System. On the first day of month-long training, she met her future husband, Bob. Later that summer, Bob, a Bowdoin graduate, approached Ruth.

“He came up to me and said ‘You’ve gone out with everyone else, how about me?’” she said with a laugh.

Along with similar academic backgrounds in math and physics, the duo quickly learned they also shared the love of athletics. Ruth played basketball and field hockey at Regis (where she was later inducted to the school’s Athletic Hall of Fame), and Bob played football and lacrosse at Bowdoin.

“I remember we were at a Bowdoin football game and there was a flag on the field,” Ruth said with a smile, reflecting on an early date. “I remember yelling ‘Bob, that’s an ineligible receiver downfield!’ I think that’s when he knew I was the one.”

The Bowdoin College connection is a thread that’s run through their relationship. Bob’s family has had five generations attend the school, dating back to 1825. The

Kingsburys have sponsored several scholarships over the years at Bowdoin and Ruth remembers all of the students fondly. Most were high scholars and one was captain of the lacrosse team.

The Kingsburys have equally supported Ruth’s alma mater with scholarships.

Today, the Phippsburg couple remains active as volunteers and between them, they share three Volunteer of the Year Awards from three different non-profits. Bob, who retired after a successful 40-year career as an engineer, is the Secretary for Bowdoin’s Class of 1958 and also helps out at the Curtis Library and the Maine Maritime Museum.

Ruth has done most everything in her time at Mid Coast Hospital – from stocking all the rooms in the Ambulatory Care Unit, to bringing clean but worn linens to the animal shelter for bedding. She also enjoys playing the piano for residents at the Gardens, Mid Coast Senior Health’s memory care facility. She goes wherever she’s most needed now, with her vast experience and knowledge of the many roles.

“I love the fact that I know everyone from the basement to the top floor, and they all treat me the same,” Ruth said. “They are all happy to see me.”

Ruth encourages anyone interested in volunteering to consider Mid Coast Hospital.

“Come – we will gather you in,” she said. “When you retire, come to us. The reality is we are all getting older, but we can still make a difference.”

If you are interested in joining the Mid Coast–Parkview Health volunteer workforce, please call Susan Lafferty, Director of Volunteers at (207) 373-6015.





MID COAST CENTER FOR COMMUNITY HEALTH & WELLNESS

INVESTING IN GOOD HEALTH

For close to a decade, the Mid Coast Center for Community Health and Wellness (CCHW) has been a beacon of hope, helping people throughout the Mid Coast region lead healthier lives.

The CCHW prides itself on a diverse range of programs, spanning healthy eating, exercise, weight loss, stress management, cardiac rehabilitation and tobacco treatment. It continuously strives to meet people at various stages of their wellness journey, catering to both their mental and physical health needs. Workshops, education, clinical care and support groups are offered, along with special programming.

The COVID-19 pandemic brought about many disruptions, forcing the CCHW to transition several programs to an online format while temporarily suspending others.

“During a time of heightened stress and uncertainty, the absence of emotional, social and physical support was felt by many,” said Cate Parker, Director of the Mid Coast Center for Community Health and Wellness.



*Dr. Jessica
Faraci (center)
from Mid Coast
Medical Group
and Walk with a
Doc participants.*

However, the good news is that programming has made a strong comeback in 2023, and the CCHW is looking forward to offering even more programs in the coming months.

“Providing programs that focus on well-being and fostering healthy habits is so important, now more than ever,” said Parker. “We’re reinstating our most sought-after programs and we are eager to reconnect with the community.”

One such program making a return is a transformative 10-week initiative that offers a comprehensive approach to weight loss, called Healthy Weight for a Lifetime. Through nutrition counseling, behavioral health and exercise coaching, the program tailors individualized plans for participants that are rooted in mindfulness, which research has shown to produce successful outcomes in weight management.

Referencing the program’s three-pronged approach to weight management, program participant Dennis Nasto said learning about the psychological aspects of eating

habits and the food industry’s impact on our diets made an indelible impression on him.

“It’s a very holistic approach to health and well-being,” he said. “I discovered that it’s a lifelong process. I may have ups and downs, but I now have the skills and tools to get myself back on track. I’m so glad this program was available to me.”

Since completing the program, Nasto now regularly attends Food for Health, a monthly healthy eating series led by Dr. Timothy Howe, who provides cooking education and demonstrations. Howe shares how a plant-based diet can prevent, treat and even reverse chronic disease. As a result, Nasto has moved to a mostly plant-based diet.

“Dr. Howe is an absolute treasure,” said Nasto. “Not only is he personable, but the knowledge he has and the research he does allow him to thoroughly explain why something is backed by science.”

SUPPORTING THE COMMUNITY

The CCHW is excited to roll out both new and existing health and wellness offerings in 2024, including but not limited to:

Mindfulness Based Stress Reduction

A meditation and mindfulness practice series that helps individuals reconnect to a greater sense of ease and enjoyment in their lives.

Pelvic Health Series

An educational series that addresses health issues for women, through all phases of their life.

Walk with a Doc

A free, physician-led initiative promoting physical activity. Walks take place at primary care practices in Brunswick and Topsham.

Yoga for Cancer

A free weekly yoga series aimed at alleviating stress and fatigue for cancer patients and their caregivers.

The Center will also continue to offer ongoing support and recovery programs, including Cardiac Rehabilitation, BeFree tobacco treatment, Diabetes education, Parkinson’s disease resources and more.

“Investing in good health has never been more crucial,” said Parker. “The Mid Coast Center for Community Health and Wellness remains committed to supporting the well-being of the community.”

For further information on programs and offerings, reach out to the Center for Community Health and Wellness at (207) 373-6585 or visit www.midcoasthealth.com/wellness.



MID COAST HOSPITAL COMMUNITY HEALTH TEAM

EMPOWERING COMMUNITIES

Have you ever strolled through a tobacco-free park, engaged with a child enthusiastic about tasting a new fruit or discovered a new hiking trail? Or perhaps you've participated in a youth mental health first aid training, visited a community vaccine clinic or responsibly disposed of unwanted medication at a local drop box. If you have done so in one of our local communities, you've directly experienced the tireless dedication of Mid Coast Hospital's Community Health team.

This team doesn't confine its efforts to inside the hospital walls. Instead, it collaborates extensively with an array of community partners, all united by a shared mission: making healthy choices more accessible for everyone. Often working 'behind the scenes,' the team focuses on creating policies and building environments that enhance the public's health.

Several community coalitions, including Access Health, Get Active Southern Midcoast and Southern Midcoast Communities for Prevention are brought together by Community Health. These coalitions actively engage in workgroups targeting food and housing insecurity,



Supplemental Nutrition Assistance Program - Education classes teach kids about healthy foods

SOME OF THE COMMUNITY HEALTH TEAM'S SUCCESSES IN 2023 INCLUDE:

- In collaboration with Get Active Southern Midcoast, a local coalition of community partners who provide free- and low-cost physical activity resources, Community Health contracted with accessibility consultant Enock Glidden to perform an assessment of 10 local Land Trust trails and find ways to enhance accessibility for individuals with mobility barriers. The coalition publishes an annual All Season Activity Guide.
- Through a federal grant and partnership with the National Alliance on Mental Illness (NAMI) Maine, more than 100 individuals were certified in youth mental health first aid, strengthening their ability to recognize mental health crises and connect youth with essential resources.
- Community Health Supplemental Nutrition Assistance Program (SNAP) Nutrition Educators made strides in promoting healthy eating habits by teaching 33 SNAP-Education class series, which benefited 352 children and 64 adults. These sessions, held in libraries, housing sites, teen centers and elementary schools, provided education about preparing healthy and budget-friendly meals.
- Four childcare sites implemented tobacco-free policies, supporting their commitment to providing smoke-free environments for children, staff and families.
- The Community Health team conducted multiple flu and COVID-19 vaccine clinics throughout the region, administering more than 3,600 vaccines to children and adults.
- The Substance Misuse Prevention team, funded by the Maine CDC and federal CDC's Drug Free Community Program, worked with partners to reduce youth access to alcohol, cannabis and other substances, as well as increase youth resilience, decrease stigma and promote access to NarCan, a life-saving drug for opioid overdoses. In addition, a new initiative was launched in partnership with Mid Coast Hospital's Labor and Delivery team to distribute safety kits that include NarCan to all new parents.
- The Community Health team addresses the social factors that affect health, such as having enough food, safe housing and transportation through MaineHealth's FindHelp, which connects people to local resources. Over the past year, providers continued to use FindHelp to connect patients to food assistance, including food delivery for homebound patients, school food pantry access and mobile food pantry schedules.

These achievements underscore the broad reach of Mid Coast Hospital's Community Health team. Its commitment and collaboration continue to create a healthier, more inclusive community for all and support MaineHealth's mission of working together so our communities are the healthiest in America.

substance use, mental health access, immigrant health, early childhood development and the health and well-being of LGBTQ+ individuals.

"Community Health does not work alone; we work with many partners to identify and address local health concerns," said Melissa Fochesato, Director of Community Health at Mid Coast-Parkview Health. "These collaborative efforts allow us to reduce the barriers people face where they live, work and play, tackle critical community health issues, and make healthy and safe choices easier in our communities."

STAYING INFORMED ABOUT COMMUNITY HEALTH, THEIR PARTNERS AND CURRENT INITIATIVES IS EASY THANKS TO SOCIAL MEDIA. FOLLOW @HEALTHYSOUTHERNMIDCOAST ON FACEBOOK FOR UPDATES ON LOCAL EVENTS AND RESOURCES FOR STAYING ACTIVE AND HEALTHY.

MID COAST-PARKVIEW HEALTH 2023: NEWS AND HIGHLIGHTS

MID COAST-PARKVIEW HEALTH WELCOMES NEW CHIEF MEDICAL OFFICER

In early July, Mid Coast-Parkview Health was pleased to announce that Maureen Perdue, DO, was appointed as its Chief Medical Officer. She succeeds Christopher Bowe, MD, who became Mid Coast-Parkview Health's president last January.



Maureen Perdue, DO

Prior to joining Mid Coast-Parkview Health, Dr. Perdue was the Associate Chief of Obstetrics and Gynecology as well as a full-time OB/GYN provider at Central Maine Medical Center.

PHYSICIANS HONORED FOR TEACHING EXCELLENCE

This past summer, seven Mid Coast Hospital physicians were honored for their teaching of Tufts University School of Medicine/Maine Medical Center (TUSM/MMC) Longitudinal Integrated Curriculum (LIC) students at Mid Coast Hospital.

Ira Bird, MD, Christina Kapala, DO, Alexander Fiorentino, MD, David Inger, MD, Stephanie Phelps, MD, Roy Nakamura, MD, and Leah Bauer, MD, received Citations for Excellence in Teaching in the LIC from Tufts University School of Medicine.

Mid Coast Hospital has participated as a training site for the TUSM/MMC LIC program since 2011.

MID COAST HOSPITAL HOSTS MULTIPLE VACCINE CLINICS

Mid Coast Hospital offered several vaccine clinics for flu shots, COVID-19 boosters and HPV vaccines in October and November. All clinics were held at 81 Medical Center Drive in Brunswick.

TEDFORD HOUSING RECEIVES FUNDING FOR NEW SHELTER

Tedford Housing was awarded a \$500,000 donation for its new homeless shelter made by the Mid Coast-Parkview Health/LincolnHealth Community Health Improvement Committee. To finalize their decision, the Community Health Improvement Committee looked at recent community needs assessments and relied on their shared knowledge of the communities they service to identify and prioritize projects to pursue.

According to its charter established in March 2022, the Health Improvement Fund is dedicated to improving health in the LincolnHealth and Mid Coast-Parkview Health service areas. It supports MaineHealth's vision of working together so our communities are the healthiest in America.

This fund's charter specifies the desire to make a measurable and sustainable impact.

Tedford, which operates Midcoast Maine's only homeless shelter in Brunswick, is building a new, 17,568-square-foot facility on Thomas Point Road that will have more capacity and centralize support services. The new shelter will have 24 adult beds and 10 four-bed family units.



This is an artist rendering for the Tedford Housing shelter to be built with the donation from the MCPH/LH Community Health Improvement Committee.

PRIMARY STROKE CENTER EARNS RE-CERTIFICATION

The Mid Coast Hospital Stroke Program earned re-certification by the Joint Commission as an Advanced Primary Stroke Center. To achieve this designation, the Center must meet rigorous standards and provide care based on best practices as defined by the Commission.

Mid Coast Hospital underwent an unannounced onsite review in mid-March. A team of Joint Commission reviewers evaluated compliance with related certification standards including time sensitive emergency care of the stroke patient as well as best practice care for patients admitted with stroke. The reviewers also noted onsite observations and conducted interviews.

LOCAL DOCTORS SHARE EXPERTISE AT NATIONAL CONFERENCE

This past spring, Andrea Truncali, MD and Leah Bauer, MD presented at the American Society of Addiction Medicine (ASAM) national meeting in Washington DC. Their talk was titled “Stimulant Treatment for ADHD: Not exactly Opioid 2.0, but close?”

The presentation focused on increasing rates of stimulant treatment for adults with ADHD in the United States, and warned how this, in time, may prove to be history repeating itself, as it is in many ways similar to the beginning phases of the opioid epidemic.

PEDIATRIC BEHAVIORAL HEALTH SERIES HONORS LATE PSYCHIATRIST

Dr. Andrew Cook’s desire to educate pediatricians and improve access to children’s behavioral health lives on, despite his passing in 2021.

In October 2023, a dozen providers attended the first Andy Cook Memorial Pediatric Behavioral Health Series seminar, focusing on Pediatric Suicide Assessment, Prevention and Intervention. The series was made possible by funds received in Andy’s memory. The presenters were Dr. Amy Mayhew, Maine Medical Center; Greg Marley, National Alliance on Mental Illness, Maine Chapter; Sheila Nelson, Maine CDC; and Jessica LeBlanc, LCSW, Director of Sweetser Crisis.

For those unfamiliar with Andy, he practiced psychiatry in the Brunswick area for more than 20 years and was a part of the Mid Coast Medical Group and the local community. He also served as the State Director of Children’s Behavioral Health for eight years, and founded the Maine Council of Child and Adolescent Psychiatry.

Additional seminars are being planned for 2024.



Sheila Nelson, Program Manager, Maine CDC, Adolescent Health and Injury Prevention Program, shared several ways to reduce the risk of youth suicide at the first Andy Cook Memorial Pediatric Behavioral Health Series seminar held on the Parkview campus in October.

MAGNET TEAM BUILDS STRONG CONNECTIONS

Mid Coast Hospital maintained Magnet® designation by the American Nurses Credentialing Center (ANCC), an honor achieved by 9% of hospitals nationwide. In 2021, Mid Coast Hospital also began participating in Magnet4Europe, a worldwide nursing research study conducted by the ANCC.

As a part of this program, and to achieve the third goal of sharing best practices in nursing services, hospitals are ‘twinned’ or paired with other hospitals. MCH is twinned with Lovisenberg Diakonale Hospital in Oslo, Norway, a hospital just starting its Magnet journey.



The Mid Coast Hospital Magnet team is pictured planning the trip to Norway for Magnet4Europe.

MID COAST SENIOR HEALTH EARNS A TRIO OF AWARDS FOR EXCELLENCE

Mid Coast Skilled and Long Term Care, The Garden–Memory Care and Thornton Hall Assisted Living were recognized by Pinnacle Quality Insight as 2023 Customer Experience Award™ winners.

To be chosen for this distinction, the facility must score in the top 15% of care providers across the nation over a 12-month average. The extensive review covers between 12 and 15 open-ended questions answered by residents and loved ones over the phone.



CELEBRATING OUR CARE TEAM MEMBERS

Mid Coast–Parkview Health recognizes the outstanding contributions that care team members provide, and each month selects deserving individuals to honor through our award recognition program.

The DAISY Foundation expresses gratitude to nurses with programs that recognize them for the extraordinary compassionate, skillful care they provide patients and families. By honoring compassionate nurses, this foundation reinforces the importance of compassion in health care.

The DAISY Award is available to all nurses at Mid Coast–Parkview Health. Nurses can be nominated by anyone including patients, family members, other nurses, physicians, clinicians or staff who experience or observe extraordinarily compassionate care being provided by a nurse. The nominations are blinded and sent to an internal committee at Mid Coast–Parkview Health. The committee reads and scores the nominations using criteria that focus on compassion and fit the mission and values of MaineHealth. The nominee with the most votes is the recipient of the award for that month, and the other nominees are recognized as honorees for that month.

This year, Mid Coast–Parkview Health recognized Katie Alberico, Jenise Hughes, Maggie Jansson, Alyssa Amato and Danielle Peart for DAISY Awards and presented a Team DAISY Award to the Emergency Department.

The Spotlight Award recognizes the commitment of non-nurse care team members, both clinical and non-clinical, who support our mission of caring for the health of our community and embody MaineHealth values. All employees (except nurses) are



*Carolyn Ranten, DO,
Mid Coast Pediatrics*



Mid Coast Hospital Emergency Department Team Members, from left – John Elias, MD, Kim Goranson, ED Tech, Michelle Rudgers, RN, Alisa Webber, RN, Lauren Woods, RN, Alicia Black, RN and Chief Nursing Officer Kristin Anthony, RNC, MSN, NEA-BC.



Danielle Peart, RN II

eligible, including those working at Mid Coast Hospital, Mid Coast Senior Health, CHANS Home Health & Hospice and the Mid Coast Hospital Parkview Campus. Honorees are chosen throughout the year and can be nominated by patients, families or colleagues. Award recipients are chosen by an internal committee at Mid Coast–Parkview Health.

This year, Mid Coast–Parkview Health recognized Owen Curnin, Collin Crowther, Richelle Sipiora, Carolyn Ranten and Whitney Lawson for Spotlight Awards.

FOR PATIENT CARE AND SAFETY

Mid Coast Hospital was chosen as a Top Hospital in 2023 by the Leapfrog Group, a national watchdog group that evaluates patient care and safety. Some categories evaluated included infection rates, practices for safer surgery, maternity care and the hospital's capacity to prevent medication errors.

The Top Hospital distinction is rare, with just 6% of hospitals being chosen for the distinction nationwide. Mid Coast Hospital also earned an 'A' grade in Leapfrog's Patient Safety survey in 2023, a requirement for achieving top hospital status.

SHOWING OUR PRIDE IN BRUNSWICK AND BATH

Mid Coast–Parkview Health was a proud sponsor of Pride events in both Brunswick and Bath during June. Despite periods of torrential rain, the Brunswick event drew record crowds.

Mid Coast–Parkview Health also took part in Bath's first Pride event. The hospital flew the Pride flag during Pride week and offered employees pronoun-specific lanyards and badge holders.



From left - Melissa Fochesato, Chris Bowe, MD, Casey Maloney and Sarah Purnell represented Mid Coast–Parkview Health at the Brunswick Pride event in June.



MEET DONOR
LLOYD VAN LUNEN
**PATIENT-
CENTERED
CARE WORTHY
OF SUPPORT**

Retired physician Lloyd Van Lunen candidly admits there was a brief time during his career journey where he wasn't certain he wanted to be a physician. "I was working as an orderly in a state mental hospital after graduating from college," he said. "I remember thinking 'I'm not sure I want to make the time commitment that medicine will demand.'"

Thankfully for our communities, Van Lunen overcame his hesitation and ultimately became a member of the medical community here on the Midcoast, spending 28 years practicing internal medicine. Along with providing high quality care to his patients, the Brunswick resident has served as the Medical Staff President, was a long-time member of the Mid Coast Hospital board and has been an active community volunteer.

After a 28-year medical career with Mid Coast-Parkview Health, Dr. Lloyd Van Lunen continues to support MCPH because of its patient-centered approach to care.

He was one of the physicians who started the Bowdoin Medical Group in 1994 and who supplied emergency coverage to the hospital for some time. “Every physician member of the group spent some nights covering the ED for a time,” he recalled. His main interest, however, was primary care, particularly internal medicine.

“That was the most satisfying thing for me. It was such a mixed bag,” he said. “I loved seeing patients, and there were challenges that always kept my job very interesting. Our team at the office was very collaborative, and I have to acknowledge how important every member of the team was to our patients every day. Our practice staff were amazing.”

Van Lunen grew up in Sherborn, Massachusetts, a rural area with lots of woods to roam about back in the 1950s. The son of U.S. Navy Captain Lloyd Van Lunen Sr., he graduated from high school in Charleston, South Carolina where his father was stationed at the time. Lloyd Sr. was in the Navy’s V-12 program at Dartmouth College during World War II and later got a master’s degree at Boston University. During his naval career as a submariner he attended the U.S. Naval War College in Newport, Rhode Island.

Van Lunen attended Dartmouth College before obtaining his medical training at the University of Maryland at Baltimore, both for his undergraduate and residency training. His experience in Maine began by starting a solo practice in Dover-Foxcroft.

“Although I had wanted to come to Brunswick in the first place,” he said. “I spent three years up there, and when I decided to leave I came down and talked with Herb Paris, then hospital president, and it worked out very well.”

While enjoying a successful and thriving practice, Van Lunen was chosen as President of the Medical Staff. “They tended to pick the new ones before they knew what was involved,” he said with a smile.

In the late 1990s, he joined the hospital board, and wound up serving a full set of terms spanning two decades.

Van Lunen retired in 2013 and these days, he and his wife, Margaret Wilson, serve on the Brunswick-Topsham Land Trust Board of Directors. They enjoy hiking, cross country skiing and music. Van Lunen’s

long-time passion, however, is sailing. When he retired in 2013, you might say he literally sailed off into the sunset.

The sailing bug first bit when his father bought him a sailboat in his freshman year of high school. He’s moved on to larger boats since then, sailing 40+-footers since the 1990s. There have been shorter trips exploring the Maine coast and Canada regularly, but there have also been longer journeys in places like Panama, New Zealand and the Bahamas. In recent years, longer voyages have included cruises to Newfoundland and Labrador.

“When the wind hits the sails and the boat gets going, there’s a really special feeling,” he said. “On the longer trips, you’ve got to have situational awareness of where you are heading and where you are going to finish. You’ve got to figure out how much fuel, water and food you have and where the next place will be that you can restock. And at the end of each day, it’s Miller time.”

Van Lunen’s and his wife’s fondness of Mid Coast Hospital and their desire to support non-profits through philanthropy and volunteerism, made the couple a logical choice to champion Mid Coast Hospital’s 2023 Annual Appeal.

“Just as we wrote in this year’s appeal letter, everyone I know who has been cared for at Mid Coast Hospital comes back marveling about the personal aspect of the care. They share how warm and friendly the staff was and the excellent, first-rate care they received,” he said. “Universally, they comment about how the staff makes patients and family members feel so relaxed and at ease.”

Of the hospital’s values, being patient-centered is the one that resonates with Van Lunen the most.

“Mid Coast consistently does what’s best for the patient. That breeds loyalty and trust—not only for patients but for physicians and other care providers,” Van Lunen said. “I am very proud to have been a part of it.”

IN MEMORIAM:

RICHARD 'DICK' MORRELL

The Mid Coast–Parkview Health community was saddened by the loss of one of our longtime champions, Richard 'Dick' Morrell. He passed away on April 7, 2023 at the age of 94. Dick was a cherished pillar of our community and a tireless champion of health care in the Bath, Brunswick, Topsham Region. His contributions, woven intricately into our history and the broader Brunswick community, reveal a man with a heart dedicated to the well-being of others.

Dick graduated from Bowdoin College and served in the Army for two years before returning to Brunswick, with his wife Eleanor, to raise four children. He joined the business his father started, Brunswick Coal Company, along with his brother Bob. The brothers grew the business, renaming it Brunswick Coal and Lumber and then again, Downeast Energy and Building Supply.

Dick's wisdom and caring touched myriad organizations. From being a Bowdoin College trustee emeritus to serving as past president of the Maine Oil Dealers Association, active participation in the Brunswick and Bath chambers of commerce, and directorial roles in various boards, including the Bigelow Laboratory for Ocean Sciences and Maine National Bank, Dick's impact was far-reaching. His public service extended to the Brunswick Town Council, the Maine House of Representatives and the Maine State Senate.

He supported many causes in his community and ran many fundraising campaigns including the United Way, the Boy Scouts and an expansion at the former Regional Memorial Hospital. Among the accomplishments he was most proud of was his board service for Regional Memorial Hospital (eight years) and Mid Coast Health Services (twenty-one years). He was instrumental in the merger of the Bath and Brunswick hospitals, working on committees to secure the land and lead the construction project, underscoring his commitment to advancing health care accessibility. The project created Mid Coast Hospital in 2001, which resulted in attracting more specialists and physicians to the region.

Described as a man who embodied integrity, confidence and professionalism, Dick consistently took the high road, considering the best interests of our community and organizations. All those who knew him remember him fondly.

Dick's life was a force of energy and love, devoted to family, employees, colleagues, customers and friends. His summer community on the Isle of Springs in Boothbay became a cherished retreat, where he and Eleanor hosted celebrations at their farmhouse.

We can honor Dick's memory by carrying forward his spirit of caring, community service and dedication to making a positive impact in the lives of others.



Richard 'Dick' Morrell



Mid Coast–Parkview Health
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