



*...where the future of rural health care delivery is taking shape.*

## Enhancing Health and Safety for the Downeast Region MDI Hospital's Community Initiatives during the Ongoing Global Health Crisis

In response to the coronavirus pandemic, Mount Desert Island Hospital has partnered with community stakeholders, nonprofits, and small business owners to mitigate the devastating effects of COVID-19: financially, medically, and scientifically. Known as the Downeast COVID-19 Task Force, this group is pursuing initiatives designed to support health and safety during the pandemic:

- A medical-grade masking education and distribution project; these free masks are providing best-quality protection for our region's front-facing workers during the busy tourist season and beyond.
- A pilot program to conduct asymptomatic COVID-19 testing of employees from 40 businesses across the Mount Desert Island region, including restaurants, hotels, retail shops and others.
- A new contact tracing outreach effort, that will allow MDI Hospital access to track and trace cases using the state's Sara Alert™ system — a standards-based, open source tool that allows public health officials to monitor individuals at risk for COVID-19.

With these initiatives under way, our goal is to supply up-to-the-minute, fully vetted, useful information about the pandemic and how individuals can stay safer in this new, challenging environment. Our web-based resources, posters, and brochures are raising awareness of COVID-19 symptoms and screening, prevention tips, effective use of masks, and social distancing guidelines, among other topics. Additionally, expert panelists from both MDI Hospital and partners in the medical community have been sharing relevant COVID-19 information and research updates with hundreds of viewers through an engaging virtual Town Hall series (see article, page 3).

**continued on page 6...**



Jazmin Galdamez from A&B Naturals receives free medical-grade masks from Laura Driscoll, CHC, CHES



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# Virtual COVID-19 Town Hall Series

The coronavirus pandemic has upended nearly everything familiar about day-to-day life, and brought many new routines and modifications into our lives – masking, physical distancing, lockdowns, and so much more. Although the need for keeping our physical distance continues, we’ve found new ways to unite and come together this summer... virtually.

In August, MDI Hospital began a Virtual Town Hall series focused on COVID-19 related topics and to share our knowledge with the community about what we can all do to stay safer during this unprecedented time.

On August 5, the series was kicked off by MDI Hospital’s President/CEO Arthur J. Blank and providers Kate Worcester, PA-C and Julius R. Krevans, Jr, MD who shared general information about what the coronavirus is, how it infects individuals, and what steps we can all take to mitigate the spread of the virus. Over 150 engaged community members attended this inaugural virtual event and were given an opportunity to participate in a Q&A session with our providers.

A few weeks later on August 25, Mr. Blank and Dr. Krevans were joined by Jonathan A. Epstein, MD, Executive Vice Dean and Chief Scientific Officer of the Perelman School of Medicine at the University of Pennsylvania, thanks to MDI Hospital’s 10-year partnership with Penn Medicine. Panelists discussed the latest COVID-19 related research on topics like vaccines, therapies, masking, and testing and took questions from the audience about some of the latest COVID-19 news stories. The second virtual town hall was attended by 137 community members.

Recordings of both Town Halls can be found on MDI Hospital’s YouTube page ([bit.ly/3hNIYD5](https://bit.ly/3hNIYD5)). The third part of the Town Hall series will take place on September 23 from 3-4 pm. If interested in attending, please email [events@mdihospital.org](mailto:events@mdihospital.org) for more information.



President/CEO Arthur J. Blank



Jonathan A. Epstein, MD, Executive Vice Dean and Chief Scientific Officer of the Perelman School of Medicine at the University of Pennsylvania



Julius R. Krevans, Jr, MD

# COVID-19 Preparedness Fund Update

Thank you for standing with MDI Hospital!



Garry Michaud, Respiratory Therapist, William Spencer, Respiratory Care Therapist, and Alan Hicks, Cardiopulmonary Coordinator

On March 11, 2020, the novel coronavirus disease, COVID-19, was declared a pandemic by the World Health Organization. On March 13, the United States declared a national emergency concerning the COVID-19 outbreak. The pandemic has since reached every corner of our world and claimed the lives of over 180,000 people in the United States alone by the end of August.

Businesses and schools were shuttered. Millions were out of work. Guidelines recommended that people stay in their homes unless to obtain essential services like grocery shopping, and even then, to wear a mask and physically distance from others as much as possible. MDI Hospital experienced negative impacts to our regular delivery of health-care – clinics shuttered for non-emergency visits, elective surgeries indefinitely postponed, dental services suspended, even well-baby checkups and children's vaccines were paused. As with so many of our local businesses, MDI Hospital has been deeply financially challenged by this crisis.

Despite the immense hardships and tragedy left in the wake of COVID-19, there are still moments of resilience, courage, compassion, and hope to be found. With a steadfast spirit, MDI Hospital and our community have worked together to prepare for and stand against the COVID-19 pandemic. We are fortunate that, as of late August, cases have been and currently continue to remain low in Hancock County. However, we recognize that potential surges can come at any time and we are continuously preparing for that possibility.

As a result, MDI Hospital's COVID-19 Preparedness Fund was established to help meet the Hospital's evolving

needs while maintaining the quality of care that is our hallmark. This fund is helping the Hospital provide care during the current coronavirus crisis and will give us the ability to pivot if another significant outbreak comes to the Island.

In a year filled with unprecedented challenges, our community has responded with unprecedented support. Thanks to the generosity of many incredible individuals, together we've raised just over \$1,000,000 since March in support of the COVID-19 Preparedness Fund and other COVID-19 related projects – including community education, masking, testing, and contact tracing initiatives – in addition to the countless, indispensable donations of masks, meals, lodging, and equipment to help support our frontline caregivers.

With this phenomenal support from our community, MDI Hospital has invested significant resources to help keep our community safe and prepared, now and into the future as the pandemic continues. This included temporarily expanding our licensed bed capacity, establishing a dedicated respiratory clinic and central access point for symptomatic testing, and participation in an innovative workforce testing pilot program in partnership with the Downeast COVID-19 Task Force. By providing regular COVID-19 surveillance data for a subset of frontline employees throughout the summer season, this pilot will help protect not only our workforce but our greater community and visitors as well.

Truly, all of this would not have been possible without you, our community. Thank you for standing with MDI Hospital!



# MDI Hospital is Here for You

## The Care You Need to Stay Healthy during a Pandemic

Mount Desert Island Hospital and Health Centers are doing everything that we can to help our community stop the spread of COVID-19 while also working to ensure that vital healthcare services continue to be safe, available, and accessible to those who need them.

**Please do not avoid seeking care because you're afraid of COVID-19 exposure.**

MDI Hospital and Health Centers are open for all services with additional pandemic precautions in place including single point of entry, screening of all patients and staff, and visitation restrictions. Many services are also now available for our patients through telephone and video conferencing. Additional services are also available with some drive-up and curbside options for your convenience.



### Telehealth Services

- Telehealth Visits Available for Many Primary Care Needs
- Annual Medicare Wellness Telehealth Visits
- Behavioral Health Telehealth Visits
- Follow-Up Visits
- Women's Health Services
- Chronic Care Visits
- Cooper Gilmore Respiratory Clinic Visits

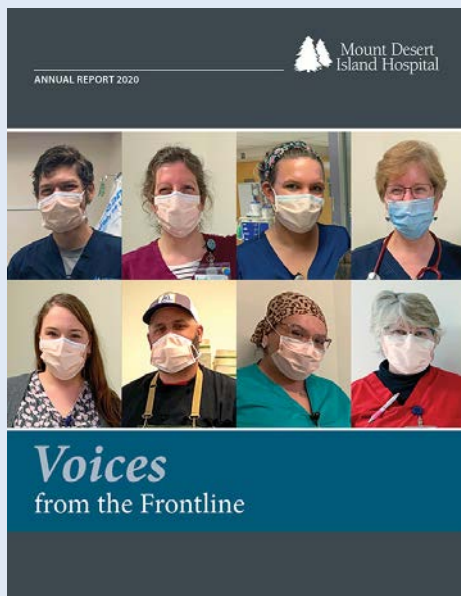
### Additional Services

- Childhood Vaccine Clinics
- Drive-Up Symptomatic COVID-19 Testing
- Pre-Op COVID-19 Testing Program
- Asymptomatic COVID-19 Workforce Testing Pilot

If you would like to schedule a telehealth or in-person visit, please contact your provider's office to discuss your individual needs. For a list of MDI Hospital Health Centers and Clinics, please call 207-288-5081 or visit [www.mdihospital.org/health-centers](http://www.mdihospital.org/health-centers).

### Don't Delay Seeking Emergency Care!

If your need is emergent, call 911 or visit your local emergency room. MDI Hospital's 24-Hour ER can be reached at 207-288-8439. Notifying the emergency room will prepare hospital staff to better anticipate your specific needs and allow for a coordinated arrival.



# Annual Report Now Available!

MDI Hospital's 2019-2020 Annual Report is now available online. To view the report, please visit [mdihospital.org](http://mdihospital.org), About Us, Reports & Resources.

## ...Community Initiatives, continued from page 1

So far, MDI Hospital has distributed 35,000 masks to area employers in partnership with the Task Force, MDI town offices, and Chambers of Commerce. During the week of July 20, we began asymptomatic COVID-19 testing for front-facing workers through the pilot program. Approximately 200 frontline workers have been tested so far in alternating weekly cohorts of about 100, with testing to continue through autumn. To date, there have been no positive tests through the pilot program.

“We commend the state for working with our community and the Downeast COVID-19 Task Force to pilot this innovative testing model,” said Chrissi Maguire, Senior Vice President and Chief Operating Officer at MDI Hospital. “By providing regular COVID-19 surveillance data for a subset of frontline employees throughout the summer season, this pilot will help protect not only our workforce but our greater community and our visitors as well.”

These mission-critical programs would not be possible without the generosity of the friends and neighbors of MDI Hospital who have donated to our COVID-19 Preparedness Fund (see article, page 4). Together, we are slowing the pandemic's spread in our vulnerable coastal community, supporting the unique needs of our reemerging economy after the state-mandated lockdown, and offering vital healthcare guidance and solutions for community members coping with the ongoing threat of COVID-19.



Richard Duperey from The Stadium receives free medical-grade masks from Mary Parham



# MDI Hospital's Dental Home Welcomes New Care Provider

Jane Ogembo, DDS, MPH is the new oral health care provider at the Community Dental Center in Southwest Harbor. She brings more than two decades of experience in dental practice, ranging from Iowa, New York, Massachusetts, and most recently, Princeton, Maine. “I came to MDI Hospital to take care of the oral health needs of the communities that it serves,” Dr. Ogembo explains. “My interest is to collaborate with other primary care providers to improve the health outcomes of our patients, and to expand quality dental services to all patients regardless of their ability to pay. All children should have a dental home so that good oral health habits are developed as early as possible.”

Born and raised in western Kenya, Jane Ogembo came to the United States in 1984 to attend college, where she studied biology. She was inspired to pursue dentistry by a trip to the dentist at the age of 20. At that time, she had secured dental insurance through her workplace, and thus she found herself in a dentist's chair—for the first time ever in her life. She discovered that her dentist was just as fascinated by her, as she was by him. They discussed what she might do with her college degree, and he suggested that with her interest in biology, she might consider becoming a dentist. That formative experience led her to a career devoted to patients who, like her, may not have had access to oral health-care because of financial or geographic circumstances.

Dr. Ogembo earned her Doctor of Dental Surgery degree from New York University College of Dentistry, and completed her General Practice Residency through Seton Hall University at St. Joseph's Hospital and Medical Center in Paterson, New Jersey. She went on to receive a Master's in Public Health from the Boston University School of Public Health, followed by a Certificate of Advanced Graduate Study in Dental Public Health from the Goldman School of Dental Medicine, also at Boston University.

Before she joined the Community Dental Center, Dr. Ogembo served as the only dentist at St. Croix Regional Family Health Center in Princeton, a rural Maine community near the Canadian border. Having grown up in a small village in rural western Kenya, Dr. Ogembo is deeply aware of healthcare challenges experienced by residents in isolat-

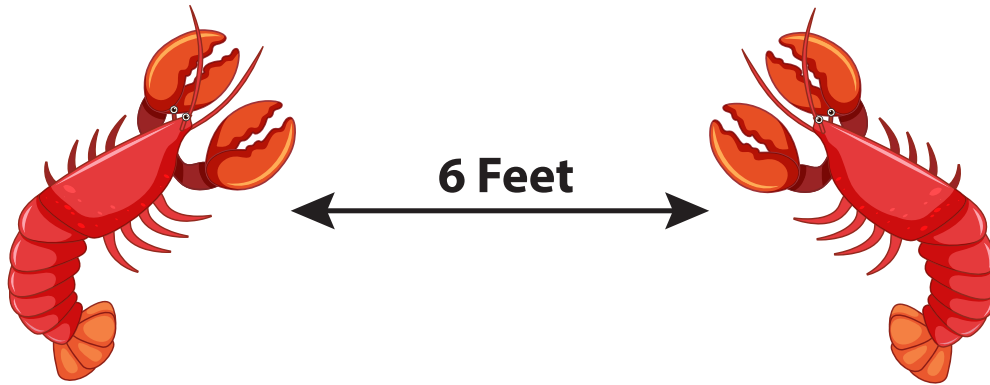


ed areas. In a recent interview with *The Maine Monitor*, she said, “It is important to me to make a difference, whether it is small or fundamental in the lives of people, especially those who are in need.”

Established in 2014, the Community Dental Center is MDI's first nonprofit dental clinic, committed to delivering access to high-quality dentistry for all ages. MDI Hospital is grateful to many donors, both individuals and foundations, who have supported this vital community resource. The Center provides comprehensive oral health care, including preventive cleanings, sealants, fluoride and general dentistry (extractions, fillings, root canals, and emergency treatment). All major insurance is accepted, including MaineCare, and the Center offers a sliding fee scale for uninsured patients.

# What protects against COVID-19 infection or transmission?

## Social Distancing

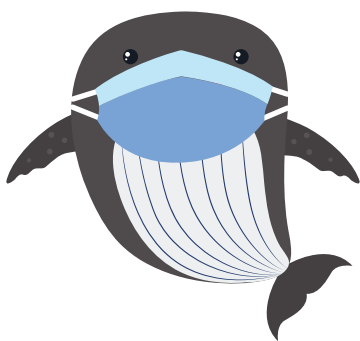


Chances of infection  
5x more likely  
without distancing

For every 6 feet further away  
in distancing, the relative  
effect might increase

Chance of infection without distancing: 12.8%  
Chance of infection with 6 feet or more distancing: 2.6%

## Face Masks



Face masks  
are twice as  
effective as face  
shields and 6x  
better than no  
protection

Chance of infection without masks or respirators: 17.4%  
Chance of infection with masks: 3.1%

## Face Shields



Face shields are  
3x better than  
no protection,  
but only half as  
effective as masks  
or respirators

Chance of infection without shields: 16%  
Chance of infection with shields: 5.5%

**When properly used, these interventions offer good protection, especially when combined. Basic protective measures such as hand hygiene and avoiding crowded situations with poor ventilation are also essential.**