



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

National Doctors' Day — March 30, 2021

Celebrating Our Healthcare Heroes



Linda Crowell, FNP



Gabriel Plourde, MD, MPH



Angela DelVecchio, APRN, FNP

Every year on National Doctors' Day, MDI Hospital and Health Centers celebrate the extraordinary care that is provided year-round by all of our healthcare heroes – doctors, physician assistants, nurses, and so many others. Now more than ever throughout the COVID-19 pandemic, we are exceptionally grateful for the essential, mission-critical work that they provide day in and day out to protect and care for everyone in our cherished Island community.

Please join us in this celebration by recognizing the impact that your caregivers have had in your life or in the life of your loved ones. To send a message of thanks to your caregiver, please contact Ryann Grove, Advancement Officer, at 207.460.6150 or ryann.grove@mdihospital, or visit <https://bit.ly/3tzLLVR>. Your kind words will mean so much to your caregiver – especially during this most challenging year.

You may also make a gift to MDI Hospital in their honor to support the compassionate healthcare that they provide all year long to strengthen the health of our community. Please use the enclosed envelope or visit www.mdihospital.org/giving/give-now to recognize their exceptional care today.

We are stronger together because of you!

MDI Hospital is a 501(c)(3) organization. Gifts to MDI Hospital are tax-deductible to the extent allowed by law.



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A Letter from Chrissi Maguire, MDI Hospital's New President & CEO

As the New Year unfolds and brings with it new hopes and challenges, I am very grateful for the opportunity to serve Mount Desert Island Hospital as President and CEO and to work with an amazing group of dedicated individuals. It is my honor and privilege to continue the strategic legacy that has been the framework of MDI Hospital's success. With donors and friends like you as our valued partners, I thank you for being part of the Hospital's journey.

Healthcare facilities all over the world continue to navigate the unprecedented challenge of COVID-19. I would like to acknowledge the community members – both within MDI Hospital, and those beyond our walls – who are working together to mitigate the effects of COVID-19 in our isolated region. The Downeast COVID-19 Task Force has united local stakeholders, nonprofits, and small business owners in a highly effective mechanism for pandemic response. We are grateful for the many philanthropic supporters who have donated significant funds to MDI Hospital this past year, helping us deliver vital healthcare, up-to-the-minute guidance, COVID-19 tests, PPE, vaccinations, and educational materials.

MDI Hospital strives to be a leader in improving the health and vibrancy of our patients and the community we serve through innovation and improved integrated systems of care. In my first year as President and CEO, I am eager to see two important projects coming to fruition.

The Hospital will complete acquisition and installation of the state-of-the-art Philips Ingenia Ambition MRI system, to be fully contained within the walls of our main Hospital building. This major project is designed to greatly improve and increase medical diagnostic services for patients, while streamlining workflow for our Medical Imaging staff. This is a profound step forward for the region's medical imaging needs, placing one of Maine's most advanced MRI units in our coastal district. As the last independent hospital in our catchment area, acquisition of this system continues MDI Hospital's proud tradition of providing highest-quality diagnostics and healthcare for residents of eastern Maine with a superior experience.

Over the past decade, MDI Hospital has established internships and residencies with educational partners like Tufts University School of Medicine, the Perelman School of Medicine at the University of Pennsylvania, Warren Alpert Medical School of Brown University, The Jackson Laboratory, Penn Medicine, Maine Medical Center, University of New England, University of Maine, St. Joseph's College, and College of the Atlantic. The Hospital's Medical Education program



introduces the next generation of caregivers to the rewards of rural healthcare, ensuring our ability to recruit and retain high-quality staff members in the face of looming shortages of rural medicine providers.

Recognizing the importance of this growing initiative, Robert and Arlene Kogod of Washington, D.C. and Seal Harbor have provided major support to construct the Kogod Family Center for Medical Education. The Kogod Center will anchor the future of MDI Hospital's Medical Education program with centralized student housing and meeting space. Aspiring doctors, physician's assistants, nurses, behavioral and music therapists, pharmacists, and other professionals will pass through this building's doors as they learn about community healthcare in the best possible place – with dedicated mentors, and a welcoming population of patients and neighbors. The Kogod Center will be constructed using green building and architecture standards on our main campus in Bar Harbor. I look forward to updating you on these important projects in the months to come.

The future of healthcare is promising, and I am optimistic and encouraged as I take on my new responsibilities at MDI Hospital. Our Hospital has led the way in pursuing whole-person, community-centered, integrated medicine, building a bridge from healthcare to wellness care. We have forged partnerships with a broad array of organizations, strengthening our effectiveness and broadening our impact. At its core, MDI Hospital's success is attributable to the dedication of many, many people. And, most importantly, each accomplishment depends on you, our steadfast donors and supporters – thank you for standing with us.

I look forward to engaging with you and keeping you informed about the progress that you are empowering at MDI Hospital. On behalf of all my colleagues at MDI Hospital, I thank you, and send warm wishes to you and your loved ones for the year ahead.



Christina Maguire
President/CEO

Menopause: Body, Mind, and Spirit Virtual Series

Sponsored by the Lisa Stewart Women's Health Center

Join us for informational sessions and have your questions answered. Panelists will present basic facts about this life stage for women and answer questions. Each aspect of menopause will have its own session.

The Biology of Peri-Menopause and Menopause

Video recording available online

Mental Health during Menopause

February 24, 2021 • 3:00 pm

Emotional Health during Menopausal Years

March 31, 2021 • 3:00 pm

To Register, Visit: mdihospital.org/news/menopause



Kozak & Gayer, P.A.: Committed to Maine's Community

MDI Hospital Business Friends Society Member

Kozak & Gayer, P.A. has been a member of MDI Hospital's Business Friends Society since 2018, but their roots in the community stretch back long ago. Kozak & Gayer's law practice focuses on healthcare law and was founded in 1995 in Augusta, Maine. Now with a second office in Salida, Colorado, the firm is led by six shareholders and supported by two office staff, providing legal services to healthcare clients in Maine, New England, Colorado, and nationally.



KOZAK & GAYER, P.A.

"MDI Hospital has been a client of our firm for more than 25 years. Through the years, we've gotten to know so many great people who have worked with the hospital and its other affiliates," said Barbara Yankowsky, Office Manager.

"We take great pride in whatever small way we can help to keep the Hospital running smoothly. MDI Hospital is situated in one of the most beautiful parts of Maine and has an amazing community. We're proud of our affiliation with the Hospital and have a great love for the Bar Harbor area and its community."

In their spare time, the attorneys and staff of Kozak & Gayer enjoy the vast outside recreation opportunities that Maine provides, from fishing and hiking to golfing and sailing, and much more. "We also enjoy working with Maine people. The majority of our clients are from Maine, we love the interaction and strong relationships we've made with so many wonderful people who are natives of Maine," said Barbara. Thank you to Kozak & Gayer for their generous support of MDI Hospital and the people of our community!

For more information about Kozak & Gayer, P.A., please visit www.kozakgayer.com or call 207.621.4390.

Green Giving: You Can Make a Difference All Year Long

Our monthly giving program is the easiest way to provide steady support all year round for Mount Desert Island Hospital's ongoing work to provide access to innovative, compassionate, and high-quality healthcare to everyone in our Island community.

"I support MDI Hospital and the outstanding healthcare services it provides. To assure my support is regular and reliable I participate in Green Giving. It is easy. Sign up, identify how much you want your monthly donation to be, and relax. Your gift is automatically made each month."

—Vince Messer, MDI Hospital Board Trustee & Green Giving Society Member



When you join MDI Hospital's *Green Giving Society*, your monthly donation will be put to work immediately to help save lives on Mount Desert Island and in the surrounding Downeast communities every single day. No matter the amount, your generosity will add up to something extraordinary.

Can we count on you? To join MDI Hospital's *Green Giving Society* today, visit mdihospital.org/giving/give-now and choose "Make this a monthly gift" or contact Brian Crockett, Database Manager, at (207) 288-5082 ext. 1422.

You make a difference – *Green Giving* makes it easier.

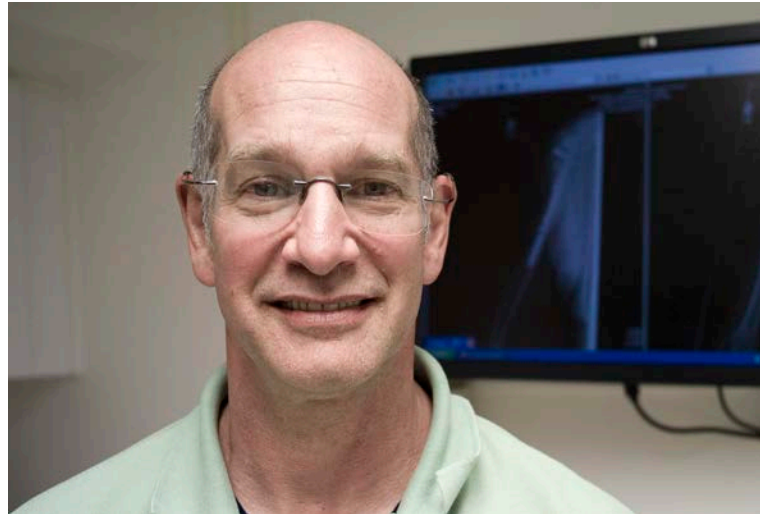
Dr. Stuart Davidson Maintains Patient-Centered Focus as Chief Medical Officer at MDI Hospital

Dr. Stuart (Stu) Davidson, MD serves Mount Desert Island Hospital as both Chief Medical Officer (CMO) and as a board-certified general orthopedist, treating a broad spectrum of musculoskeletal issues. Only the second person to hold the CMO title at MDI Hospital, Dr. Davidson became CMO in June 2017 following the retirement of Dr. Edward Gilmore, bringing to the position his prior experience as MDI Hospital's medical staff president. As a liaison between medical staff, Hospital administration, and the Hospital's Board of Trustees, his role includes staff recruitment, development and revision of medical care protocols, promotion of ethical standards, effective and improved use of medical technology, and the evaluation and resolution of patient and staff concerns.

After receiving his medical degree from Boston University and completing a surgical internship and orthopedic residency at Georgetown University, Dr. Davidson spent most of his career in the Washington, D.C. area, operating in a large practice with five other orthopedic surgeons. Reminded that he had always envisioned himself caring for a much smaller population, he developed a private practice on the eastern Virginia shore, working with rural fishing and farming communities. These close doctor-patient relationships became the most meaningful to him, and so Dr. Davidson decided to further pursue rural-focused healthcare.

Recalling his love for the Pine Tree State, Dr. Davidson began to seek out available orthopedic positions in the area, eventually leading to a prospective posting in Bar Harbor. Dr. Davidson joined MDI Hospital in 2010 and seamlessly slid into the lifestyle of our rural, island community. In his free time, he enjoys woodworking, running, softball, and biking.

At MDI Orthopedics, the Hospital's full-service orthopedic and sports medicine clinic, Dr. Davidson provides state-of-the-art evaluation and treatment of sports injuries, disorders of the joints, bones, and associated muscles as well as surgical and consultative support to our Emergency Department, providing the highest standard of orthopedic



care for adult and pediatric patients. Dr. Davidson's practice is founded on achieving excellence in orthopedic surgery, demonstrating integrity in physician-patient relationships, providing prompt service and compassionate care for patients, and promoting wellness as a priority in life.

Practicing medicine in a small, close-knit community, Dr. Davidson noted that, "every patient has an impact on what we do and how it affects us." A patient that Dr. Davidson treated in the Emergency Department recently led him to reconnect with his professor of Orthopedic Surgery at Boston University. "[I] had a long discussion with him about how [he] ultimately affected the direction of my life," Dr. Davidson recalled, ultimately culminating in his patient-centered practice in rural Maine.

With patients being his highest priority, Dr. Davidson highlighted the steps the Hospital has taken to minimize the effects of the COVID-19 crisis on healthcare procedures: "Necessary modifications have been made [to ensure patient and staff safety], however, accessibility to care remains widely available. Adequate testing and screening are consistently practiced to keep staff and the community at large as safe as possible. Any patients considering hospital services should pursue them as needed."

Dr. Stuart Davidson works at MDI Orthopedics, Monday-Friday. His office can be reached at 207.288.0242.

COVID-19 and Vaccination Rollout Update

Mount Desert Island Hospital administered its first vaccinations for COVID-19 to frontline healthcare staff in late December, followed by a limited supply of doses designated for frontline and community healthcare workers and older adults living in congregate care facilities. As MDI Hospital and our community eagerly await an increase in national and state vaccine supply, we are following state and federal guidelines for a phased approach to providing vaccines that prioritize the most vulnerable in our community.

Governor Janet Mills announced updates to Maine's vaccine distribution strategy on January 13, 2021 that prioritizes older residents, those with underlying conditions, emergency service personnel, and others critical to Maine's COVID-19 response. The updated strategy also focuses on adults of all ages with underlying medical conditions that place them at greater risk of serious illness or death from COVID-19.

Current priorities in Maine Phase 1a include healthcare workers, EMS, and residents of long-term care facilities. Phase 1b includes people age 70 and older and frontline essential workers. Phase 1c includes people ages 65-70, people of all ages with high-risk medical conditions, and other essential workers. Phase 2 includes all people ages 16 and older who are not in Phase 1, with vaccine starting to become available to the general public. This approach is subject to change as Maine updates vaccination priorities and strategy in accordance with federal guidelines.

MDI Hospital is now offering preregistration to those in our region who qualify to receive the COVID-19 vaccination in the State of Maine. Due to the limited supply of vaccine, a timeline for available doses cannot be provided. Those who complete the form will be contacted when a dose becomes available for them.

As of February 1, 2021, MDI Hospital has administered 1,234 doses of vaccine. This includes 825 first doses and 409 second doses. Currently, our hospital is receiving zero to 200 doses each week and we have more than 6,000 people preregistered to receive the vaccine when doses become available. Per state guidelines, we are focused on phase 1a



and 1b, which prioritize the oldest in our community, those with high-risk medical conditions, and health care workers.

Community members will be notified in a variety of ways when vaccine is more widely available – including public announcements, website postings, and information at providers' offices and clinics. There are many vaccination clinics across Maine that you may be able to access. At MDI Hospital, our preregistration process is still the best way to ensure that you will be contacted when a dose becomes available for you. Please visit our COVID-19 vaccine webpage for more information and to preregister: mdihospital.org/covid-19-vaccine/

Those who need assistance completing the online preregistration form may call our Coronavirus Call Center at 207-801-5900. MDI Hospital has also set up an email address for vaccine-related questions, covidvaccine@mdihospital.org.

We know many in our community are eager to receive the vaccine and we appreciate your patience as we await increased state and national supply. Thank you for doing your part to help protect our invaluable community.

Bar Harbor Bank & Trust Supports COVID-19 Testing Program for Island Schools

Bar Harbor Bank & Trust demonstrated outstanding support for the Mount Desert Island community with a \$37,400 grant to support MDI Hospital's COVID-19 testing initiative, developed in concert with the Downeast COVID-19 Task Force. Bar Harbor Bank & Trust's grant is targeted to benefit the Mount Desert Island Regional School System (AOS 91) as they strive to keep students, staff, and, schools healthy and safe.

"We are so grateful to Bar Harbor Bank & Trust for their leadership support of this high-quality, evidence-based COVID-19 testing program for our Island schools," said Chrissi Maguire, President/CEO of MDI Hospital. "Their commitment to this important initiative is helping to ensure that our schools stay on track during this pandemic."

Beginning in November 2020, 500 staff members were tested initially to establish a baseline and detect any existing cases, followed by weekly sentinel testing of staff in pre-established cohorts to continue through June 2021. The AOS 91 tests are conducted by MDI Hospital personnel and processed by Cambridge Innovation Center (CIC) Health, an incubator for innovative start-up and testing facilities. CIC collaborates with 100+ organizations throughout the United States, conducting some 4,000 tests daily. CIC Health is a founding partner of the Assurance Testing Alliance, a collaboration of professional organizations working to streamline and lower the costs of COVID-19 testing.

"Bar Harbor Bank & Trust is passionate about supporting the communities we serve, especially MDI which has been our home for more than 130 years. Ensuring the safety of our schools has a significant positive impact to the entire community, and proactive efforts like this testing program will help limit the spread of COVID-19 throughout MDI. We are honored to help support this partnership between MDI Hospital and AOS 91 to help keep our kids, teachers, and neighbors safe," said Curtis Simard, President and CEO of Bar Harbor Bank & Trust.

An additional grant of \$40,000 to support the AOS 91 testing initiative has been received from the Rural Health Hospital Program for expanding testing in rural communities. Thanks to these generous donations, the tests are being conducted at no cost to district employees, and with no impact on current school budgets. "This testing program will be used to monitor our schools for evidence of community spread of COVID-19 in concert with current mitigation strategies," explained Marc Gousse, PhD, Superintendent of the AOS 91 Mount Desert Regional School System. As of January 29, 2021, this program has yielded one positive result out of 751 total tests completed.

The Downeast COVID-19 Task Force was established in the early days of the pandemic to explore community-based solutions and provide a forum for discussion of ongoing challenges around COVID-19 testing, contact tracing, and education. Current members include area town and chamber of commerce leaders, local legislators and leadership from MDI Hospital, Healthy Acadia, the Jackson Laboratory, Mount Desert Island Regional School System, College of the Atlantic and Acadia National Park.





Save the Date — July 17, 2021

Please save the date for a celebration this summer on Saturday, July 17, 2021 in support of Mount Desert Island Hospital's mission to provide compassionate care and to strengthen the health of your MDI community.

As the health and safety of our community is our utmost priority, the format of this event (in-person or virtual) is to be determined. We are continually monitoring the current public health crisis and will make a determination closer to the event in accordance with all CDC guidelines concerning COVID-19. Invitation to follow.

In the meantime, we would love your feedback. Please visit surveymonkey.com/r/QJLTJXX to complete a brief survey regarding a potential event.

For more information, please call (207) 460-6150 or email us at events@mdihospital.org.

