

Good Medicine

News from the Heart of MDI Hospital

December 2021

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

An Unexpected Illness

A love of sailing brought Margaret Kelley and her family to Mount Desert Island many decades ago. When a friend told her a house was for sale in Southwest Harbor in 1991, they purchased the property on the water with a deep-water dock, overlooking the Northeast Harbor Fleet. She and her family have built a deep connection to the community over the years, enjoying the pristine beauty and peacefulness of the island.

But that peace was recently interrupted by an unexpected illness, which led to a stay at MDI Hospital. Before arriving for a visit in early March 2020, Margaret had finished a round of antibiotics that morning for a minor infection. After a day of shopping in Northeast Harbor and dining with friends, she wasn't feeling quite right. Her friend drove her to MDI Hospital's Emergency Department the next morning.

Margaret was immediately assessed and was found to have a different, much more serious infection. "They tested immediately for a variety of possibilities and were able to quickly determine what was wrong," said Ms. Kelley. "They were also in contact with my primary care physician to obtain my patient history. I was very well attended to, kept comfortable, and the staff were extremely thorough." An IV was started right away and Margaret was admitted to the hospital on a Friday.



Margaret Kelley and her spouse Jack Kelley

Margaret was very impressed with both the nursing staff and the physicians that cared for her during her stay, particularly Hospitalist Dr. Peter Ossanna. "I think if I hadn't gone to the hospital, I might have died," said Ms. Kelley. Initially, Margaret was concerned about being discharged prematurely, despite being severely ill. "Dr. Ossanna was very reassuring," remembered Ms. Kelley, "and he told me 'You're here, you're going to be ok, and we are going to get you better."

Margaret ended up staying at MDI Hospital for a week, before being released to continue her recovery at home. "I have the highest regard for the hospital," stated Ms. Kelley. "It's a fine facility and we're lucky to have it on the island."





28th Annual David R. Harding Memorial Golf Tournament Raises \$15,000 for MRI Project

On September 28, over 90 golfers participated in Bar Harbor Bank & Trust's 28th Annual David R. Harding Memorial Golf Tournament at Kebo Valley Golf Club in Bar Harbor. The annual tournament is a tribute to longtime member and chairman of the board of Bar Harbor Bankshares, David R. Harding, and recognizes Mr. Harding's generous support of charitable organizations and his legacy of community involvement.

MDI Hospital was selected as the beneficiary of the 2021 tournament, with proceeds supporting the hospital's first-ever fixed-place magnetic resonance imaging (MRI) system. In mid-October, Bar Harbor Bank & Trust's Jack Frost and Curtis Simard presented MDI Hospital's Chrissi Maguire and Jeff McDaniel with a Bar Harbor Bank & Trust presents the proceeds of the 28th Annual David R. Harding check for \$15,000 raised at the tournament in support of the project.



Memorial Golf Tournament to Mount Desert Island Hospital. Pictured (from left to right): Jack Frost, Vice President and Director of Community Giving at Bar Harbor Bank & Trust; Curtis C. Simard, President & CEO of Bar Harbor Bank & Trust; Chrissi Maguire, President & CEO of Mount Desert Island Hospital; and Jeff McDaniel, Director of Philanthropy at Mount Desert Island Hospital.

Thank you to Bar Harbor Bank & Trust, Kebo Valley Golf Club, everyone who played in the tournament, and to the tournament's sponsors, including:

- Hole-in-one sponsors: Darling's Auto Mall and Stanley Subaru
- Cart sponsors: Carroll Harper & Associates, Inc. and Cross Insurance •
- Golf ball sponsor: The Bar Harbor Club
- Lunch sponsor: PDC Facilities, Inc.
- Gold sponsors: CD&M Communications; Coston & McIsaac CPAs; King Electric, Inc.; Lynam Insurance; Ly-• nam Real Estate Agency; and The Snowman Group
- Silver sponsors: Fiore Artisan Olive Oils & Vinegars; Jones, Kuriloff & Sargent, LLC; Maine Camp Outfitters; MDIslander/Ellsworth American; and Wallace Events
- Hole sponsors: Acadia Yurts & Wellness Center; Bar Harbor Oceanside KOA; Bar Harbor Savings & Loan; Bark Harbor; Café Drydock & Inn; Chris Parsons Building and Remodeling; Cleary Law Office, P.A.; Dead River Company; Galyn's; Hale & Hamlin, LLC; Jordan-Fernald; Jordan's Restaurant; The Kimball Terrace Inn; L.E. Norwood and Sons; L.S Robinson Insurance; Peekytoe Provisions; Salsbury Organics; and Savage Forest Enterprises
- Other sponsors: Jon Carter; H.E. Callahan Construction Co; and The Neighborhood House •

Located adjacent to the Breast Health Center, construction of the Lani K. Naihe and Luzvie E. Estacio Memorial MRI Wing is nearing completion. The new Philips Ingenia Ambition system will be up to 50 percent faster, provide superior image quality, and have a beneficial impact on patient care with a wide bore scanner, nearly silent technology, and a state-of-the-art ambient experience design to reduce anxiety. Patient scans have shifted to the new system which is now accessible from both the interior and exterior of the hospital, adjacent to the Breast Health Center.

Peter Witham, MD Appointed as President of MDI Hospital's Medical Staff

In July 2021, Peter Witham, MD was appointed as the President of MDI Hospital's Medical Staff. After decades of practicing medicine in Boston, Vermont, and Ellsworth, Maine, Dr. Witham joined the Mount Desert Island Hospital Organization in September 2019.

Based at the Community Health Center in Southwest Harbor, Dr. Witham specializes in internal medicine and believes that establishing long-term relationships between patient and provider leads to the best patient care. "It was more of a calling than a choice," said Dr. Witham on what influenced him to become a doctor. "As far back as I can remember, it was just what I had to be."

Dr. Witham received his undergraduate degree from Colby College in Waterville, Maine, and his medical degree from George Washington University School of Medicine in Washington, DC. He completed his residency at the University of Minnesota Hospital and Clinics in Minneapolis, Minnesota.

As President of the Medical Staff, Dr.

Witham works with fellow members of the medical staff to ensure that MDI Hospital's healthcare team is providing top-quality, compassionate healthcare to our patients and to the community. "It allows us as caregivers to communicate and work together to build a system that is really effective at taking care of patients and meeting their needs," noted Dr. Witham.

"MDI Hospital continues to work at taking care of our patients and taking care of our rural community," said Dr. Witham. "This is a unique healthcare organization to be a part of. I'm glad that MDI Hospital has been able to maintain its independence to meet the needs of the island community. I'd like to underscore how important it is that our supporters allow us to continue to do that. [Independent hospitals] allow you to focus on the needs of your individual community. That's really a blessing here."

Outside of work, Dr. Witham enjoys photography, hiking, baking, and spending time with his wife and their Bernese Mountain dogs. Dr. Witham and his wife were first introduced to Mount Desert Island when they visited the Appalachian Mountain Club on Echo Lake for a camping trip in the early 90s.



What's Your Reason?

Each year, MDI Hospital's employees have the opportunity to give back to the hospital in support of a specific project through the employee campaign. This year's employee campaign launched in September in support of the Lani K. Naihe and Luzvie E. Estacio Memorial MRI Wing. Together, MDI Hospital and Birch Bay Retirement Village employees have pledged nearly \$30,000 so far in support of this mission-critical project.

We recently asked some of these staff members at MDI Hospital why they choose to support our independent health care system on Mount Desert Island.



We'd love to hear from you too! To share your reason for giving, please contact Danielle Silverman, Donor Relations Officer, at danielle.silverman@mdihospital.org or (207) 801-5093, and you could be featured in an upcoming newsletter.

To our community, donors, and employees: thank you for all you do to make our lifesaving work possible. We are incredibly grateful for your unwavering support.



MDI Hospital's Business Friends Society recognizes the outstanding support of local businesses that give generously in support of our independent healthcare system here on Mount Desert Island. We are incredibly grateful for all our recent Business Friends Society members who help make our cherished Downeast community the amazing place that it is to live, work, and play—thank you!

2021-2022 MEMBERS

Acadia Cornerstone Real Estate Acadia Fuel, LLC Argosy Gallery Bar Harbor Bank & Trust Camden National Bank Carroll Drug Store, Inc. Cleary Law Office, P.A. Coastal Maine General Contracting, Inc. Coston & McIsaac, CPAs Creative Print Services Eat-A-Pita / Cafe 2 First National Bank Geddy's Island Place Jordan-Fernald Funeral Home Jordan's Restaurant The Kimball Shop The Knowles Company Real Estate Susan Ferrante-Collier of The Knowles Company Kozak & Gayer, P.A. Lake and Sea Boatworks, Inc. MCM Electric, Inc. The Merle B. Grindle Agency Peekytoe Provisions Route 66 Restaurant Saltair Inn Sew & Save, Inc.

As of November 15, 2021

The goal of MDI Hospital's Business Friends Society is to create a strong support system through collaboration and community as we continue to strive for success in our unique rural and seasonal environment. For information on how to join the Society, please contact giving@mdihospital.org, or visit www.mdihospital.org/giving/businessfriends

A Legacy of Giving Family of patient gives back to MDI Hospital

In April, MDI Hospital received a generous \$25,000 gift in memory of Muriel Sue Christian (nicknamed "Chris") from her close friend and caregiver, Laura Smallidge, and siblings—Barbara Anderson, Daniel Christian, and Steven Christian—along with the following note in recognition of the care Muriel received while at MDI Hospital:

To the entire staff of MDI Hospital:

It is with deepest and most sincere appreciation for the loving and outstanding professional care that was administered by the devoted and skilled healthcare individuals who provided Muriel S. Christian, aka "Miss Chris" and "Master Chief," during her hospitalization of 19 Jan 2021 to her death on 4 Mar 2021.

I am so grateful for MDI Hospital and staff for letting [Muriel] have her journey with dignity and such wonderful care. The extra special care we received by all those involved in her care just has to be recognized.

I would like to extend to this wouderful community hospital a hearty "well done" to all those involved with her case; you should be proud!! You represent the MDI Hospital with high accolades from Muriel's family and myself. Again... My extreme and heartfelt gratitude to all at MDI Hospital!! Stay independent and community-oriented!!

Sincerely + Lovingly, Laura E. Swallidge

Born in 1948 to a military family, Muriel was educated all over the U.S. and Germany and enlisted in the U.S. Navy in 1967. In 1986, she made the rank of Master Chief Petty Officer-Aviation Storekeeper. After retiring from the Navy in 1990, Muriel lived for a time in Colorado, and then eventually split her time between Arizona and Mount Desert Island. In April 2020, Muriel moved to her MDI home permanently. On March 4, 2021, Muriel passed away at MDI Hospital from complications of Alzheimer's disease.

During a recent conversation, Ms. Smallidge explained more about why they chose to give to MDI Hospital in



Muriel's memory. "I'm forever indebted and thankful to MDI Hospital. It's important to me that the hospital remain independent so they can continue to provide such a wonderful community experience. It is so fortunate to have continued to accomplish that independence through the years of philanthropy and dedicated stewardship. The passion and compassion with which the folks at MDI Hospital do their jobs is spectacular. They went over and above to work with Muriel and did everything they could."

"MDI Hospital is a wonderful institution that we're very blessed to have," she continued. "They say it takes a village. It shows that everybody that I've dealt with has been very respectful, with a lot of passion for the work they do in caring for their patients. I think that's why the hospital has those same characteristics. It's the people that make MDI Hospital what it is."

Support the MDI Hospital Auxiliary, A Community Tradition Since 1948

The Mount Desert Island Hospital Auxiliary, founded in 1948, continues to provide support to the hospital through volunteerism and fundraising, despite the COVID-19 pandemic. While in-person jewelry sales, bake sales, fairs, and luncheons were canceled these past two years due to the pandemic, many lifelong volunteers stepped up to make direct contributions or found ways to continue their projects to raise funds for the hospital.

Funds raised by the Auxiliary are used to fulfill department wish list items, which typically benefit patients working to improve their health through weight loss and exercise, diabetes management, and more. Additionally, the Auxiliary oversees the granting of scholarships through the Marion Joy Morse Scholarship Fund to talented Island students who plan to pursue a career in healthcare.

Holiday Stars Project Honors Those Affected by Cancer

The Auxiliary's Holiday Stars Project began in the 1990s to provide our community with a place to remember and honor those whose lives have been affected by cancer. For a \$5 donation, a personalized star is hung in the main hospital lobby during the holidays. Donations help provide Palliative Care at MDI Hospital to those in need.

Charlotte Skiff, a dedicated Auxiliary and community member, was instrumental in starting the program. For many years each holiday season, you could find Charlotte hanging stars in the hospital's reception area. Sadly, Charlotte lost her hard-fought battle with cancer in 2014. Since then, the Auxiliary has continued the Holiday Stars Project in Charlotte's honor and remembrance of her nurturing spirit.

Please consider supporting the Holiday Stars Project this year by purchasing a star for \$5 during the months of November and December. Stars will be displayed in the Hospital's main lobby and reception area. Each star will be personalized with the names of the person being honored or remembered and the person who purchased the star.



The Auxiliary welcomes your support through membership, direct gifts, or volunteering. To purchase a Holiday Star or for more information about supporting the Auxiliary, please contact Julie Hagle, Community Engagement Coordinator, at (207) 288-5082 ext. 1430 or julie.hagle@mdihospital.org or visit www.mdihospital.org/about-us/mdi-hospital-auxiliary

Make the Most of Your Gift! Your Guide to Supporting MDI Hospital This Year

Your gift to MDI Hospital today empowers our caregivers to continue being able to protect and care for our community, now and into the future. To get the most out of your generosity, here are some helpful tips on ways to give, potential tax benefits*, and important dates.

Write a check. The easiest way to support MDI Hospital's immediate needs. To make it even easier, you can use the envelope included in this newsletter to make a gift today! Just make sure your gift is postmarked by December 31 for your gift to count for 2021.

Go online. A fast and secure way to make a gift via credit card. Donate via our secure giving page at www.mdihospital. org/give by 11:59pm on December 31.

Gift securities. If you have owned the securities for more than one year and they are worth more than what you originally paid for them, you may be able to claim a deduction for the full fair market value and eliminate tax on the appreciation.

Fund a life income gift. This type of donation provides you with payments for your lifetime and a gift to MDI Hospital thereafter. If the gift is funded with appreciated securities you have owned for more than one year, you may be able to eliminate capital gains taxes and you may be entitled to an income tax deduction based on the charitable portion of the securities' full value.

Donate an insurance policy. Put a no-longer-needed policy to good use. To qualify as a deductible gift, MDI Hospital will need to become the policy owner. For most types of insurance policies, your tax deduction is usually the cost basis or the fair market value of the policy—whichever is less.

Make a Tax-Free Gift From Your IRA! Are you 70 ½ or older? You can make a tax-free gift from your IRA in 2021 until December 31. You can donate up to \$100,000 per year directly from your IRA to a qualified charity, including MDI Hospital. The transfer counts towards your required minimum distribution for the year, and as this generates neither taxable income nor a tax deduction, you don't have to itemize to take advantage of this opportunity.

Leave a Legacy

Consider Leaving a Gift to MDI Hospital in Your Will

If you believe in the importance of maintaining high-quality healthcare on Mount Desert Island but can't make a gift today, including a planned gift to MDI Hospital in your will or trust may be the donation option you've been looking for. As a member of our 1897 Society, you will help ensure that MDI Hospital is able to remain independent and here for future generations to come. These are the benefits:

- Simplicity: Just a few sentences in your will or trust are all that are needed.
- Flexibility: Because you are not actually making a gift until after your lifetime, you can change your mind at any time.
- Versatility: You can structure your gift to leave a specific item or amount of money, make it contingent on particular events, or leave a percentage of your estate to MDI Hospital.
- Tax Relief: When you make a gift to MDI Hospital in your will or trust, your estate may be entitled to an estate charitable tax deduction for the gift's full value.

Why Does Leaving a Percentage Make Sense?

When planning for a future gift, it can be difficult to determine what size donation will make sense. Gifting a specific percentage of your estate ensures that your donation will remain in proportion to your estate size, no matter how it changes over the years.

If you have questions about any of these gift options or if you have already named MDI Hospital in your estate plans, please contact Jeff McDaniel, Director of Philanthropy, at (207) 801-5570 or at jeffrey.mcdaniel@mdihospital.org



*This information is not intended as legal advice. Please consult an attorney for legal and tax implications of your gift. As a 501(c)(3) organization, gifts to MDI Hospital are tax-deductible to the extent allowed by law.