



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

## Students Spread Love to Health Care Workers on Valentine's Day



Students from the Tremont Consolidated School decided to show their love for local health care workers this Valentine's Day. Armed with a giant sign, handmade valentines, and a car full of sweet treats donated by Little Notch Bakery in Southwest Harbor, they traveled to Mount Desert Island Hospital, where they were greeted by hospital staff members who were prepared with signs of their own.

This special visit was driven by a sixth-grade community service project led by Tonya Prentice, a middle school science teacher. The sixth graders decided to honor local health care workers on February 14th, organized a school-wide change drive, collected valentines from all grades, and the class that raised the most money joined the sixth graders on the Valentine's Day field trip. Tremont's second graders joined the special delivery.

"The staff of MDI Hospital and Health Centers were simply delighted by the amazing visit and generosity of Tremont Consolidated School students and Little Notch Bakery" stated Julie Hagle, Community Engagement Coordinator for MDI Hospital. The students' fundraising efforts were a success, raising more than \$1,400 over five days in support of MDI Hospital and the Community Health Center, and our friends at Northern Light here on Mount Desert Island.

"Their initiative and appreciation of work done by our health care workers means so much," added Julie. "Several team members commented how deeply touched they were by the homemade valentines and show of support, and the good feelings continue!"



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# New Electronic Health Record System Coming Soon to MDI Hospital & Health Centers

Patients will soon have a new simple, secure way to manage their health and wellness information electronically at Mount Desert Island Hospital and Health Centers. Set for a March 2022 go live, the Cerner CommunityWorks electronic health record (EHR) platform was selected because it is specifically designed to meet the needs of critical access and community hospitals.



“We’re excited to implement this upgraded system that will offer our community a new, streamlined patient portal and enhanced technology and security,” said Chrissi Maguire, President/CEO of MDI Hospital. “Our entire team has been working diligently to bring this new system online and we are so grateful for their dedication and effort as we approach our go live for this major milestone.”

With the installation of Cerner CommunityWorks, hospital and health center patients will have access to a new fully integrated web portal. The new portal will offer a single source for patients to view their latest lab results, review their most recent trip to the doctor’s office or learn what to expect at an upcoming appointment. The comprehensive platform is also designed to increase patient-provider communication and enhance early intervention potential.

“The new Cerner EHR will have all the information for an individual patient on one platform instead of in three separate applications,” said Dr. David Sugerman, Emergency Department Director. “With this integrated system, emergency department providers will have a much more in-depth database to help make informed decisions and improve patient care.”

With this platform, patient records will be more readily available at all MDI Hospital and Health Center locations. The system will also provide better access to patient record sharing to and from out-of-network providers. “By having everything in one place, we can spend less time on the computer and more time with our patients,” said Hospitalist Dr. Jennifer Lipka.

When the system goes live, patients may notice that a little more time is needed at their first several appointments. “We’re putting in extra hours to make sure everything goes smoothly, but we do expect a few delays as we get our new system up and running,” said Maguire. “We want to thank everyone for their patience in advance as we make this vital technology upgrade.”

During this time, MDI Hospital and Health Centers will have extra personnel on hand to assist with the transition. Once the system is up and running, patients can look forward to faster registration and check-in, a single, easy-to-use patient portal and an easier way to view and pay their bill.



**MDI Hospital is celebrating our 125<sup>th</sup> Anniversary in 2022**  
*Critical Access to Quality Care since 1897!*

# Zooming into a Healthier Lifestyle

## Finding a sense of community through virtual workouts



**Want to stay healthy and active?  
Join Mary in a live class on Zoom!**

### **Strong & Steady Fitness**

Tuesdays, Thursdays, and Saturdays  
9:00-10:00 am

### **Fitness for Parkinson's**

Tuesdays & Thursdays • 10:30-11:30 am

### **Diabetes Prevention Program**

Mondays • 4:00 pm  
*Next session begins on March 7, 2022*

### **Wellness Walks**

Mondays and Wednesdays • 9:00 am  
*(In-person and Weather Permitting)*

Nearly two years ago, as the coronavirus pandemic was making its way across the globe and upending life as we knew it, MDI Hospital's Community Health Educator, Mary Parham, knew she would have to creatively and drastically transition her workout classes to an online format to keep participants healthy and safe during the early days of the pandemic.

Prior to March 2020, working out via an app or Zoom was a foreign concept for most people. "At first, I was worried about my seniors group because I just didn't know how that would translate for them," noted Mary. "But as it turns out, we can go all over the place and we've been able to be more inclusive." Since then, Mary's weekly workout classes have been held via Zoom, regularly drawing participants up and down the east coast from Frenchville, Maine to Margate, FL.

"She keeps up a constant patter of instruction and sings along with the songs," noted David Keefe, who regularly attends Mary's Zoom workout classes. "She makes the hour fly by – and this is at 6 o'clock in the morning – so it's a tremendous way to start the day," he added.

Almost overnight, the community component of digital platforms went from an underutilized tool to a lifeline to the outside world. Despite social distancing and the inability for in-person classes, Mary has managed to foster a real sense of community through the computer screen. Participants often arrive 15 minutes before class starts and stick around a few minutes after the workout to talk.

"She's been a gift to us during all of this," stated Ellen Grover, another regular class attendee. "She's kept us connected – and laughing – during a very isolating time for most of us."

Since joining MDI Hospital in 2018, Mary has worked to bring health and wellness activities to the community – in the form of exercise classes, diabetes education, health coaching, an award-winning walking program in Acadia National Park, and more. As a YMCA certified group fitness instructor, as well as a Diabetes Prevention Program Lifestyle Coach, Mary works with a variety of providers to promote individual and community wellness in our Downeast region.

For more information about these free fitness classes or to sign up, contact Mary Parham directly at 207-801-5034 or via email at [mary.parham@mdihospital.org](mailto:mary.parham@mdihospital.org).



# A Decade of Advances in Emergency Medicine

## Penn Med collaboration brings leading-edge emergency care, physician education to Hancock County



In 2010, MDI Hospital launched a groundbreaking initiative to bring state-of-the-art technologies, leading-edge care practices, and increased medical staffing to our Emergency Department. We've been fortunate to accomplish these aims in close partnership with Penn Medicine, a vast, world-renowned academic medical center in Philadelphia.

Penn Med's Department of Emergency Medicine is a national leader with three notable strengths: delivering exceptional clinical care, training the future leaders of emergency medicine, and creating new knowledge through innovative research. All of these strengths have been brought to bear at MDI Hospital throughout the 10-plus years of our collaborative with Penn Med: our Emergency Department has been guided to grow, improve, and expand the lifesaving healthcare delivered here every day.

The Collaborative's most visible element is the presence of third- and fourth-year Penn Med residents: from June-October every year, these caregivers come to MDI Hospital for two-week rotations, at a time when we experience a 300% increase in Emergency Department visits. Penn Med values these rotations as a means of extending rural experience to residents whose exposure to medical practice has been, up till then, in an

entirely urban setting. For MDI Hospital, the benefit is equally clear: we establish connections with aspiring physicians, whose clinical rotations are welcome additions to our staffing during the busy tourist season.

In 2021, MDI Hospital and Health Centers welcomed twelve Penn Med students to Bar Harbor; nine of which completed rotations in our Emergency Department and the other three in our Behavior Health Center. Rachel Graves, MD, a member of the class of 2022, was among last summer's participants. A native of Greenville, SC, Rachel deeply valued her time on our Island, calling it "one of the greatest learning experiences I had during my residency in emergency medicine at the University of Pennsylvania, and a personal highlight of my year.... [At] Penn, I spend most of my time practicing in the high-volume, high-acuity hospitals of West Philadelphia. My typical patient load on any given day includes patients with rare and complex medical conditions—conditions like advanced and unusual cancers, organ transplants, end-stage cardiac disease—as well as the trauma associated with urban American life, including assaults and gunshot wounds...."

"The partnership between Penn Emergency Medicine and MDI Hospital offers a unique, highly coveted opportunity for residents to gain important clinical exposure beyond our home hospital environment and learn about the practice of emergency medicine in a more rural environment. For me, and for many of my co-residents, it is one of the highlights of the entire residency program," Rachel continues. "The proximity of Acadia National Park to MDI Hospital provides the opportunity to master the care of orthopedic injuries, things like fractures, dislocated shoulders, strains, and sprains that are common to hikers.... During my rotation, I learned how to manage environmental exposures and infectious illnesses that are common in rural, seaside areas. These experiences contribute foundational knowledge for emergency physicians, and there is no place more beautifully equipped to provide them than MDI Hospital."

Lifesaving procedures and technologies have been introduced at MDI Hospital by residents like Rachel and their faculty mentors at Penn Med, enabling dramatic improvement in patient outcomes here. This innovative project is changing the delivery of healthcare in eastern Maine, bringing tools, techniques, and trainings that had never previously been available in this state.

While onsite, Penn Med faculty and residents also offer professional education sessions at MDI Hospital, reviewing topics like heart disease and cardiac arrest, stroke, sepsis, arthritis, asthma, orthopedic injuries, cancer, diabetes, neurological conditions, and substance use and addiction. Along with MDI Hospital participants, the courses draw attendees from several regional hospitals, LifeFlight of Maine, fire departments, EMS and ambulance corps. These shared trainings help ensure that our region's patients will receive a seamless continuum of care: from the moment they are treated by paramedics, when they reach the Emergency Department, then progressing to the next phase of healthcare and recovery as needed.

During her rotation, Rachel gave a presentation on the management of opioid use disorder in emergency and outpatient settings, and she reviewed best practices for starting medication-assisted treatment for opioid use disorder. About this experience, she explains, "I learned about the experiences MDI Hospital physicians had with managing these patients and the unique challenges they face in their practice environment. The physicians with whom I worked during my shifts in the Emergency Department provided teaching on a variety of topics and we had numerous fruitful discussions about our respective approaches to common medical complaints."

Rachel's summary of her experience vividly illustrates the enduring importance of this collaborative program. "It is my sincere hope that the partnership between Penn Emergency Medicine and MDI Hospital will enjoy longevity and continue to grow over the years," she says. "Exchange of ideas among physicians who practice in different settings is of fundamental value in medicine. Building the relationships necessary to facilitate that exchange is not an easy task, and the success the program has enjoyed to date, I believe, is reflected in the ongoing popularity of the program for Penn emergency residents. For my part, I will carry the lessons I learned from MDI Hospital forward in my medical practice in the years to come, along with the beautiful memories I made in Bar Harbor."

MDI Hospital's President and CEO, Chrissi Maguire, wholeheartedly agrees. "We are grateful for the continued opportunity to partner with Penn Medicine in our ongoing unified mission to serve," Chrissi says. "Lessons learned through shared experiences, expertise and knowledge continue to provide the highest level of care at our organizations with the highest standards."



Rachel Graves, MD with David Sugerman, MD



# Community Dental Center Receives Grant from Northeast Delta Dental Foundation

Mount Desert Island Hospital is pleased to announce it has received a \$22,434 grant from the Northeast Delta Dental Foundation, supporting the acquisition of two Airflow Prophylaxis Master Premium units for the Community Dental Center (CDC).

As the CDC endeavors to make a positive impact on patients' health and well-being, the new Airflow Prophylaxis Master units will incorporate guided biofilm therapy into the practice. The Airflow Prophylaxis Master utilizes a novel protocol to remove biofilm above and below the gumline, before it triggers an immune response. Its technology also enables the dental practitioner to make biofilm visible to each patient before removal—suggesting ways to improve home care, and helping inform patients about oral bacteria, how biofilm sets in, and how oral health impacts overall health.

With the Northeast Delta Dental Foundation's generous grant support, the CDC becomes the first dental office on Mount Desert Island to implement this technology. One of the new Airflow Prophylaxis Master units will include a self-contained cart with its own independent water supply system, allowing greater maneuverability within the clinic as well as portability of this effective, preventive dental care for use in community outreach programs (e.g., nursing homes and schools). Overall, the Northeast Delta Dental Foundation is providing strong support for the CDC's key mission: to ensure access to oral health care for everyone in our region.



Dental Hygienist Sheri Wilder uses one of the new Airflow Prophylaxis Master Premium units on a patient at the Community Dental Center. Sheri was instrumental in this project, from budget research to training and implementing the units upon arrival.



Founded in 2014, the CDC is a patient-centered dental home that fully integrates with MDI Hospital's community-responsive approach to medicine. It is Mount Desert Island's first and only nonprofit dental clinic. As a full-service oral health practice with a staff of seven, the CDC's services include preventive cleanings, extractions and implants, restorations and fillings, root canals, emergency treatment and oral surgery. The Center also offers pediatric dentistry, sealants, fluoride treatments, tooth whitening, and removable prosthetics. By reaching out to patients, following up on appointments, and coordinating on-going, regular check-ups, the CDC staff aims to ensure that all patients receive personalized, patient-centered care.

Jane Ogembo, DDS, MPH has served as the CDC's dentist since 2019. Having grown up in a small village in rural western Kenya, she understands how challenging it can be for residents in isolated areas to receive essential care. As a member of the American Dental Association and the American Public Dental Health Association, Dr. Ogembo enjoys participating in their work to advance the profession and improve dental services to the public.

# National Doctors' Day – March 30, 2022

## Celebrating Our Healthcare Providers

Every year on National Doctors' Day, MDI Hospital and Health Centers celebrate the extraordinary care that is provided year-round by our team of healthcare providers – doctors, physician assistants, nurses, and so many others – who are at the very heart of our mission to strengthen the health of 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 Danielle Silverman, Donor Relations Officer, at (207) 412-9800 or [danielle.silverman@mdihospital.org](mailto:danielle.silverman@mdihospital.org). Your kind words will mean so much to your caregiver – especially now as they continue to navigate the challenges arising from the pandemic.

You may also make a gift to MDI Hospital in their honor to support the critical, lifesaving care that they provide all year long to our Downeast region. Please use the enclosed envelope or visit [www.mdihospital.org/giving/give-now](http://www.mdihospital.org/giving/give-now) to recognize their exceptional care today.

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



Top Row: Peter Ossanna, MD; Natasha Neal, DO; Rodney T. Ono, MD  
Bottom Row: Ormanda Johnson, MD, MPH; Jorge F. Peacher, MD; Robert D. Weiss, MD



# Save the Date: Saturday, July 16, 2022

Please save the date for a celebration this summer on Saturday, July 16, 2022 in honor of Mount Desert Island Hospital's 125th Anniversary.

After canceling our annual summer celebration the previous two years due to the coronavirus pandemic, we are very much looking forward to celebrating this special occasion with you this year. Invitation to follow.

For more information, please call (207) 412-9800 or email us at [events@mdihospital.org](mailto:events@mdihospital.org).

