



# Good Medicine

News from the Heart of MDI Hospital

Summer 2022

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

## Bill Rudolf: A Devoted and Remarkable Life

The MDI Hospital community mourns the passing of William M. Rudolf on February 27, 2022, at the age of 93. Bill joined MDI Hospital's Board of Trustees in 2016, bringing tireless advocacy, dedicated fundraising, and great enthusiasm for our progress.

A retired commodities broker and trading executive, Bill lived in New York City for over 70 years with his beloved wife of 60 years, Edith (1926-2014) and their children. The family summered on Long Pond, establishing numerous community connections. Before his work on the Board of MDI Hospital, Bill dedicated 20 years to the Board of The Jackson Laboratory, where he was still a Trustee Emeritus at the time of his death. Bill deeply valued his association with the Pot and Kettle Club, where he was a member since 1993.

Born in Frankfurt am Main, Germany in 1928, Bill came to the United States in 1940 with his parents, Liese Ederheimer Rudolf and Max Rudolf. He worked for three decades as a metals, oil, and petrochemical trading executive, then established William M. Rudolf, Inc., an executive consulting firm specializing in international trade and commodity risk management. His experience negotiating abroad was fundamental to his role as executive vice president of the National Committee on American Foreign Policy from 1983-2008.



Bill Rudolf



Bill with 5 of his 11 grandchildren

In the words of Bill's daughter, Margaret, "His life was dedicated to his loving family, his work and philanthropy." He is survived by his children and their spouses, Leonard (Sylvie Rudolf), Paul, and Margaret (Tom Coffey), eleven grandchildren, and one great-grandchild. At the time of his death, Bill was residing in Hamden, Connecticut, near his family.

A memorial celebration honoring Bill Rudolf's remarkable life will be held at the Pot and Kettle Club on Sunday, July 10th; please contact his daughter, Margaret Coffey, at [margaret.coffey@yale.edu](mailto:margaret.coffey@yale.edu) for details.



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Mount Desert  
Island Hospital

# "MDI Hospital is a gem on this Island"

## Local couple gives back to MDI Hospital in recognition of a lifetime of care



Larry and Phyllis Mobraaten arrived on Mount Desert Island from San Francisco as newlyweds in 1967. Both Larry and Phyllis worked at The Jackson Laboratory in Bar Harbor until their retirement over a decade ago. In their free time, they now enjoy gardening and volunteering with the Garden Club.

On a Saturday in late March 2022, Larry and Phyllis went for a long walk in the morning and then spent the afternoon cutting and hauling brush. Less than a day later, Larry was admitted to MDI Hospital experiencing peritonitis, an inflammation of the membrane lining the abdominal wall and covering the abdominal organs, and septic shock—a life-threatening emergency.

Two decades earlier, Larry had been diagnosed with colon cancer that was treated with both a surgical resection and radiation therapy. Side effects from the treatment led to multiple hospitalizations over the years, both at MDI Hospital and other hospitals in the area, but Larry had been in good health since his last surgery in 2016.

A CT scan found that tissue at one of the sites of the resection had weakened and perforated, requiring a surgical intervention that would be risky due to both Larry's age and low blood pressure from the septic shock. After consulting with Dr. Aaron Perme, General Surgeon at MDI Hospital, Larry signed the consent form and was prepped for surgery. Thankfully, Larry survived the surgery and went on to recover in the ICU before being discharged in early April.

"I can't say too much about Dr. Perme and the surgical

team," said Larry. "The kindness and attention by all staff during my stay was absolutely remarkable. From Joan who was so cheerful and constantly telling me not to worry, to Mary who overstayed the end of her shift to make sure I was ok. I was very much impressed with the nursing skills for all my various needs, and along with the excellent physicians who attended me, I felt very confident at all times that I was in the right hands."

As Phyllis' birthday approached in May, she knew she wanted to do something special to celebrate, but she didn't want a party or any presents. Instead, she decided to do something meaningful in recognition of not just Larry's recent hospitalization, but as thanks for their many experiences at MDI Hospital over the years, from regular primary care visits to the birth of their son decades earlier.

Phyllis invited their friends and family members to donate to MDI Hospital in honor of her 80th birthday, in any amount mixing 8s and 0s, from 80 cents to 80 dollars. One of the first donations arrived from Larry himself, along with a note that said, "MDI Hospital is a gem on this Island, and we support it as we can." Thanks to the generosity of the Mobraatens and 40 other donors, Phyllis raised nearly \$4,000 for MDI Hospital in honor of her birthday. Donations help support all the lifesaving care that is provided by MDI Hospital's physicians and caregivers each and every day.

"I am so appreciative that we have MDI Hospital here," said Larry. "It has to be one of the best institutions."

# MDI Hospital & Mount Desert Medical Center Partner to Provide Year-Round Healthcare Services in Northeast Harbor

Year-round primary care services will soon be available in Northeast Harbor. After a two-year hiatus due the pandemic, Mount Desert Island Hospital and the Town of Mount Desert's Medical Center have resumed their partnership of more than 50 years with a new long-term lease. The agreement will establish year-round primary care services at the Northeast Harbor Clinic on 9 Kimball Road in Northeast Harbor.

"We're so pleased to be reopening our Northeast Harbor Clinic to provide expanded year-round access to primary care to the Mount Desert Community," said Chrissi Maguire, President/CEO of MDI Hospital. "This would not have been possible without the dedication of the Mount Desert Medical Center Board of Trustees, local and seasonal residents, and town leadership."

The clinic, set to reopen early July, will be staffed with a family nurse practitioner, medical assistant, and a receptionist. Initially, the clinic will be open three half days per week: Mondays and Fridays from 8 a.m. to noon, and Wednesdays from 1 p.m. to 5 p.m. Outside of clinic hours, appointments will be available at MDI Hospital Health Centers in Southwest Harbor, Bar Harbor, and Trenton.

Starting this fall, rotating specialty clinics will begin one to two days a month, featuring specialties such as general surgery, orthopedics, psychiatry, and cardiology. Open hours and specialty clinic availability are expected to increase based on demand. Renovations to the original building are now underway to accommodate the expanded service offerings.

"It is very exciting to see the renovations transforming the center into a space that is light and bright and will again provide excellent healthcare to the residents of the Town of Mount Desert and outer islands," said Judy Gilkes Benson, President, Mount Desert Medical Center Board of Trustees. "We're so grateful for Mount Desert Island Hospital's commitment to our community."

First established in 1967, the Mount Desert Medical Center was made possible by the commitment of year-round residents and the summer community who raised funds and established a non-profit board of trustees to ensure that the Town of Mount Desert had access to medical services. For more information, please call 207-801-5909 or visit [www.mdihospital.org](http://www.mdihospital.org).



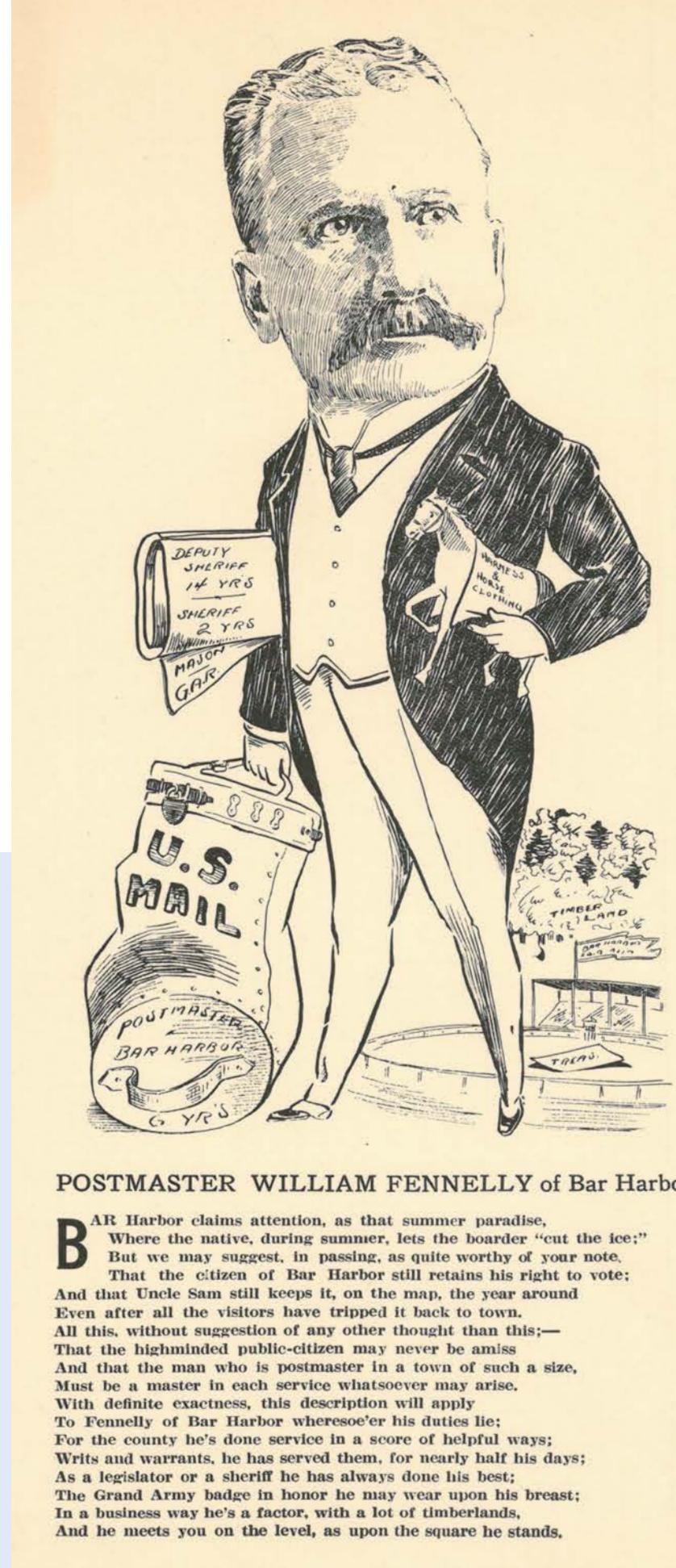
# Looking Back: Serving Our Community Since 1897

Mount Desert Island Hospital's 125th anniversary brings an opportunity to celebrate our past, in the light of our future's strength and progress. Thousands of people have served the hospital as dedicated employees, governing trustees, volunteers, and fundraisers. During this anniversary year, we are engaged in gathering their stories—and, we hope, your stories too!

If you have photographs that portray MDI Hospital's history and its people, whether on our campus or in the broader community, we would love to scan them for our archives. And if you or your family members have been part of the hospital's life and times over the decades, your stories would be wonderful to know, also. If you'd like to share your information or images with us, please send an email to [events@mdihospital.org](mailto:events@mdihospital.org) and we'll follow up with you. Thank you!

## William Fennelly

William Fennelly was born in 1840 in Massachusetts and moved to Mount Desert Island at age 20. In 1862, William enlisted in the 16th Maine Volunteers and served throughout the Civil War, participating in 20 battles and engagements. After the war, President Ulysses S. Grant appointed him keeper of the Bear Island Lighthouse. Later, Fennelly became proprietor of the Central House in Somesville, then was named Postmaster of Bar Harbor. Fennelly was among the founding supporters of the hospital, and attended our first annual meeting in 1898, which was described as "a large gathering of residents and summer visitors." He was elected to the hospital's first Board of Trustees, serving until his death in 1912. This editorial sketch of William Fennelly was published by the Lewiston Journal in 1907, part of their "Men of the Hour" series.



## POSTMASTER WILLIAM FENNELLY of Bar Harbor.

**B**AR Harbor claims attention, as that summer paradise, Where the native, during summer, lets the boarder "cut the ice;" But we may suggest, in passing, as quite worthy of your note, That the citizen of Bar Harbor still retains his right to vote; And that Uncle Sam still keeps it, on the map, the year around Even after all the visitors have tripped it back to town. All this, without suggestion of any other thought than this;— That the highminded public-citizen may never be amiss And that the man who is postmaster in a town of such a size, Must be a master in each service whatsoever may arise. With definite exactness, this description will apply To Fennelly of Bar Harbor wheresoe'er his duties lie; For the county he's done service in a score of helpful ways; Writs and warrants, he has served them, for nearly half his days; As a legislator or a sheriff he has always done his best; The Grand Army badge in honor he may wear upon his breast, In a business way he's a factor, with a lot of timberlands, And he meets you on the level, as upon the square he stands.

# The Definition of Caring

## A letter of gratitude from a patient's loved one

On April 18, my husband was admitted to MDI Hospital where he stayed until he was discharged on April 28. This was a most difficult time as we continue to navigate through our Alzheimer's journey, but the entire staff who cared for us could not have been more compassionate, supportive and comforting.

My daily visits began with the friendly greeting of Ian the security guard who not only offered me a friendly smile, but also the lesson that I am a valuable human being.

The nurses: Katie in the Emergency Department who walked me through the admission first night with understanding and empathy; Maddrey, nurse in the ICU who listened to me for an hour, cried with me, calmed me, gave me solutions to an almost impossible situation; Teodora, Sally, Ginger and Deborah from Nebraska who showed me what compassion really means (I'm glad you got up to Cadillac for sunset, Deb).

Physician Assistant Hilary Hudson who I now count as a kindred spirit, and who gave me the very wise prescription to take a hike; Dr. Brown who now knows the meaning of "Hoya Saxa;" Lynne Assaf for her tireless efforts for discharge placement; physical therapist, Grace, and occupational therapist, Katie, for getting Gerry up on his feet again; Angel, whose name exemplifies her kind acts of a shampoo and a shave; social worker and palliative care team member, Heather Sinclair, for her shoulder to lean on; Geraldine, the housekeeper, who kept everything clean but more importantly offered her twin, "Gerry," a friendly smile each day; and Domingo, the electrician, who for 25 years has worked at MDI Hospital and does it with such a positive attitude.

To all whom I encountered during this 10-day period, know that you taught me the definition of caring. You strengthened me, guided me, encouraged me and helped me through a very difficult time. I will never forget your time and efforts for "Team Gerry." How lucky we are in this community to have you.



*Maureen Fourrier*

Mount Desert

# Office of Advancement Leadership Updates



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Oka Hutchins was named as Director of Advancement for MDI Hospital in April 2022. With a background in journalism and advertising, Oka has been with the organization since 2013 as a key member of the Office of Advancement. She is a committed member of the Hospital's leadership team, previously serving as the interim Director of Advancement and most recently as Director of Communications.

Ryann Grove has rejoined the organization as Associate Director of Advancement. She previously served in the roles of Advancement Officer and Senior Philanthropy Officer from 2018-2021. Danielle Silverman was promoted to Senior Advancement Officer. Danielle joined the organization in 2019 as Donor Relations Officer.

Congratulations to Oka, Ryann, and Danielle!

## Save the Date: Upcoming Events

### 125<sup>th</sup> Anniversary Summer Celebration

COCKTAILS • HORS D'OEUVRES • LIVE MUSIC

Saturday, July 16, 2022 • Pot and Kettle Club, Bar Harbor



### Annual Meeting / 125<sup>th</sup> Anniversary Community Celebration

Wednesday, September 7, 2022 • Bar Harbor Club, 111 West St, Bar Harbor

### 29<sup>th</sup> Annual David R. Harding Memorial Golf Tournament

*Supporting MDI Hospital • Sponsored by Bar Harbor Bank & Trust*

Thursday, September 29, 2022 • Kebo Valley Golf Club, Bar Harbor

***For more information, please email [events@mdihospital.org](mailto:events@mdihospital.org)***

# From Iceland to Mount Desert Island

## Karl Norberg talks volcanos and the treatment that saved his life

Karl Norberg and his family first established their roots on Mount Desert Island in 1987 with the purchase of a summer home in Bar Harbor. Over the years, Karl and his family built a deep connection with the MDI community. When the time came for him to semi-retire in 2019, he knew he wanted to spend his time year-round on the Island. He didn't know it at the time, but that decision may have saved his life.

In early June of 2021, less than 48 hours after returning home from a sightseeing trip in Iceland, Karl fell suddenly and violently ill. Unsure of what was wrong, his wife Pam drove him to MDI Hospital's Emergency Department at 4:00 am. Once at the hospital, Karl received the shocking diagnosis that he had sepsis, double pneumonia, and his organs were failing. "I was completely healthy the day before," said Karl. "Then I'm being told I'm about ready to die."

Acting quickly, MDI Hospital's emergency department team began administering a high dose of antibiotics to try and control the infection, while continuously monitoring his critical condition. Once Karl was stabilized, he was admitted to MDI Hospital's Intensive Care Unit for three days, where he continued receiving treatment and testing including MRI and CT scans to determine the cause of his life-threatening symptoms.

A few days before his hospitalization, Karl and his son hiked several miles in Iceland to view the newest volcanic arrival, Fagradalsfjall. Being in close proximity with an active volcano, Karl may have inhaled volcanic smog—also known as vog—potentially causing his sudden and severe onset of respiratory and flu-like symptoms. "It's possible that is what it was," said Karl. "Especially if you know you couldn't really point it to being a food source issue when everyone else was eating the same foods that I was."

As his condition improved, Karl was moved from the ICU to a regular room at the hospital, where he remained for four more days before being discharged. Once at home, it took Karl the entire summer to recuperate from his serious illness and hospital stay. "It was double pneumonia, and I had damaged my lungs. I could barely walk upstairs or walk our dog," he recalled. "I ended up paying attention to air quality for the first time in my life."

Now symptom-free and expected to make a full recovery, Karl credits MDI Hospital's exceptional healthcare team with saving his life. "Even though it was traumatic and it was scary, I felt like I was in really good hands," he said. "I was glad to be at MDI Hospital and with everybody there who was taking care of me."

"It's reassuring being in a hospital that is very helpful and calming. Whenever I needed something, it happened right away," said Karl. "You just don't get that personal level of care in a big city that you get here, and it's highly comforting to know that the hospital is a few minutes away."





From left to right: Chrissi Maguire, President/CEO of Mount Desert Island Hospital; Curtis Simard, President and CEO of Bar Harbor Bank & Trust; and Lisa Parsons, Senior Vice President and Regional Market Manager of Bar Harbor Bank & Trust.

## 29<sup>th</sup> Annual David R. Harding Memorial Golf Tournament

Mount Desert Island Hospital is honored to announce the 29th Annual David R. Harding Memorial Golf Tournament, sponsored by Bar Harbor Bank & Trust, will be played on Thursday, September 29, 2022, at Kebo Valley Golf Club in Bar Harbor.

For 28 years, Bar Harbor Bank & Trust organized the event as a tribute to longtime member and chairman of the board of Bar Harbor Bankshares, David R. Harding, in recognition of Mr. Harding's generous support of charitable organizations and his legacy of community involvement. The fun and friendly competition has raised thousands of dollars each year for local non-profit organizations on Mount Desert Island.

"Bar Harbor Bank & Trust is proud to support hospital's ongoing efforts to provide world class healthcare on MDI. The David R. Harding Memorial Golf Tournament is a great opportunity for people to take a break from the office and hit the golf course for some fun and philanthropy," said Curtis Simard, President and CEO at Bar Harbor Bank & Trust. In 2021, Bar Harbor Bank & Trust selected Mount Desert Island Hospital as the exclusive beneficiary of the tournament going forward, raising \$15,000 in support of the hospital's first-ever fixed-place magnetic resonance imagining (MRI) system.

"Bar Harbor Bank & Trust has been a steadfast supporter of MDI Hospital for more than a century," said Chrissi Maguire, President and CEO of Mount Desert Island Hospital. "2022 marks the 125th anniversary of Mount Desert Island Hospital and the 135th anniversary of Bar Harbor Bank & Trust. We are thrilled to continue the legacy of this tournament and grateful to Bar Harbor Bank & Trust for their continued partnership and investment in healthcare on MDI."

Visit [www.mdihospital.org/giving/golf](http://www.mdihospital.org/giving/golf) for more information about how you can participate in the event.