



Anesthesia Coverage

PVH is making a change to provide 24-hour coverage for Surgical Services. The hospital is partnering with *Nurse Anesthesia of Maine* (NAME) to ensure that we have anesthesia services available, including emergency coverage. The move should give us more flexibility and cover sick and vacation time. NAME provides a regular peer review program, and the organization has a strong commitment to quality improvement, requiring its staff to input data on a regular basis.

Kathy Maxwell will be the director overseeing the other CRNAs working at PVH, and Dr. David Dumont will remain the physician supervisor of the CRNAs.

PVH Golf Tournament on August 20, 2010

Our 4th annual event at JaTo Highlands is already shaping up to be a big success. We've collected more than \$10,000 so far, and by July 28, fifty-eight golfers had already signed up for the tournament. We're still looking for sponsors to help us surpass what we collected during last year's contest, and there's still plenty of room for more golfers. For sponsorship and player registration forms, visit www.pvhme.org. Help us spread the word!

Our biggest sponsors so far are:
Select Embroidery
Berry, Dunn, McNeil, and Parker
and Unidine

\$500 sponsors include Eastern Maine Healthcare, Barresi Financial, and Dahl-Chase Pathology Associates. Once again, this year, Select Embroidery is providing our main goody bag gift for each of our golfers at no charge to the hospital. Each player will be receiving a hard-shell valuables case with the PVH logo on it.



New Hires

David Gammon--Hospitalist
Tara Harriman--RN
Paul Turnquist--E.D. Physician
Sharon Wallace--Central Supply Worker
Jesse McNally--Environmental Services Tech
Lisa Hawkins--Patient Registration Rep
Jennifer Potter--Unit Coordinator



5K Run/Walk for Wellness



Photo Courtesy of Anthony Crabtree

A total of 75 people participated in the 3rd annual 5K Run/Walk for Wellness on Sunday, July 18, sponsored by Penobscot Valley Hospital and S.P.R.I.N.T. for Life, a Healthy Maine Partnership. The event was held as part of the Homecoming Festival in Lincoln, and it was a way for the hospital and its supporters to promote healthy lifestyles and good choices concerning exercise and wellness. "At PVH, we want to do all we can to encourage people to make healthy choices including proper diet and getting more active," says hospital spokesperson Allison Bankston. "We had very dedicated volunteers on Sunday, and I'd like to thank all of the hospital and S.P.R.I.N.T. for Life staff members and community volunteers who donated their time to help us have a successful event."

S.P.R.I.N.T. for Life Director Robin Carr-Slauenwhite also made a point of thanking all the town and emergency responders who helped keep everyone safe and direct traffic during the event. "We had police, fire, and town officials all ensuring that our runners and walkers had a clear path and could reach the finish line in safety, and we really appreciate all of their help."

The course looped through 3.1 miles (5K) of Lincoln. Each of the first 50 registrants received a free t-shirt, and each walker and runner was entered into a raffle for a variety of prizes including yoga mats and healthy cookbooks. The top overall male winner was Matt Guiod with a time of 18:39, and in the women's overall standings, the top woman was Andrea Johnson with a time of 23:33. For a complete list of finishing times, go to www.pvhme.org and click on the article about the 5K Run/Walk for Wellness.



5K Run/Walk Medal Winners

Ages 12 and Under

1st Place Males: Chase Bernardy 30:37
1st Place Females: Leela Stockley 26:58
2nd Place Females: Kassidy Dill 28:59

Ages 13 to 19

1st Place Males: Nolan Dumont 19:17
2nd Place Males: Josh Wheeler 20:17
1st Place Females: Erica McPhail 26:03
2nd Place Females: Kayla Marquis 27:02

Ages 20-39

1st Place Males: David Doore 19:02
2nd Place Males: Nicholas Lyons 19:45
1st Place Females: Katie Neal 25:12
2nd Place Females: Kelly Rooney 25:20

Ages 40-59

1st Place Males: David Theoharides 21:12
2nd Place Males: Phil McPhail 21:43
1st Place Females: Angela Arthers 28:24
2nd Place Female: Karen Cliff 29:46

Ages 60 and Over

1st Place Males: Alan Stockley 23:43
1st Place Females: Gayle Powell 44:38
2nd Place Females: Lynn Greenleaf 50:22

If you are a medal winner listed above and did not receive your award after the 5K Run/Walk for Wellness on Sunday, July 18, please contact Allison Bankston at 794-7124.

CEO's Corner



To Our PVH Family,

We have made great strides in updating our patient rooms this summer. New windows are being installed along with new siding on the hospital. This is creating some excess noise in the building, so thank you for your patience and for helping our visitors and patients understand. The work is expected to continue into early August, and it's designed to increase patient comfort and further lower our operating expenses as the windows will be more efficient.

Thanks for your comments in connection with the Service Excellence workshops. I have read all of them and will be responding to them in a special edition of the Compassion and Caring newsletter. Meanwhile, if you have any concerns or questions, I'm always willing to make myself available to you.

We've had a couple of recent policy changes, one of which involves signing out of your departments when you leave the building. We have worked with the union to make this a uniform transition. Thank you for helping others be more efficient by letting them know when you are going to be out of the building.

The Employee Wellness Committee is taking a short break this summer but has already launched discussions with the Senior Leadership Team regarding some of the employees' requests in connection with fitness and wellness programs. The group has been working diligently on a strategic plan for employee wellness and will be meeting again in August. Anyone interested in joining the group should contact Sarah Loman at 794-7369.

Please be careful when traveling this summer, and enjoy the warm weather,

David A. Shannon, Chief Executive Officer

Ann Marie Rush Rush Honored



Chief Financial Officer Ann Marie Rush has been awarded the inaugural Continuing Education Scholarship, given in conjunction with Healthcare Professionals Appreciation Day. Ann Marie received the scholarship because of her substantial contributions to Penobscot Valley Hospital's quality improvement initiatives, her dedication to her community, and her contribution to the hospital's financial turnaround related to its Critical Access designation in 2009...all achieved while working toward her master's degree.

Healthcare Professionals Appreciation day is an initiative of Custom Learning Systems, an international healthcare training firm. Custom Learning's CEO Brian Lee stated, "We're delighted to award this scholarship to Ann Marie Rush, as she embodies the mission of Healthcare Professionals Appreciation

Day - to support and celebrate the healthcare profession, to focus the attention on the many unsung individuals who provide the care or work behind the scenes to make a difference in our communities."

David Shannon, CEO of Penobscot Valley Hospital stated, "In my mind, there is no one more deserving of this scholarship."

PVH Yard Sale a Big Success



Community members and visitors to the Lincoln Lakes Region helped PVH raise money for new patient beds on Thursday, July 15. The large yard sale at the empty lot next to

McDonalds helped collect money toward new patient beds that will help prevent patient falls and ensure patient safety. A big thank you to the Vanadestine family for donating the use of the lot on West Broadway and to everyone who was kind enough to donate goods for the yard sale. We also had many dedicated volunteers, and we couldn't have done it without everyone's help. All the proceeds from this year's hospital fundraising events will go toward the purchase of the new beds, including the hospital's golf tournament which is scheduled for Friday, August 20, 2010 at JaTo Highlands in Lincoln. The yard sale took in a total of \$1,657.95.

PVH Wins Prize in Homecoming Parade



Penobscot Valley Hospital's float in this year's Lincoln Homecoming Festival Parade took 2nd place among a wide range of displays this year. The parade was held on Saturday, July 17 and traveled from the local high school through downtown Lincoln and down to Hannaford on West Broadway. This year's overall theme was "Just Cartooning Around,"

and PVH chose to do a Scooby-Doo float, complete with full costumes, a haunted house, spooky trees, and a colorful cast of characters. Many staff members and their loved ones walked in the parade handing out bandaid containers and other goodies to the crowds.

Our cast of characters included Rusty Dicker as Shaggy, Michael Butterfield as Fred, Brittany Shorey as Daphne, Allison Bankston as the ghost, and three teenagers as our other characters. Jim Morrill's grandson, Jordan, played an alien/monster, and Allison's kids, Kenzie and Parker, played Velma and Scooby-Doo. We had a lot of community help this year. Thanks, especially, to Robert Lee, the Loman family, Mel Coffin, T.J. Coffin, Gardner's, and Brad and Brian Libby for their help putting together the float, and thanks so much to all our employees and loved ones who helped doing construction, decorating, planning, playing characters, and walking in the event to make it a success.

August

Month-long observances

Cataract Awareness Month
Children's Eye Health and Safety Month
Neurosurgery Outreach Month
Psoriasis Awareness Month
Spinal Muscular Atrophy Awareness Month

Aug. 8-14--Health Center Week (National)

Aug. 1--KidsDay® (National)

Aug. 23--Health Unit Coordinator Day

September

Month-long observances

Baby Safety Month
Cholesterol Education Month (National)
Gynecologic Cancer Awareness Month
Healthy Aging® Month
Pain Awareness Month
Leukemia, Lymphoma, and Myeloma Awareness Month
Prostate Cancer Awareness Month
Prostate Health Month

Sep. 5-11--Suicide Prevention Week (National)

Sep. 11-17--Child Passenger Safety Week

Sep. 12-18--Assisted Living Week (National)

Sep. 12-18--Healthcare Environmental Services & Housekeeping Week (National)

Sep. 19-25--Prostate Cancer Awareness Week

Sep. 19-25--Rehabilitation Awareness Celebration (National)

Sep. 19-25--Surgical Technology Week

Sep. 26 to Oct 2--Adult Immunization Awareness Week (National)

Sep. 15--Neonatal Nurses Day

Sep. 25--Family Health & Fitness Day

Sep. 29--Women's Health & Fitness Day

The people you know — the care you trust.



"I want to say thank you for the stay at the Lincoln hospital. From the doctors I had to the nurses and everyone else there, I can't thank you all enough for all you did for me. We are so blessed to have a hospital in our town like we have."

"Dr. Dumont and the staff were all very understanding and caring."

"All the staff members made me comfortable, and the week I was in there was the best."

"The nurses and staff were excellent, and I was really pleased with my doctor."

"The ER staff was very helpful and attentive to me."

"The emergency room people were very attentive and thorough. After treating my wounds and x-raying for any breaks (there were none), the doctor informed my wife he was admitting me because my oxygen level had dropped so low. Both my wife and I appreciated his concern. He could have just bandaged me up and sent me home."