

Spring 2022

# thrive

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What is  
Stroke?

Learn the  
Signs and  
Symptoms to  
Save a Life

7  
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### *A Note from the President*

Dear Friends,

We can take a lesson from the nature that surrounds us in Bangor. Even after a harsh season, resilient flowers rise up and share their unique beauty with the world.

Spring is a wonderful time for renewal and growth for Mother Nature and for us. In a world that feels heavy at times, finding peace has never been more important for our well-being. Mindfulness — the act of being present and focused inward — can bring a state of calm physically, mentally and spiritually.

As we welcome spring, I hope you'll take the time to enjoy the splendor of the outdoors and consider how to take better care of yourself. *thrive* can help you do just that by encouraging you to appreciate your health and enjoy your life.

In this issue, you'll learn about:

- The signs and symptoms of stroke
- Inflammatory Bowel Disease
- The healing power of art

Be sure to let us know what you think of this issue of *thrive* by completing the postage-paid business reply card included in the magazine or dropping us a line at [thrivemagazine@covh.org](mailto:thrivemagazine@covh.org).

Remember, if you prioritize your own well-being, the more able you will be to help and serve others. Wishing you a spring filled with peace and good health.

**Mary Prybylo, RN, MSN, FACHE**  
President, St. Joseph Hospital and  
Senior Vice President, Covenant Health

#### On the Cover

Brad Ryder is the race director for St. Joseph Healthcare's Commit to Get Fit and owner of Epic Sports located in downtown Bangor.

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# What is Stroke?

Learn the Signs and Symptoms to Save a Life

By Suzanne Dumaresq



**E**very 40 seconds, someone in America has a stroke. It's the fifth leading cause of death in the United States and a leading cause of long-term disability. However, Amina S. Qazi, DO, at St. Joseph Cardiology, shares, "Stroke is largely preventable."

May is American Stroke Month. A month dedicated to help end stroke by heightening awareness of its warning signs and symptoms. Important facts:

- According to the World Health Organization, there are 80 million stroke survivors worldwide
- One in four people older than 25 will experience a stroke in their lifetime
- There are more than 5 million stroke-related deaths annually
- Stroke kills twice as many women as breast cancer.
- Stroke can happen at any age
- At least 80% of strokes could be prevented with healthy lifestyle changes

#### What Causes Stroke?

"A stroke occurs when blood flow to part of the brain is blocked, causing brain cells to die from lack of oxygen and nutrients. This is a result of either something blocking an artery to the brain or a blood vessel in the brain breaking open and leaking blood into the brain's tissue, causing pressure in the brain," says Dr. Qazi. "It's important to note some people may only experience a temporary blockage of blood flow with no permanent brain damage, also known as transient ischemic attack or TIA, which puts them at higher risk of stroke."

#### What Are Risk Factors for Stroke?

The most significant risk factor for stroke is high blood pressure, which can be controlled. Other common risk factors that can be controlled or treated include:

- High cholesterol
- Diabetes
- Atrial fibrillation
- Obstructive sleep apnea
- Obesity

Behaviors that may put you at stroke risk include:

- Smoking
- Physical inactivity
- Heavy alcohol use

Dr. Qazi adds, "Proactively addressing both medical conditions and behaviors can help prevent or decrease your risk for stroke."

#### How Can You Reduce Your Stroke Risk?

- Work closely with your primary care provider
- Stop smoking and other tobacco use
- Consume alcohol in moderation
- Eat a healthy diet, reduce saturated fats and decrease your sodium intake
- Exercise regularly
- Monitor your blood pressure

#### What Are the Signs and Symptoms of Stroke?

- Sudden NUMBNESS or weakness of face, arm, or leg, especially on one side of the body
- Sudden CONFUSION, trouble speaking or understanding speech
- Sudden TROUBLE SEEING in one or both eyes
- Sudden TROUBLE WALKING, dizziness, loss of balance or coordination
- Sudden SEVERE HEADACHE with no known cause

#### Quick Treatment is Critical

"Stroke treatment depends on how quickly a stroke victim gets to a hospital to be evaluated," says Dr. Qazi. "Calling 911 is the very best way to get to the hospital quickly and safely. Emergency medical personnel will call ahead, and stroke care providers will be ready to help."

#### Do You Have Concerns?

If you have concerns about your overall health or risk of stroke, please share them with your St. Joseph Healthcare primary care provider. If you don't have one, call us at 207.907.3100. For more information, please visit [stjosephbangor.org](http://stjosephbangor.org).

## Use the Letters in F.A.S.T. to Spot a Stroke

<b>F</b>	<b>A</b>	<b>S</b>	<b>T</b>
Face Drooping	Arm Weakness	Speech Difficulty	Time to call 911

May is American Stroke Awareness Month  
*Anyone can have a stroke. Everyone should be ready.*

# Spring Into Healthy Eating

## MEDITERRANEAN SNAPPER

### Ingredients

#### The topping:

1 cup 2% Greek yogurt  
2 Tbsp. lemon juice  
1 garlic clove, minced  
1 Tbsp. Za'atar seasoning  
½ tsp. salt

#### The fish:

4 (4-6 oz.) wild-caught red snapper fillets  
(or mahi mahi, trout)  
¼ red onion, thinly sliced into rounds  
1 cup halved cherry tomatoes  
1 cup diced zucchini  
1 large lemon, thinly sliced  
2 Tbsp. capers  
2 Tbsp. extra virgin olive oil  
Kosher salt and freshly ground black pepper

### Preparation

Preheat oven to 425°F and spray a large sheet pan with cooking spray. In a small bowl, stir together topping ingredients. Set aside. Pat fish dry with a paper towel. Place on sheet pan and season with salt and pepper. Top each fillet liberally with yogurt sauce. Save leftover sauce for serving. Arrange red onion, tomatoes, zucchini, lemon and capers on sheet pan, evenly covering fish and surrounding space. Drizzle with olive oil. Season with a pinch of salt and pepper. Bake for 20 minutes, or until snapper is cooked through. Serve over brown rice.

## CUCUMBER, TOMATO AND GARBANZO SALAD WITH FETA

### Ingredients

1 (15.5 oz.) can garbanzo beans  
2 Tbsp. white balsamic vinegar  
3 Tbsp. extra virgin olive oil  
½ tsp. Spike® seasoning  
1 ½ cups diced tomatoes (drained if necessary)  
1 ½ cups diced cucumbers with skin on  
½ cup chopped fresh basil, parsley or oregano  
salt and freshly ground black pepper to taste  
1/2 cup crumbled feta cheese

### Preparation

Rinse garbanzo beans in a colander until no foam appears. Let beans drain at least 15 minutes. Whisk olive oil, balsamic vinegar and Spike seasoning together. Place beans in small bowl, pour dressing over and marinate beans in refrigerator 4-6 hours or longer. When you're ready to prepare the salad, remove beans from refrigerator and drain them in a colander, reserving the dressing. Taste dressing for seasoning, and if you don't think you have enough dressing, add a bit more balsamic vinegar and olive oil. Cut cucumbers into fourths lengthwise and into pieces about 1/2-inch wide. Place basil or other herbs into salad spinner and wash, spin dry or dry with paper towels and coarsely chop. Combine tomatoes, cucumbers, garbanzo beans and basil in a bowl and toss with reserved salad dressing. Season salad with salt and freshly ground black pepper to taste, then gently mix in the crumbled feta cheese. Serve and enjoy.



# Use Your Doodle

## Why Coloring is Good for Your Health

By Lindsey Grossman

**M**indfulness is nothing new — the practice dates back thousands of years. But this ancient technique has many modern benefits. According to the American Psychological Association, practicing mindfulness reduces stress, improves memory, heightens focus and can even improve your relationships. You can work to achieve this highly sought after Zen state through meditation, yoga, tai chi and ... Crayola®?

You've probably seen adult coloring books in the magazine aisle at your supermarket. What seems like a leisurely nostalgic pastime can have as much of an effect on your mental clarity as your weekly fitness class. A study published by the American Art Therapy Association indicates that coloring mandalas and similarly complex designs reduces anxiety. And just like mindfulness itself, this whimsical offshoot isn't merely a passing trend. Renowned psychiatrist Carl Jung first prescribed adult coloring to his patients in the early 1900s. He describes coloring mandalas as "a safe refuge of inner reconciliation and wholeness."

So how does it work exactly? Research shows that coloring relaxes the amygdala, the "fear center" of your brain, bringing about a meditative state. In the simplest of terms, focusing on an easy activity, like coloring, stops the 24-hour news ticker of worries running through your mind. A perfect blend of logic and creativity lights up both sides of the brain for some serious cerebral cardio.

Still skeptical of this childlike activity? Try for yourself and see! Find fun, free downloadable adult coloring pages at **MondayMandala.com**.

### Did you know?

Mindfulness increases empathy and compassion for others — and yourself!



# Time to Start the Conversation

Health Care Documents

By Cherry Odom, BSN, RN, NPD-BC



**H**ealth care documents provide important information about your health history. These documents identify the person designated to make decisions for you in the event you are too ill to do so, and what measures you'd like taken if you are unable to make decisions due to a medical, mental health or other issue. It's tough stuff, but it's important to empower your loved ones to carry out your wishes.

- **Medical Record Summary.** A list of your health history is invaluable in relaying information quickly to health care professionals. Include your name, birth date, allergies, medications with dosages, physicians' names, health conditions and detailed emergency contact information.
- **HIPAA Release of Information.** The Health Insurance Portability and Accountability Act (HIPAA) protects patient privacy. HIPAA guidelines also allow you to designate how you would like to share this information with family, friends and designated representatives, such as insurance companies. Health care providers and other entities, such as hospitals, provide a notice of privacy practices form and ask patients to sign it, to ensure information is shared appropriately.
- **HIPAA and Parents of Young Adult Children.** When older teen children reach 18, their parents no longer have the right to obtain their medical information or make decisions about the adult child's care. This applies even if the child is covered by the parents' insurance.

Therefore, it's important for parents and a child to have an open conversation about whether or not they're comfortable signing a HIPAA Release of Information to allow parents to participate in a child's care. Typically, the form is completed when a child turns 18 and does not require notarization. Both the parent and child should keep a copy.

- **Medical Power of Attorney.** A Medical Power of Attorney can also be called Health Care Power of Attorney (HCPOA). This is a legal document that allows a patient to name someone to make

medical decisions on their behalf if they are too ill to decide for themselves, or if they unexpectedly become incapacitated. Having this document in place saves time and prevents confusion at what may be a crucial time.

- **Durable Power of Attorney.** The Durable Power of Attorney is a legal document in which someone designates another person to make legal, financial and health care decisions on their behalf in the event of serious illness, an accident or mental incapacity. If this is not in place, and a patient is unable to make decisions and manage their own affairs, a family must go to court to establish a designee.
- **Advance Directives.** Advance Directives are legal directives that state a person's wishes for end-of-life care when they are unable to make their own decisions. Selections can be made to omit or include medical care, such as dialysis, a breathing machine, tube feedings and/or organ donations.

### Talk to Your Family and Friends

It is important to start the conversation with your family and friends to make your health care wishes known before a health crisis. It is equally important to complete documents that reduce doubt in your loved ones' minds and properly guide them in participating in your care.

"Health care records are critical to helping providers deliver high-quality treatment and a continuum of care consistent with patient wishes," shares Susan I. Belanger, PhD, MA, RN, NEA-BC, HEC-C and Senior Vice President of Mission Integration and Ethics, Covenant Health. "You should also meet with your family, share your feelings and ensure the documentation related to your health care is clear and provided to your physician. You can't plan everything, but you can ease the burden on your loved ones by telling them what's most important to you."

If you would like to learn more about getting started, please visit [theconversationproject.org](http://theconversationproject.org). It's a valuable resource for helping people share their wishes for care through end of life. It is important to note that states may have variations and specific requirements for these documents. Consult an attorney if you have questions.

## It's Time to Complete These Health Care Documents

- Medical Record Summary
- HIPAA Release of Information
- Medical Power of Attorney
- Durable Power of Attorney
- Advance Directives

Keep in mind that copies of these documents should be given to all designated family members and friends. In addition, the location of original copies should be provided to all designees. To obtain more information about these forms, talk with your attorney.







# 7 Surprising Health Benefits of Spring Cleaning

By Lindsey Grossman

**T**ackling housework can be downright overwhelming ... after all, it's called "work" for a reason. If you need some motivation to get off that couch and start dusting under it, check out these seven healthful incentives.

- 1 Stress Less**  
Wipe away your worries! Just 20 minutes of cleaning can reduce stress and anxiety levels by as much as 20%, according to the *British Journal of Sports Medicine*.
- 2 Boost Productivity**  
Perhaps you've heard the saying, "clean space, clean mind?" The *Journal of Neuroscience* discovered that too much of a mess significantly clutters up your brain's ability to process. Less chaos means more headspace for tackling that to-do list.
- 3 Breathe Easier**  
The American Lung Association notes that hundreds of thousands of dust mites can live in bedding, mattresses, upholstered furniture, carpets or curtains in your home, triggering allergies and asthma. Dusting regularly helps you breathe better by preventing respiratory issues and supporting a healthy immune system.
- 4 Fewer Falls**  
According to the Centers for Disease Control and Prevention (CDC), one in five falls causes a serious injury, such as broken bones or a head injury. Reducing home hazards, such as clutter, minimizes your risk of tripping and hurting yourself.
- 5 Eat Healthier**  
How you keep your cubicle can affect your food choices. A study published in *Psychology Science* showed people who worked in an organized area were twice as likely to opt for an apple over a chocolate bar than those who worked at a messy desk.
- 6 Sleep Better**  
The National Sleep Foundation found that people who wash their bedding and sheets about once a week, reported 19% better rest at night.
- 7 Burn Calories**  
This spring, you can get your gut and gutters in gear. The American Heart Association counts housework as moderate exercise, meaning you can burn as many calories vacuuming as you can on a leisurely walk.





# Which Should I Choose?

Emergency  
Department, Same Day  
Care, Provider Office or  
Telehealth Visit

By Cherry Odom, BSN, RN, NPD-BC

of a limb, difficulty breathing, profuse bleeding, major trauma from an accident or severe abdominal pain,” says Douglas C. Waite, MD, Senior Vice President and Chief Medical Officer of Covenant Health. “People who have complex medical problems or weakened immune systems should also visit the ED if they’re concerned a symptom may be related to their existing medical condition.”

### Same Day Care

If your issue is not a life-threatening emergency, same day care is your best choice. The following illnesses and injuries can be well-managed at these facilities:

- Common illnesses: colds, bronchitis, sinus infections, stomach bugs, earaches, sore throats, migraines, low-grade fevers and rashes
- Minor injuries: sprains, back pain, minor cuts and burns, minor broken bones or minor eye injuries/infections

## Always Call 911

Don't drive yourself to the emergency department if you believe you are experiencing heart attack or stroke symptoms, having difficulty breathing or suffering from serious trauma.

### Primary Care/Specialty Care Provider Office

If you need an annual physical or to see a doctor about an ongoing health concern, your primary care physician or advanced practice professional is the best resource. They diagnose a wide variety of medical conditions and are skilled at managing your health over time. If your issue is not urgent, simply make an appointment to be seen. If you need to be seen quickly, most providers offer same day in-person or telehealth appointments. If you have symptoms you think may be due to COVID-19 and they are not severe, you should contact your primary care provider first. They will best determine how you should be tested and managed.

Specialty providers offer advanced training in a particular branch of medicine, such as cardiology, endocrinology or orthopedics. Many may also perform surgery. If you have a serious and specific health issue, your primary care provider may decide to refer you to a specialty care provider for an expert opinion.

### Telehealth

Telehealth leverages technology to bring your care provider conveniently into your home. You may receive a medical assessment via your smartphone or computer, while talking with and seeing a provider. Check with your care provider if this would be an option for your specific need.

Telehealth use has significantly increased across the U.S. since the onset of COVID-19. This progressive and convenient option also minimizes exposure to others in a waiting room who may be ill.

If you or a family member has shortness of breath while watching TV, what would you do? What if you deeply cut your finger slicing tomatoes? What if you have a fever and a painful earache? Considering these scenarios and the decision you'd make about what level of care you need, could save you a considerable amount of angst and time.

Typically, you can access medical care in three settings: the emergency department (ED), a same day care center or in a provider's office. Knowing your options will help you make the right choice when time is of the essence.

### Emergency Department

The ED offers care in very serious or life-threatening situations. Common conditions treated there are:

- Sudden and/or severe pain
- Shortness of breath and asthma attacks
- Heart attacks and strokes
- Abdominal pain and prolonged vomiting
- Injuries from falls
- Auto accident injuries
- Burns
- Uncontrolled bleeding

“You should go to an ED if you are having a serious, possibly life-threatening issue, such as chest pain, loss of speech or function

### Be Prepared

It may be helpful for you to jot down your health information and carry it with you. Include your name, date of birth and any drug allergies. List all your medicines with the dose and when you take them. Add your health history conditions, such as high blood pressure, diabetes and others. Include the name and phone number of your primary care provider as well as your emergency contact.

### Be Informed

You can be sure you get the right care, in the right place at the right time by using your best judgement and carefully considering what type of care you need and how quickly you need it.





# The Air Out There

## Discover the Health Benefits of Going Outside

By Lindsey Grossman

**T**he family that gets outside together, improves their health together. After a long New England winter, it's time to come out of hibernation and connect with loved ones in the fresh spring air and warm sunshine. Fresh air not only cleans your lungs, it can also boost your mood, lower your heart rate, increase energy levels and even improve digestion (yes, that's right). Florence Nightingale knew the benefits of fresh air long before any scientific study. "It is the unqualified result of all my experience with the sick, that second only to their need of fresh air is their need of light," she once said. Read on for fun ways to cure that COVID-spawned cabin fever while boosting your well-being.

### Right In Your Own Backyard

Getting out doesn't have to mean going far. Planting a garden as a family or community creates some great teachable moments for

eating your veggies. And there's nothing more satisfying than sticking your hands in the dirt to de-stress.

### Into the Great Wide Open

Looking for a change of scenery? Take to the trails! Hiking not only decreases stress and anxiety, it's also great cardio. Or if the mention of a hike ignites eye rolls from your family, try geocaching. These GPS-based treasure hunts offer a playful way to explore your surroundings. Visit your area's parks and recreation website to learn more about how to play.

No matter where you go, it's gratifying just to know that the second you step out the door, you can reap fresh air's rewards. Spending 30 minutes sitting in the sun every day will earn you a full day's dose of vitamin D. Now all you have to do is lather on some sunscreen, head out and breathe in.

# Caring for Those Who Cared for Us

## Supporting Maine's Seniors

By Suzanne Dumaresq



According to the U.S. Census Bureau, Maine is home to more than 1.3 million people. As of today, nearly 23% of that population is 60 or older and that number is expected to grow to 31% by 2030.

Bangor Nursing & Rehabilitation Center (BNRC) has been trusted by generations of Bangor residents for providing long-term care and rehabilitation services for aging loved ones. In addition to a long-standing relationship with the community, BNRC has also maintained a long and fruitful relationship with St. Joseph Healthcare.

In December 2021, BNRC's community-led board of directors concluded the formal process of this 60-bed center becoming a full member of the Covenant Health family of organizations. As a result, BNRC now has access to a deeper pool of operational resources, clinical expertise and best practices that have been developed across Covenant Health's post-acute and assisted living communities as well as its three hospitals. In partnership with St. Joseph Healthcare, this also offers Bangor residents an expanded continuum of care.

"Health care is always changing," shares Melissa J. Martin, MSW, MLNHA, President/Administrator. "As a member of Covenant Health and with our strong relationship with St. Joseph Healthcare, we're confident in our ability to provide the greater Bangor community with award-winning post-acute care and services for years to come."

"The overall care our mother received from the nursing and support staff, as well as their attention to detail, was greatly appreciated," shared both Ashley Donovan and Briana Durso, the daughters of Catherine Durso, who was a resident for many years. "Our family truly appreciated the consistent communication and updates we received from the care team. Even during the pandemic, we were advised of the protocols put in place to keep our mom safe. We're very grateful for the quality of care she received at BNRC."

To learn more about Bangor Nursing & Rehabilitation Center, please visit [bangornrc.com](http://bangornrc.com). If you have specific questions about admissions, please call 207.947.4557 or email [admissions@bangornrc.com](mailto:admissions@bangornrc.com).



# Inflammatory Bowel Disease with Dr. Saifuddin

Tahira Saifuddin, MD, a board-certified gastroenterologist at St. Joseph Healthcare, answers questions about Inflammatory Bowel Disease.

## What is Inflammatory Bowel Disease (IBD)?

IBD describes two conditions — ulcerative colitis and Crohn's disease. Both long-term conditions involve gut inflammation. Ulcerative colitis affects only the colon or large intestine. Crohn's disease can affect any part of the digestive system.

Both illnesses cause a person's immune system to mistake food, bacteria and other materials often present in the intestine as hostile foreign substances. The immune system then attacks the lining of the intestines, resulting in chronic inflammation and severe gastrointestinal (GI) symptoms.

## What are the symptoms of IBD?

The symptoms may include abdominal pain and cramps, diarrhea, rectal bleeding, weight loss, fatigue, fever and anemia — all of which may come and go. Symptoms are often severe in the form of a flare-up followed by long periods of remission with few or no symptoms.

## How is IBD diagnosed?

Blood tests, including complete blood count, electrolytes and renal function, liver function tests and markers of inflammation, such as C-reactive protein or CRP, are typically the first tests performed.

After diagnosis, additional tests, including endoscopy, may be required before starting treatment. Endoscopic procedures allow the doctor to view many sections of the GI tract. These include colonoscopy, upper endoscopy, capsule endoscopy or balloon-assisted enteroscopy.

Imaging procedures, such as a CT scan and MRI, may also be needed to show more of the GI tract and tissues outside the bowel.

## Does IBD increase the risk of developing colon cancer?

Patients with ulcerative colitis and Crohn's disease do have a higher risk for developing colorectal cancer than the general population. It is important to discuss your risk factors with your doctor.

## What are the risk factors for colorectal cancer in IBD patients?

- Ulcerative colitis or a type of Crohn's disease called Crohn's colitis
- Eight to 10-year history of IBD
- Severe and/or extensive colon inflammation
- Bile duct inflammation and scarring
- Changes in cells that are precursors of cancer in the colon or rectum
- Family history of colorectal cancer

## What treatments are available for IBD?

Treatment usually involves various drug therapies or surgery. The goal is to reduce the inflammation that triggers signs and symptoms. In the most positive outcomes, this may lead to symptom relief and long-term remission.

## What can be done to minimize or manage IBD?

Unfortunately, nothing will prevent IBD. Certain dietary and lifestyle changes may help control the symptoms. Examples include smoking cessation, exercise, a healthy diet, prescribed medications, stress management and mental health care for anxiety or depression.

Digestive health issues are a common concern for many Americans. People with IBD are at a greater risk of developing other chronic health conditions, such as cancer, kidney disease and heart disease. As more people develop these diseases, the need grows for research and advances in treatment.



To learn more about **St. Joseph Gastroenterology**, visit [stjosephbangor.org](http://stjosephbangor.org) or scan this QR code.

To make an appointment, call **207.907.3550**. If necessary, be sure to secure a referral from your primary care provider.





Early Flight, an acrylic on canvas. Artist - Cheryl M. Coffin

# Art Helps Heal

By Suzanne Dumaresq

**H**ealing and caring for the whole person is our mission at St. Joseph Healthcare. We passionately believe art helps healing. One especially inspiring approach St. Joseph Healthcare has taken to help heal is to consistently evolve its Healing Arts Program.

The program is supported by the Healing Arts Commission, a dedicated group of community volunteers, including Deb Dall, Jean Deighan, Mary Hollister, Kathy Lena, Miki MacDonald, Katie Schaffer and Jeff Wahlstrom. It focuses on:

- Partnering with the community on various creative projects
- Enhancing the hospital's environment by displaying art and sharing music
- Improving patients' experience by bringing art into rooms
- Encouraging Maine artists to showcase their artwork on campus
- Hosting four annual art shows at The Gallery at 900 Broadway
- Promoting virtual art openings to accommodate the community

"Displaying art, opening exhibits and hosting musicians is a powerful way for St. Joseph Healthcare to bring the community together," shares Katie Schaffer, a founding member of the committee. "As soon as artwork is hung and an exhibit opens, or a performance begins, it is readily appreciated by patients, family members, visitors and staff. It's our pleasure to offer access to all sorts of beautiful art and an opportunity to reflect."



## Get Involved

The Healing Arts Program is 100% volunteer-led and donor-funded. If you'd like to learn more, please visit [stjosephbangor.org](http://stjosephbangor.org) or scan this QR code.



# Renew Your Resolution & Support Your Community

## Commit to Get Fit on September 25 at Broadway Park

By Erin McKenney



Scan this QR code to register now and to set your intention to walk or run a 5K or 10K. Don't forget to sign up the little ones for the Kids Fun Run! We can't wait to see you!

## Get Ready!

1. Warm up before runs with some light movement.
2. Don't worry about your speed, focus on increasing your running time.
3. Do a 5-minute cool down walk after a run.
4. Stretch after your run to increase flexibility and avoid injury.

**D**id you make a New Year's resolution to get moving, improve your fitness or spend more time outside? Now that it's spring, renew your resolution with us!

St. Joseph Healthcare has challenged our community to commit to get fit in 2022! Start training now and join us for a walk/run at our annual Commit to Get Fit event on Sunday, September 25, at Broadway Park in Bangor. Whether it's your first 5K, a favorite annual tradition, or an easy way to get the whole family outside together, Commit to Get Fit is a great way to help reach your goals this year. There's even a fun run for kids!

All proceeds from race registrations, donations and sponsorships will benefit the St. Joseph Healthcare's Sexual Assault

Forensic Examiners (S.A.F.E.) program. This program provides professional, trauma-informed nursing care for survivors of sexual assault and domestic violence, elder and child abuse and human trafficking. The continuing support from the annual Commit to Get Fit event has helped the S.A.F.E. program grow its impact. In 2021, we served 186 survivors and educated 593 community partners. In 2022, the event proceeds will help us hire more S.A.F.E.-certified nurses, so that this invaluable program can be available 24/7 to survivors throughout Maine.

Last year, 486 people took on the Commit to Get Fit challenge and ran or walked with us. This year, you can too! Do it for you, do it for your community.





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# Being a nurse is rewarding.

**At St. Joseph Healthcare it's also empowering.  
We wholeheartedly believe in:**

- Our nurses playing a significant role in point of care decisions
- Recognizing nurses who demonstrate clinical expertise, leadership and more through a Professional Recognition for Excellence Program
- Offering competitive salaries, comprehensive benefits and a collaborative culture
- Encouraging work/life balance, self-care and community involvement

**Learn how you can join our nursing team  
by visiting [stjosephbangor.org/careers](https://stjosephbangor.org/careers)**

