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## \$1.5 Million Received for Age-Friendly Renovations

In March, U.S. Senator Susan Collins announced she had secured \$1.5 million for age-friendly renovations at St. Joseph Hospital in the Fiscal Year 2022 Health and Human Services Appropriations bill.

“St. Joseph Hospital provides world-class health care services to thousands of people each year, including a high percentage of older Mainers,” said Senator Collins. “This funding will help make needed, age-friendly renovations to the hospital’s 60-year-old facilities. It will improve their ability to care for our aging population and enhance the overall inpatient experience.”

The money from the appropriations bill will help us start phase one of renovations on the fourth floor of the hospital, which houses the inpatient surgical and orthopedic units. The updates will increase patient safety, provide a comfortable environment for care, improve patient satisfaction and reduce health care costs for the 1,000 inpatients who utilize these services each year. A complete, age-friendly renovation of the floor is estimated at \$7.5 million. The \$1.5 million federal award will allow St. Joe’s to initiate this process.

“As a community health care system that cares for an aging population, we are grateful for the support from Senator Susan Collins and other members of the congressional delegation. Thanks to their support, St. Joseph Healthcare will receive funding to become an Age-Friendly Health System,” says Mary Prybylo, president of St. Joseph Healthcare. “Operating under this model of care means value is optimized for all — patients, families, caregivers, health care providers and the organization. It demonstrates a continued commitment to quality care for our community — meeting them where they are in their health journey. Having support at a federal level for such important initiatives allows us to enhance the care and experience our patients receive and deserve. We are excited to embark upon these projects to transform our organization to better meet the needs of our community.”

## Two Easy Ways to Stay Connected With Your Health Care Provider

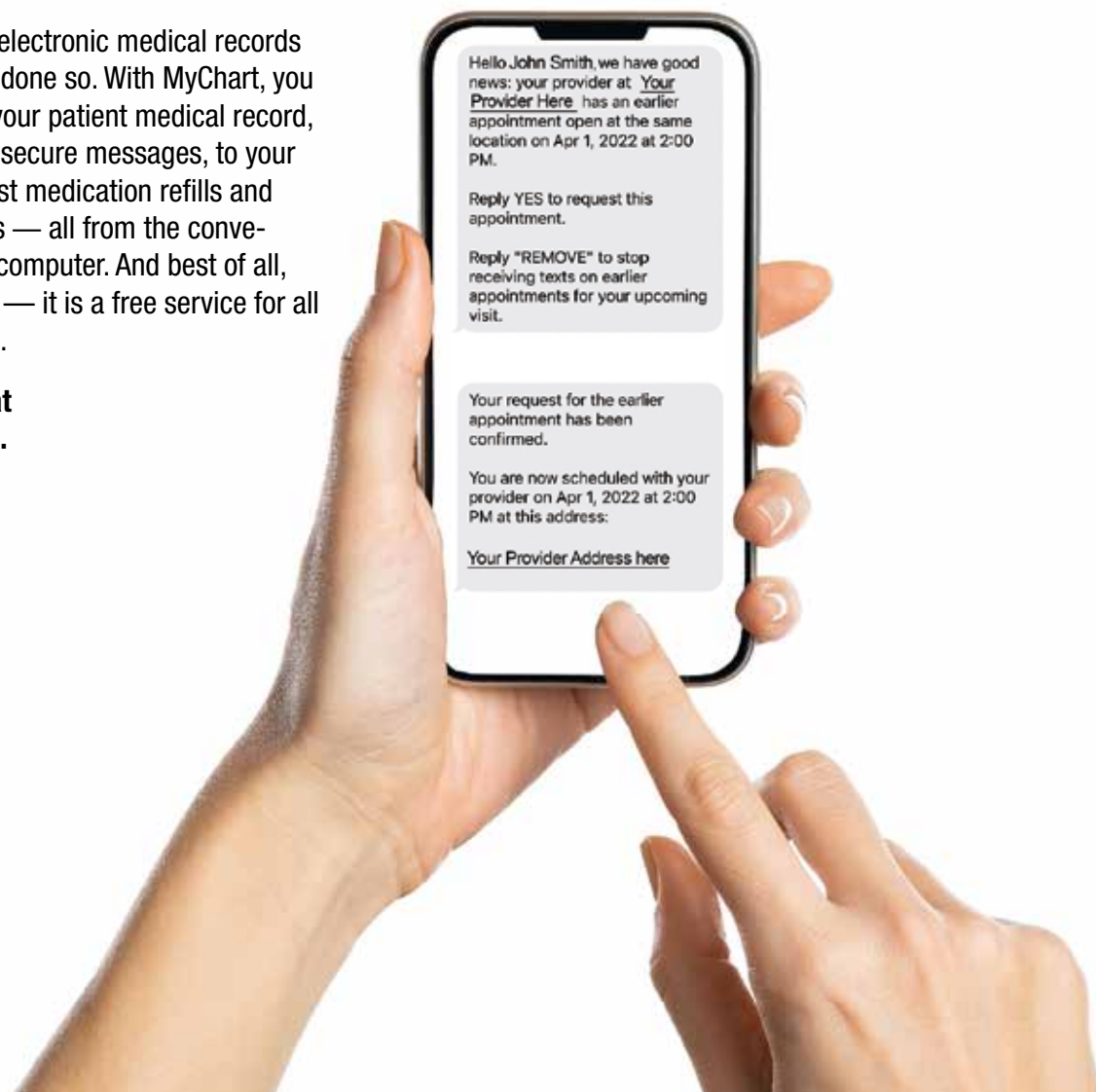
At St. Joseph Healthcare, we want to make it as easy as possible to stay in touch with your health care providers. This ensures your experience is better in the moment while also helping strengthen your relationship with your provider. We're excited to share two options, including a brand-new way, to help you stay connected.

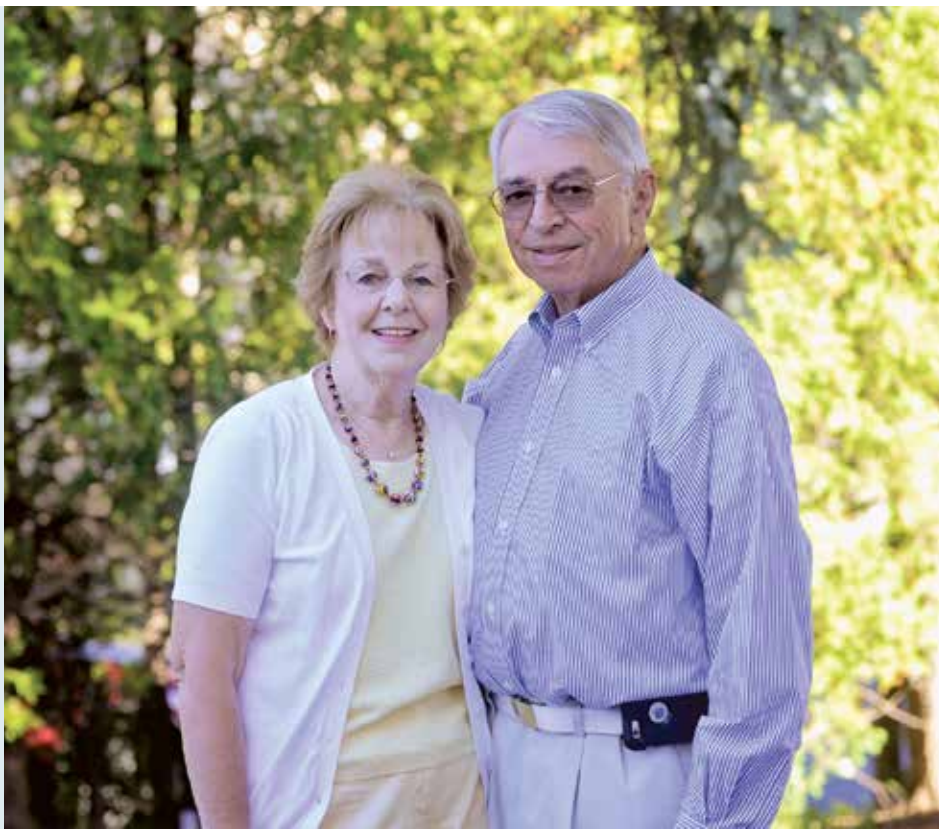
1. New! You can now easily confirm, reschedule or cancel your medical appointments through text, email, or voice confirmations and reminders. You may also receive a notification if an earlier appointment becomes available.

Texts or phone calls will come from a (603) New Hampshire area code to the phone number we have on record for you. You may opt out at any time from future messages by replying STOP to the text or voice message. You may also unsubscribe from email messages by clicking the unsubscribe link in any message you receive. To opt back in to text messages, respond START to a text message or call our office. This upgraded experience will allow you to efficiently receive notifications from your health care team.

2. Sign up to use MyChart, an electronic medical records system, if you haven't already done so. With MyChart, you can safely access portions of your patient medical record, request an appointment, send secure messages, to your provider and care team, request medication refills and view select lab and test results — all from the convenience of your smartphone or computer. And best of all, there is no fee to use MyChart — it is a free service for all St. Joseph Healthcare patients.

**Learn more about MyChart at**  
**[stjosephbangor.org/mychart](http://stjosephbangor.org/mychart).**





*"Our livelihood and comfort have come from the community, so we feel strongly about reinvesting in our community."*

*— Bill Demaso*

## Bill and Marie Demaso Make a Magnificent Gift

Over the course of decades, Bill and Marie Demaso have given so much of themselves to St. Joseph Healthcare. Marie was active for years with the hospital's Auxiliary, while Bill served on the hospital's board of trustees from 1994 through 2021. During this time, they have been among our most consistent and impactful benefactors.

In December, Bill and Marie elected to contribute shares of highly appreciated stock and monies from his and Marie's individual retirement accounts. Bill has years of practical experience in and analyzing the stock market, and used that knowledge to make many of his charitable giving decisions.

"A gift of highly appreciated stock that has been held for at least one year offers tremendous tax benefits for donors, as does a gift from one's IRA, assuming the donor is at least 70 1/2 years of age," says Brad Coffey, foundation president. "The Demasos are incredibly thoughtful when it comes to their philanthropy. They are deeply supportive of several important charities in the Bangor area. St. Joe's is fortunate to be among them."

According to Bill, "Our livelihood and comfort have come from the community, so we feel strongly about reinvesting in our community. St. Joseph Hospital has always been one of our favorite organizations."

The Demasos' gift will be used to help renovate the hospital's main lobby and make improvements to its inpatient facilities.

In response to their gift, St. Joseph Healthcare president Mary Prybylo shares: "I am incredibly grateful to Bill and Marie Demaso for this gift and for their extraordinary generosity over many decades. We are most fortunate to have them as members of the St. Joe's family."

If you would like to learn more about making a gift to St. Joseph Healthcare Foundation of appreciated securities and/or qualified charitable distributions from your IRA, please contact the foundation president, Brad Coffey, at 207.907.1740.

*“Having the ProFound AI makes me feel even more confident in my interpretation of a mammogram ...”*

— Guillermo Olivos, MD

## iCAD's ProFound AI Mammography Technology Saves Lives

Thanks to the support of many generous donors and a grant from the Stephen and Tabitha King Foundation, St. Joseph Healthcare upgraded its 3D mammography system with new ProFound AI, or artificial intelligence, technology.

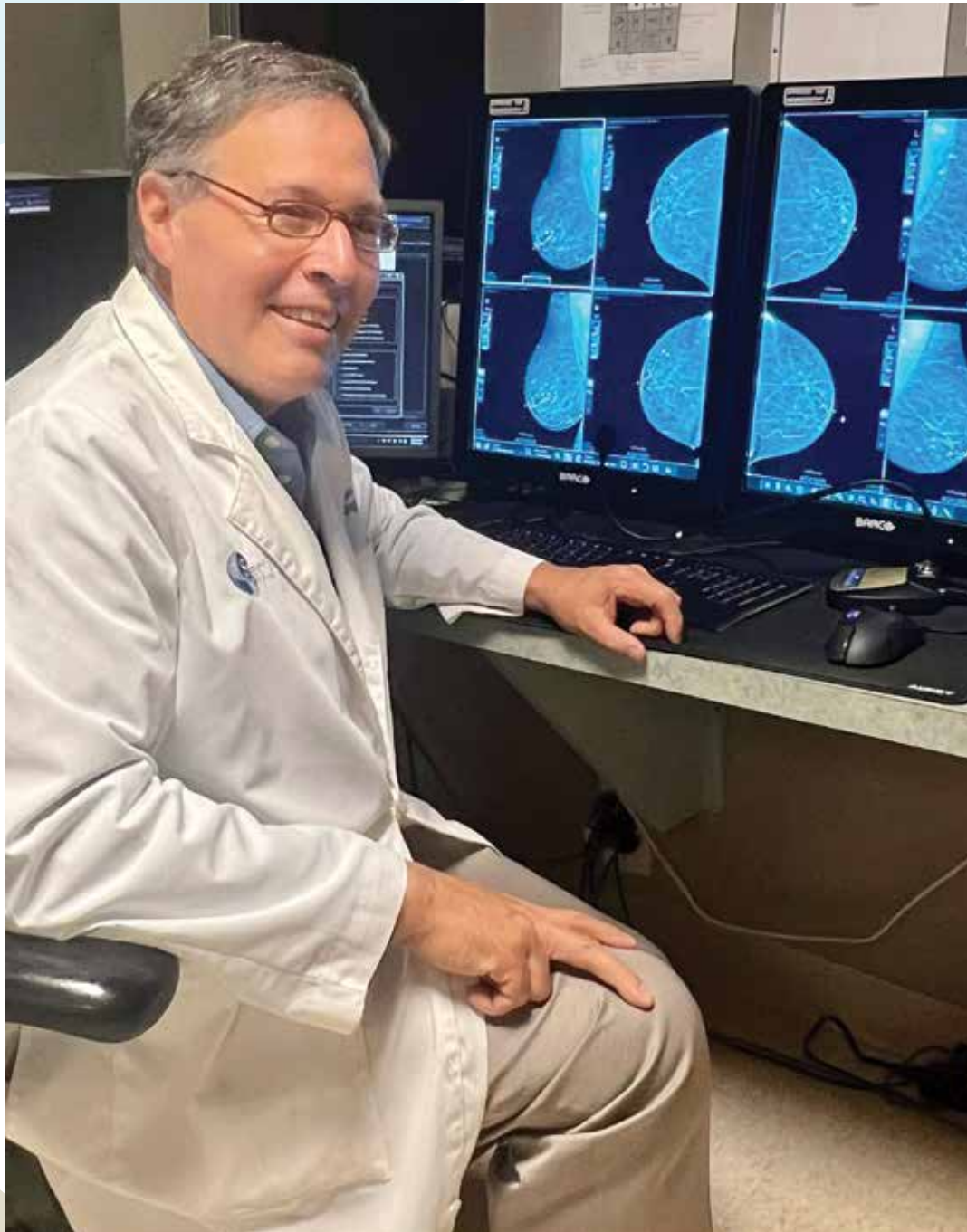
ProFound AI's innovative features transform the diagnostic experience — enabling the detection of cancer earlier with far greater precision, which leads to improved treatment and outcomes for cancer patients.

ProFound AI provides a second electronic look at the multiple mammogram images included in a radiologist's evaluation. It highlights irregular areas within the breast tissue that require further review. In some cases, it can even highlight areas too small for the human eye to recognize as a potential cancerous tissue pattern — even in dense breast tissue.

The upgrades were installed in January and have already shown excellent results. “Having the ProFound AI makes me feel even more confident in my interpretation of a mammogram,” says Guillermo Olivos, MD. “I feel reassured when the system double-checks my work and doesn't find anything of note. Occasionally, it has called my attention to some subtle areas that I gave a closer inspection before making my final report. I am grateful to have this unique tool to help care for my patients.”









PRESENTING SPONSOR



4TH ANNUAL!  
**Sunday, September 25**  
**Broadway Park, Bangor**



## Why *Commit to Get Fit*?

We asked Tracy Bennett, a physician assistant in general surgery at St. Joseph Healthcare and member of the volunteer committee that helps plan *Commit to Get Fit*, why participating in this event is so important. Here's what she shared:

**1. For lifelong fitness:** We all know you don't get fit in a day. For most people, running a 5K or a 10K requires training. When you sign up to participate, you're committing to getting yourself moving and working toward your goals.

*"Fitness is something that is really important to my family," says Tracy. "My kids play soccer and love to stay moving. My husband and I need to keep up!"*

**2. For building a strong community:** When you get involved in a community event like this, good things happen. When you and others show up, you're building a beautiful community together. And when everyone pitches in, making a difference is so much easier.

### PLATINUM



### DIAMOND



Norlen's  
 Water  
 Treatment

### PARTNERS



### CHAIRMAN'S SOCIETY



Dennis and Jane Schubert



**3. To support the S.A.F.E. Program:** Perhaps you, like many other people, know someone who has received confidential care from the S.A.F.E. program. This program provides professional nursing care for survivors of sexual assault and domestic violence, elder abuse, child abuse, human trafficking, and self-inflicted strangulation. There is a growing need for this program as more people are referred to St. Joseph Healthcare for this unique care. The goal of this year's *Commit to Get Fit* event is to raise enough money to make this program available 24/7 to survivors in need.

Why do you *Commit to Get Fit*? Registration is open for the 5K, 10K and Kids Fun Run.

[stjosephbangor.org/c2gf](http://stjosephbangor.org/c2gf)



PRESIDENT'S COUNCIL



SAMARITAN



*St. Joseph Healthcare is grateful to the city of Bangor as well as our business sponsors, community partners and volunteers for collaborating with us to present Commit to Get Fit 2022.*





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5K | 10K | KIDS FUN RUN

2022

4TH ANNUAL!

**Sunday, September 25**

**Broadway Park  
Bangor**

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