



Easing the Burden of Accessing Pre- and Postsurgical Care for Rural Patients

In June, St. Joseph Healthcare was awarded \$100,000 from the Federal Office of Rural Health Policy toward the goal of establishing a surgical telehealth planning and facilitation network to better serve our rural patients.



We will partner with Islands Community Medical Services, Jackman Community Health Center, Harrington Family Health Center and St. Croix Regional Health Center to develop a process for patients receiving surgery at St. Joe's to receive pre- and postsurgical care locally through their providers with the aid of newly certified facilitators.

The goals of this planning grant include:

- Observing the process of a surgeon's visit with a patient to identify skill and knowledge gaps
- Creating a reproducible model of facilitated surgical telehealth services
- Creating a process for training and credentialing rural site telehealth facilitators, including the development of a Certified Telehealth Facilitator Course at Eastern Maine Community College

This important work will ensure that surgical patients who live in rural areas get the pre- and postoperative care they need close to home.

Our Hospice Angels: Dr. Regina Christianson

The Rev. Dr. Regina Christianson, a chaplain at St. Joseph Healthcare in Bangor, connects with patients at the hospital and in hospice to offer spiritual support, pastoral care and much more.

Regina was recently at the hospital visiting a patient who was fond of the Bangor Symphony Orchestra, which was performing Celtic music outside her hospital room door. The patient told Regina that Celtic music had meant a great deal to her over the course of her life. Regina shared that she played the Celtic harp, and the patient requested that she bring it for the next visit.

Early one morning, Regina received news that the patient was transitioning to hospice care, so she packed up her Celtic harp and hurried to her side. “When I arrived, I anointed the patient, prayed with the family and played several pieces on the harp. As I prepared to depart, her son asked me to play one more piece on the harp.

During that piece and in that holy moment, the patient quietly and gently passed,” says Regina. “It is my honor to have served this patient and her family.”



Hospice Angels

Like Rev. Dr. Regina Christianson, we have many in our community who support our hospice patients. Hospice Angels are special St. Joseph Healthcare donors who help support the patients in hospice care and their families.

Bob and Maggie Flynn are among them. “St. Joe’s hospice program has for many years made a difference to many people we have known and cared about. It’s why we have been giving. Doing so gives us great joy.”

Donations to the hospice program are used to purchase personalized gifts for hospice patients — gifts that will bring them joy and provide them comfort or to acknowledge a family’s loss.

For more information on Hospice Angels, please visit stjosephbangor.org/supporthospice.

“It is my honor to have served this patient and her family.”

— Rev. Dr. Regina Christianson



New Nuclear Image Technology Helps Diagnose Cardiac Patients

Have you ever wondered what the Nuclear Medicine Department does? April Ball, lead nuclear medicine technologist, says, “Half of what we do is cardiac imaging. This means we take a picture of a patient’s heart to see how it’s functioning. The image helps cardiologists diagnose issues and create a treatment plan.”

This September, Nuclear Medicine’s camera is being upgraded with a new SPECT/CT camera. This unique type of medical imaging camera shows functional information and anatomical structures together. The two different types of images are taken during one exam, and the pictures are merged to provide more precise information about how your body is functioning.

This new camera’s images, with high image quality and CT scan overlays, will aid our providers in more easily identifying disease and more quickly creating a patient’s treatment plan.



Welcome Tahlia Hadley, MDiv, Director of Mission Integration

Tahlia Hadley, MDiv, has joined the St. Joseph Healthcare team as the Director of Mission Integration and Spiritual Care. Tahlia is new to Bangor and to Maine! She grew up in Connecticut and graduated from the College of Saint Rose in Albany, New York. She has a Master of Divinity from St. Bernard's School of Theology and Ministry and completed Clinical Pastoral Education at Albany Medical Center and Loyola University Medical Center. She has worked for the past 14 years in ministry, most recently in mission integration at St. Peter's Health Partners.

Tahlia is married and has a full house with three kids, a dog and a cat. She likes spending her free time reading, being outdoors and supporting her husband in his unwavering love of the Buffalo Bills. Please join us in welcoming Tahlia to our community!

welcome

New Urology Care Thanks to Many Who Gave

Maine has the highest percentage of people aged 65 and over among all 50 states. As we age, it is common to experience urological issues.

Our community cares about ensuring that vital healthcare services, like urology, are available to all. This was demonstrated this past November and December when 69 individuals and one foundation contributed \$103,345 that was used to purchase a urodynamics system, a diagnostic tool, for the hospital's growing urology department.

We are pleased to share that the new system is in place and is making a big difference for our community. Having the urodynamics system implemented was a requirement before we welcomed two new urology professionals to our team. Today, Laura Leddy, MD, and Nicole Lee, PA, are part of the team. The practice is seeing an average of 75 more patients each month and has significantly reduced appointment wait times.



“I am particularly grateful to the many people who contributed to purchasing the urodynamics system for my patients and this community. This is vitally important equipment for what I do. It will help me treat people. Thank you to all who gave.”

— Laura Leddy, MD





5 ANNUAL!
Sunday, September 24
Broadway Park



Getting and Staying Involved To Make Her Community a Better Place

Meet Alice Clifford. Alice has lived in Bangor for 30+ years with her husband. An attorney with two adult children, she frequently exercises to stay fit and is involved in helping to make her community a better place.



How It Began

“I was lucky enough to be born into a family that enjoyed outdoor activities — and Maine is a beautiful place to be outdoors,” says Alice. “I’ve been an active person since I was very young.”

Alice never let anything stop her from achieving her goals. She was the only girl on her Little League team, was a founding member of the women’s rugby team at Providence College, rode her bicycle across the United States to support the American Lung Association and completed the Maine Lung Association’s Bicycle Trek across the entire state 12 times!

Alice shares, “These days, I have a 160-pound Newfoundland dog named Finn that I like to walk, but my primary source of exercise is going to the gym.”

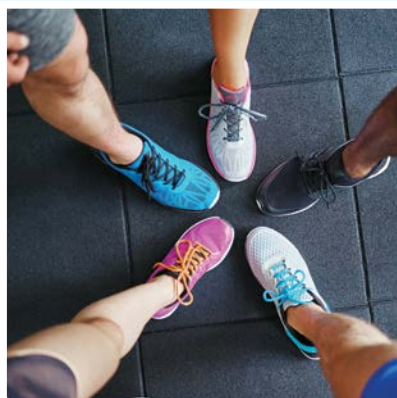
Getting and Staying Involved

Alice enjoys combining staying active and fit with getting involved and supporting her community. She has volunteered for or participated in St. Joseph Healthcare’s Commit to Get Fit since its inaugural year 2019.

At a young age, Alice’s parents instilled in her the importance of community service and giving back. She says, “One year, I volunteered for Commit to Get Fit, and it was raining — and the course flooded. My job was to ensure all the walkers made it through the course. The last walker

WALK | RUN | CHEER! or VOLUNTEER

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crossed the finish line after three hours of walking in the rain. I was so inspired!"

Alice has also participated in this event because she thinks it is crucial to support the Sexual Assault Forensic Examiner (SAFE) program at St. Joe's. She says, "The program is a precious resource in our community that we're lucky to have. I've worked as a prosecuting attorney at the Penobscot County/Piscataquis County District Attorney's office for 34 years. I see firsthand the need for SAFE services in our community, which motivates me to get involved and stay involved year after year."

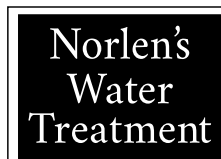
Register Today for Commit to Get Fit



Join Alice in supporting St. Joseph Healthcare's SAFE program while you take care of yourself by keeping active, and commit to walking or running in Commit to Get Fit on Sunday, Sept. 24, at Broadway Park in Bangor. Registration is open now. **Please visit stjosephbangor.org/c2gf for more information.**

St. Joseph's 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 2023.

THANK YOU TO OUR SPONSORS!



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