

Community Connection

Quarterly News July 2016

To learn more about these and other topics,
go to www.nmmc.org
or call 207-834-1353.



Awards

NMMC Named One of the Greatest in the Nation

NMMC has been named a Great Community Hospital by *Becker's Hospital Review*. The *Becker's* editorial team selected hospitals for inclusion based on rankings and awards from such organizations as iVantage Health Analytics, Truven Health Analytics, Healthgrades, CareChex, the American Nurses Credentialing Center and the Leapfrog Group. In 2016, *iVantage*, an expert in the field of data management, named Northern Maine Medical Center a Top 100 Rural & Community Hospital, and *Healthgrades*, a leading online resource for comprehensive information about physicians and hospitals, gave NMMC a Patient Safety Excellence Award. Peter Sirois, NMMC CEO said, "Like many hospitals across the State and around the country, we are focused on increasing



the quality of healthcare that we provide, reducing the cost of healthcare and proactively improving the overall health of the people we serve." NMMC is joined by only one other hospital in the state of Maine, Mid Coast Hospital, in Brunswick.

Health and Wellness -Tick bites

Local providers have been seeing patients coming to the office with tick bites. Whether you are vacationing locally or in other parts of the state, or if you are simply working in your yard, follow these simple steps recommended by the Center for Disease Control to keep yourself and your family safe from tick-borne diseases this summer.

When enjoying gardening, camping, hiking, and playing outdoors, take steps to prevent bites from ticks that share the outdoors.

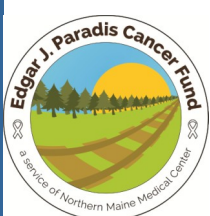
1. Use an insect repellent with DEET
2. Check for ticks when you come indoors.
3. Shower after being outdoors.
4. Contact your health care provider's office with any concerns about a tick bite.

Even in the absence of symptoms, if a deer tick is estimated to have been attached for more than 36 hours, treatment is indicated and should occur within 72 hours of tick removal. To learn more about Ticks and how to protect yourself, go to <http://www.cdc.gov/features/stopticks/>.



Stay healthy this summer!

Events -Tour de la Vallee



The 26th annual Tour de la Vallee, a bicycle tour and walkathon/marathon of the St. John Valley, sponsored by the Edgar J. Paradis Fund & Northern Maine Medical Center, is scheduled for August 21. Bikers, runners & walkers are welcome! There is an event for every interest!

Proceeds support St. John Valley families who are dealing with cancer. Event Start and Finish will be at the Lion's Pavilion, Riverside Park, Fort Kent, Maine. To learn more, go to www.paradiscancerfund.org. To volunteer, contact Roland Paradis at 207-543-7475.

New Provider

Melissa Stoliker, PMHNP

Northern Maine Medical Center is pleased to announce the addition of a new provider to the Fort Kent Behavioral Health Practice.



Mrs. Stoliker offers individual, group and family therapy and is qualified to manage both adults and children. Her practice is located at NMMC's Behavioral Health Office in Fort Kent.

**New patients are welcome.
To make an appointment,
call 207-834-3101.**

Patient Financial Resources Available

Navigating the world of complex health insurance coverage can be a daunting task for the consumer.

Northern Maine Medical Center has invested in resources to assist patients in making informed healthcare decisions. A special section has been added to the hospital's website to provide information as well as guidance related to: financial assistance, pricing information, insurance resources and numerous links to state and federal insurance related websites. Patients also have access to a dedicated Patient Financial Counselor who is on staff to assist patients with insurance matters, completion of financial applications, answer billing questions or assist you with pricing information.

Visit the Patient Financial Counselor Office in the main lobby, Monday through Friday or call 207-834-1442.



New Service

Lymphedema Treatment is now being offered to patients through the Therapy Department at NMMC. Sarah Levesque, an Occupational Therapist, is a Certified Lymphedema Therapist.

Lymphedema is a high-protein chronic swelling that can take place in the arms, legs, neck, torso, breasts, or genitals. Lymphedema is often associated with post cancer treatment or surgeries. It can be present from birth but can also occur with vascular problems such as chronic venous insufficiency.

Patients may be referred from their primary care doctor, oncologist, or other doctors who deem treatment necessary and appropriate. To learn more, call 207-834-3387 or email sarah.levesque@nmmc.org.



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People you Trust.**