

To read more about these and other topics, go to [www.nmmc.org](http://www.nmmc.org).

## Online Bill Pay Now Available

As part of improving the overall patient experience, online bill pay is now available. The option provides a safe and secure way to pay bills and can create efficiencies. Online bill pay may be accessed with a click of a button at [www.nmmc.org](http://www.nmmc.org). When you first sign up for an online bill pay account, you will be guided to create an account



using a user name and password. Mailed paper statements will continue to be available but you may select the option for online statements

right from your electronic account. To learn more, contact Sandy Collin at 207-834-1817 or email at [sandy.collin@nmmc.org](mailto:sandy.collin@nmmc.org).

## Tai Chi for Arthritis Program

In partnership with the Aroostook Area Agency on Aging a new program is being offered to benefit the health of our communities. The Tai Chi for Arthritis Program is *FREE* and begins on 2/16/17 for 10 weeks. Tai Chi is a gentle slow moving



exercise that promotes health and mental relaxation. It has been proven to improve flexibility and balance,

ease muscle and joint pain and reduce the incidence of falls. The program is easy, enjoyable and safe for anyone to learn. **Sign up today! Class size is limited.**

To learn more, contact Joanne Fortin at 207-834-1353 or email at [j.fortin@nmmc.org](mailto:j.fortin@nmmc.org).

## Save the date for Cancer Fund

The Edgar J. (Guy) Paradis Cancer Fund will be recognized in the 2016 annual community report for its work in supporting local families dealing with a cancer diagnosis. A celebration is planned for April 28, 2017 at Lonesome Pine Lodge. To learn more, contact Robin Damboise at 207-834-1307. Tickets: \$20



## Winter Festival



### Rally in the Valley for Kids!

February 25, 2017

12 -2pm

Four Seasons Lodge

Madawaska

Registration 11 -noon

Pre-registration is available.

Contact Gail Lamarr at:

207-834-1459 or [gail.lamarr@nmmc.org](mailto:gail.lamarr@nmmc.org)

*Free snacks, gifts & chance to win a door prize!*

## Certified Financial Counselors

To navigate through the maze of insurance plans and benefits options, whether a patient is in the hospital, or is seeking assistance in understanding a bill, the financial advocates at NMMC are able to advise patients of their financial obligation and assist them with insurance matters and activation of coverage. To learn about the different options available to pay a bill or to set up a payment plan, call 207-834-1442.

## Take Control of Your Health

A resource guide for access to indoor facilities has been developed in collaboration with several local community partners. The guide includes listings for free or discounted access to facilities for walking inside during

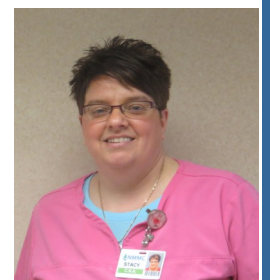
winter months and inclement weather. To access the resource guide, visit [www.nmmc.org](http://www.nmmc.org) or call Joanne Fortin at 207-834-1353.



## Employee of the Quarter Honoree

Stacy Theriault was selected by her peers for this quarter's award based on her record of going above and beyond in her care for patients and their families where she works on the Swing Rehabilitation Unit at NMMC. The nomination described Theriault as excellent and truly caring for her patients in her daily advocacy of promoting a great experience.

**Congratulations Stacy!**



# Care you count on. People you Trust.

To read about the action plan for the Community Health Needs Assessment go to <http://www.nmmc.org/community-health-needs-assessment/>