

Community Connection Quarterly News October 2017



Premier Event

Annual Dinner and Silent Auction November 4, 2017

5 pm cocktails & social
6 p m dinner & auction followed by a dance



The Nutcracker themed premier event includes appetizers and a delectable four course dinner. The auction features exceptional and unique gift items. Net proceeds to benefit the Operating Room Renovation Project. Tickets must be purchased in advance. Call Robin at 834-1307.

Education

Third Annual Cancer Education Event Saturday, October 14, 2017

Lakeview Restaurant
10 am—1 pm

To learn more or to register contact Robin at:
207-834-1307 or robin.damboise@nmmc.org

Health and wellness

October marks National Breast Cancer Awareness. Other than skin cancer, breast cancer is the most common cancer among American women. Getting mammograms regularly can lower the risk of dying from breast cancer. The United States Preventive Services Task Force recommends that **if you are 50 to 74 years old, be sure to have a screening mammogram every two years.** If you are 40 to 49 years old, talk to your doctor about when to start and how often to get a screening mammogram.

Early detection saves lives!

People to Watch



Dr. Silwana Sidorczuk has been named a Fellow by the American Academy of Family Practitioners (AAFP). The Degree of Fellow recognizes AAFP members who have distinguished themselves among their colleagues, as well as in

their communities, by their service to family medicine, by their advancement of health care to the American people, and by their professional development through medical education and research. Dr. Sidorczuk has been active with the AAFP since 2014 and she is currently President Elect of the Maine chapter of the AAFP. She has been very active in the education and political arena at the state level and is a strong advocate for her patients. Currently, she is working at the fifth grade level with all of the St. John Valley schools to raise awareness about the risks of tobacco use.

Congratulations Dr. Sidorczuk!

Renovation Project

To ensure the best care for our surgical patients, the hospital's Board of Trustees is working on a feasibility study to determine the direction for the renovation of the Operating Room. With best practices guiding the OR Renovation Planning Committee, the project would consolidate all surgical related services in a central area and afford opportunities to create efficiencies for the OR, sterilization and the endoscopy service.



To read more about these and other topics, go to www.nmmc.org.

To access NMMC's Community Health Needs Action Plan, follow this link:

<http://www.nmmc.org/community-health-needs-assessment/>