

People to Watch

Annual Report dedicated to Volunteers

Volunteers are an important addition to the healthcare team and they play a critical role in the hospital's and the nursing home's mission to ensure a positive patient experience. For this reason, these dedicated individuals were selected this year for the Northern Maine Medical Center 2017 Annual Report dedication.

Whether it is answering a question, escorting someone to their destination, reading, praying, pet therapy, playing games or music—even a simple friendly smile or conversation, can and does make a difference.

We thank all the volunteers at Forest Hill and Northern Maine Medical Center who freely donated nearly 3,000 hours of their time in the past year to enrich the lives of our patients, residents and the public we serve.

To access the full 2017 Annual Report, visit us at www.nmmc.org in the *About Us* section.



Important Notice



Recognizing the richness that abounds in our local agriculture, we are seeking to support local farmers while providing our patients and employees with nutritious and delicious meals using locally grown seasonal produce.

REQUEST FOR PROPOSALS

For an application to submit a proposal, contact Casey Cote at:

Phone: 207-834-1314

Email at casey.cote@nmmc.org

Deadline for submission of RFP
May 31, 2018

New Provider



Dr. Shahriar Anoushfar joined the Surgical Team in March. He is a Fellow of the American College of Surgeons, the American College of Osteopathic Surgeons and he is Certified by the American Osteopathic Board of Surgery. He was educated at the New York College of Osteopathic Medicine and completed his residency at Peninsula Hospital Center, Far Rockaway, New York and St. John's Episcopal Hospital, South Shore, New York. Dr. Anoushfar is experienced in colorectal, breast, endocrine and trauma surgery and he has a special interest in gastrointestinal endoscopic and surgical procedures.

For an appointment, in Fort Kent or Madawaska, call 207-834-3060.

Health and wellness

5K Superhero Walk/Run event.

Join us on May 19, 2018

Registration Fee is \$10 for adults and FREE for participants age 12 and under. Prizes will be awarded for best race times and costumes.



Wear your favorite superhero costume!

FREE T-shirts to first 100 participants

FREE snacks and beverages

To learn more, call 207-834-1353 or register online at <https://bit.ly/2GPUqh3>.

SAVE THE DATE!

Rally in the Valley Mountain Bike Festival -6/2/18 FMI call 834-1304

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

