

### Welcome New Provider !

Alexandra Roberts, MD, will be joining the Medical Staff on July 31. Dr. Roberts earned her medical degree in Family Medicine, magna cum laude, from Saint George's University School of Medicine, Grenada, West Indies. She completed a residency program in Family Medicine at the University of Massachusetts, Worcester, MA where she was nominated as outstanding resident. Her medical interests include: prenatal care with obstetrics, addiction medicine, hospital medicine and women's health along with rural, wilderness and global health. She joins the Fort Kent Family Practice & Obstetrics Team at the hospital's main campus. To make an appointment, call 207-834-6140.



### Health & Wellness Outreach Program



*Save The Date*

You are invited to join us every Tuesday for free educational sessions on various healthcare topics.

**LOCATION:** NMMC Pharmacy conference room  
104 Main St., Madawaska

**TIME:** 1 –3 pm Drop in anytime during these hours and hear from a trusted healthcare professional.

Phone: 207-728-7200

Email: [nmmcpharmacy@nmmc.org](mailto:nmmcpharmacy@nmmc.org)

### Health and Wellness

Lyme Disease –are you protected?

#### Cause:

The Lyme disease bacterium is transmitted to humans through the bite of infected ticks, usually nymphs, which are the size of a poppy seed

#### Symptoms:

- fever
- headache
- fatigue
- characteristic skin rash

#### Prevention:

- Use insect repellent
  - Check for ticks daily & promptly remove ticks
  - Shower as soon as possible after being outdoors
- Untreated infection can spread to joints, the heart and nervous system. The good news is that most cases can be treated with antibiotics.

**Call your doctor if you get a fever or rash.**

To learn more go to [www.cdc.gov/lyme](http://www.cdc.gov/lyme)

### Stay in the Loop

To receive updates & e-news from NMMC, send an email to [j.fortin@nmmc.org](mailto:j.fortin@nmmc.org)

### Four-Story Historic Expansion



Construction of a historic four-story addition to the hospital began in May. The largest project ever launched by the hospital will enable NMMC to build two new

operating rooms and the addition of a larger elevator dedicated for patient use only. A new laboratory, new cafeteria and therapy space for the behavioral health units, along with other support services, will be included in the project. To make a donation or to learn more, go to [www.nmmc.org](http://www.nmmc.org).

### Unique Credentials Earned

Dean Lavoie has successfully completed a thirty two hour course of instruction complying with ANSI/ASSE 6040 Medical Gas Systems for Maintenance Personnel. He is the only individual at NMMC to earn the certification. With the unique credentials, he is able to perform repairs on medical gas outlets and other equipment, making it very cost effective for the hospital.

**CONGRATULATIONS, Dean!**



### Award Winning Healthcare



Forest Hill Rehabilitation and Skilled Nursing Center has been recognized as a 2019 recipient of the **Bronze – Commitment to Quality Award** by the American Health Care Association and National Center for Assisted Living (AHCA/NCAL) for its commitment to improving the lives of residents through quality care. The program honors association members across the country that have demonstrated their dedication to improving quality of care for seniors and persons with disabilities. The awards will be presented during AHCA/NCAL's 70th Convention and Expo in Orlando, Florida in October.

### Events

#### Tour de la Vallee

Sunday, August 18, 2019  
Bike, run or walk –it's up to you!

Register online or day of event

Pre-registration: \$20

Day of event: \$30

Event start and finish:

Lions Pavilion, Riverside Park, Fort Kent

100% of money raised directly supports local cancer patients and their families. Go to [www.paradiscancerfund.org](http://www.paradiscancerfund.org) to donate or learn more.

