

New Service: Meds-to-Beds

An innovative bedside service will soon be available to enhance the patient experience at the time of discharge from the hospital. Discharge prescriptions will be delivered directly to the patient prior to leaving the hospital room at no additional cost.

Designed with our patients' health in mind, this program conveniently eliminates the need for a stop at the pharmacy on the way home. The pharmacist will process new prescriptions and discuss the medications with the patient prior to discharge from the hospital.

To learn more, call 207-834-1690.



Health & Wellness Outreach Program



Beginning in February, the NMMC Pharmacy in Madawaska will offer a new service. Experienced pharmacists will sit with you and review all of your medications. The process can prevent medication errors, discrepancies, identify drug interactions, and even prevent hospital admissions. The pharmacist will compare your pill bottles with your medication list to identify and resolve any duplications or discrepancies and provide medication instruction as needed. Call 728-7200 or join us for the free service on the third Tuesday of each month, any time between 1 –3 PM at 104 Main Street, Madawaska.

Update to New Expansion

Milestone	Anticipated Completion Date
Third Floor -Operating Room	7/7/20
Second Floor -Child Psych Gym	7/21/20
First Floor -Laboratory	8/3/20
Ground Floor -kitchen/Café	8/18/20

The physical construction is progressing well and virtual videos of each level will soon be available for viewing. On the fundraising side, the employees are participating in an internal campaign which will run until May, culminating in a celebration during National Hospital Week. The Foundation's capital campaign, which runs until 10/1/20, has met 55% of its goal. **Anyone wishing to hear a presentation on the scope of the project may request a speaker by calling 834-1353. To make a donation, call 834-1411 or go to www.nmmc.org.**



Welcome New Provider!



NMMC is pleased to announce the addition of Jodi Cote, MHNP, to its Behavioral Health Team. She is no stranger to NMMC with a history of previous employment in the Laboratory. She is a decorated Sergeant in the U.S. Army and has done two tours of duty in Afghanistan. In 2013, she

earned a Bachelor of Science degree in Nursing from UMFK. In 2019, she completed a Masters' degree in Nursing at Walden University, with a major in psychiatric mental health. Please give her a warm welcome when you meet her in the halls or out in the community. To learn more call 834-3101.

New Trustees

We are pleased to announce the addition of two new members to our Board of Trustees. Dan Vaillancourt is returning to the Board of Trustees after previously serving 21 years in various capacities. We are grateful for his continued dedication to his community and to NMMC. Douglas Cyr, Human Resource Manager for Irving Woodlands, has joined the Board. He is a business and economics graduate from the University of Maine at Farmington. He is an active resident of Fort Kent and currently serves on the UMFK Board of Visitors.



Use Social Media Wisely



Tips from Melissa Stoliker, Nurse Practitioner, Behavioral Health



- ♦ **Don't allow it to replace** family & friend time
- ♦ **Don't compare** yourself to others
- ♦ Follow those who share **positive** messages, likewise, be positive yourself
- ♦ **Limit screen time**, especially evenings & nights, as it may disrupt sleep
- ♦ Be aware of your child's activity and **watch for cyberbullying**

For access to mental health services, call 834-3101.

Stay in the Loop

To receive updates & e-news from NMMC, send an email to j.fortin@nmmc.org

