



Philanthropy Matters

From the VP: *New Regional Hospital Update*

Spring 2010 has come early to Maine and with it the joy and optimism of the season of new beginnings. For all of us who care about this area, this is a particularly momentous spring. We stand at the brink of an exciting new era for MaineGeneral and all of us who call the Kennebec Valley home.



Rendering of MaineGeneral's New Regional Hospital

Only a few years ago we shared a collective vision to build a world-class cancer center in a large field in central Maine. What seemed like a dream is now a reality that serves the good people of the Kennebec Valley every day. The Harold Alfond Center for Cancer Care has succeeded beyond our imagination.

With this new center, we serve more patients than ever before – people who otherwise might have traveled to Portland or even

Boston for treatment. And it has attracted six new doctors to our area. For the first time in more than a decade, our cancer care medical staff is complete. All of this gives our patients confidence that they have access to the very best cancer care available.

Now we begin a new journey. This time our vision is even bolder and the stakes are much higher. We propose to build a new regional hospital for you. This is a massive undertaking by any measure – \$322 million to build, 550,000 square feet, 226 private patient rooms, 12 operating rooms, an emergency department, state-of-the-art diagnostic equipment and much more. Your new

hospital will be the largest hospital project in Maine history. It will replace outdated facilities and consolidate inpatient services in one location. This project also includes a \$10 million renovation of Thayer to convert it into a comprehensive outpatient center so patients in the Waterville area will continue to have convenient access to the vast majority of the medical services they will need.

We all want the very best health care available for our loved ones.

"A journey of a thousand miles begins with a single step."

- Confucius

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From the VP:

New Regional Hospital Update continued

This new regional hospital is key to making that care available here, not just for today but for decades to come. To provide excellent care we need highly skilled health care professionals. We have many wonderful medical staff to be sure, but we need many more to sustain us into the future. Our nation faces a critical shortage of physicians, nurses and other health professionals and new graduates have many choices of where to live and work. Our challenge is to recruit them to live and work here. We have much to offer young doctors and their families – Maine is a great place to call home and raise children – yet our recruiting efforts are hampered by aging facilities and the grueling work schedules required to staff two inpatient hospitals 20 miles apart.

The new regional hospital changes everything. With a single inpatient facility to staff, doctors' schedules will be manageable. With state-of-the-art facilities, specialists will want to

locate here. We can continue to offer a comprehensive array of medical services so patients can be cared for locally without having to travel to Portland, Bangor or even Boston.

This journey is not just about us; it is about our children, and our children's children. This is about our collective future. Make no mistake, health care is changing and we must stay ahead of the curve to shape our own destiny.

In the coming weeks and months, you will hear a great deal about the New Regional Hospital and about the new Thayer Comprehensive Outpatient Center. We will ask for your help to shape the future your grandchildren will inherit. We are proud to serve you and we appreciate your support.



Lisa Hallee
Vice President for Philanthropy

Facts and Figures

- 3,732 = People employed by MaineGeneral Health in 2009, making us the largest private employer in the region
- 8,500 = Public and private school children we vaccinated this year against H1N1 and seasonal flu
- 1.28 million = Outpatient procedures performed in our facilities in 2009
- \$64 million = Amount that leaves our region each year for health care we can provide
- \$30 million = Amount we have invested in the Thayer Campus since 2002
- \$10 million = Additional money we will invest to create the Thayer Comprehensive Outpatient Center, to be fully operational by 2016



Thayer Comprehensive Outpatient Services



Thayer Emergency Department

Dr. Michael and Margaret LaCombe: *The first donors to the New Regional Hospital*



For Dr. Michael and Margaret LaCombe, the first donors to the new regional hospital campaign, their gift represents a tangible connection and commitment to community. For Michael, who has been a cardiologist at MaineGeneral for 12 years, this connection developed over time through his work with patients. For Margaret, recent work with a local food bank has enabled her to get close to members of the community in a different and personal way. It has become an important ritual for the couple. The LaCombes' commitment involves a weekly food delivery that they usually do together, as evidenced by its prominence on the family's kitchen calendar.

Community connection is what led to the LaCombes' gift. "It has really made us believe the people of this community deserve a first-rate hospital," said Michael. "The decision to make this gift to support the new hospital was certainly

one my wife and I arrived at together. We both wanted to do whatever we could financially to help make this happen."

Dr. LaCombe explained that centralizing medical care in the Kennebec Valley community is critical, as it will enable MaineGeneral to improve sub-specialty care in a way that non-medical folks might not yet understand. He believes it will have a mushroom effect. "Our barometer for this was the Harold Alfond Center for Cancer Care which has been successful beyond anyone's wildest dreams. It is certainly an indication that our new regional hospital will succeed in ways that we can't even imagine. Everyone will be considerably better off with this new hospital."

This New Regional Hospital and Thayer Comprehensive Outpatient Center will indeed be an important community asset but one that also will require widespread support. The LaCombes' gift represents exactly the type of generous commitment we need to ensure the success of the largest hospital project ever undertaken in Maine.

When we asked Dr. LaCombe to share any other thoughts about the couple's gift, his answer was simple yet passionate: "We hope others will understand that we are not wealthy people. We don't have a summer home, a ski chalet,

a place on the coast or a boat. We have a lovely home in Augusta but that is it. We made a conscious decision with this gift to give until it hurts. It is a stretch for us to give a gift of this magnitude, but we believe this project is really important. We want others to say, 'If they can do it, we can too.'"

In addition to his weekly columns in the *Morning Sentinel* and *Kennebec Journal*, Dr. LaCombe has written and published a dozen books. His most recent work, *Bedside: The Art of Medicine*, is a wonderful collection of essays and is available from University of Maine Press.

"It has really made us believe that the people of this community deserve a first-rate hospital."



Former Erskine Academy senior leaves legacy of giving to others through breast cancer support



Years before she realized its full meaning, Amanda “Mandy” Edwards was drawn to breast cancer awareness and research.

At a department or grocery store, she would urge her mother, Rebecca Renaud, to buy items with a pink breast cancer ribbon – whether the family needed them or not.

Her passion was strengthened as a young adult, father Todd Edwards remembers, when a family friend from church died from breast cancer.

Mandy’s desire to help others through breast cancer support meant so much to her family and friends that when the smiling, vivacious 17-year-old was killed in a tragic November 2008 car accident, she inspired a spirit of giving in the Erskine Academy community – where Mandy was a senior – that raised nearly \$3,500 through a benefit walk to support MaineGeneral’s Breast Care Program at the Harold Alfond Center for Cancer Care in Augusta.

“She inspired other young people to embrace their potential to do something to benefit others,” said Chelsea Moeller, director of the MaineGeneral Fund for

MaineGeneral’s Office of Philanthropy. “She left behind a wonderful legacy the Erskine community has enthusiastically continued.”

Erskine Academy Headmaster Michael McQuarrie agrees the impact Mandy made was powerful and long-lasting.

“She was a wonderful young woman who was universally accepted by her teachers and peer groups,” he said. “Fighting breast cancer was something near and dear to Mandy. I think it would have been the focus of her activism as a spirited, involved young woman.”

Erskine school nurse and peer tutor advisor Diane Dow, who helped organize the benefit walk, said about 450 Erskine students and faculty advisors participated. She added that the school plans to hold another walk in May 2010 in memory and honor of the former cheerleader and dancer who was “a friend to everyone.”

“It allows students to stop and think of supporting someone else in Mandy’s memory,” Dow said. “They feel good about it and are inspired by it.”

Mandy’s parents and step-parents – Hope Edwards and Parrish Renaud – have been moved by the outpouring of support from the Erskine Academy community, particularly with regard to the money raised and donated in their daughter’s memory.

“It means a lot to me that she was so well known and liked at Erskine that the student body wants to do this walk for her to raise money that will help other people,” Todd Edwards said.

Rebecca Renaud noted that she has been pleased to see the Erskine community strongly embrace one of Mandy’s rules to live by – “lift someone you don’t even know.”

“It’s important that the students give back to the community; it’s not so important that they do it because of Mandy,” she said. “She ended up being the catalyst, but the kids have been so selfless in their response. They continue to surprise me constantly.”

“She inspired other young people to embrace their potential to do something to benefit others.”

New therapy produces electrifying results

"Today was the first day I tied my own shoes. Today was the first day I pulled my pants up by myself."

For 46-year-old Robert Crowley, those words represent major milestones coming just three months after surgery to remove a brain tumor left him unable to move the right side of his body.

He was walking a week into his inpatient rehabilitation at MaineGeneral's Rehabilitation Institute at Thayer, but credits his progress regaining the use of his right hand to a new device MaineGeneral occupational therapists are using called the NESS H200.

The NESS H200, which is used to



help restore hand function, and the NESS L300, used by

physical therapists to help patients walk, are two exciting new additions to MaineGeneral's therapy options. Funds raised at the MaineGeneral 2009 Golf Tournament leveraged \$25,000 from the Davis Family Foundation and \$30,000 from the



Craig H. Neilson Foundation to acquire this and other equipment to support rehabilitation through Functional Electrical Stimulation (FES).

Both use electricity to stimulate nerves in upper and lower extremities to help patients affected by brain injuries, stroke, certain spinal cord injuries and illnesses regain function and freedom.

A hand-held controller sends a signal to the electrodes inside a splint that fits over Crowley's forearm, causing his hand to open and close and move his thumb.

That activity helps rewire pathways to form new connections and train new areas of the brain not damaged. Over time, it can help re-educate hand muscles to function without the equipment.

Mary Ann Weese, an occupational therapist who treats Crowley for regular outpatient therapy at the Seton Campus, says the equipment can be very motivational for patients.

"Even though they know a machine is helping them, just seeing their hand move means a lot. It gives them hope that they can get their function back."

Weese calls Crowley's progress remarkable. But Crowley, a lieutenant colonel and lawyer in the Maine Air National Guard, won't be satisfied until he's back 100 percent.

With this new technology, plus a lot of work on his part, he says "the sky's the limit."

"I don't think I'd be where I am today without this technology. It's helped me gain function more quickly," he says.

He's looking forward to getting back to enjoying outdoor activities – kayaking and throwing a baseball. This summer the youngest of his two sons will start baseball. Although he'll likely watch from the sidelines this year, he vows he'll be able to take a more active role next year.

"To be able to swing a baseball bat and give my wife and kids nice big hugs — all the things you can do with two good arms and hands — that will come back with time."

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New therapy *continued*



A step in the right direction

A similar device, the NESS L300 is helping patients walk again.

The NESS L300 lifts patients' feet and toes – two common movements that people who have had a stroke or other injury can't do, explains Sarah Toner, a physical therapist at The Rehabilitation Institute.

The system includes three components that wirelessly communicate with each other. When a patient lifts his or her heel, a heel sensor sends a signal to a leg cuff which electrically stimulates the nerves that lift the toes. Patients wear a small control unit on their belt or around their neck.

The device can help people who have had a stroke or brain injury and those who have multiple sclerosis, cerebral palsy or an incomplete spinal cord injury. It may also be helpful for people whose accident or injury occurred a few years ago.

“The machine lifts patients’ feet and toes — two common movements that people who have had a stroke or other injury or illness can’t do.”

- Sarah Toner, a physical therapist at
The Rehabilitation Institute

Granting good sight!

\$10,000 of the philanthropic dollars garnered through the Golf Tournament and gifted by the Davis Foundation allowed for the purchase of Dynavision, a light-training reaction device developed to train sensory motor integration through the visual system.

The increased ability to receive visual stimuli, mentally process this information, then react to it with a motor response, has everyday impact on quality of life. Originally designed for high performance athletics and police and military training, it was soon discovered to be an incredible rehabilitation training tool for those recovering from head injuries, visual field-deficit and the after-effects of a stroke.

MaineGeneral's Rehabilitation Services sees patients experiencing remarkable improvements that allow them to return to their lives with greater ease.

Event Update



Laurie Bourgoin and Scott Bullock welcome guest of honor, Orville Olsson



President's Circle Evening of Appreciation

Tuesday, June 15, members of MaineGeneral's President's Circle are invited to attend an evening honoring their charitable leadership gifts of \$1,000 or more to MaineGeneral's annual fund. Contributions from President's Circle members provide a strong philanthropic foundation on which MaineGeneral can rely in pursuing its mission to enhance, every day, the health of the people in the greater Kennebec Valley.

This year we are proud to honor those individuals who have exhibited remarkable charitable leadership by maintaining President's Circle level giving for 10 or more years. We look forward to celebrating their commitment as we join together in June at the Harold Alfond Center for Cancer Care.

If you would like to join the President's Circle or have not yet made your annual gift to MaineGeneral, please contact Chelsea Moeller, Director of the MaineGeneral Fund, at 207.861.8676 or by e-mail: chelsea.moeller@mainegeneral.org. To make an online donation, visit: www.mainegeneral.org.

MaineGeneral hosted a gathering Saturday, April 10, in celebration of HealthReach Hospice and its more than 20 years of providing comprehensive hospice care throughout Kennebec and Somerset counties.

The evening was a success, hosting 150 attendees for an elegant reception at the Hathaway Creative Center and garnering \$24,000. Guests enjoyed the musical stylings of Mark Macksoud and his jazz quartet as well as delicious hors d'oeuvres prepared by Apollo Bistro. Festivities continued as guests journeyed up the road to the Waterville Opera House for a performance of *Camelot* from the comfort of orchestra seating.

We'd like to thank you – our committed donors – who continue to support our efforts and mission to provide quality health care close to home. Thank you to our generous sponsors who helped make the evening possible: Augusta Fuel, EBPA, Siemens Building Technologies, SMRT and TRO Jung Brannen, Kennebec Savings Bank, Maine Drilling and Blasting, Inc., Golden Pond Wealth Management and Hathaway Creative Center.

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Phone: 207.861.8676 • Fax: 207.861.8679 • E-mail: philanthropy@mainegeneral.org