



Business to Business Zoom Conference Series

A safe and healthy holiday and New Year

Topics:

- Latest on COVID-19
- Living safely with COVID-19
- Building new habits to support mental and physical wellness

12.17.21

Good Health Is Good Business





Ed Gilkey, MD, MS, MBA,
CPE, Senior Physician
Executive, Northern
Light Beacon Health



Jim Jarvis, MD, FAAFP,
Senior Physician
Executive , Incident
Command, Northern
Light Health, Director,
Clinical Education,
Northern Light EMMC



Suzanne Moreshead, RN,
BSN, CIC, AVP Infection
Prevention, Northern
Light Health



Yemaya St. Clair, NCC,
LCPC, EAP Counselor,
Northern Light Work Force

Legal Disclosure:

The Coronavirus pandemic is an ongoing, continuously evolving situation.

Northern Light Health encourages everyone to follow federal and state governmental guidance and mandates.

Northern Light Health does not know the particulars of your situation, so the information presented today is general in nature and is based upon Northern Light Health's own experience, which may or may not apply in your specific situation, and which may be revised as we learn more about the Coronavirus.

Accordingly, following any guidance Northern Light Health presents today in no way guarantees that you, your employees and/or your customers and clients will not contract or spread the Coronavirus.

Ask us questions – give us feedback – this hour is for you

- Please use the **Q and A** function to ask your questions at anytime.

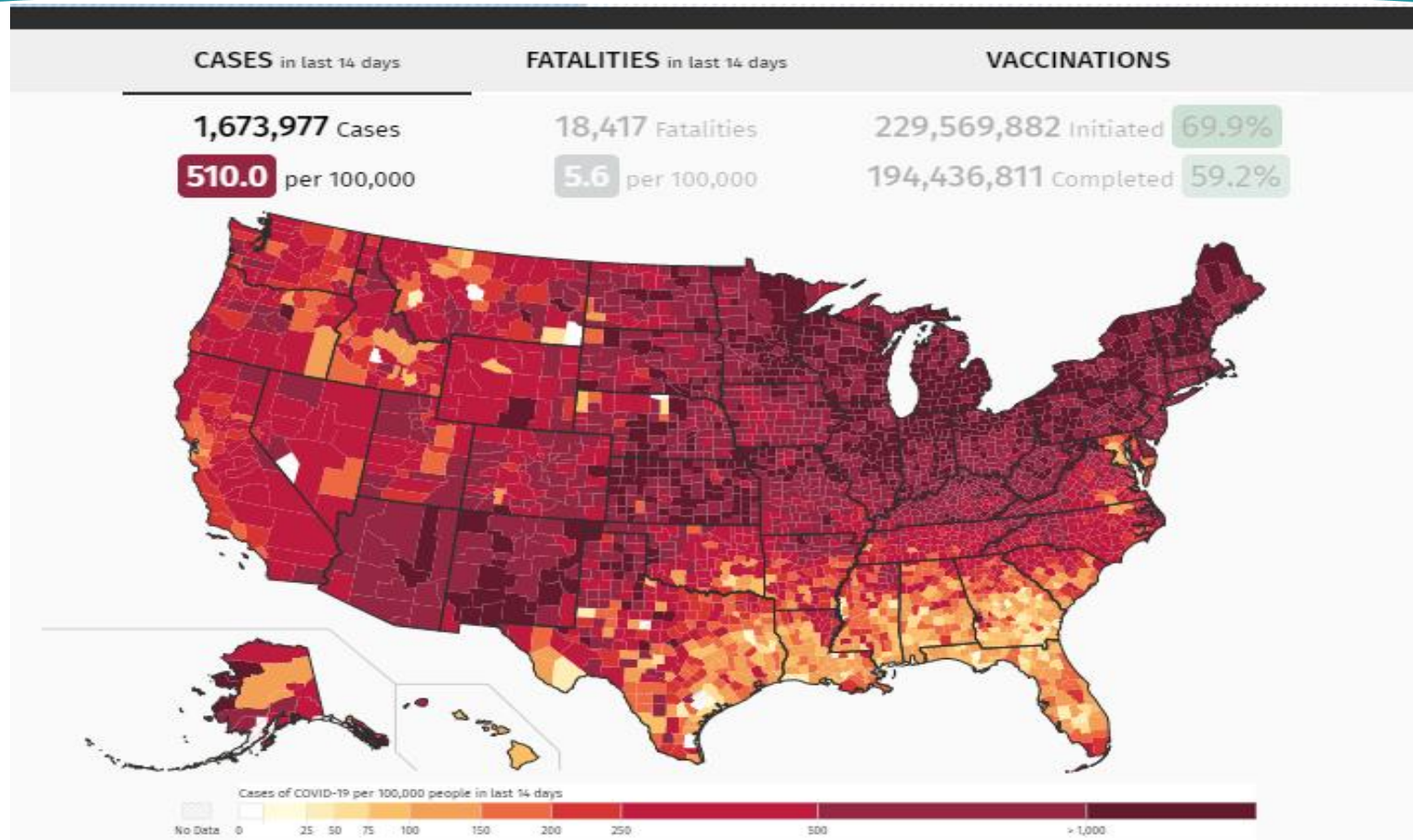
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1. I am able to apply the tools and guidance provided today to support my workplace and/or employees.*
 - Strongly Agree
 - Agree
 - Neutral
 - Disagree
 - Strongly Disagree
2. The information provided today was easy to understand and relevant.*
 - Strongly Agree
 - Agree
 - Neutral
 - Disagree
 - Strongly Disagree
3. How likely are you to recommend the Business to Business Zoom Conference series to a fellow colleague and / or Maine employer?*
- Very Likely
- Likely
- Neutral
- Unlikely
- Very Unlikely
4. How likely are you to attend one of our Business to Business Zoom Conferences in the future?*
- Very Likely
- Likely
- Neutral
- Unlikely
- Very Unlikely
5. What topic(s) would you like us to focus on in the future?

Done

Latest on COVID-19

A Snapshot of the U.S.



<https://www.nytimes.com/interactive/2021/us/covid-cases.html>

People with New Cases of COVID-19 in Maine

New reported cases

All time Last 90 days



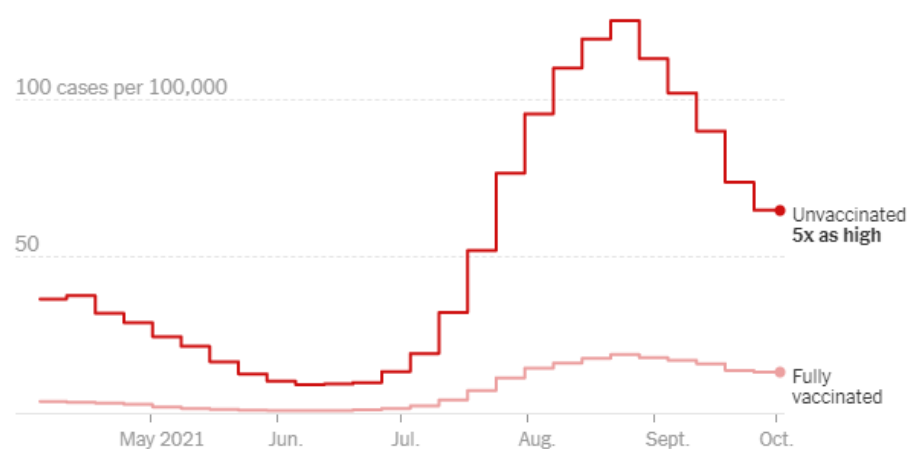
<https://www.nytimes.com/interactive/2021/us/maine-covid-cases.html>

What's the differences between Vaccinated and Unvaccinated?

Rates for vaccinated and unvaccinated

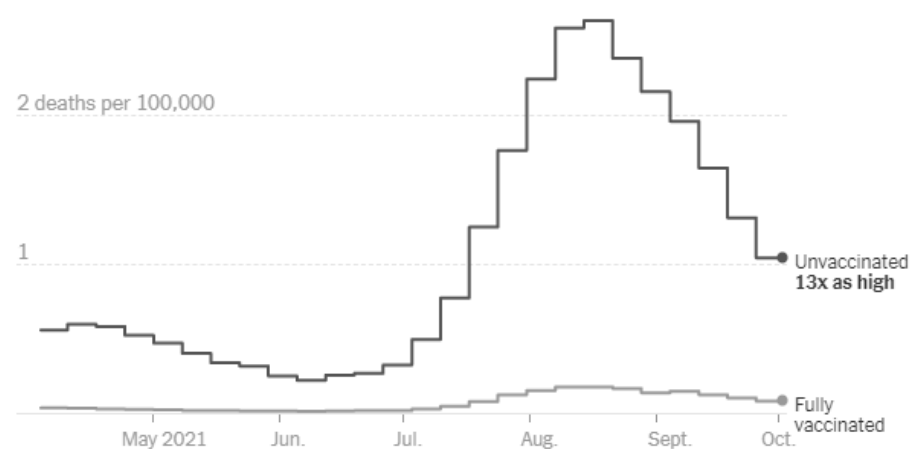
Data from the Centers for Disease Control and Prevention shows that people who are unvaccinated are at a [much greater risk](#) than those who are fully vaccinated to test positive or die from Covid-19. These charts compare age-adjusted average daily case and death rates for vaccinated and unvaccinated people in the 22 states and two cities that provide this data.

Average daily cases



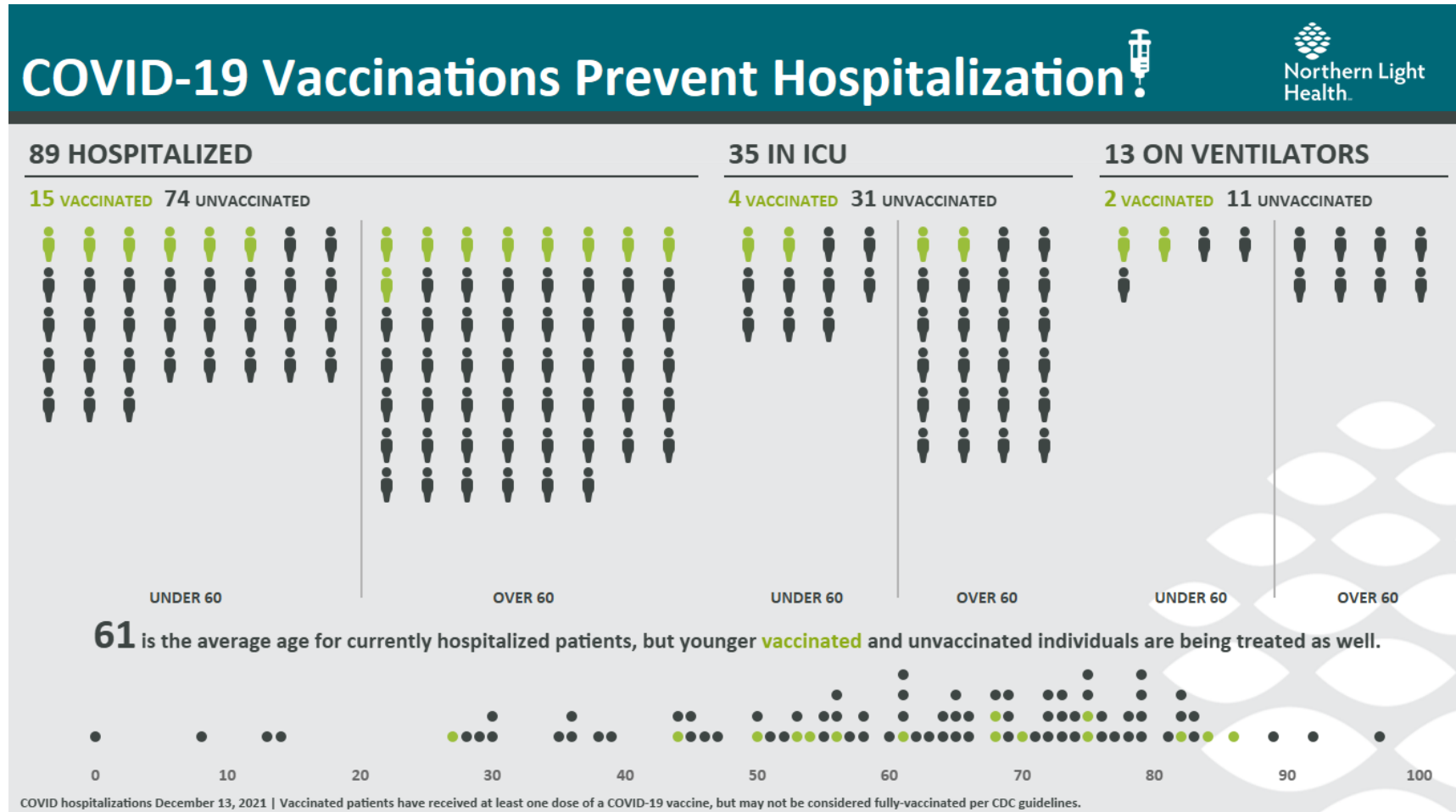
[About this data](#)

Average daily deaths



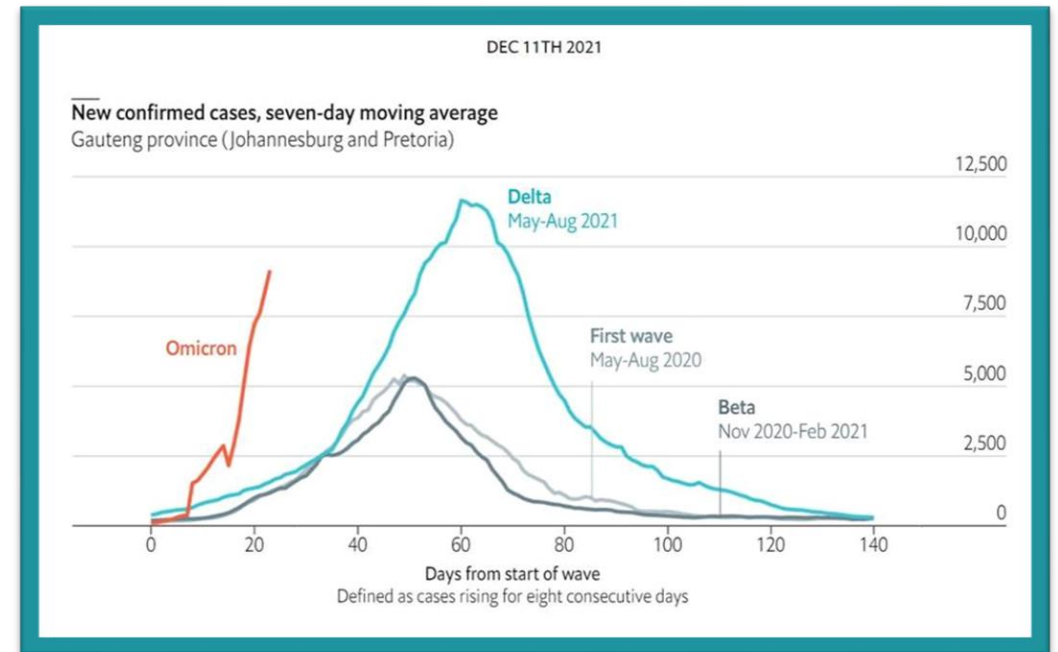
<https://www.nytimes.com/interactive/2021/us/covid-cases.html>

COVID across Northern Light Health



Omicron now in 30 states

- Sharp increase in cases
- Flu like symptoms
 - Fatigue or overtired
 - Body pains
 - Dry coughs
 - Runny nose
 - Fever
 - Night sweats
- Increased risk of reinfection



Easy access to schedule your vaccine, booster, or Flu shot

[COVID-19 \(Coronavirus\) Portal - Public Vaccination \(northernlighthealth.org\)](https://northernlighthealth.org)

Northern Light Health

Public Vaccination

COVID-19 Vaccination and Booster Eligibility Updates

Booster dose appointments for Pfizer, Moderna, and Johnson & Johnson COVID-19 vaccines are now available for people 18 and over who meet criteria.

People 5 years or older are currently eligible to schedule a COVID-19 vaccination.

Important:

- Community members under age 18 who would like to be vaccinated, must have a parent or guardian complete and initial the online scheduling form on their behalf.
- In addition to scheduling a vaccine using the online process, patients under 18 are required to bring a completed consent to treat form signed by their parent or guardian to their appointment.
- Patients under the age of 16 must be accompanied by a parent or guardian to their vaccination.
- If you have any questions please call: 207-204-8551*

*Long distance or carrier fees may apply.

Scheduling your vaccination:

- If you cannot find an appointment that works for you at a Northern Light Health location, please visit the state COVID-19 vaccination sites list.
- Please print your appointment confirmation and bring it with you. Vaccination candidates will receive an email confirming their vaccination location

Northern Light Home Care and Hospice – Booster Blitz – Vaccine Clinic

- former Pier One building
 - 368 Maine Mall Rd, South Portland
- Tuesday – Thursday 1- 7 pm (December 14-16)
- Friday 9am – 6pm (December 17)
- Saturday noon – 5pm (December 18)
- Monday – Wednesday 1 – 7 pm (December 21-23)

Living and celebrating safely with COVID-19

Know your risk

- Who are you visiting or celebrating with?
- Where are you traveling to?
 - [CDC COVID Data Tracker](#)
- How are you getting there?
 - Public or Private Transportation
- Vaccination status and requirements?
- Indoors or Outdoors?
- Public and Private Gatherings?
- Health Risks?

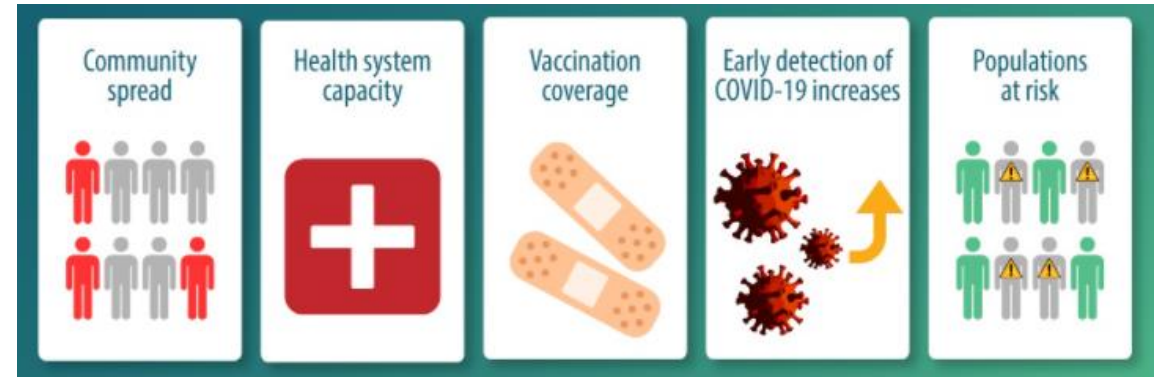


Image from cdc.gov

Travel safely

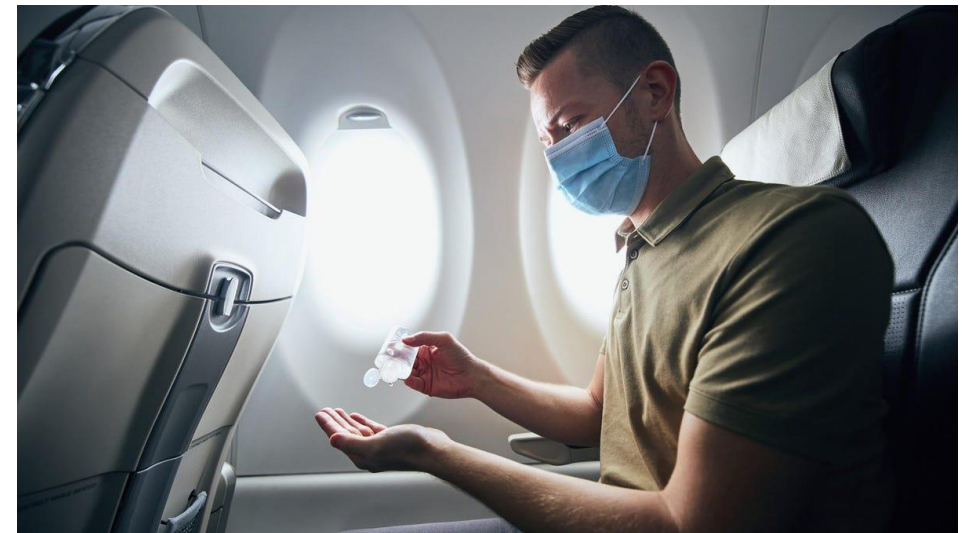
Transportation:

- **Private Transportation**

- safer but still has risks
- Will you be stopping? And Where?

- **Public Transportation**

- Masks are required
 - Bring hand sanitizer
 - No quantity limits, currently
- Keep your guard up especially in crowds



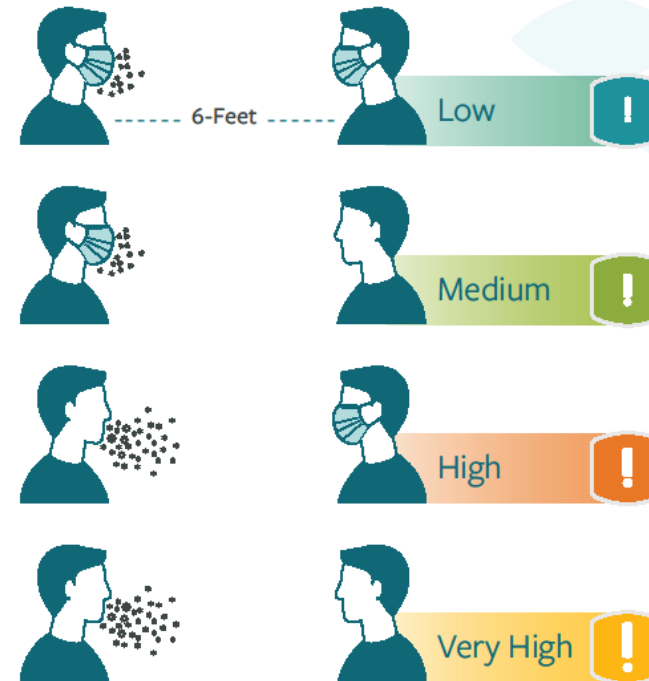
Staying safe

Follow the Simple Rules

- **Masking**
 - Simple measure
- **Physical distancing**
 - Outdoor events are safer
 - Stay in your bubble
- **Wash your hands**
 - Always a good idea
- **Stay home if sick**

Wearing a face covering

Risk of spreading germs



 Northern Light Health.

Be flexible

- Circumstances change quickly
- Ask the HARD questions
- Have back-up plans
- Embrace the options



Building new habits to support mental and physical wellness

Winter Wellness



Winter mood shifts are thought to be correlated with the lack of daylight*:

GET OUTSIDE!

- Recognize your emotions
- Nurture yourself
- Keep a journal
- Take care of yourself physically
- Reconnect with breath
- Share with loved ones

*Source: Meesters and Gordin, 2016

Brainstorm: What Can I do?



Getting outdoors?

Skiing (X-Country or Downhill)

Snowshoeing

Walking

Make a snowman

Ice Skating

Ice Fishing

Snowball fight

Have a bonfire

Other ideas?

Staying Inside?

Craft

Write cards for family or friends

Read a good book

Do an indoor house project

Host a dinner party

Watch a movie

Play a board game

What else?

Make Time For Fun



- These activities are necessary and essential to our personal development, relationships, and overall health.
- Getting outside, even when it's cold, can boost our mood.
- Research has shown that sunshine on the skin boosts serotonin.

Managers: Modeling Self Care

- Self care as investment: increase overall productivity and effectiveness
- Good sleep linked to increased focus, improved cognitive function, greater capacity for learning, and improved empathy
- Taking breaks can help prevent decision fatigue, renew & strengthen motivation, and increase productivity & learning

What could you stop, start, or, continue doing right now to improve your mental and physical health?

If you didn't NEED help, but just wanted to recharge your battery – how would you do that?

What is one thing you can choose to say NO to today that will give you back at least 5 minutes?



Contact **Work Force EAP** at 1-800-769-9819 to inquire about services available for your employees



Contact **Healthy Life Resources** at 207.973.6446 or AcadiaHLR@northernlight.org
A comprehensive, coordinated, and actionable set of supports for employers to promote a strong functional workforce.



Contact **Beacon Health Wellness** at 207.973.8273 to learn about programs to support your employees' journey to wellness.



Northern Light Acadia Substance Use treatment
207.973.6100



Maine Crisis Line 1.888.568.1112 provides confidential 24/7 support and information

Now's your time to ask questions. Please use the Q and A option.



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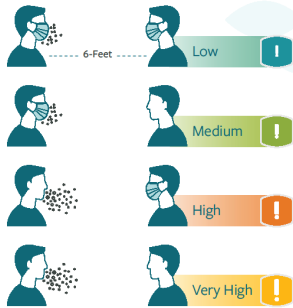


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LCPC, EAP Counselor,
Northern Light Work Force

Tools you can use: <https://northernlighthealth.org/Resources/Safe-Return-to-Business>

Wearing a face covering

Risk of spreading germs



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Due to Regional COVID-19 Rates



Masking is Required Inside
Regardless of Vaccination Status

Thank You!

Northern Light Health.



On The Front Lines

Caring for patients with COVID-19




A series of videos that we hope send a powerful message, not only about the compassion with which we care for our patients, but also about the steps we can take to end this deadly pandemic:

- <https://www.youtube.com/watch?v=OUQoD-9fUgg&list=PLhiRH4oTJVTGPhLkHPLs-WeHk48SIY-VO&index=3>

Be sure to register for Thursday, January 13: Build a plan to help employees manage stress and treat burnout

Topics:

- Latest on COVID-19
- Strategies to enhance mental wellness at work, in the community and at home
- How to promote self-care both in person and with remote employees



Northern Light Health.


One-hour Zoom Conferences
Moderated forum with Q and A
presented by Northern Light Health

zoom Business to Business Conference Series

GOOD HEALTH IS GOOD BUSINESS

Build a plan to help employees manage stress and treat burnout

Thursday, January 13 at 11 am
The Zoom meeting ID will be sent to you upon registering



Topics will include:

- Latest on COVID-19
- Strategies to enhance mental wellness at work, in the community, and at home
- How to promote self-care both in person and with remote employees

Learn how to support your employees and your customers to operate a safe and healthy business.

Our Panelists:

Ed Gilkey, MD, MS, MBA, CPE
Senior Physician Executive
Northern Light Beacon Health

Catharine MacLaren, PhD, LCSW, CEAP
VP Talent and Diversity
Northern Light Health

Angela Flecchia, LCSW
Director Healthy Life Resource Program
Northern Light Acadia Hospital

Onycha Carlson, RDN, LDN
Nutrition Specialist
Northern Light Beacon Health

Moderated by Karen Hawkes, MS
VP Operations
Northern Light Beacon Health

PLEASE REGISTER BY CLICKING HERE BEFORE JOINING THE MEETING

Attendees are asked to join the conference by Zoom and listen to audio using your computer only. Please do not dial in while also connected via your computer. The dial-in number is for those not joining by computer. This will help accommodate a larger number of participants. **See you Thursday!**
Please contact Lanie Abbott for more information lwabott@northernlight.org

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