

Thirteenth Annual KITCHEN TOUR

Kitchens, kitchens, kitchens... we have them in many shapes and sizes for the Thirteenth Annual EMMC Auxiliary Kitchen Tour! September 23, 2017 is the date for our thirteenth annual tour. Please mark your calendars and plan on joining us for what's sure to be an enjoyable afternoon.

From 12 noon to 4 pm, you'll have the opportunity to tour several very special kitchens in the greater Bangor area. This year, we are featuring seven kitchens—all beautiful in their own way. Five kitchens are in Bangor, one is in Hermon, and one is in Orono, just over the town line.

There's a range of old and new, large and small, commercial, urban, rustic and downright cozy. Please see the write ups that follow for more information about the individual kitchens. If you are planning a remodel, thinking about building, or are just curious about what's trending in kitchen design, the Kitchen Tour will offer many helpful tips. Some of the designers will have information to provide, and you'll have the opportunity to ask questions about features you are interested in. We'll also have vendors in the kitchens with various treats to sample, and a raffle and a door prize to add to the fun.

Presale tickets are still just \$25 and will be available after September 1st, and through September 22nd, online on the Auxiliary website (www.emmcauxiliary.org) and at the following locations: Anthony John's Day Spa, EMMC Auxiliary Gift Shop, Miller Drug Westgate, Patrick's Fine Gifts, Rebecca's Gift Shop, and The Rock and Art Shop in Ellsworth. Tickets at the door will be \$30.

All proceeds from the Kitchen Tour continue to support the Auxiliary's five-year, \$400,000 pledge to EMMC's Remarkable Begins With You campaign, benefitting the new Neonatal Intensive Care Unit at EMMC. Many thanks to our gracious hosts for opening their doors for us and making this possible. Thank you to all of our many volunteers, and of course to each and every one of you who will be taking the tour. You are supporting a great cause, and you'll have a fantastic afternoon!

(Continued inside)

KITCHEN TOUR SPONSORS

Gold Designers: Hammond Lumber Company • ANM Properties

Silver Designers: Bangor Daily News • Bangor Metro
 Katahdin Trust Company

Advocates: Anchor Design Co. • Bangor Savings Bank
 Chapel Hill Floral • Charles Thompson • Frank Webb Home
 JanCurrier.REALTOR • Joel Holcomb • Nichols Construction Inc.
 Quirk Auto Group

Supporters: Dunnett Inc • First Advisors
 Merrill Furniture • Michael and Gale Longo
 Morgan Stanley, The Arata-O'Sullivan Group
 Penobscot Valley Dermatology

Friends: Felix and Eileen Hernandez • Keniston's Tile Bangor
 N.H. Bragg & Sons • R&A Wealth Management, LLC
 Sprague's Nursery • WardGreen Group



AWARDS

EMMC Auxiliary Nursing Awards, May 2017

Each year the EMMC Auxiliary presents two awards to graduating nursing students. The first award is presented to a graduating senior who has demonstrated increasing self-reliance and personal and professional growth in the clinical setting. This award was presented to Joanna Walsh. Her advisor wrote that Joanna has demonstrated tremendous growth and engagement in her nursing education over the span of four years. She has grown academically and developed beginning leadership skills in communication and team building. Joanna demonstrated the most growth in her clinical work at her partnership experience at Mayo Hospital in Dover-Foxcroft.

Our second award is presented to a graduating senior who has demonstrated the highest proficiency in theory. This award was presented to Jenna Ransom. Her advisor wrote that she is an excellent student and has been repeatedly named to the Husson University Dean's List and Presidential List during her four years at Husson. She is also a member of the Sigma Theta Tau Organization and served as a mentor/tutor for underclassmen nursing students. Jenna's hard work in the classroom translates into compassion and competent care for her patients and their families.

We applaud their achievements and wish them well in their careers.

AUXILIARY RECOGNIZED WITH PLAQUE ON 7TH FLOOR



One year following the opening of Bangor General Hospital, five women established the Women's Hospital Aid Society in 1893 to provide aid for those in need. Today, the Eastern Maine Medical Center Auxiliary is a thriving

organization representing the diverse patient community it continues to serve.

The EMMC Auxiliary continues to volunteer within the medical center bringing community to the forefront of care, raising funds for every major priority undertaken by EMMC, and strengthening advocacy in the region and throughout Maine.

We dedicate this space to honor the thousands of women and men of the Eastern Maine Medical Center Auxiliary for their good deeds since 1893, and to recognize their generosity and support of EMMC Foundation's Remarkable Begins With You Capital Campaign. EMMC Auxiliary – we salute you!



To join us visit: www.emmcauxiliary.org

SAVE THE DATE

Coffee and Conversation at Fork & Spoon

Second Tuesday each month, 9 AM

EMMC Auxiliary Kitchen Tour

Saturday, September 23, 2017, 12-4 PM
 Tour Seven Kitchens

Lunch and Learn, Lyme Disease

TBD

Annual Meeting

at Hilton Garden Inn

Wednesday, November 8, 12-2 PM

EMMC Auxiliary 2018 Winter Beach Ball

Featuring the band Motor Booty Affair
 Saturday, March 17, 2018

"Like" EMMC Auxiliary on Facebook to stay current with upcoming events.
www.emmcauxiliary.org



NEW BOARD MEMBERS

Stacey Young



Stacey has worked in the banking industry for over 25 years, and is currently the Retail Services Manager at University Credit Union, overseeing 9 branches from Portland to Presque Isle. Stacey also serves as the Board Chair for the Penobscot Boys & Girls Club. She lives in Bangor with her husband and 13 year old twins.

Kathy Bernier



Kathy Bernier is a Maine Native with deep family ties to the Bangor community. She was the Executive Director of the Hammond Street Senior Center for 16 years. EMMC has a very special place in her heart as she and many of her family members are past employees, patients and supporters. She is especially reminded of what an instrumental part the neonatal unit played in the lives of her preemie twins many years ago. Kathy lives in Bangor with her husband, daughter and pets and loves sharing her life with her grown children and grandchildren.

President's Note Fall 2017



What a Year!



Dear Friends of the Auxiliary,

This has been a year of new horizons, new leadership, new friends and new partnerships for both the EMMC Auxiliary and Eastern Maine Medical Center.

As EMMC celebrates their 125th anniversary, and the EMMC Auxiliary approaches their 125th in 2018, we have been reaching out to both our membership and our larger community to provide more opportunities to fulfill our purpose, missions and commitment to EMMC and our Community at large.

We are now providing more topical health educational events, more informal gatherings to share quality time with our Auxiliary friends and supporters, and more inviting ways to welcome new friends, supporting our mission and our ongoing efforts to support the good works of Eastern Maine Medical Center and EMHS Foundation.

This past year those efforts have included new Lunch & Learn events, a Paint, Sip & Sweets event, caroling with community friends & members of the Bangor Children's Choir (both of whom showed us how it should be done!) at Ross Manor & EMMC, and, of course, our signature annual fund-raising events to support our current pledge to the EMMC NICU, the Beach Ball in March and the upcoming EMMC Auxiliary Kitchen Tour coming up on September 23, 2017!

We also look forward to continuing to grow and diversify our Auxiliary Board, as we have this year, and create new partnerships with other organizations to find new ways to achieve common goals, as we are now starting to do with APCMS and the Hospital's physician family welcoming programs.

We invite you to learn more about your Auxiliary, and to join us in our ongoing campaigns to support you, Eastern Maine Medical Center, and our local communities, as we look forward to celebrating 125 dedicated years of Service!

Warmest Regards,

Jan Currier
EMMC Auxiliary President



Thirteenth Annual KITCHEN TOUR CONTINUED...



The Omega cabinets with Smokey Hills finish, a rich graphite gray cabinet stain, were chosen first, followed by the overall kitchen design in this 2016 home which makes maximum use of space. The homeowners' favorite details include grey-veined granite countertops, an under-mounted granite sink, a pot filler and music speakers hardwired throughout. Flooring is maple hardwood. Two lovely chandeliers hang over the kitchen island. Propane heats this modern home, which also features a gas fireplace in the living room.



Built in 1912, this modified American farmhouse had renovations to the kitchen in 1985 and again in 2008. A bay window was added along with an expanded footprint, granite countertops, decorative shelving and built-ins in the breakfast nook. Many Shaker style cabinets grace this kitchen and the homeowners' favorites are the two leaded glass accent fronts, the corner salvaged window cabinet and the hidden microwave. You'll find a dual fuel Verona range, recessed lighting and oak floors in this lovely kitchen. Pocket doors are found between the dining room and living room, which features an amazing and original fireplace.



A large walk-in pantry graces this new 2017 custom built home set on a knoll at the edge of the woods. An open kitchen features a stacked stone peninsula, huge wood hood and shiplap ceilings. Custom cherry flush inset design cabinets with special storage options including sliding drawers and deep dividers are a homeowner's favorite. Silver pearl rough leathered granite adds a pleasing and unusual design in addition to a black granite composite sink. A beautiful floor to ceiling stone fireplace graces the living room in this residence. Look for the rustic touches and the surprise hung above the fireplace when you tour this lovely home.



This contemporary custom home built in 2014 features geothermal heating and cooling along with hospital-grade filtering system throughout and a lovely wrap-around front porch. It features white cabinets topped with star wars black granite, a charcoal colored island, coffee bar with white quartz, a GE Monogram gas stove with hood, wall oven, composite sink, and ceramic grey tile floors. The homeowners love the great room, modern fireplace and the perfect blend of livability and trend-setting design they have chosen. Double sliders lead out to the deck with contrasting railings and posts, which highlight this beautiful home.



In the 1990s the staff dining room and pantry were converted into a modern kitchen in this older 1911 Arts and Crafts style home. You'll enjoy viewing the original pantry swinging door incorporated into the design, along with the back stairs, which go from the basement garden prep area to the upper floors. Granite counter tops, subway tile backsplash, cherry cabinets, dentil molding, a built-in desk, under cabinet lighting, tile floors and a propane AGA range grace this renovated kitchen. This beautiful house also boasts five wood-burning fireplaces, an outdoor patio and is now the home of the Green Gem Holistic Healing Oasis.



The Kitchen Tour Committee could not pass up the opportunity to showcase the highly anticipated new Dining Room and Cafeteria at EMMC, part of the modernization project! Plan your travel, as this kitchen will be open to tours ONLY between the hours of 1 and 4 pm, as preparation of the noon meal for patients will be taking place until 1. With unique features such as a gas stone hearth oven to create custom pizzas, rotisserie, pasta station serving up Italian delights, a deli with made-to-order sandwiches, newly designed salad bar, use of seasonal, local and healthy foods, and the much anticipated milkshake machine, this new area has staff, visitors and patients "buzzing with excitement".



This 1890 Urban Industrial building in downtown Bangor features a walk-up apartment which survived the Great Fire of 1911 and has an interesting history first as a sail cutting factory and then as Smiley's Dress Shop. In 2010 its third and fourth floors were converted into living space featuring a modern style kitchen with Shaker cherry cabinets, speckled granite countertops with one section converted to a butcher block, and a stainless steel island prep table. Homeowner favorites are the corner drawers, the Heartland gas range with industrial vent hood, a hang-out nook and a hatch up to the fourth floor with winder for canvas used when this was a sail cutting factory.

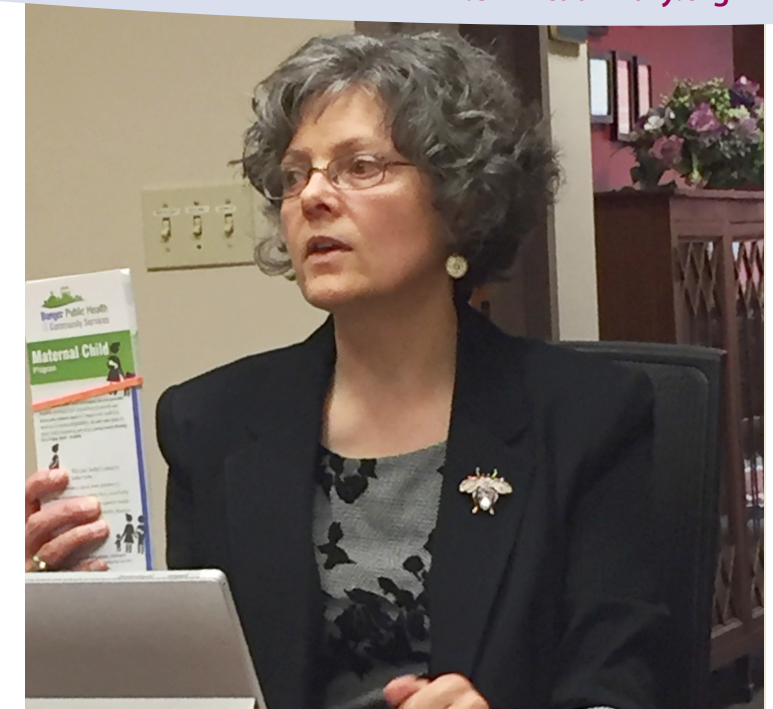
EMMC Gift Shop Updates



If you're looking for a really special Maine made gift, consider this wonderful assortment of Fabula Nebulae products in a lovely wooden state of Maine tray. Fabula Nebulae products, created by one of our EMMC physicians, are made locally and are all natural products for body, baby, and bath. This unique gift must be ordered ahead and retails for \$124.99.

Keep an eye out for special sales each month and ongoing discounts are as follows (*some exclusions may apply*):

- **20% off** every day for active, retired and reservist military personnel
- **20% off** every Wednesday for senior citizens age 60 and better
- **20% off** every day for hospital volunteers



Elaine Beaulieu

Lunch and Learn Immunizations and Current Trends

On Wednesday, May 24th, at EMHS Foundation, EMMC Auxiliary hosted the second Lunch and Learn session in a series. Sixteen Auxiliary members and friends joined guest speaker, Elaine Beaulieu, for an informative exchange on Immunizations and Current Trends. Elaine is the Program Manager for Public Health for the City of Bangor.

Immunizations have become a hot topic, especially where babies are concerned. Elaine explained immunity and how vaccines work. She provided current information on vaccine safety, recommended schedules, and alternative schedules. Pertussis and HPV vaccines were discussed in some depth. The concept of herd immunity (also called population or community immunity) was of particular interest. This is the ability of a vaccinated community to protect people who aren't vaccinated. As more people have declined to be vaccinated, herd immunity has broken down, and consequently, infectious outbreaks have increased.

Elaine answered questions and she distributed handouts with references and sources for further information. She also discussed some of the services provided by Bangor Public Health and Community Services. The discussion could have lasted even longer, but it is safe to say that all attendees walked away with some new knowledge, and enjoyed a great lunch, catered by Fork & Spoon.