Getting better every day is one of our most important commitments to you! It’s about raising quality in every way - from the care we provide at our primary and specialty care practices, the hospital, and Continuing Care, Lakewood, to our community connections and efforts to enhance quality of life.

As part of the Northern Light Health system, our mission is to improve your health and the wellbeing of the communities we call home, with services and people who care deeply about making a difference. Whether it’s improving access with a new Walk-In Care service or achieving an A grade for hospital safety – we are devoted to making sure healthcare works for you!

Thanks to Paula Witham for her 50-year devotion to Inland and our community! Paula has cared for patients in a half dozen roles over five decades and is still going strong as part of the team at Northern Light Cardiovascular Care in Waterville.

We are so proud of Jessie Wing, RN at Northern Light Birthing at Inland for being named the Mid-Maine Chamber of Commerce Customer Service Stardom award winner in 2019. She embodies the warmth and kindness that makes Inland a very special place to get care and be cared for.

On the cover: Ruth Hendricks with her son, Coltin. Read more about them on page 5.

Northern Light Inland Hospital Board of Trustees

William Bradfield, MD .................................................. Sidney
Brent Burger ................................................................. Oakland
Karlene Burrell-McRae .................................................. Waterville
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Charles Gaunce .................................................. Honorary Trustee, Waterville

Tom Davis
Chair, Winslow
About us

Northern Light Health is the most expansive integrated healthcare system in Maine. We provide care to people from Portland to Presque Isle and from Blue Hill to Greenville. We are comprised of nine member hospitals, a single physician-led medical group, eight nursing homes, five emergency transport members, 37 primary care locations, and we employ more than 12,000 people in Maine.

Inland Services

- **Northern Light Inland Hospital**
- **Northern Light Continuing Care, Lakewood**
- **Northern Light Primary Care**
  Madison
  Oakland
  Unity
  Waterville - 16 Concourse West
  Waterville - 246 Kennedy Memorial Dr.

- **Northern Light Specialty Services**
  Cardiovascular Care
  Endocrinology and Diabetes Care
  Neurology
  Orthopedics
  Osteopathic Care
  Podiatry
  Rehabilitation
  Waterville, Unity, Madison, Champions Fitness Club
  Rheumatology
  Surgery (including Urology)
  Walk-In Care
  Women’s Health
  Wound Care

See a complete directory with phone numbers on the back cover.

Inland Hospital by the numbers

- **15** Medical offices
- **360** Medical Providers
- **547** Employees
- **10,461** Volunteer hours donated to Inland

Lakewood by the numbers

- **3** Neighborhoods
  - Dementia/Alzheimer’s Care
  - Skilled Nursing and Rehabilitation
  - Long-Term Care
- **147** Employees
- **2,305** Volunteer hours donated to Lakewood

Northern Light Continuing Care, Lakewood **Board of Directors**

Bryan Ward, Esq.
Chair, Waterville

John D. Dalton ..........Inland Hospital President, Winslow
Nicole Desjardins ..Augusta
Tony Filer ..................Treasurer, Bangor
Chris Frauenhofer ..Assistant Treasurer, Mariaville
Glenn Martin, Esq. ........Secretary, Hampden
Crystal Olsen ...............Albion
David Preston, MD .......Vice Chair, N. Vassalboro
Bob St. Pierre ..................Clinton
Making care accessible

Northern Light Walk-In Care office opened at 174 Kennedy Memorial Drive, next to Inland Hospital. The service offers on-demand convenience for non-emergency care seven days a week, 8 am - 6 pm. FMI: 861.6140

Additional providers and an upgraded phone system in 2019 at Northern Light Primary Care in downtown Waterville makes getting in and staying in touch easier.

“I was looking for a new primary care practice in Waterville and the downtown office is so convenient that I reached out to them. They told me they’d get me in and that was just what I needed to hear. I found the staff to be kind and considerate and they got back to me when I had questions. This practice is a great fit for me.”
- Sharon King, Benton

New tele-anemia and tele-endocrinology services started in 2019 brings specialty care to Waterville.

Every other week, Kael Mikesell, DO, medical director of the Northern Light Patient Blood Management program in Brewer hops on a video feed and sees patients at Inland Hospital who have benign forms of anemia. Before, patients in Waterville would have had to travel an hour each way to Brewer to have that appointment. Now they can consult with Dr. Mikesell via a telemedicine video conference.

“I’m sitting here in this office at the Lafayette Family Cancer Institute. They’re down at Inland and we’re using video to discuss back and forth with one another,” explains Dr. Mikesell. “If we determine that an infusion for their anemia is needed, that occurs at the Inland infusion clinic. We need to treat people where they’re at. This provides us the opportunity to keep patients in their own community.”
2019 Highlights

Care that understands

Our Tree of HOPE Postpartum Support Group, launched in 2017, continues to make a difference in the lives of many moms, dads, family members, and friends.

Ruth Hendricks and her son, Coltin, (seen above and on cover) are the picture of good health today. It was a very different story for Ruth last year after Coltin’s birth at Inland. The first-time mom experienced postpartum depression and she says Inland’s Tree of HOPE Support Group gave her optimism and knowledge.

“I was feeling sad and overwhelmed, like it was all some sort of mistake. I remember actually saying that I wanted to give him back. I was not worthy to be his mother. I took Coltin with me to the Tree of HOPE Support Group and for the first time since he was born, I finally realized that I was not the only one to ever feel this way and that there was hope. The coping mechanisms, minutes of meditation, and the constant support are something I’ll forever cherish and be grateful for.”

- Ruth Hendricks, Pittsfield

Raising quality

Inland Hospital earned an A grade in the Leapfrog Hospital Safety Grade for every eligible rating period since the program began in 2012. Visit northernlighthealth.org/Inland-Hospital to learn the criteria used to grade hospitals.

Lakewood is a 5-star rated facility by the Centers for Medicare and Medicaid Services. Read more about the star rating system at medicare.gov/nursinghomecompare.
2019 Highlights

Thank you for your support

Fall Pops Concert at the Waterville Opera House featured the Portland Symphony Orchestra, entertaining conductor Erin Freeman, and soprano Alyson Cambridge. The event raised nearly $75,000 toward an upgraded cardiac monitoring system for Inland Hospital that has the latest patient safety technology and is less disruptive to patients.

Our community contributed $54,000 at Lakewood’s May Day Auction, funding Maine coast vacations and pontoon boat rides for residents in the dementia and long-term care neighborhoods, massage chairs to increase circulation for immobile residents, and supporting Lakewood’s Activities Endowment to improve residents’ quality of life. Special thanks to auctioneer team Marie and Karen Cormier, Doug and Rita Sukeforth, Annette Marin for making beautiful May Day baskets, and the Pops committee!

If you would like to make a gift, please contact:
Donna-Jo Mitchell, Director of Philanthropy
207.861.3377 or visit northernlighthealth.org/Inland-Hospital

Our Community Benefit grants supported efforts devoted to impacting priority health issues including obesity, poverty, substance use, healthy food access, and mental health.

More than $44,000 was awarded to 16 local community organizations. In addition, thanks to a grant from Maine Prevention Services and Let’s Go!, $10,000 was awarded to 15 schools, out-of-school, and childcare sites to support the Let’s Go! 5-2-1-0 program.

To see all our community partners and community benefit grant recipients, please visit NorthernLightHealth.org/Inland-Hospital.
Community focus

Lack of transportation can be a barrier to good health. That’s why we financially support KVCAP’s local transportation network, so people like Dianne Couture, who doesn’t drive anymore, can get around town for medical appointments at Inland, grocery shopping and other needs.

Our ongoing work with 26 local schools, afterschool programs, childcare sites, and the Let’s Go! 5-2-1-0 program helps create environments that promote healthy eating, more physical activity, less screen time, and no sugary drinks.

Ralph M. Atwood Primary School in Oakland used our Community Benefit grant funds to make a Sensory Hallway. Pre-K teacher, Krystal Blaisdell (seen with students in photo) says, “The hallway provides children with a guide for purposeful movement, which helps them get the wiggles out so they can concentrate on learning.” Studies show that moving more can improve academic performance and reduce symptoms of stress, anxiety and depression.

We love getting active with kids at our Family Fun Series and other community events we sponsor with the Alfond Youth Center, like the Quarry Road Summer Kids’ Fun Run Series.
Directory

Provider Finder Service ......................... 800.914.1409

Community Health Navigator .................. 207.861.6091

Northern Light Inland Hospital

Acute Care/Inpatient Unit ....................... 207.861.3170
Birthing Center ................................... 207.861.3100
Emergency Care .................................. 207.861.3200
Hospital Switchboard ............................. 207.861.3000

Northern Light Continuing Care, Lakewood

Main Number ..................................... 207.873.5125

Northern Light Primary Care

Madison ........................................... 207.474.2994
Oakland .......................................... 207.465.7342
Unity ............................................. 207.948.2100
Waterville - 16 Concourse West ............... 207.873.1036
Waterville - 246 Kennedy Memorial Drive ... 207.861.7180

Northern Light Specialty Services

Cardiovascular Care .............................. 207.861.8030
Endocrinology and Diabetes Care ............ 207.861.7150
Neurology ....................................... 207.861.7050
Orthopedics ..................................... 207.861.7862
Osteopathic Care ................................. 207.861.7050
Podiatry .......................................... 207.872.6010
Rehabilitation (physical, occupational, speech therapy) ... 800.281.9763
Waterville, Unity, Madison, Champions Fitness Club
Rheumatology ................................... 207.861.7050
Surgery (including Urology) ................... 207.861.7874
Walk-In Care .................................... 207.861.6140
Women’s Health ................................. 207.872.5529
Wound Care ...................................... 207.861.7862
Spotlight on your health:
“I recommend all my patients take advantage of our online patient portal (MyNorthernLightHealth.org). It’s great for requesting appointments and prescription renewals, sending secure messages to your provider, and viewing and printing your health records. It’s really easy and convenient, and the practice can help you get signed up.” Hanna Campbell, PA-C | Northern Light Primary Care | 207.873.1036
**January 2020**

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<td><strong>Healthy New Year</strong>&lt;br&gt;&lt;br&gt;New Year’s Resolution&lt;br&gt;Set specific and realistic goals.&lt;br&gt;Setbacks are normal.&lt;br&gt;Be patient.&lt;br&gt;&lt;br&gt;<strong>Tree of HOPE Postpartum Support Group</strong>&lt;br&gt;Every Tuesday&lt;br&gt;861.6091</td>
<td>1&lt;br&gt;New Year’s Resolution&lt;br&gt;Set specific and realistic goals.&lt;br&gt;Setbacks are normal.&lt;br&gt;Be patient.&lt;br&gt;&lt;br&gt;<strong>Free Safety Child Seat Check</strong>&lt;br&gt;maineseatcheck.org</td>
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<td><strong>Low-cost, convenient transportation</strong>&lt;br&gt;kennebecexplorer.com</td>
<td><strong>Community Ski Free Day</strong>&lt;br&gt;Quarry Road Trails&lt;br&gt;quarryroad.org</td>
<td><strong>Childbirth Class</strong>&lt;br&gt;861.3293</td>
<td><strong>Breastfeeding Support Group</strong>&lt;br&gt;Every Friday at 1 pm&lt;br&gt;861.3100</td>
<td><strong>See what’s new this month—check out Inland’s Facebook page</strong>&lt;br&gt;&lt;br&gt;Inland has 3D mammography&lt;br&gt;Schedule your mammogram today!</td>
<td><strong>Winter heating assistance:</strong>&lt;br&gt;2-1-1 or visit 211Maine.org</td>
<td><strong>Northern Light Walk-In Care</strong>&lt;br&gt;8am-6pm, Seven days a week</td>
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<td><strong>Martin Luther King Jr. Day</strong>&lt;br&gt;Give life, donate blood!&lt;br&gt;americanredcross.org</td>
<td><strong>Infant Safe Sleep ABCs</strong>&lt;br&gt;单独 on my Back in a Crib&lt;br&gt;safesleepforme.org</td>
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Looking for a healthcare provider?<br>Call 1.800.914.1409 or email us at inlandproviderfinder@northernlight.org
China Lake, Vassalboro
by Brenda Ryder
### February 2020

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- **Northern Light Walk-In Care**
  - 8am-6pm, Seven days a week

- **Breastfeeding Support Group**
  - Every Friday at 1pm
  - 861.3100

- **Wear Red Day**
  - goredforwomen.org

- **Tree of HOPE Postpartum Support Group**
  - Every Tuesday
  - 861.6091

- **Infant Safe Sleep ABCs**
  - Alone on my Back in a Crib
  - safesleepforme.org

- **Know your numbers**
  - Blood Pressure
  - Blood Sugar
  - Cholesterol
  - heart.org

- **Presidents Day**

- **Valentine’s Day**

- **Childbirth Class**
  - 861.3293

**Looking for a healthcare provider?**
- Call 1.800.914.1409 or email us at inlandproviderfinder@northernlight.org
Spotlight on your health:

“Make sleep a priority! Get your 7-10 hour of ZZZs! Lack of sleep can lead to irritability, memory trouble, dizziness, nausea, and headache, which can lead to physical, mental, social, and work troubles. Sleep restores the brain by flushing out toxins that build up during waking hours.”

Jennifer Maki, NP | Northern Light Primary Care | 207.861.7180
## March 2020

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<td><strong>National Sleep Month</strong>&lt;br&gt;sleepfoundation.org</td>
<td><strong>Read Across America Day</strong>&lt;br&gt;raisingreaders.org</td>
<td><strong>Tree of HOPE Postpartum Support Group</strong>&lt;br&gt;Every Tuesday 861.6091</td>
<td><strong>Free Child Safety Seat Check</strong>&lt;br&gt;maineseatcheck.org</td>
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<td><strong>Daylight Savings Time begins - Spring Ahead!</strong></td>
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<td><strong>Time for a colonoscopy?</strong>&lt;br&gt;National Colorectal Cancer Awareness Month&lt;br&gt;cdc.gov</td>
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<td><strong>Kick Butts Day</strong>&lt;br&gt;kickbuttsday.org</td>
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<td><strong>Do a daily tick check!</strong>&lt;br&gt;cdc.org/ticks</td>
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**Important Dates:**
- **St. Patrick's Day**
- **Spring Begins**
- **National Nutrition Month**<br>eatright.org
- **Read Across America Day**<br>raisingreaders.org
- **Tree of HOPE Postpartum Support Group**<br>Every Tuesday 861.6091
- **Free Child Safety Seat Check**<br>maineseatcheck.org
- **Breastfeeding Support Group**<br>Every Friday at 1pm 861.3100
- **Time for a colonoscopy?**<br>National Colorectal Cancer Awareness Month<br>cdc.gov
- **Kick Butts Day**<br>kickbuttsday.org
- **Spring Begins**
- **Infant Safe Sleep ABCs**<br>Alone on my Back in a Crib<br>safesleepforme.org
- **Northern Light Walk-In Care**<br>8am-6pm, Seven days a week

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**Looking for a healthcare provider?**<br>Call 1.800.914.1409 or email us at inlandproviderfinder@northernlight.org
Kennebec River, Winslow
by Lincoln Ryder
# April 2020

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<td>National Volunteer Month&lt;br&gt;Get Involved&lt;br&gt;volunteermaine.org</td>
<td>Free Child Safety Seat Check&lt;br&gt;maineseatcheck.org</td>
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**Easter**

See what’s new this month—check out Inland’s Facebook page

Give life, donate blood! americanredcross.org

Looking for a healthcare provider? Call 1.800.914.1409 or email us at inlandproviderfinder@northernlight.org

Northern Light Inland Hospital

Alcohol Awareness Month<br>Helpline - 800.662.4357<br>samhsa.gov

Do a daily tick check! cdc.org/ticks
Spotlight on your health:

“Get the most out of your medical visit. Don’t rely on your memory, write down questions for your provider and bring them with you to your appointment.”

Bill Bradfield, MD | Northern Light Women’s Health | 207.872.5529

Irises on Unity Pond by Allison Morrill
# May 2020

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<td><strong>June</strong>&lt;br&gt;S M T W T F S&lt;br&gt;31 1 2 3 4 5 6&lt;br&gt;7 8 9 10 11 12 13&lt;br&gt;14 15 16 17 18 19 20&lt;br&gt;21 22 23 24 25 26 27&lt;br&gt;28 29 30 1 2 3 4</td>
<td><strong>Tuesday</strong>&lt;br&gt;Screen Free Week&lt;br&gt;screenfree.org</td>
<td><strong>Wednesday</strong>&lt;br&gt;Spot Stroke Signs – FAST&lt;br&gt;Face drooping&lt;br&gt;Arm weakness&lt;br&gt;Speech slurred&lt;br&gt;Time to call 9-1-1&lt;br&gt;stroke.org</td>
<td><strong>Thursday</strong>&lt;br&gt;Northern Light Walk-In Care&lt;br&gt;8am-6pm,&lt;br&gt;Seven days a week</td>
<td><strong>Friday</strong>&lt;br&gt;Breastfeeding Support Group&lt;br&gt;Every Friday at 1pm&lt;br&gt;861.3100</td>
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<td>Tree of HOPE&lt;br&gt;Postpartum Support Group&lt;br&gt;Every Tuesday&lt;br&gt;861.6091</td>
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<td>Free Child Safety Seat Checks&lt;br&gt;maineseatcheck.org</td>
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<td>Infant Safe Sleep ABCs&lt;br&gt;Alone on my Back in a Crib&lt;br&gt;safesleeppre.me</td>
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<td>Mental Health Month&lt;br&gt;nami.org</td>
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<td><strong>Memorial Day</strong></td>
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Looking for a healthcare provider?<br>Call 1.800.914.1409 or email us at inlandproviderfinder@northernlight.org

Northern Light Inland Hospital
French Mountain Trail, Rome
by Sara Barry
## June 2020

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<td>Kennebec Highlands French Mountain Trail 7lakes alliance.org</td>
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<tr>
<td>Tree of HOPE Postpartum Support Group Every Tuesday 861.6091</td>
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<td>Free Child Safety Seat Check maineseatcheck.org</td>
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<td>National Trails Day kmtrails.com</td>
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<td>Sign up for the Quarry Road Summer Race Series and Kids’ Fun Run quarryroad.org</td>
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<td>Check out the Inland Woods Trail!</td>
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<td>Get an annual checkup! Men’s Health Month menshealthresourcecenter.com</td>
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<td>Low cost, convenient transportation kennebecexplorer.com</td>
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### Events
- **Father’s Day**
- **Tree of HOPE Postpartum Support Group**
  Every Tuesday
  861.6091
- **Free Child Safety Seat Check**
  maineseatcheck.org
- **National Trails Day**
  kmtrails.com
- **Sign up for the Quarry Road Summer Race Series and Kids’ Fun Run**
  quarryroad.org
- **Check out the Inland Woods Trail!**
- **Breastfeeding Support Group**
  Every Friday at 1pm
  861.3100
- **Tree of HOPE Postpartum Support Group**
  Every Tuesday
- **Free Child Safety Seat Check**
  maineseatcheck.org
- **Get an annual checkup! Men’s Health Month**
  menshealthresourcecenter.com
- **Low cost, convenient transportation**
  kennebecexplorer.com

### Resources
- **Northern Light Walk-in Care**
  8am-6pm, Seven days a week
- **Childbirth Class**
  861.3293
- **Summer Begins**
- **Do a daily tick check!**
  cdc.org/ticks

### Dates
- **June 2020**
- **May**
- **July**

Looking for a healthcare provider? Call 1.800.914.1409 or email us at inlandproviderfinder@northernlight.org
Spotlight on your health:

“Knowing three important numbers will help you keep a pulse on your overall health. Know your cholesterol level, your blood pressure and your body mass index (BMI) and discuss them with your primary care provider, along with your emotional health, which is tied to general well-being.”

Lorraine Paradis, DO  |  Northern Light Primary Care  |  207.474.2994
## July 2020

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<td><img src="image" alt="Independence Day" /></td>
<td>Free Child Safety Seat Check <a href="http://maineseatcheck.org">maineseatcheck.org</a></td>
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| **Tree of HOPE** |        | **Free Child Safety Seat Check** [maineseatcheck.org](http://maineseatcheck.org) |        |        |        |        |
| **Postpartum Support Group** Every Tuesday |        |        |        |        |        |        |
| **Breastfeeding Support Group** Every Friday at 1pm [861.3100](tel:+18613100) |        |        |        |        |        |        |
| **Childbirth Class** [861.3293](tel:+18613293) |        |        |        |        |        |        |
| **Family Fun Series** Disc Golf - 9am - 12pm [861.3392](tel:+18613392) |        |        |        |        |        |        |
| **Northern Light Primary Care** |        |        |        |        |        |        |
| **Northern Light Walk-In Care** |        |        |        |        |        |        |

### Other Events
- **Infant Safe Sleep ABCs** [safesleepforme.org](http://safesleepforme.org)
- Give life, donate blood! [americanredcross.org](http://americanredcross.org)
- Schedule sports and back to school physicals!
- [Northern Light Primary Care](https://northernlight.org)
- [Northern Light Walk-In Care](https://northernlight.org)

### Health Tips
- **Refresh!**
- A healthy body needs water.
- Do a daily tick check! [cdc.org/ticks](http://cdc.org/ticks)

Looking for a healthcare provider? Call 1.800.914.1409 or email us at inlandproviderfinder@northernlight.org
Hilton Hill, Skowhegan
by Trina Littlefield
### August 2020

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<td><strong>July</strong></td>
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<td><strong>Tree of HOPE</strong></td>
<td>National Breastfeeding Month</td>
<td>Immunization Awareness Month</td>
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<td>Schedule sports and back to school physicals! Northern Light Primary Care Northern Light Walk-In Care</td>
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<td>S M T W T F S</td>
<td>S M T W T F S</td>
<td>Postpartum Support Group Every Tuesday 861.6091</td>
<td>Give your baby a healthy start! usbreastfeeding.org</td>
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**Northern Light Walk-In Care**
8am-6pm, Seven days a week

**Inland’s Facebook page**

**Free Child Safety Seat Check**
maineseatcheck.org

**Low-cost, convenient transportation**
kennebecexplorer.com

**Do a daily tick check!**
cdc.org/ticks

Looking for a healthcare provider? Call 1.800.914.1409 or email us at inlandproviderfinder@northernlight.org
Spotlight on your health:

“Having an accurate idea of what medications our patients are on is extremely important for patient safety. We recommend that patients keep an ongoing record of their medications and share that list at every medical visit so we have the most current information.”

Lance Feller, MD | Northern Light Rheumatology | 207.861.7050
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<td>Healthy Aging Month</td>
<td>Tree of HOPE Postpartum Support Group</td>
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<td>nia.nih.gov</td>
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<td>maineseatcheck.org</td>
<td>Every Friday at 1pm 861.3100</td>
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<td>Labor Day</td>
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See what’s new this month—check out Inland’s Facebook page.

Get your flu shot!

Do a daily tick check! cdc.org/ticks

Northern Light Walk-In Care
8am-6pm, Seven days a week

Looking for a healthcare provider?
Call 1.800.914.1409 or email us at inlandproviderfinder@northernlight.org

Northern Light Inland Hospital
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<td>Take a hike!</td>
<td>Tree of HOPE</td>
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<td>Inland’s Fall Pops</td>
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<td>Safe Sleep and SIDS Awareness Month safesleepforme.org</td>
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<td>mainetrailfinder.com</td>
<td>Postpartum Support Group Every Tuesday 861.6091</td>
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<td>Concert is coming up! FM: operahouse.org or 207.861.3377</td>
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<td>Are you safe at home? 1.877.890.7788 familyviolenceproject.org</td>
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<td>Prevent infection</td>
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<td>National Breast</td>
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<td>Wash your hands!</td>
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<td>Cancer Awareness Month nbcam.org</td>
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<td>Schedule a Mammogram!</td>
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<td>Did you get your flu shot?</td>
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<td>Safely dispose of unused medications 1.866.637.0743</td>
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<td>See what’s new this month–check out Inland’s Facebook page</td>
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**Halloween**

Looking for a healthcare provider? Call 1.800.914.1409 or email us at inlandproviderfinder@northernlight.org
Spotlight on your health: “When it comes to foot and ankle pain, I advise creating a pain log. Keep a short summary of where you’re having pain, when it started, how long it lasts, what makes it feel better or worse, what treatments have been done to date, what time of day is better or worse. This helps the provider really localize on the area of concern and the patient gets much more out of the appointment because sometimes the area of concern does not cause pain at the time of the visit.” Jared Wilkinson, DPM | Northern Light Podiatry | 207.872.6010
**Veterans Day**  
**November 2020**

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<td>Quarry Road Trails Fall Festival quarryroad.org</td>
<td>Alzheimer’s Disease Awareness Month 24/7 helpline - 1.800.272.3900 alz.org/main</td>
<td>Tree of HOPE Postpartum Support Group Every Tuesday 861.6091</td>
<td>Free Child Safety Seat Check maineseatcheck.org</td>
<td>Breastfeeding Support Group Every Friday at 1pm 861.3100</td>
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<td>Daylight Savings Time Ends - Fall Back!</td>
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<td>Veterans Day</td>
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<td>Infant Safe Sleep ABCs Alone on my Back in a Crib safesleepforme.org</td>
<td>Don’t forget to get your flu shot!</td>
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<td>Do a daily tick check! cdc.org/ticks</td>
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<td>Great American Smokeout Maine Tobacco Helpline 1.800.207.1230 cancer.org</td>
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<td>Childbirth Class 861.3293</td>
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|        | Know your diabetes numbers  
- A1C  
- Blood pressure  
- Cholesterol  diabetes.org | Know your diabetes numbers  
- A1C  
- Blood pressure  
- Cholesterol  diabetes.org |               |               |               |               |
| 29     | 30     |         | Thanksgiving |               |               |               |
|        |        |         |               |               |               |               |

- **Northern Light Walk-In Care**  
  8am-6pm, Seven days a week

Looking for a healthcare provider?  
Call 1.800.914.1409 or email us at inlandproviderfinder@northernlight.org

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**Change smoke alarm batteries!**  
**Parade of Lights and Kringleville** kringeville.org

**Looking for a healthcare provider?**  
**Call 1.800.914.1409 or email us at** inlandproviderfinder@northernlight.org
### December 2020

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**November**

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**January 2021**

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**Tree of HOPE Postpartum Support Group**
Every Tuesday
861.6091

**Breastfeeding Support Group**
Every Friday at 1pm
861.3100

**Check out Quarry Road Trails’ Winter Programs**
quarryroad.org

**See what’s new this month-check out Inland’s Facebook page**

**Make winter fun!**
winterkids.org

**Infant Safe Sleep ABCs**
Alone on my Back in a Crib
safesleepforme.org

**Give the gift of life!**
americaredcross.org

**Winter begins**

**Prevent infection by washing your hands or covering your cough!**

**Hanukkah Begins**

**Childbirth Class**
861.3293

**Christmas**

**New Year’s Eve**

**Infant Safe Sleep ABCs**
8am-6pm,
Seven days a week

Looking for a healthcare provider?
Call 1.800.914.1409 or email us at inlandproviderfinder@northernlight.org