Northern Light Inland Hospital

2019 Annual Report

Northern Light℠
Inland Hospital

2020
calendar inside!

MAINE MADE US *Community*

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!

Getting better every day

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**

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Chair, Winslow

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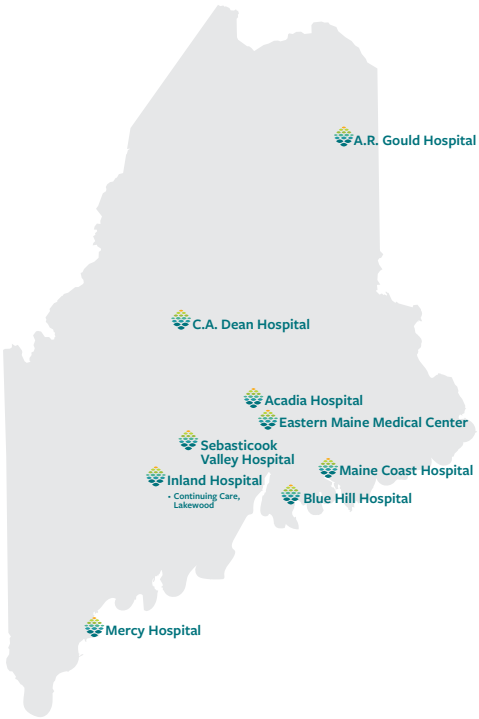
About us

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

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

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

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

2019 Highlights

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.

- Pinnacle awarded Lakewood among the "Best in Class" service award for its consistent resident satisfaction survey scores.

- 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.

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 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!

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.

2019 Highlights

Community focus

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.

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.

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.

Northern Light℠
Inland Hospital

200 Kennedy Memorial Drive
Waterville, ME 04901
207.861.3000
northernlighthealth.org/Inland-Hospital

Non-profit
Organization
U.S. Postage
Paid
Waterville, ME
Permit 122

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

Sidney, Maine
by Casey Whitehouse

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1 2 3 4	**February** S M T W T F S 26 27 28 29 30 31 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29		1 **New Year's Resolution** Set specific and realistic goals. Setbacks are normal. Be patient. Healthy New Year	2	3 **Breastfeeding Support Group** Every Friday at 1 pm 861.3100	4
5	6	7 **Tree of HOPE Postpartum Support Group** Every Tuesday 861.6091	8 **Free Safety Child Seat Check** **maineseatcheck.org**	9 See what's new this month–check out Inland's Facebook page	10	11 Community Ski Free Day Quarry Road Trails **quarryroad.org**
12 Low-cost, convenient transportation **kennebecexplorer.com**	13	14	15 **Inland has 3D mammography** Schedule your mammogram today!	16	17	18 **Childbirth Class** 861.3293
19	20 Martin Luther King Jr. Day	21	22	23	24 **Infant Safe Sleep ABCs** ***A**lone on my **B**ack in a **C**rib* **safesleepforme.org**	25
26 Give life, donate blood! **americanredcross.org**	27	28 Winter heating assistance: **2-1-1 or visit 211Maine.org**	29	30	31 **Northern Light Walk-In Care** 8am-6pm, Seven days a week	

Northern Light SM Inland Hospital

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Call 1.800.914.1409 or email us at
inlandproviderfinder@northernlight.org

China Lake, Vassalboro
by Brenda Ryder

February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January S M T W T F S 29 30 31 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1	**March** S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1 2 3 4		**Northern Light Walk-In Care** 8am-6pm, Seven days a week		**American Heart Month** **heart.org**	1
2	3	4 **Tree of HOPE** **Postpartum Support Group** Every Tuesday 861.6091	5	6	7 **Breastfeeding** **Support Group** Every Friday at 1pm 861.3100 Wear Red Day **goredforwomen.org**	8
9 See what's new this month–check out Inland's Facebook page	10	11	12 **Infant Safe Sleep ABCs** ***A**lone on my **B**ack in a **C**rib* **safesleepforme.org**	13	14 Valentine's Day	15 **Childbirth Class** 861.3293
16 Know your numbers • Blood Pressure • Blood Sugar • Cholesterol **heart.org**	17 Presidents Day	18	19	20	21	22
23	24	25	26	27	28	29

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Kennebec River, Waterville
by Ash Hekmat

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 National Sleep Month **sleepfoundation.org** National Nutrition Month **eatright.org**	2 Read Across America Day **raisingreaders.org**	3 **Tree of HOPE** **Postpartum Support Group** Every Tuesday 861.6091	4 Free Child Safety Seat Check **maineseatcheck.org**	5	6 **Breastfeeding** **Support Group** Every Friday at 1pm 861.3100	7
8 Daylight Savings Time begins - Spring Ahead!	9	10	11	12	13	14
15 Time for a colonoscopy? National Colorectal Cancer Awareness Month **cdc.gov**	16	17 St. Patrick's Day	18 Kick Butts Day **kickbuttsday.org**	19 Spring Begins	20	21 **Childbirth Class** 861.3293
22	23	24	25	26	27	28
29 Do a daily tick check! **cdc.org/ticks**	30	31 **Infant Safe Sleep ABCs** ***A**lone on my **B**ack in a **C**rib* **safesleepforme.org**	**Northern Light Walk-In Care** 8am-6pm, Seven days a week		**February** S M T W T F S 26 27 28 29 30 31 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29	**April** S M T W T F S 29 30 31 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 1 2

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Kennebec River, Winslow
by Lincoln Ryder

April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1 2 3 4	**May** S M T W T F S 26 27 28 29 30 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	National Volunteer Month Get Involved **volunteermaine.org**	1 Free Child Safety Seat Check **maineseatcheck.org**	2 Alcohol Awareness Month Helpline - 800.662.4357 **samhsa.gov**	3 **Breastfeeding Support Group** Every Friday at 1pm 861.3100	4
5	6	7 **Tree of HOPE Postpartum Support Group** Every Tuesday 861.6091	8	9 **Learn about Lakewood's May Day Auction** 861.3377	10	11 Do a daily tick check! **cdc.org/ticks**
12 Easter	13	14	15 Tax Day	16 National Healthcare Decisions Day **nhdd.org**	17	18 **Childbirth Class** 861.3293
19 See what's new this month–check out Inland's Facebook page	20	21 Give life, donate blood! **americanredcross.org**	22	23	24	25
26	27	28	29	30		**Northern Light Walk-In Care** 8am-6pm, Seven days a week Do a daily tick check! **cdc.org/ticks**

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Irises on Unity Pond
by Allison Morrill

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

May 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April S M T W T F S 29 30 31 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 1 2	**June** S M T W T F S 31 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 1 2 3 4		**Spot Stroke Signs - FAST** **F**ace drooping **A**rm weakness **S**peech slurred **T**ime to call 9-1-1 stroke.org	**Northern Light Walk-In Care** 8am-6pm, Seven days a week	1 **Breastfeeding Support Group** Every Friday at 1pm 861.3100	2
3 Screen Free Week **screenfree.org**	4	5 **Tree of HOPE Postpartum Support Group** Every Tuesday 861.6091	6 Free Child Safety Seat Checks **maineseatcheck.org**	7 Lakewood May Day Auction	8	9
10 National Women's Health Week womenshealth.org Mother's Day	11	12 **Infant Safe Sleep ABCs** *A*lone on my *B*ack in a *C*rib **safesleepforme.org**	13	14	15	16 **Women's Wellness Walk** northernlighthealth.org/Inland-Hospital **Childbirth Class** 861.3293
17 Wear broad spectrum SPF 30 or higher sunscreen. spotskincancer.org	18 Mental Health Month nami.org	19	20	21	22 National Osteoporosis Awareness and Prevention Month nof.org	23
24 31	25 Memorial Day	26	27	28 National Arthritis Month arthritis.org	29 Do a daily tick check! **cdc.org/ticks**	30 See what's new this month–check out Inland's Facebook page

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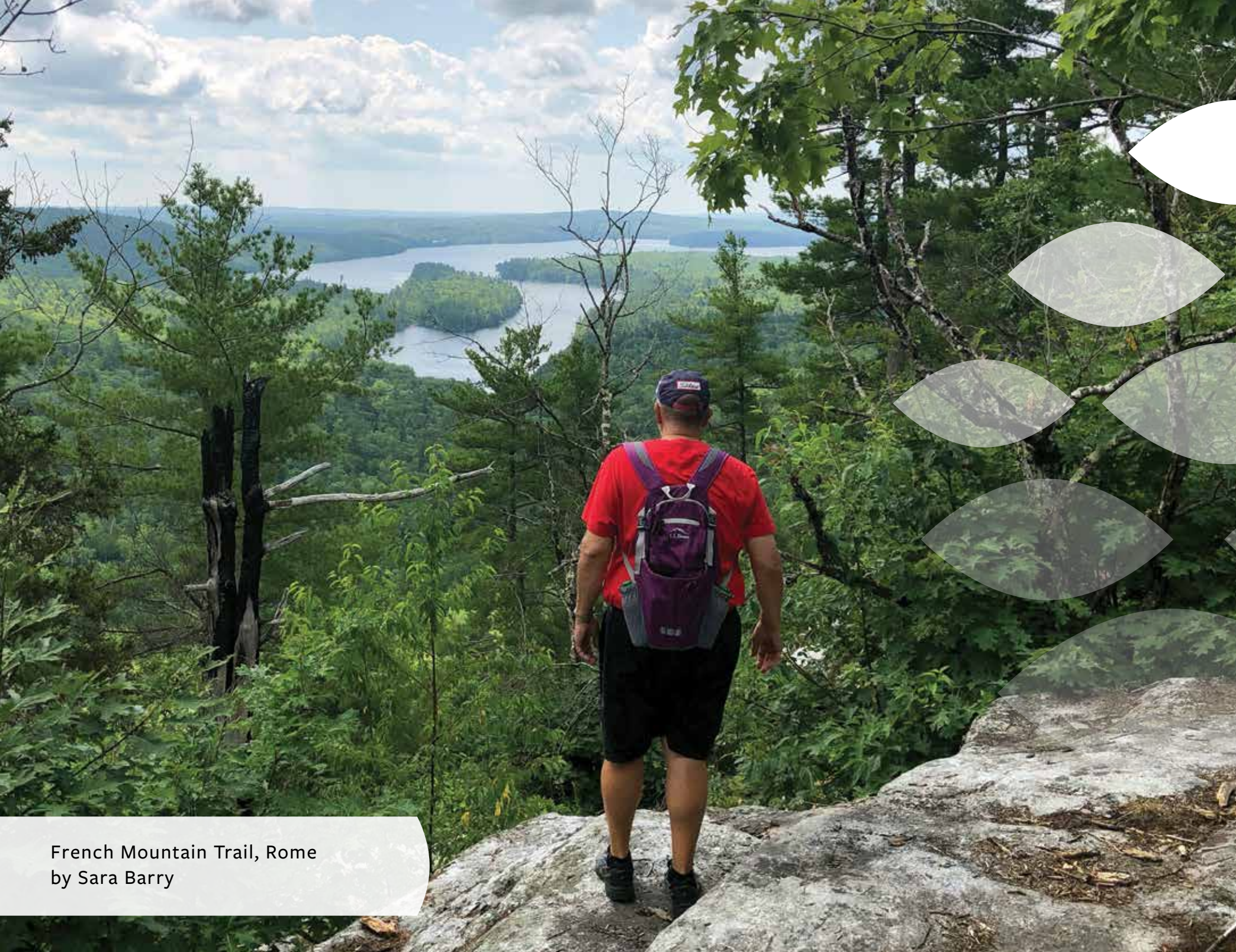

French Mountain Trail, Rome
by Sara Barry

June 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Kennebec Highlands French Mountain Trail **7lakes alliance.org**	1	2 **Tree of HOPE Postpartum Support Group** Every Tuesday 861.6091	3 Free Child Safety Seat Check **maineseatcheck.org**	4	5 **Breastfeeding Support Group** Every Friday at 1pm 861.3100	6 National Trails Day **kmtrails.com**
7 Sign up for the Quarry Road Summer Race Series and Kids' Fun Run **quarryroad.org**	8	9	10	11	12	13
14 Check out the Inland Woods Trail!	15	16	17	18	19	20 **Childbirth Class** 861.3293 Summer Begins
21 Father's Day	22	23	24	25 **Northern Light Walk-In Care** 8am-6pm, Seven days a week	26	27 Do a daily tick check! **cdc.org/ticks**
28 Get an annual checkup! Men's Health Month **menshealthresourcecenter.com**	29	30	Low cost, convenient transportation **kennebecexplorer.com**		**May** S M T W T F S 26 27 28 29 30 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	**July** S M T W T F S 28 29 30 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1

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Webber Pond, Vassalboro
by Richard Lemieux

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."

Loraine Paradis, DO | Northern Light Primary Care | 207.474.2994

July 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June S M T W T F S 31 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 1 2 3 4	**August** S M T W T F S 26 27 28 29 30 31 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1 2 3 4 5		1 Free Child Safety Seat Check **maineseatcheck.org**	2	3 **Breastfeeding Support Group** Every Friday at 1pm 861.3100	4 Independence Day
5 **Infant Safe Sleep ABCs** ***A**lone on my **B**ack in a **C**rib* **safesleepforme.org**	6	7 **Tree of HOPE Postpartum Support Group** Every Tuesday 861.6091	8	9	10	11 Schedule sports and back to school physicals! Northern Light Primary Care Northern Light Walk-In Care
12 Give life, donate blood! **americanredcross.org**	13	14	15	16	17	18 **Childbirth Class** 861.3293
19	20	21	22	23	24	25 **Family Fun Series** **Disc Golf - 9am - 12pm** Winslow High School 861.3392
26	27	28	29 Refresh! A healthy body needs water.	30	31 Do a daily tick check! **cdc.org/ticks**	**Northern Light Walk-In Care** 8am-6pm, Seven days a week

Hilton Hill, Skowhegan
by Trina Littlefield

August 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July S M T W T F S 28 29 30 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1	**September** S M T W T F S 30 31 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 1 2 3	**Northern Light Walk-In Care** 8am-6pm, Seven days a week	National Breastfeeding Month Give your baby a healthy start! **usbreastfeeding.org**		Immunization Awareness Month **cdc.gov**	1 Schedule sports and back to school physicals! Northern Light Primary Care Northern Light Walk-In Care
2	3	4 **Tree of HOPE** **Postpartum Support Group** Every Tuesday 861.6091	5 Free Child Safety Seat Check **maineseatcheck.org**	6	7 Breastfeeding Support Group Every Friday at 1 pm 861.3100	8
9 See what's new this month–check out Inland's Facebook page	10	11	12	13	14	15 **Childbirth Class** 861.3293
16	17 Low-cost, convenient transportation kennebecexplorer.com	18	19	20	21	22
23 30	24 31	25	26	27	28	29 Do a daily tick check! **cdc.org/ticks**

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Salmon Lake, North Belgrade
by Ellen Wells

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

September 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Healthy Aging Month nia.nih.gov		1 **Tree of HOPE Postpartum Support Group** Every Tuesday 861.6091	2 Free Child Safety Seat Check maineseatcheck.org	3	4 **Breastfeeding Support Group** Every Friday at 1pm 861.3100	5
6 See what's new this month–check out Inland's Facebook page	7 Labor Day	8	9	10	11	12
13	14	15 Get your flu shot!	16	17	18	19 **Childbirth Class** 861.3293
20	21	22 Fall Begins	23	24	25	26
27 Do a daily tick check! **cdc.org/ticks**	28	29	30	**Northern Light Walk-In Care** 8am-6pm, Seven days a week	**August** S M T W T F S 26 27 28 29 30 31 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1 2 3 4 5	**October** S M T W T F S 27 28 29 30 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

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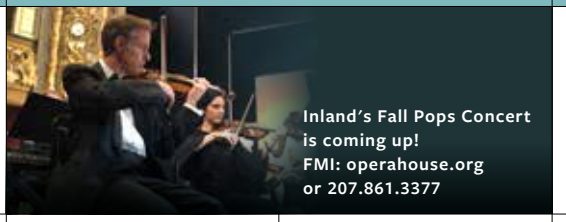
Halifax Park, Winslow
by Sara Barry

October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September S M T W T F S 30 31 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 1 2 3	**November** S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 1 2 3 4 5	 **Inland's Fall Pops Concert is coming up!** **FMI: operahouse.org or 207.861.3377**		1	2 **Breastfeeding Support Group** Every Friday at 1pm 861.3100	3 Safe Sleep and SIDS Awareness Month **safesleepforme.org**
4 Take a hike! **mainetrailfinder.com**	5	6 **Tree of HOPE Postpartum Support Group** Every Tuesday 861.6091	7	8	9	10 **Northern Light Walk-In Care** 8am-6pm, Seven days a week
11 Prevent infection Wash your hands!	12 Indigenous People's Day	13 Are you safe at home? 1.877.890.7788 **familyviolenceproject.org**	14	15	16	17 **Childbirth Class** 861.3293
18 Schedule a Mammogram! National Breast Cancer Awareness Month **nbcam.org**	19	20	21	22 **Infant Safe Sleep ABCs** ***A**lone on my **B**ack in a **C**rib* **safesleepforme.org**	23	24 Visit the Inland Woods Trail!
25 Did you get your flu shot?	26 Safely dispose of unused medications umaine.edu/safemeddisposal 1.866.637.9743	27 See what's new this month–check out Inland's Facebook page	28	29	30	31 Halloween

Northern Light℠ Inland Hospital

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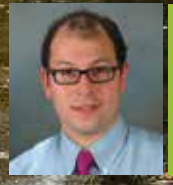
inlandproviderfinder@northernlight.org

Oxbow Trail,
Messalonskee Stream, Waterville
by Amber Collman



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

November 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Quarry Road Trails Fall Festival **quarryroad.org** Daylight Savings Time Ends - Fall Back!	2 Alzheimer's Disease Awareness Month 24/7 helpline - 1.800.272.3900 alz.org/maine	3 **Tree of HOPE Postpartum Support Group** Every Tuesday 861.6091	4 Free Child Safety Seat Check **maineseatcheck.org**	5	6 **Breastfeeding Support Group** Every Friday at 1pm 861.3100	7
8	9	10	11 Veterans Day	12	13 **Infant Safe Sleep ABCs** ***A**lone on my **B**ack in a **C**rib* **safesleepforme.org**	14 Don't forget to get your flu shot!
15 Do a daily tick check! **cdc.org/ticks**	16	17	18	19 Great American Smokeout Maine Tobacco Helpline 1.800.207.1230 cancer.org	20	21 **Childbirth Class** 861.3293
22 Know your diabetes numbers • A1C • Blood pressure • Cholesterol **diabetes.org**	23	24	25	26 Thanksgiving	27 Parade of Lights and Kringleville **kringleville.org**	28
29 Change smoke alarm batteries!	30	**Northern Light Walk-In Care** 8am-6pm, Seven days a week			**October** S M T W T F S 27 28 29 30 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	**December** S M T W T F S 29 30 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1 2

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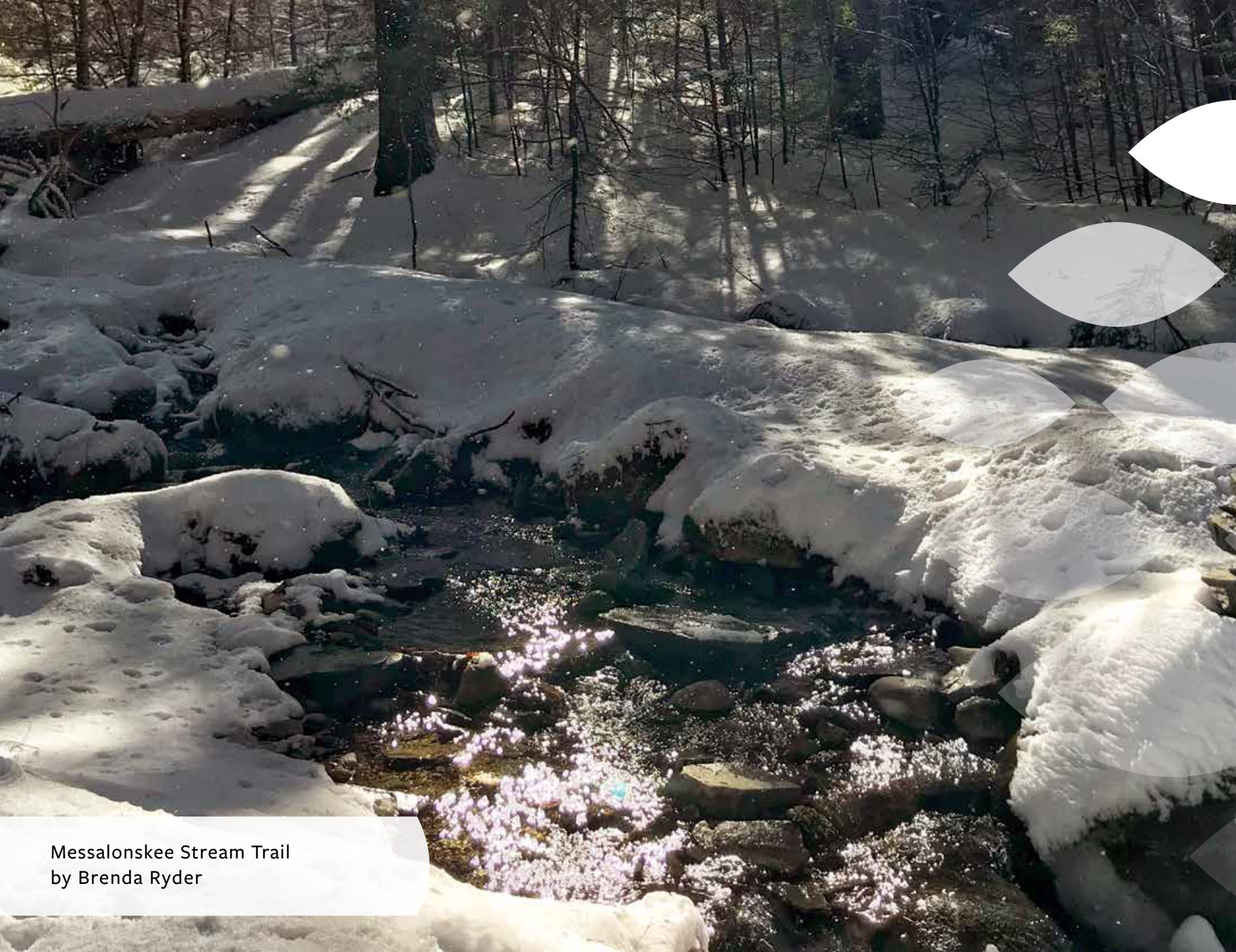

Messalonskee Stream Trail
by Brenda Ryder

December 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 1 2 3 4 5	**January 2021** S M T W T F S 27 28 29 30 31 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 **Tree of HOPE Postpartum Support Group** Every Tuesday 861.6091	2	3	4 **Breastfeeding Support Group** Every Friday at 1pm 861.3100	5
6	7 Make winter fun! winterkids.org	8	9	10 Hanukkah Begins	11	12 Check out Quarry Road Trails' Winter Programs quarryroad.org
13 See what's new this month–check out Inland's Facebook page	14	15 Prevent infection by washing your hands or covering your cough!	16	17	18	19 **Childbirth Class** 861.3293
20	21 Give the gift of life! americanredcross.org Winter begins	22	23	24	25 Christmas	26
27 **Infant Safe Sleep ABCs** ***A**lone on my **B**ack in a **C**rib* **safesleepforme.org**	28	29	30	31 New Year's Eve	**Northern Light Walk-In Care** 8am-6pm, Seven days a week	

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