

York Hospital Welcomes New Providers

KITTERY FAMILY PRACTICE'S addition of **EMILY PALLY-APPLETON, PA-C** and **AMY GRZYSIEWICZ, D.O.** increases the team to 13 providers. **Emily** earned her B.S. from the University of New Hampshire and went on to receive a Master of Health Sciences from the Physician Assistant Program at Quinnipiac University, CT. **DR. GRZYSIEWICZ** received her B.A. from College of the Holy Cross, her M.S. in Biological Sciences from Drexel University College of Medicine, Philadelphia, PA and her D.O. from University of New England College of Osteopathic Medicine. Her post-doctoral training included a residency in Family Medicine at University of Massachusetts Medical School. The providers at Kittery Family Practice are accepting new patients. Call 207-439-4430 for information.

YORK HOSPITAL welcomed **JOHN MONGAN, D.O.** to its **Oncology Treatment Center**. He received his B.A. from College of the Holy Cross and his D.O. from Philadelphia College of Osteopathic Medicine. His post-doctoral training included a residency in Internal Medicine at Dartmouth-Hitchcock Medical Center, and a fellowship in Hematology/Oncology at the University of Rochester/Strong Memorial. He is board certified by the American Board of Internal Medicine. Call 207-351-3777 for more information.

YORK HOSPITAL ANESTHESIA team members now include **CHAD ANDERSON, M.D.** who received his B.S. in Biological Sciences from Michigan Technological University and his M.D. from Michigan State University, East Lansing, MI. His post-doctoral training included an internship at Michigan State University and a residency in Anesthesiology at Tufts Medical Center. He is board certified by the American Board of Anesthesiology. Also on staff is **ROBERT KNAPP, D.O.** who received his B.A. from University of Michigan and his D.O. from University of Health Sciences, Kansas City, MO. He completed an internship at Cranston General Hospital, RI, a residency in Anesthesiology at University Hospital, University of Michigan and an Obstetric Anesthesia Fellowship at Brigham & Women's Hospital, Boston.

YORK HOSPITAL OB/GYN SURGICAL & MIDWIFERY ASSOCIATES welcomed **DIANA OKUNIEWSKI, D.O.** who received her B.A. from Kalamazoo College and her D.O. from Michigan State University College of Osteopathic Medicine, East Lansing, MI. She served as Chief Resident of Obstetrics & Gynecology at Ingham Regional Medical Center, Michigan State University, Lansing, MI. Call 207-351-3455 for more information.

YORK HOSPITAL IN NORTH BERWICK opened in April, and along with **JAMES SMITH, D.O.**, care is being provided by **JANET MEEGAN, APRN** who completed her nurse practitioner training at the University of New Hampshire after receiving her B.S. in Nursing at Northeastern University. This office is located in downtown North Berwick at 23 Wells Street and is open for new appointments. Call 207-676-1280.

ROBERT WEISS, M.D. joined the team at **WEBHANNET INTERNAL MEDICINE** in Moody. He earned his B.S. from St. Joseph's University in Philadelphia and his M.D. at the Universidad Autonoma de Guadalajara, Mexico. His post-doctoral training included an Internship & Residency at Harbor Hospital Center in Baltimore and a Fellowship in Pulmonary/Critical Care at the University of Pittsburgh Medical Center. He is board certified by the American Board of Internal Medicine in both Internal Medicine and Pulmonary Medicine. He is accepting patients. Call 207-646-8386.

Join us!

September 25th
23rd Annual Frank E. Hancock Memorial Golf

Tournament in support of men's health programs at York Hospital. Enjoy an afternoon of golf with a reception and sumptuous dinner to follow at the York Golf and Tennis Club! Contact

Friendraising at (207) 351-2385 or fr@yorkhospital.com.

Summer/Fall, 2011

Power of Pink Raffle—to benefit York Hospital's Breast Cancer Living Well Program. One winner takes home all 10 'Pink' prizes-valued at \$5,000.

Tickets are \$25 each (Pink Power Pack of 5 for \$100) and are available at the Hospital's Dining Room or online at www.yorkhospital.com. Drawing takes place on October 4th at the Fashion Fling.

October 4th

In the Pink – Food, Fun and Fashion Fling to benefit York Hospital's Breast Cancer Living Well Program. Come to the Ogunquit Playhouse where the evening will begin with a pre-show champagne reception with gourmet treats from area restaurants along with silent and live auctions. The Fashion Show will feature the best in fall fashions for men, women and children. Tickets are \$55 each. Contact Friendraising at (207) 351-2385 fr@yorkhospital.com or visit www.yorkhospital.com.



Patients Benefit from Improved Privacy and Life-Saving Technology — Thanks to you!

Through the support of so many generous friends of York Hospital, the For Every Patient Campaign has topped \$4.6 million. "This is a remarkable expression of generosity and compassion," exclaimed YH President Jud Knox, "and included among these 'friends' are members of our own YH family—trustees, physicians, hospital leaders, employees, volunteers and hospital vendors whose total giving amounts to \$1.5 million!"

With the completion of the Surgery Center renovation and expansion project and Heli-pad site for rapid medical transports, we are finalizing two more projects of the Hospital's largest construction program in its history—the Breast Care Center/MRI addition and privatization of Strater Wing patient rooms.

"Our number one priority remains — 100

percent private patient rooms," Jud emphasized, "and in 2012 we plan to begin the renovation and the privatization of 17 rooms on the Biewend Wing." Jud pledged, "With the help of the community, we will complete this project over the next 2-3 years."

"Involving loved ones and family in patient care is an important reason for private patient rooms," noted Stephen Jendzejec, D.O., Leader-Physician Practices.

"Having private, confidential conversations with you and your family ensures that we work as a team to help you recover quickly and get you home—where all of us would prefer to be!" —Dr. Jendzejec

York Hospital Brings First Dedicated Breast MRI System to Maine!

Our expanded Breast Care Center now accommodates Maine's first Aurora® Dedicated Breast MRI System. "We are thrilled to offer this advanced technology



right here at York Hospital" exclaimed Dr. Kira Wendorf, one of York Hospital's two board certified Breast Radiology physicians who are on-site to provide same day results. "This new technology will help improve breast cancer survival even further!"

"The Aurora® breast imaging system is a critical tool in the fight against breast disease. It is used to identify early stages of breast cancer not detected through other means and is especially critical for those women at high risk for the disease," explained Dr. Wendorf.

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Cynthia Hosmer

Gratitude and Dedication to Helping Others



For York Hospital supporter and volunteer, Cynthia Hosmer, the new Aurora® Dedicated MRI System is especially important to our community. Six years ago, during a routine mammogram at York Hospital, Cynthia was told she needed a Breast MRI and was referred to Faulkner Hospital, Boston. On three different occasions, she made the trip to Boston and recalls, "the hardest part was the waiting for results!"

With York Hospital's Breast MRI now installed and with the Breast Care Center promise of 'same day results'—waiting is not an option. And Cynthia couldn't be happier.

"The Breast MRI is such a diagnostic advancement. Having it here at York Hospital and being able to shorten the time for results will make a huge difference to women!"

"If I meet someone who lives here who hasn't used our Breast Care Center, I say, 'York Hospital is a very loving, caring place with a wonderful medical team to guide us.' I've been to MGH for a second opinion and I knew that coming back to York Hospital for

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Cynthia Hosmer

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my breast cancer treatment was best for me. You feel special here and I really believe that you cannot do any better."

After her 5 year cancer survival anniversary exam with Dr. Thurlow, Cynthia knew that she, "really wanted to give back to this community of women. My own personal experience has inspired me to do more."

During her Breast MRI exam, she was glad to be offered special headphones so that she could listen to music. "It helped take my mind off the noise from the magnet and helped me relax. When I learned that York Hospital would be getting a Breast MRI System, I asked, 'Please may I fund the music headphones for the MRI?'"

"If it is possible to make someone else's experience less stressful—a little more pleasant and relaxed—then I am very happy that I could help!"

Cynthia contributes to York Hospital in another very 'hands on' way as a volunteer in the Hospital's ER. "It's a busy place and I thoroughly enjoy it. Sometimes it's just the little things like delivering a cool glass of water, or covering a patient with a warm blanket—that can make them feel more comfortable and help make the time seem shorter. Putting patients and families at ease; offering comfort—that's what I enjoy."

Cynthia's father retired in 1958 from the Portsmouth Naval Shipyard. "Our families have lived here since the mid-1950s. We've always used York Hospital, with never a thought of going elsewhere."

"We are on the very cutting edge of technology here, yet the enveloping warmth of care is just extraordinary. We are so fortunate to have this wonderful facility."

"As people leave the ER, we always tell them that they will be receiving a survey asking about their experience. And I let them know that their opinions really matters to us. 'This is the most wonderful caring place,'—that's what I hear as they leave us, and I couldn't agree more!"

Private Rooms offer privacy, comfort, added space

Sharing a room and a bathroom with another patient is something most would like to see as a thing of the past. And York Hospital has been working hard to remedy that. After two years of refurbishing, the Strater Wing, originally built in 1968, now consists of 14 beautifully decorated private patient rooms—each with a personal bathroom and shower.

Colleen Tiebout had nothing but rave reviews about her private room stay, "My room was so cheery! The soft colors, pictures on the wall and the nice window views made it very calming." But what mattered most was that, "All my nurses and doctors were very attentive, understanding and compassionate. They stayed with me and always reassured me."



"With a private room, I can stick to my own routine. I like to stay up late and fall asleep with my TV on. When I was feeling up to it, I could talk freely on my phone or work on my computer—and, there was plenty of space for my visitors! Yet, when I wanted privacy and quiet, I could close the window curtains, shut the door, dim the lights and get my rest."

Colleen declared, "I'll tell you this, even though I live very close to another hospital, I choose to come to York Hospital because of the friendly, family atmosphere. Don't ever lose it," she admonished. "It is very personal."

"We've known for some time that a lack of private rooms compromises the privacy of our patients

Newly designed patient rooms mean additional space for family visits, as depicted here.



Strater Wing Private Room Patient Colleen Tiebout, with nurse Tracy DuLong and CT Alexeus Withers (in rear)

and families," noted YH President Jud Knox. And several studies prove that private hospital rooms:

- Shorten the length of stay
- Decrease rates of infection
- Encourage family presence and
- Promote more focused medical care.

"Exceptional medical care delivered with love and respect"—these aren't just words," noted Jud, "it is the mission we live out at York Hospital each and every day."

Our Breast Care promise—same day results, compassionate, expert care

Already designated a Breast Imaging Center of Excellence by the American College of Radiology, the Breast Care Center at York Hospital offers Breast MRI, in addition to digital mammography, breast ultrasound and stereotactic breast biopsy—services which have been available in the Center since its 2008 opening.

"It's wonderful that the hospital has created a warm and welcoming environment that incor-

porates the latest and best technology, while providing same-day mammography results for patients." said Senator Susan Collins on a recent visit.

With the final renovations completed, the Breast Care Center now includes new, improved waiting areas redesigned with patient privacy in mind, and additional, private consultation rooms for patients and their medical team.

WE NEED YOUR HELP

To reach our goal of 100% private patient rooms, we need your help. For more information or to make a donation to the campaign, contact Susan McDonough, Lead of Development at 207-351-3522 or email smcdonough@yorkhospital.com.



Welcoming Breast Care team members Kathleen Bry, RT (R)(M) and Julie Bouchard, Scheduler.



Senator Collins visits with Dr. Wendorf at York Hospital's Breast Care Center.

Leslie W. Ware—Doing her best for 'Family'

"For our family—and I'm sure for most—what guides us is doing the best for our family. And giving our loved ones the best care possible." And for Leslie and her family, the past few years have meant spending a good deal of time at York Hospital. Because of her family's experiences here, she was eager to share her thoughts on York Hospital's goal to provide private patient rooms for all who come to us for care.



"We appreciated having a private room to gather as a family. A place to be by my mother's side 24 hours a day. A place to have a private conversation among ourselves and with her physician and wonderful team of nurses. Eventually, it was a place to say our good-byes."

Leslie has lived in York for the past 17 years, working part-time as a Food and Prop Stylist for magazines and television shows. In addition to caring for her own family, Leslie has become part of the York Hospital 'family' as she works to give back to all those who helped care for those very dear to her. "Michael Gauthier, M.D., Stephen Jendzjec, D.O and their staffs have been just wonderful to our family during the past 15 years. And Dining has provided lovely meals for our entire family during the days that turned into weeks!"

Leslie's husband, Jesse, was a familiar face at York Hospital during the last five years of his life. And Leslie acknowledges that, "privacy was so very important when he was not feeling well. With a private room, the noise and activity could be kept at a minimum and he could easily rest when he needed to."

"Discussing his medical condition and treatments with his doctor, allowing private conversations with his family members were all critical." And at times, the private room even gave a family member extra time with Jesse by staying the night if needed. "Jesse was a man who deserved the dignity to be alone at that time with his family, his friends and his trusted medical team."

Earlier this year, Leslie's mother passed away at York Hospital, and she was comforted to know that, "the same nurses who had been with us during my husband's stay, were there for us again."

As a donor to the For Every Patient Campaign, Leslie is supporting two Hospital projects that are very meaningful to her—private patient rooms and Breast Care. Working on the Executive Committee of the 2011 Fashion Fling, Leslie is now helping to raise funds for the Breast Cancer Living Well Program here. "As my mother and a very dear friend here in York were both cancer survivors, I was eager to get involved."

Leslie's history of helping others goes back 25 years when she founded Friends of Hospice and the Festival of Trees fundraising program to support the Talbot Hospice Foundation in Easton, Maryland.

We know that her endless hours of volunteer work on behalf of York Hospital will make a true difference in the lives of so many women in our community. Though Leslie noted that Jesse lived by the motto, 'Buy, restore, build and leave something better behind,' we know that Leslie, too, is working to help better the lives of so many.