

in The
spirit of Healing

Chill Out

Seasonal tips for
skin care, avoiding
winter accidents,
better breathing
and more!

Learn Something New

Join us at the Mall for fun and games Pg 8

A Message from the President

Here we are in the midst of another holiday season. With all the obligations to family and friends and our desire to make the holiday season the “best ever” for everyone we love, it’s easy to forget the peace and joy that God intends for each of us throughout this season. We need to slow down and remember what is truly important – our families, our friends and our health.

At St. Joseph Hospital we are particularly interested in helping you improve and maintain your health. That’s why we’ve decided to publish this magazine, *In the Spirit of Healing*, four times each year. We want this magazine to become a health resource for you and your family. Inside this edition you’ll find out why the Blue Cross and Blue Shield companies have listed St. Joseph Hospital as a Blue Distinction Center, learn how your fight to get some much needed sleep doesn’t have to be a losing battle and hear from a national diabetic expert who says you can choose to have a healthy life. You’ll also find information about our second *St. Joseph Saturday at the Mall* event scheduled to take place on Saturday, December 4 in the Bangor Mall JCPenney courtyard area. We’ll have experts providing health tips and information, seminars and fun activities for the whole family. The teddy bear clinic is back by popular demand for the kids, who will also have fun decorating holiday cookies! Check out pages 8 and 9 for all the details.

As always we hope this magazine finds you in good health. Please remember that should you need medical services St. Joseph Hospital is *your* community hospital. I extend my prayers to you and your families for a joyous holiday season complete with the peace and love God promises each of us.



Sister Mary Norberta C.S.S.F., FACHE



Photos from *St. Joseph Saturday at the Mall* held last summer at the Bangor Mall. Stay tuned for a repeat performance on Saturday, December 4. Details can be found on pages 8 and 9 of the magazine.



The Doctor is in

Meet Dr. David Rydell of St. Joseph General Surgery

At some point it seems we're all in need of a surgeon's expertise – whether it's to repair a hernia or perhaps to correct damage done by diverticulitis. David Rydell DO recently joined the St. Joseph General Surgery team to provide high quality care with the compassion and service you've come to expect from St. Joseph Healthcare.

"I really enjoy my work – people come to me sick and I'm able to help them get better in a short amount of time," says Dr. Rydell. "And getting to practice in Bangor is just a bonus."

David Rydell DO recently joined the St. Joseph General Surgery team to provide high quality care with the compassion and service you've come to expect

Dr. Rydell is no stranger to the area – he's been a trauma and general surgeon in Bangor for the past eight years. Earlier, he worked as a general surgeon in Montana after completing his residency through Michigan State and medical school at the Chicago College of Osteopathic Medicine, part of Midwestern University.

Dr. Rydell performs everything from esophageal surgery to colonoscopies, but has a particular interest in anti-reflux surgery. Dr. Rydell is the only physician in the state of Maine offering the incisionless TIF (Transoral Incisionless Fundoplication) surgical procedure for treating chronic acid reflux disease (GERD). This is a patient-friendly solution for people suffering from reflux.

For more information about Dr. Rydell, have your primary care provider refer you to St. Joseph General Surgery or call 907-3650. 🐦



We've Got You Covered

St. Joseph General Surgery surgical services, include the following:

- **Hernia repair**
Most hernias occur in the abdomen when an organ protrudes through the cavity wall. Many hernias are now repaired using laparoscopic, or minimally invasive techniques.
- **Gallbladder removal**
If gallstones or inflammation develop and are symptomatic, surgical removal of the gallbladder is often needed. Most gallbladders are removed laparoscopically.
- **Bowel surgery**
Surgery is used to treat a variety of colon and rectal diseases, including inflammatory bowel diseases such as ulcerative colitis or Crohn's disease, diverticulitis, hemorrhoids and more.
- **Esophageal surgery**
Surgery is performed to treat esophageal cancer, reflux disease or GERD, as well as motility or functional disorders. 🐦

All About Diabetes

Take it from an Expert

When it comes to learning to manage one's own diabetes, Riva Greenberg has been there, done that. Determined not to let it get her down, bolstered by unceasing support from those close to her, she has successfully learned to live with type 1 diabetes for more than 38 years. The Brooklyn native shared that expertise as keynote speaker at St. Joseph Healthcare's first Diabetes Expo in October.

The nationally known diabetes blogger and author explained her three personal mantras essential to diabetes self-control.

- **Does it Matter?** To a diabetic, says Greenberg, "Everything we do matters, including what and when we eat, the exercise we get and the medicines we take." Conversely, she said, "everything we don't do matters." It's essential to work with a trusted provider to develop the program that works for you and stick with it.
- **It's Up to You.** Diabetics need to check their blood sugars several times a day in order to get the "big picture" of how they're controlling their disease. "This is one condition where it's essential that you are the captain of your ship."

"Living with diabetes is a long haul. Ask for support. Find an 'accountability partner' you trust - a 'blood sugar buddy.'"

- **You Are Not Alone.** In addition to the professional guidance you get from your healthcare provider, says Greenberg, "Most of us have someone in our life who is very happy to be there for us. Living with diabetes is a long haul; ask for support. Find an 'accountability partner' you trust - a 'blood sugar buddy.' You'll feel better and become more motivated as you become accountable to more than just yourself."

Learning you have diabetes can be devastating at first. Like any life crisis, it's what you do about it that makes the difference, Greenberg explains. "How you respond is the key to success." Too many diabetics become discouraged when they learn all they have to do to control their disease. "Never think you *have* to do anything," says Greenberg. "You're much better off saying, 'I *choose* to go to the doctor...*choose* to exercise and stick to my diet...*choose* to do the best I can to have a healthy life.' Focus on the rewards, not the work. You'll feel better, like you have more control."



Diabetics, mark your calendar

"It's up to you," said Riva Greenberg in her keynote address at St. Joseph Healthcare's very first Diabetes Expo. "There is truly no other medical condition in which patients themselves have so much responsibility. That's the bad news. It's also the good news. I am thrilled you have all taken it upon yourselves to come out and learn more."

The Expo offered presentations by many diabetes experts, including talks on cooking, insulin, exercise and more, along with several exhibits by diabetes product vendors from around the State. Next year's Expo will be even bigger and better, promises Dana Green, PA, director of St. Joseph's Diabetes Institute of Behavioral Medicine. Plan now for September 30, 2011.

Connect with Classes

St. Joseph's Diabetes Institute has announced its 2011 self help classes. Learn to control your diabetes through good nutrition and good attitude! For info, click the Diabetes Institute link on our home page, www.stjoeshealing.org, and go to the "classes" section.

Winter Skin Care for Diabetics

Long Maine winter months can wreak havoc on your skin, leaving it feeling tight, dry and itchy. For most of us with a little special attention during the winter months all will be fine; but for those who are also diabetic winter skin problems can cause a much bigger problem than just flaky skin.

According to WebMD, if you have diabetes and your blood sugar is high, your body loses fluid through excess urination and this can cause your skin to become dehydrated. Your skin can also get dry if the nerves do not get the message to keep your skin soft and moist due to diabetic neuropathy. Dry skin can become itchy, which leads to scratching and cracking, leading to infections. Infections are particularly difficult for a person with diabetes to fight off, so it's important to focus on keeping your skin healthy before there's a problem.

Here are some tips everyone can use to keep their skin glowing during the winter months.

- Protect your skin from the elements: cover your ears and face; wear a hat, gloves and warm boots; and always use sunscreen with at least an SPF of 15.
- Use lip balm
- Use a room humidifier to add moisture to heated, indoor air
- Use warm, not hot water, for baths and showers
- Avoid taking long baths and showers – this strips the moisture from your skin
- Pat your skin dry – do not rub
- After washing and drying your skin – apply a mild moisturizer
- Avoid scratching dry skin – apply moisturizer instead



St. Joseph Neurology

Neurologist Scott Shulman MD has joined St. Joseph Healthcare's newest medical practice, St. Joseph Neurology. As part of St. Joseph's growing number of physician practices, St. Joseph Neurology will provide expertise in the treatment of many disorders of the brain and nervous system. Clinical neurology encompasses many conditions. Some of the most common include

- Brain disorders and injuries
- Certain disorders of the spinal cord and other nervous system disorders
- Seizure disorders such as epilepsy
- Movement disorders such as Parkinson's disease
- Migraines
- Head injuries
- Stroke
- Certain kinds of sleep disorders

Dr. Shulman comes to St. Joseph

Healthcare from Maine General Medical Center. He received his medical degree from the University of Pittsburgh

School of Medicine, where he also completed his post-graduate training. The practice is located in Suite 306 at St. Joseph Hospital, phone 907-3660.





Joint venture

St. Joseph Hospital a Blue Cross and Blue Shield Blue Distinction Center for Knee and Hip Replacement

For someone with osteoarthritis, a total joint replacement can be a life-changer, restoring lost mobility and bringing about renewed satisfaction from life. Though most patients acknowledge it's worth it, the road can be challenging. There's complex surgery followed by lengthy rehabilitation; so when you and your doctor make the decision to replace your hip or knee, it's good to know your entire medical team is behind you, supporting you all the way.

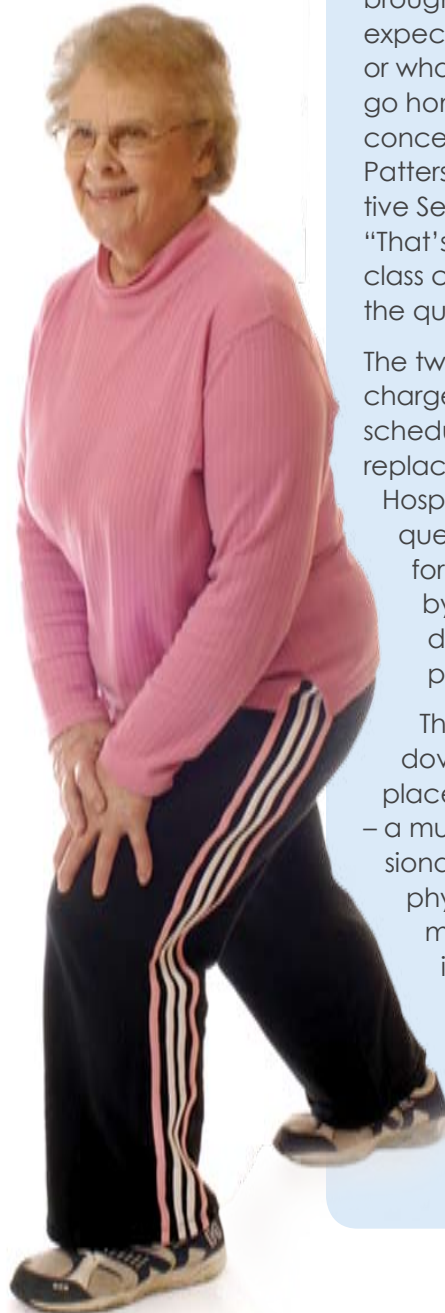
St. Joseph Hospital takes pride in its long commitment to quality care in total joint surgery, and was recently acknowledged to be among the best in Maine by the Blue Cross and Blue Shield companies as a Blue Distinction Center for Knee and Hip Replacement.

St. Joseph Hospital is recognized as one of the best hospitals in Maine for knee and hip replacement.

The Blue Distinction program was established by Blue Cross and Blue Shield to help consumers find medical facilities with proven expertise in several areas of specialty care, including joint replacement. To be selected for the Blue Distinction means that the facility has met selective criteria for clinical quality – criteria developed nationwide in collaboration with first-rate physicians and medical organizations.

To achieve Blue Distinction in Knee and Hip Replacement, a hospital must offer the following:

- An established knee and hip replacement program
- An experienced knee and hip surgery team including board certified surgeons
- An established acute care inpatient facility including intensive and emergency care and a full range of patient support
- A comprehensive quality management program
- Pre-operative patient education



Having Joint Surgery? Our Class Will Teach You What to Expect

If you're anticipating joint surgery, there's a lot to think about. "If a patient comes in for surgery wondering what they should have brought with them, what might be expected of them while they're here or what they need to do when they go home, then they really can't concentrate on healing," says Sally Patterson RN, Director of Preoperative Services at St. Joseph Hospital. "That's where our Joint Replacement class comes in. The more they know, the quicker they can get better."

The two hour course is offered at no charge to those who have been scheduled for a total knee or hip replacement at St. Joseph Hospital. Hospital staff is available to answer questions or address concerns before surgery. Patients learn step by step what will happen the day of surgery, during their hospital stay and through recovery.

The comprehensive course dovetails nicely with the joint replacement program at the Hospital – a multidisciplinary team of professionals in surgery, inpatient care, physical therapy, home care and more. "We make sure there is constant communication among all the people who are taking care of each patient, and we maintain that connection after they leave," says Patterson.

Sleep Well

Joanne Gray thought she was getting her “zzz’s,” so she couldn’t understand why she felt so groggy all day.

“I was just tired during the day, sometimes irritable,” says the jovial hair stylist from Brewer. After a visit to her health provider, Gray was told she might have sleep apnea and was referred to St. Joseph Hospital’s Center for Sleep Medicine for an overnight sleep study.

Anyone who needs a CPAP but doesn't use it is really missing out on a great quality of life, says sleep apnea patient Joanne Gray.

Apnea is a condition that hampers a person’s breathing during sleep, often leaving people at higher risk for accidents and various other health problems. “It can affect anyone at any age,” says Kevin Hammond, a sleep technologist who oversees studies at the Sleep Center and a sleep apnea patient himself.

Gray was welcomed by the friendly staff and prepped for her overnight study in one of the Center’s cozy, home-like bedrooms, complete with a comfortable Sleep Number bed. Patients are hooked up with wires connected to computers that continually record vital signs, sleep patterns and brain waves through the night.

At about 3 a.m., Gray awoke and was asked to give CPAP a try. A CPAP machine helps patients with sleep apnea breathe better and, consequently, sleep better. In the weeks that followed, Gray struggled to get used to her home CPAP unit. By December, she stopped wearing it altogether.

An epiphany came, however, in February. Gray was admitted to St. Joseph Hospital with pneumonia. During her stay, the respiratory therapists “kept talking to me about my CPAP machine,” she said. “Yeah, I have one, I told them, but I just don’t use it.” The therapists persisted, almost convincing her that if she stuck it out, CPAP would actually work for her. “After I got out of the hospital, I went over to the Sleep Center and talked to Kevin,” said Gray. “That was my turning point, when I said to myself, maybe I do need this after all.”

With Hammond as her cheerleader, she kept with it. “It took me a good month to notice the difference,” she said. “Now, I can hardly live without it. I can really see a difference. Anyone who needs it but doesn’t use it is really missing out on a great quality of life.”

Can't stand your CPAP? Try the CPAP Comfort Clinic

If you have been using a CPAP unit and don't wear it all the time because it's just not comfortable, the CPAP Comfort Clinic at St. Joseph's Center for Sleep Medicine can help you make the most of your therapy while maximizing your comfort. You will learn how to increase your comfort level by optimizing your room setup, along with proper choice and adjustments to your mask and CPAP device. If you think this program may be right for you, ask your doctor to make a referral or call the Sleep Center for more information at 907-1774.

St. Joseph Saturdays at the Bangor Mall

Join us on Saturday, December 4 from 8 a.m. to 4 p.m. for our second *St. Joseph Saturday at the Mall* event. Stop by the Bangor Mall JCPenney courtyard area for everything you need to know about your community hospital.

The St. Joseph mission specifically outlines that we are committed to wellness promotion and wholistic healing. Take a break from holiday shopping and visit with our experts on December 4 – we think the greatest gift you can give your loved ones is that of health and well-being.

We'll help you learn how to get healthy, stay healthy and better manage your unique health concerns. All of the activities are FREE!

Don't miss these special programs

- **Cooking Demonstrations**
- **Teddy Bear Clinic for the kids from 8 a.m. to 10 a.m. and 2 p.m. to 4 p.m.**
- **Receive a Pulmonary Function Test to see how strong your lungs are**
- **Free blood pressure checks**
- **Play Plinko – everyone's a winner!**
- **Cookie decorating for kids**
- **Experts on hand to answer your health questions**
- **Receive healthy holiday recipes and tips** 📖

Exact times for specific programs will be published in the *Bangor Daily News* on December 4 and will be posted on our website at www.stjoeshealing.org

Win Big

Bring your completed entry form to the JCPenney courtyard area during the St. Joseph Saturday at the Mall event on Saturday, December 4 for a chance to win our Holiday Hassle-Free Package. Enter to win a \$200 gift card which can be used at any store that accepts Visa. Talk about holiday hassle-free shopping! 📖

St. Joseph Saturday at the Mall Give-Away

For your entry to be eligible this form must be completed in its entirety and dropped off at the St. Joseph Saturday at the Mall event on Saturday, December 4.

Mr. / Mrs. / Ms.

First Name _____ Last Name _____

Address _____

City _____ State _____ Zip Code _____

E-mail Address (if applicable) _____

Phone number _____

The winner will be notified on Monday, December 6. St. Joseph Healthcare employees and their immediate family members are not eligible to win.

Hey Kids!

Special activities for the little ones

Don't miss the Teddy Bear Clinic taking place from 8-10 a.m. and again from 2-4 p.m. Have your child bring in a stuffed pal for special treatment from a St. Joseph medical professional. Your favorite pal will be bandaged and better before you know it!

We're having a cookie party! Have your kids decorate and take home a special holiday cookie – we'll have all the cookie decorating supplies, your little one just needs to supply the creativity!

Have your child decorate the special coloring page included in this magazine and drop it off at the St. Joseph Saturday at the Mall event. Your child's artwork will be displayed that day at the Mall. On Monday, December 6 a random drawing will take place in the following age categories: 0-3, 4-7 and 8-12 years old. Each winning child will receive an age-appropriate winter fun package! 📄



Have a Question?

Visit with our experts and learn about services available from *your* community hospital. Stop by to ask questions about the following services and programs available through St. Joseph Healthcare.

- ✓ **Regional Breast Care Center**
- ✓ **Bone Density Services**
- ✓ **Emergency Department Services**
- ✓ **Surgical Services**
- ✓ **Respiratory Services – including Pulmonary Rehab**
- ✓ **Center for Sleep Medicine**
- ✓ **Diabetic Care**
- ✓ **HomeCare and Hospice Services**
- ✓ **Cardiac Services – including Cardiac Rehab**
- ✓ **Rheumatology Services**
- ✓ **Medical Imaging Services – including MRI Services**
- ✓ **And more!** 📄

Did You Know...

Winter storms can come on quick and bring everything from snow to sleet and ice. Prepare ahead of time by including rock salt to melt ice on your walkways, sand to improve traction and a quality snow shovel in your winter emergency kit.



Watch Your Step

Try These Tips for Avoiding Winter Accidents



We've all slipped on an icy patch of driveway or sleet covered sidewalk – accidents seem almost unavoidable when temperatures drop and the snow starts to fly. But there are things we can all do to get through the season safely and avoid those slips and falls that bring so many into the St. Joseph Hospital Emergency Department each winter.

“Broken bones, sprains and muscle pulls are very common this time of year,” says Charles F. Pattavina MD, St. Joseph Hospital Emergency Department Medical Director and Chief of Emergency Medicine. “We treat dozens of patients each winter who made just one wrong move or careless step and wind up in a cast for the rest of the season.”

Here are just few of the things you can do to avoid accidents this winter:

- **Plan ahead and give yourself extra time.** Consider the safest route to your destination – avoid sleet-covered paths or shortcuts through the snow. When there is no alternative route, take your time traversing slippery areas and shuffle your feet for better stability.
- **Wear boots or appropriate shoes for the weather.** Choose something with good traction and a rubber or neoprene sole. Avoid shoes with smooth soles.
- **That first step out of the car can be a doozy** – many falls happen just as people enter or exit their vehicle. Hold onto the vehicle for support.
- **Wipe your feet** as soon as you enter a building to remove moisture and avoid slipping on slick indoor surfaces. 🐾

Did You Know...

You can ensure safe travel this winter by having your mechanic check your car for winter, including battery and ignition, brakes and exhaust. Be sure to keep enough fuel in your tank to avoid fuel line freeze-ups, and keep a winter emergency kit in an easy to find place in your vehicle.



Emergency Department Medical Director Receives Prestigious Award



St. Joseph Hospital Emergency Department Medical Director and Chief of Emergency Medicine Charles F. Pattavina MD is the 2010 recipient of the *James D. Mills Outstanding Contribution to Emergency Medicine Award*. The award is presented each year to a member of the American College of Emergency Physicians for significant contributions to the specialty. 🐾

Just Breathe

St. Joseph Pulmonary Rehabilitation gives one patient a whole new take on life

Carmen Parent of Bangor had no idea how serious her breathing issues were until she wound up in St. Joseph Hospital's Critical Care Unit with pneumonia three years ago.

"The doctor came in and told me I had COPD. I was just dumbfounded," she says. "I didn't know anything was wrong. I was still smoking, drinking coffee, doing housework."

COPD, or chronic obstructive pulmonary disorder, is a very common lung disease that develops slowly over time – meaning some people, like Carmen, are unaware they are sick until it triggers a more serious problem. Symptoms of COPD may include a cough with mucus, shortness of breath, fatigue, wheezing and frequent respiratory infections.

"The program was just wonderful," she says.
"I thought I'd never be able to do the things I used to –
it was good to meet others with the same condition."

Carmen was referred to St. Joseph Hospital's Pulmonary Rehabilitation program. "The program was just wonderful," she says. "At the time I thought I was going to die, that I'd never be able to do the same things I used to. It was good to meet others with the same condition."

Three mornings per week she attended the program, which provides a multidisciplinary approach including education, an individualized exercise program, dietary assistance and more for patients suffering from COPD, emphysema, chronic bronchitis, chronic asthma and other related breathing problems.

"I don't know what I'd do without this program," says Carmen. "Without the encouragement of the respiratory therapists I'd be in sad shape. I don't know if I could live alone. They've gotten to know me and always have something new to offer or suggest." 🐦



May We Recommend...

St. Joseph Healthcare offers the following programs to help respiratory patients stay active and involved.

Better Breathers' Club

This monthly support group offers the latest information, guest speakers and more. The Club meets monthly at the Willette Conference Center at the St. Joseph Healthcare Park.

Phase 3 Program at the Bangor YMCA

A continuing education and exercise program developed and facilitated by St. Joseph respiratory therapists for patients who have completed the initial 24-session pulmonary rehab program at St. Joseph Hospital.

For more information about St. Joseph Healthcare's Pulmonary Rehabilitation Program, call 907-1809. 🐦


Look us up on Facebook, Twitter and more! Stay Connected

Did you know all the latest St. Joseph Healthcare news and updates are available on your computer? We're on Facebook, Twitter and of course you can always check out our website at www.stjoeshealing.org.

For everything from the current Emergency Department wait time to details on our fun and fabulous events, be sure to "like" us on Facebook and follow us on Twitter at twitter.com/stjoeshealing. You'll have instant updates about upcoming events, registration for our 2011 golf

St. Joseph Hospital is now on Facebook, Twitter and of course you can check out our website at www.stjoeshealing.org.

tournament and information on where to buy tickets for next year's Venetian Masquerade. Not to mention, you'll have access to great healthcare tips and all the latest news about St. Joseph Healthcare services.


As always, you can find a complete listing of all the services offered by St. Joseph Healthcare by visiting our main website at www.stjoeshealing.org. You can research that new doctor you heard about with our Find a Physician tool or take the Sleep Quiz to see if you might benefit from a sleep test with our Center for Sleep Medicine. It's all on your computer! 



Don't Wait! Check This Out

Emergency Department wait times now available online!

Don't want to wait around for emergency care? St. Joseph Healthcare offers on-the-hour Emergency Department wait time updates so you'll know just how long you can expect to wait. Go to the St. Joseph Healthcare website for instant updates!

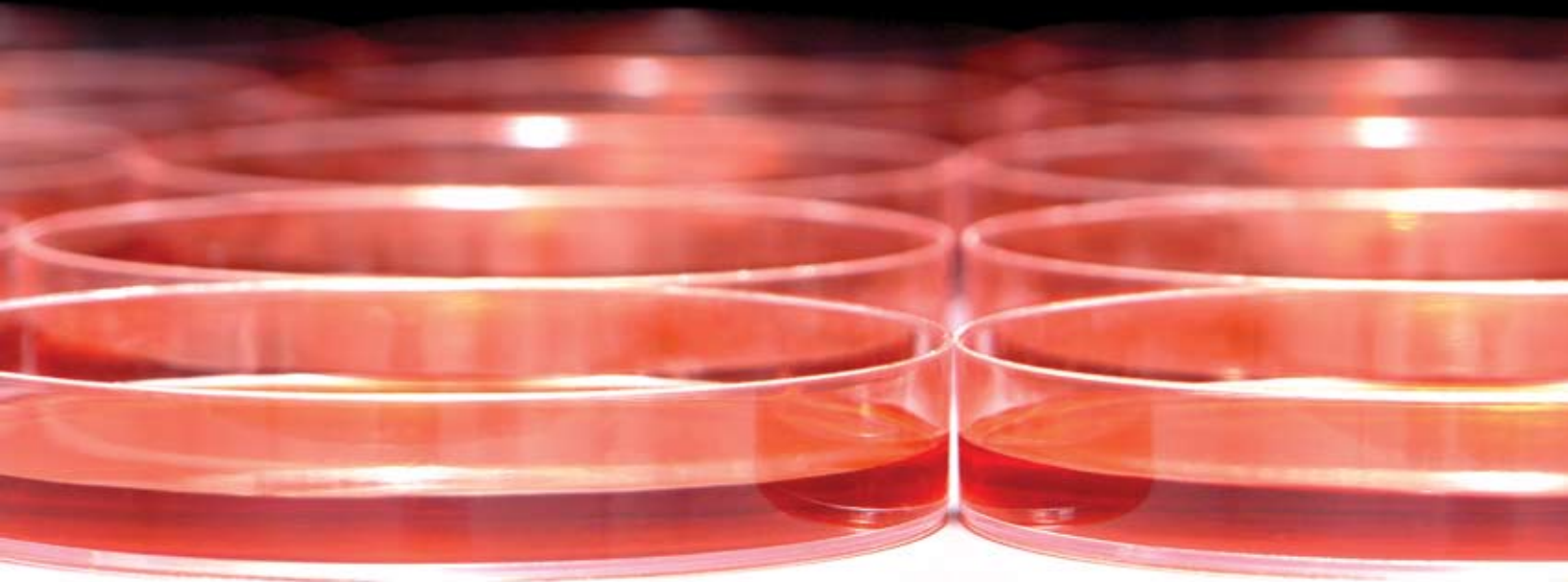
The Emergency Department strives to make your visit a quick one – in most cases for routine issues, patients are seen by a nurse within 15 minutes of arrival and once you're in a comfortable bed, you'll be seen by a doctor within 45 minutes. 



St. Joseph Lab Passes the Test

After a recent onsite inspection, the St. Joseph Hospital Main Laboratory was awarded accreditation by the Accreditation Committee of the College of American Pathologists (CAP) and congratulated for the excellence of the services being provided.

The CAP Laboratory Accreditation Program, established in the early 1960s, is recognized by the federal government as being equal to or more stringent than the government's own inspection program. Inspectors examine the laboratory's records and quality control procedures for the preceding two years. CAP inspectors also examine laboratory staff qualifications, the laboratory's equipment, facilities, safety program and record, in addition to the overall management of the laboratory. This stringent inspection program is designed to specifically ensure the highest standard of care for all laboratory patients.



Need Lab Work? Just Walk In

Did you know that no matter who your primary care provider is you can have your lab work completed at St. Joseph Hospital? We have a convenient, walk-in laboratory service directly off the Broadway lobby at the Hospital. For your convenience you can use free, valet parking and when you use the St. Joseph Laboratory you'll receive a 20% discount card for food and beverages in our Cafeteria. When using the St. Joseph Laboratory you can be confident in the quality of the services. During the winter we're open six days a week from 6:30 a.m. to 5 p.m. (Monday-Friday) and from 7 a.m. to 12 noon (Saturday). Our convenient Outpatient Lab is located on the first floor of St. Joseph Hospital, just a few steps down from the Broadway Lobby.

Calendar of events



st. joseph healthcare
St. Joseph Hospital

December

4 St. Joseph Saturday at the Mall

Stop by St. Joseph Healthcare's display in the JC Penney court at the Bangor Mall from 8 a.m. to 4 p.m. Have your health questions answered by the experts (see pages 8 - 9 for more information).

8 Auxiliary's Holiday Luncheon and Auction Join the St. Joseph Hospital Auxiliary at their annual Holiday Luncheon and Auction. Scrumptious home cooked food will be served in the St. John's Catholic Church Parish Hall, 207 York Street in Bangor. Luncheon at Noon, with the auction to follow. Admission is \$5, or FREE if you bring a donated item for the auction. RSVP: Mary Welch 942-3514. Snow date: December 10.

16 Better Breathers' Club

This support group for people with lung disease makes the latest healthcare information available to respiratory patients. The Club meets on the third Thursday of each month at the Willette Conference Center, St. Joseph Healthcare Park,

Building 1, 900 Broadway. Members enjoy guest speakers, and other activities. For more information, call 907-1809.

January

20 Better Breathers' Club

For more information, call 907-1809.

February

17 Better Breathers' Club

For more information, call 907-1809.

22 Class for Diabetics

"Healing Your Food Cravings with Reduced Calorie Diets," presented by the St. Joseph Diabetes Institute of Behavioral Medicine. This free session prepares participants for a complete course on the topic to be held in six sessions, April through July, funded by the Davis Family Foundation. For more information, call 907-1187.

March

15 Auxiliary Book Sale

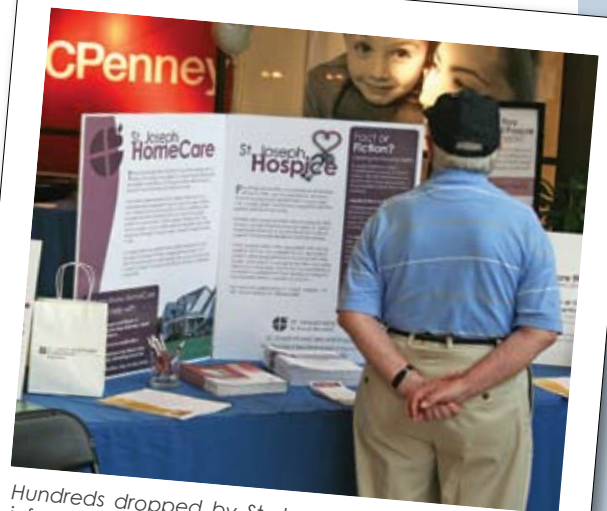
A wide variety of new books, music and gifts for all ages will be on sale at bargain prices in

the Hospital Main Lobby on Broadway from 11 a.m. to 4 p.m. March 15. Proceeds will benefit the St. Joseph Hospital Auxiliary. The sale continues the following day, from 7 a.m. to 2 p.m. For more information, call 907-1740

April

8-10 Garden Show

Stop by St. Joseph Healthcare's booth at Bangor's Garden Show at the Bangor Auditorium.



Hundreds dropped by St. Joseph Healthcare's many informative exhibits during the St. Joseph Saturday at the Mall last summer. Shoppers will once again have an opportunity to talk to health experts on Saturday, December 4 at the Bangor Mall.



Gardens Unleashed

The Healing Power of Nature

The healing power of nature cannot be denied and this summer St. Joseph Healthcare employees recognized beautiful gardens throughout the greater Bangor community with Healing Spaces nominations. Healing Spaces nomination forms were hung on dozens of doorknobs thanking gardeners for their hard work. From those, two winners were chosen.

For winners Robert Provencher and Pat Cole, it's not the first time someone's taken notice of their gardens, but they say they're always surprised. For them gardening is simply a way to keep busy during the summer.

"It's just a hobby," says Pat. "There's a lady who walks by everyday and she stops to comment. It's amazing to me that people stop in this busy of an area. It really surprises me."

Provencher and Cole say the gardens surrounding

"It really serves a great purpose and it's a great pastime. You lose yourself watering and weeding - it makes me happy"

their home are a joint effort. Pat directs and brings home new plants while Robert is more than happy to tend to the gardens. "I'm sure she'll be getting ideas and keep me busy all next summer too," says Robert.

Winner Carolyn Millar says the gardens surrounding her home not only uplift her mood but help attract people to her business as well.

"It's the greatest form of advertising and the most fun way to advertise," she says of the variety of gardens including a moss garden, several water gardens and more surrounding Carden Kennels. "It really serves a great purpose and it's a great pastime. You lose yourself watering and weeding - it makes me perfectly happy."



the
Album
Choice images from
the winning gardens...





Teach them the art of **Giving** It's a tradition that **Grows**

While we adults appreciate the holidays are a season of giving and helping others, for many children the focus seems to be more on the spirit of getting. And who can blame them? Television and other media outlets herald all the cool toys and games kids could want.

What a wonderful opportunity this time of year to teach children about giving. No matter what your faith or personal beliefs, being charitable is a trait to cherish. And every child can grasp the meaning of helping others. You can help kids understand giving and make it tangible by encouraging them to set aside a portion of their allowance.

Children will recognize how good it feels to help and for every bit they give to others, they will get so much more back by learning about the spirit of the season. As a parent or grandparent, you have the pleasure of teaching that no matter the amount, it really is better to give than to receive – a habit that will follow them through the rest of their lives.

Perhaps there is a special area of the hospital, such as the Emergency Department, where their gift can be used to purchase books or toys for other children to occupy themselves while waiting. Our staff at the Office of Development can provide information about this and similar opportunities in the hospital and can be reached by calling 907-1740 or by e-mail at development@sjhhealth.com.

Food for The Journey

Mary and Joseph embarked on an incredible journey from Nazareth to Bethlehem which ended with the birth of Jesus. They certainly had prepared for the estimated 120 mile trip and packed food for their journey. In keeping with this thought St. Joseph Healthcare employees are also packing food.

Since November, employees have been donating food which will then be packed and provided to homebound people including senior citizens at Christmastime. We believe this project is an extension of Felician Foundress, Mother Mary Angela's call to care for all people. Just as we strive to always remember the peace and pure joy that the birth of baby Jesus provides to all of us, let us strive to also remember those who are homebound and unable to independently prepare for their daily needs.

This project is just one of many in which the St. Joseph Healthcare employees fulfill Mother Angela's vision for caring for humanity.