Just weeks after giving birth, Monica Salamone collapsed at home with a 10% chance of survival. She was 28 years old. She lived because her caregivers did all the right things when it counted.
MONICA'S STORY

Monica Salamone knew something was wrong. She was talking with her husband about what to prepare for dinner when she felt waves of nausea. She thought she had caught a bug after giving birth three weeks before. She excused herself and walked to the bathroom. Her last recollection of that day is shooing her toddler son out of the bathroom of their Saco home so he wouldn’t see her get sick. Then she collapsed.

The next three days would be a fight for her life.

When Monica collapsed, her heart was struggling to beat. Within her chest, the inner layer of the aorta, the large blood vessel branching off the heart, had torn. Blood was surging through the tear, causing the inner and middle layers of the aorta to separate — a very serious and usually fatal condition called an aortic dissection. If the blood-filled inner channel ruptured through the outside aortic wall, Monica would not survive. Even worse, symptoms of an aortic dissection mimic those of other diseases, making it very challenging to diagnose. The steps taken by the paramedics and the team at SMHC’s Emergency Department (ED) would mean the difference between life and death for Monica.

“When the paramedics called in, they let us know that the patient was in critical condition,” recalls Michael Schmitz, DO, the SMHC Emergency doctor who oversaw Monica’s care upon her arrival in the ED. “When I spoke with her husband I found out that Monica had a congenital heart issue. An ultrasound showed fluid around her heart. That, together with her history, gave us the vital clues that told us this was an aortic dissection.

“We knew that the next steps we took in preparing her for heart surgery would make the difference as to whether this young mother would survive.”

With no time to spare, the SMHC team worked to stabilize Monica so that her body could undergo the stress of the open-heart surgery she needed immediately at Maine Medical Center (MMC). An SMHC nurse accompanied her on the second ambulance trip.
Three days later Monica woke up in MMC’s Intensive Care Unit unaware of her ordeal. Scott Buchanan, MD, the cardiothoracic surgeon who performed Monica’s operation told her that the team at SMHC, and the paramedics who responded to her husband’s 911 call, had done everything perfectly right — and their actions were key to saving her life.

Monica benefitted from a coordinated system of care within the MaineHealth family of providers that is designed to reduce deaths from significant heart issues. Her information was immediately shared with the cardiothoracic surgeon at MMC who stood ready for the surgery, fully aware of the challenge he faced.

“Monica is alive today because of the teamwork and the lifesaving equipment, specifically the portable bedside ultrasound, we have here today,” recalls Dr. Schmitz. “We’re problem solvers. Our training and teamwork makes us far more efficient. Everything went perfectly because a coordinated system of care is in place.”

“I was very lucky,” says Monica. “It was crucial I made that stop at SMHC so they could prepare me for the surgery. I would not have survived without the team at Southern Maine Health Care.

“I’ve been trying to figure out how to adequately express my thanks,” she adds. “How do you say thank you for giving you back everything — being a mom, a sister, a daughter — everything? It doesn’t seem big enough for what they do. They work all hours of the day and night, away from their families, so that they can be there for me and others. I am eternally grateful.”
“The care was amazing!”

“The team in Sanford's Emergency Department was great when our son, Bennie, was diagnosed with pneumonia. We even received a followup call the next day at home from Dr. (Andrew) Powell. The care was amazing!”

Kassi Smith Dobson, Acton
Son treated for pneumonia

KASSI’S STORY
Kassi Smith Dobson, Assistant Rescue Chief for Shapleigh Fire & Rescue, has seen her share of critically ill or injured people. As an Emergency Medical Technician (EMT), her responsibility is to help transport these individuals to emergency rooms, but when her two year-old son Bennie grew ill and was struggling to breathe she learned first hand about the quality of care at SMHC’s Sanford Emergency Department.

For Kassi, Bennie’s recent illness brought back upsetting memories of when he was four months old and had to be admitted to the Barbara Bush Children’s Hospital in Portland for pneumonia. While the care there was wonderful, Kassi did not want to revisit those frightening times so she immediately took him to SMHC’s Walk-In Care in Sanford.

“The doctor there could tell Bennie was uncomfortable so he talked like Donald Duck to bring out a smile,” recalls Kassi. “We were sent over to the ED where they diagnosed pneumonia. I had flashbacks of having to go back to Portland and I started to cry. But Dr. Powell (Andrew Powell, MD, Associate Medical Director of the SMHC Emergency Department) and the nurses worked to get medication into Bennie. He was not cooperative. He spit out the oral steroid. They even tried to get antibiotics into him with a baby bottle. But Dr. Powell and the team kept at it until Bennie received the medication he needed.”
Once he received the antibiotics, Bennie began to recover.

“We were able to go home the same day,” remembers Kassi. “But the most amazing thing was that Dr. Powell himself called me the next afternoon to check on Bennie. I couldn’t believe it! The care in the ED was great but when I received that call at home I was especially impressed. That was above and beyond.

“SMHC met our needs. They took care of us. They took care of my son. I would absolutely recommend Southern Maine Health Care, whether it’s just for Walk-In Care or emergency care.”

Andrew Powell, MD
Associate Medical Director
SMHC Emergency Department
"We were treated like family."

"At a time in our lives when we needed TLC, we certainly got it...and then some. The care at SMHC is something we will never forget. This hospital has touched both of our hearts. We're fans for life."

Al Sico and his wife Janice Burpee, Sanford
Prostate cancer survivor

AL'S STORY

Al Sico never imagined himself talking in superlative terms about a medical center. The mere thought of medical treatment terrified him. Ever since he can remember, he's had a phobia about doctors, hospitals and specifically needles. Neither he nor his wife Janice can remember the 63-year-old going to the doctor. But that all changed this past September when he was diagnosed with Stage IV prostate cancer.

Al and Janice's cancer journey together began with a jolt and included a two-month stay at SMHC to manage the issues that arose from an aggressive form of prostate cancer that metastasized in Al's bladder and bones.

"To be truthful, in my first week, I didn’t think I was going to make it," recalls Al, who fought through a variety of issues, from a blood clot to failing kidneys over an eight-week period. "But looking back now, I can tell you that the care was unbelievable. The doctors, the nurses and even the people who took my blood, were so nice and caring. I felt like I was part of their family."

"Al's diagnosis was a shock but the bright side has been the care and treatment he has received from everyone at the hospital," adds Janice. "We called them our dream team. They were so kind, so compassionate and they knew how to care for his specific phobias. They always assured him they were going to use the smallest needle possible. Their thoughtfulness and humor caused his anxiety level to drop."

After the diagnosis, Al, who moved to Sanford from Cambridge, Massachusetts in 2004, was urged by his friends to get his cancer care from one of the major Boston hospitals. But Janice, who has
worked at SMHC for five years, had the utmost confidence in her colleagues at SMHC.

“We know the Boston hospitals have a wonderful reputation, but we felt the care here was better because it’s more personal,” remembers Janice. “We were right.”

After his hospitalization, Al received ongoing care at the Cancer Care Center of York County in Sanford where medical oncologist Eva Zaslavsky, MD, oversaw an aggressive treatment plan that got Al out of bed and back on his feet.

“From the people at the front desk to the nurses and the physician assistant, each of the caregivers at the Cancer Care Center became a part of our lives in a very special way,” recalls Janice. “Dr. Zaslavsky not only helped heal the body, but her care and concern eased our minds. They all addressed our fears and offered a strong shoulder to lean on during a trying time.”

Today Al is on the upside and feeling better. His fear of hospitals has transitioned to a fondness for the team that has given him new hope.

“We’ve been blessed with this hospital,” says Al who, with Janice, was presented with pins of hope by SMHC’s Dietary staff as a reflection of their wishes for his full recovery.

“It is a time in our lives when we needed TLC and we certainly got it…and then some,” adds Janice. “The care at SMHC is something we will never forget. This hospital has touched both of our hearts. We’re fans for life.”

Peter Rubin, MD
Medical Oncologist

Eva Zaslavsky, MD (left)
Medical Oncologist

Cynthia Chao, MD
General Surgeon
“It was like we were home.”

“We were really treated like family and amazed by the level of care we received.”

Sasha and Jeff Mayo, Sanford

Daughter born on February 3, 2017

SASHA AND JEFF’S STORY

In preparation for her scheduled due date in February 2017, Sasha Mayo of Sanford did what thousands of other young expectant mothers do during their first pregnancy: she watched a lot of instructional videos, took birthing classes online, and read a lot of articles. She tried to learn as much as she could but when the contractions grew close and it was time to go to the Birthing Suite at Southern Maine Health Care in Biddeford, she and her husband, Jeff, were both quite nervous.

“We still didn’t know what to expect,” recalls Sasha. “It was our first baby and we didn’t know what the experience would be like. But when we went into Southern Maine Health Care, the nurse who greeted us was super friendly and made us feel right at home. When Dr. Lucas (Obstetrician/Gynecologist Karen Lucas, MD) came in, she spent two hours explaining what was going to happen. We didn’t know that doctors would spend that much time with patients. Dr. Lucas was informative, calm, and very sweet.”

The Birthing Suite team also addressed Jeff’s squeamishness about all things medical.

“Jeff isn’t very good with hospitals, IVs, and those sort of things,” adds Sasha, “so Dr. Lucas and our nurse, Bonnie (Bonnie Lowell, RN) made an extra effort to make him feel comfortable. When they had to do some things that they thought might make him uncomfortable, they let him leave the room so he could visit with family in the waiting room. They were really hands-on with us.”
“The care was phenomenal,” adds Jeff. “I loved the fact that the three of us were able to spend time immediately together for a good day. We had our own room and we had some wonderful people to keep an eye on us so we weren’t doing anything terribly wrong with our new baby. And when we needed a break, they were there to give it to us. From top to bottom it was a great facility, great people, and we felt completely taken care of the entire time.”

Sasha was especially pleased and comforted that Jeff could stay on a bed in her room for the two nights she was in the Birthing Suite. “In many ways it felt like a hotel,” she notes. “Both sides of our family camped out in the Waiting Room and, after the nurses checked with me to see if it was OK, they let family into the room to visit.”

Sasha and Jeff couldn’t be more happy with the outcome. “We were really treated like family and amazed by the level of care we received,” says Sasha. “We felt comfortable from the moment we arrived.”
“SMHC has been great at keeping me moving.”

“I can’t say enough good things about SMHC. They’ve been great.”

Earle Patterson, Kennebunk
Knee and shoulder replacements

EARLE’S STORY

Earle Patterson of Kennebunk loves to golf. So when he began to experience aggravating pain in his left shoulder that was affecting his swing, he knew it was time to address injuries that dated back to his high school sports days.

He made an appointment with Orthopedic Surgeon and shoulder specialist, David Johnson, MD, and it didn’t take long to find the problem.

“Dr. Johnson took one look at the X-ray,” recalls Earle,” and said ‘You have three choices: Live with it, get a bunch of shots that won’t last forever, or replace the shoulder.’ Of course, I chose the shots but, as he predicted, it didn’t last. I signed up and had the shoulder replaced.”

Playing a good game of golf also requires knee stability and Earle was struggling there as well.

“Dr. Solari (Orthopedic Surgeon John Solari, MD) cleaned out my left knee about ten years ago,” adds Earle, “but I began to have issues again with it so Dr. Solari said it was time to have the knee replaced.”

Then there was an issue with his ankle that had to be addressed by Gregory Taggart, MD, an SMHC Orthopedic Surgeon who specializes in foot and ankle surgery. That too went well.

Now that the surgeries are behind him, Earle is finding his stroke again. “The shoulder, in particular, has even improved,” he notes. “I have all the flexibility I want when I’m taking a golf swing.”
As a longtime member of the Cape Arundel Golf Club, Earle plays frequently with a lot of aging friends who have experienced similar issues. He’s encouraged them to get joint issues addressed by the team at SMHC before they become larger problems. He’s a big advocate.

“One of the fellows was having real problems with his knee,” notes Earle. “I spent about an hour talking with him about my experience at both SMHC Orthopedics and the SMHC Sports Performance Center where I did a lot of my rehab work. Within a few weeks he had made an appointment there and, sure enough, he had knee surgery. I’ve been playing golf with him all spring and he’s moving just fine. Anybody that I know who has been treated at SMHC has had the same great result.

“I can’t say enough good things about SMHC. They’ve been great. I would recommend them to anyone.”

Left to right: Bronna Eckelman, PA-C; Eric Smith, PA-C; Gregory Taggart, MD; Julie Grosvenor, MD; Brent Albright, PA-C; Peter Dollard, MD; David Johnson, MD; Frank Goudreau, DO; Lauren Blaisdell, PA-C; Christopher Duncan, PA-C; John Solari, MD; and Jeff Nicoletti, PA-C. Not pictured: Christian Basque, MD.
As a boy, Adam Parent, 27, vividly recalls waiting up until 11:15pm when his Dad, Denis, finished his evening shift as a nurse in the Emergency Department (ED) at Southern Maine Health Care. Besides sharing some valued moments with his father, Adam loved to hear about what sort of challenges Denis had faced that particular day. To Adam, SMHC’s ED and, in fact, the hospital, seemed like part of the family since his mother, Kim, also worked there.

“SMHC is like a home to me,” recalls Adam. “I started working there when I was in high school. My brother Ryan worked there, and my parents always seemed to be there as far back as I can remember. They both started there as CNAs and later earned their nursing degrees. SMHC has always been a big part of our lives.”

In fact, SMHC is in the family genes. Adam and Ryan’s grandfather, Carleton F. Davis, was the Administrator of the Webber Hospital when it merged with Notre Dame Hospital in Biddeford to form the Webber Hospital Association in May of 1969, which today is doing business as Southern Maine Health Care.

When Denis and Kim retired, Adam and Ryan wanted to find a way to recognize their parents’ longtime service to the hospital and their commitment to its mission of caring. In 2017, they made a significant gift to SMHC to name a Physician Work Room in the ED in recognition of the legacy of caring exemplified by Denis and Kim, who now live full time in Florida.

“We wanted to find a way to show our appreciation and love for our parents and naming this Physician Work Room was the perfect solution,” notes Adam. “SMHC has been very good to our family and, in many ways, I know that the hearts of my parents are still in that Emergency Department. This is a fitting tribute to two selfless people.”

From left: Kim and Ryan Parent and Adam and Kelly Parent

Kim Parent, RN, and Denis Parent, RN
We are very grateful for the generous donors who support Southern Maine Health Care. Your gifts help SMHC achieve its mission to improve the health and health care of the communities we serve.

On behalf of all our caregivers and staff, volunteers, patients and their families, thank you for all you do for SMHC. (This listing reflects pledges and gifts received from January 1, 2016 to December 31, 2016 directly to SMHC).

**Miracle Makers**

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*In Memory of Jean Paul and Laurette L. Cantara* 

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2016 SHIPYARD MAINE COAST
HALF MARATHON

SMHC’s Center for Breast Care is proud to be the charitable partner of the Shipyard Maine Coast Half Marathon each May. Run by GiddyUp Productions, the race and all 1,500 runners begin at the University of New England campus and continue on a beautiful route through Biddeford Pool. We are grateful to GiddyUp Productions for partnering with us year after year, as well as the many volunteers, donors and runners who fundraise on our behalf. Their support, along with our major sponsors, provides programs and services for patients in our Center for Breast Care that help to ensure compassionate care that treats the whole patient.

Platinum Sponsor ($2,500)
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Gold Sponsor ($1,000)
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AUXILIARY GIRLS NIGHT OUT
This delightful night out for women benefits a variety of important health care programs at SMHC. Thank you to these generous sponsors.

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In Memory of Carolyn Walker
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AUXILIARY GOLF TOURNAMENT

The SMHC Auxiliary Golf Tournament raised funds to benefit the Cancer Care Program and Pediatrics at SMHC. The Cancer Care Program offers support for resources and services for cancer patients and their family members that are not reimbursed or paid for by the patient. Pediatrics was able to utilize monies from this event to purchase equipment for our pediatric asthma patients. Thank you to our golfers for participating, our in-kind donors who make our raffle possible, and our major sponsors whose generosity helps the Auxiliary raise significant funds year after year to support these two important areas of care.

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The 2016 SMHC Auxiliary Board members present Ed with a check for $120,571 for their 2016 support of SMHC. Left to right: Joanne Landry; Jennifer Paige; Penny Hastings, Vice President; Patricia Bibber, Secretary; Ed McGeachey, SMHC President; Ellie Dunham; Denise LeRoche, President; Fran Morin; Sharon Roberge; JoJo Dryden; Suzanne Madore; Carmen Doliber. Not Pictured: Diane Lovejoy, Treasurer; and Deb Marsano.

Left to right, Rachel Montpas, Joanne Binette, Diane Dube, JoAnn Gobeil and Nancy Labbe.
AUXILIARY TREE OF LIFE

For decades, the Tree of Life has been a signature SMHC Auxiliary event held during the holiday season to remember and honor loved ones. Donations collected for the Auxiliary Tree of Life provide life-saving support for the Emergency Departments at SMHC. Thank you to each of these generous donors for their thoughtful gifts.

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In Memory of Susan Fitzpatrick
Anonymous
In Memory of Marie J. Levell
Anonymous
In Memory of Her Parents
Bob and Patsy April
In Memory of Thomas E. April
& Susan L. Fitzpatrick
Priscilla Baillargeon
Roy and Ruth Baker
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& Austyn Pfeiffer
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In Memory of Percy Keggan
Susan DiMatteo Keller
In Honor of My Parents:
John and Patty DiMatteo
Heidi Kelley
In Memory of Mom, Menno,
and Stephen; In Memory of
Brenda, Duke and Leo
Joyce Krahling
In Memory of Bill &
Nathan Krahling
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In Memory of Family Members
Who Have Died
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Couture
Sanford Community Adult
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In Memory of SCAE Students/
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In Memory of Donald E. Savage
& Blaine Savage
Kevin and Kathie Savage
In Memory of Eleanor Paye
Ted and Karen Scontras
In Memory of Madeline Hadiaris
and Clara Bogas
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In Memory of Edward O. Smith
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In Memory of Dr. John Devine
Ruth St. Ours
In Memory of Andrew Landry
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In Memory of Gene Staples
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In Memory of Vince Genecos;
In Memory of Donald E. Stotz
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Mark Truman
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In Memory of Al Walker
The Wardwell Home
Joanne and Tom Wells
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Mary Williams
Rebecca and Daniel Wirtes
In Memory of Mrs. and Mr.
Hilton Ward
Marion Wright
In Celebration of Marriage
John & Amanda Sandkus and
Bret Sandkus
Honoring the legacy of Vivien A. Pitman, RN

A donor who wishes to remain anonymous generously gave to SMHC in honor of the late Vivien A. Pitman, RN, a remarkable woman whose life-long commitment to unselfishly help the elderly and the less fortunate exemplifies excellence in the nursing profession. Appropriately, the gift was used to underwrite a national educational opportunity for SMHC nurses.

In May of this year, SMHC sent two experienced nurses from the Special Care Unit (SCU) — Lail Fuller and Diane Baptie — to the National Teaching Institute & Critical Care Exposition so that they could learn about best practices in critical care and help implement innovative practice ideas at SMHC’s SCU. This entire trip was made possible by the generosity of the donor in Vivien Pitman’s name.

The late Mrs. Pitman graduated from the Maine General Hospital School of Nursing in Portland in 1936 and began a long and distinguished career in nursing that exemplified compassion and excellence.

As a second lieutenant in the U.S. Army Nursing Corps during World War II, she braved the German bombing of Britain to treat wounded Allied soldiers returning from the battlefield. After the war she distinguished herself as a highly respected registered nurse and later as a nursing home owner with an uncompromising commitment to quality care. The Maine Department of Human Services was so impressed with the quality of her nursing home in South Portland that it became the standard by which all other nursing homes in Maine were measured.

We are deeply grateful for this gift and the opportunity to continue the legacy of Vivien Pitman’s commitment to quality care through this special educational experience.
An evening to benefit the Dorothy Walker Bush Emergency Care Pavilion

On Thursday, August 4, 2016, President and Mrs. George H.W. Bush and hundreds of guests enjoyed an evening of humor and history at the Vinegar Hill Music Theatre in Arundel that raised $43,500 for the Dorothy Walker Bush Emergency Care Pavilion. The evening was highlighted by an onstage discussion between novelist and humorist Christopher Buckley and Jon Meacham, bestselling author of *Destiny and Power: The American Odyssey of George Herbert Walker Bush*.

Special thanks to Tim Harrington and Atlantic Holdings for their generous support of this event.

Donations to the Dorothy Walker Bush Emergency Care Pavilion through this event are included in the Honor Roll of Giving.
In 2016, SMHC was one of three hospitals in Maine to receive a three-year grant for $164,000 from the Maine Cancer Foundation to ensure an outpatient nurse navigator is embedded in the practice who will implement a lung cancer screening process at SMHC.

SMHC has a long and distinguished record for meeting the needs of our communities by providing a variety of innovative health and wellness programs while also ensuring the very best medical care for everyone, regardless of ability to pay. SMHC and its providers are also actively involved in our communities as leaders, supporters and health advocates.

In 2016, SMHC invested more than $18.7 million toward programs designed to encourage good physical and emotional health for residents of our communities. We provided $7.1 million in free care for those who qualified and in support of patients for whom the bill was all or in part beyond their financial means. We provided $8.5 million in care for which we never received payment. We also absorbed more than $33 million in care for which payments received did not cover the full cost.

As a not-for-profit organization, SMHC remains committed to finding ways to enhance the health of every resident in our communities. We also look to implement programs that will make health care as efficient and affordable as possible in order to achieve our MaineHealth vision: Working together so our communities are the healthiest in America.

SMHC provides $67.3 million in benefits locally

To learn the many ways to become involved with Southern Maine Health Care or the Auxiliary, please contact me, Chrissie Attura Stevens, Director of Development, at 207-283-7235 or ciattura@smhc.org.

In 2016, SMHC’s nurse navigators include, from left: Peg Belanger, RN, BSN, OCN, Cancer Care Coordinator/Oncology Nurse Navigator; Nicole Cantara, RN, Oncology Nurse Navigator; and Helene Langley, RN, BS, CBCN, CN-BN, ONN-CG Breast Care Nurse Navigator.
Our Mission
Southern Maine Health Care exists to improve the health and health care of the communities we serve.

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(207) 283-7000

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(207) 324-4310

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• Saco
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SMHC is a member of MaineHealth, a family of leading, high-quality providers and other healthcare organizations working together so our communities are the healthiest in America. For more information visit MaineHealth.org.