

NMMC Insights



northern maine
MEDICAL CENTER

Care you *count on.*
People you *trust.*

St. John Valley Community Newsletter

Organizational Updates - October 2024

Northern Maine Medical Center's mission is to respond to the needs of our communities. We are excited about our service expansions, many of which have been in the planning stages for months, all designed specifically to serve the local needs of you and your family. Through our community events, Community Advisory Board, analysis of the demographics of our community and direct feedback from you, we have developed and will be expanding programs, so you can receive care from trusted NMMC healthcare professionals close to home.

Behavioral Health Expansion

In an effort to respond to the needs in behavioral health care, NMMC has increased our Behavioral Health providers. We now provide enhanced outpatient services, preventative care in our clinics as well as to our community members living in nursing homes.

Call **207-834-3101** to make an appointment!



Dr. Cotton



Dr. Overton



Joey Ouellette, PMHNP

**New Providers
Coming Soon**

Maisie Plourde
Mandy Ouellette

New Therapy Center

In October 2024, we partnered with Inspire Rehabilitation to offer a full spectrum of Outpatient Rehab Services with comprehensive Occupational Therapy, Physical Therapy and Speech/Language services in the new Therapy Center.

We are offering rehabilitation services including Stroke Rehab, Functional Dry Needling, Adaptive Equipment Training, Speech Disorders and Memory Care. We are evolving to meet the needs of our patients and community and look forward to serving you.

Call **207-834-3387** for an appointment!



Orthopedics Expansion

With the introduction of Dr. Mayich and Dr. Magit, our new Orthopedic Surgeons, we have expanded our orthopedic services to include knee and hip replacements, foot and ankle surgery, hand surgery, trauma surgery, Sports Medicine including shoulder repair and replacement, elbow and bicep repair and ACL repair.

Our doctors will work side by side with our rehab team to ensure seamless transitions from injury to recovery. This allows for improved patient outcomes, provides care closer to home and is a streamlined service line approach from your PCP to surgeon to rehab. Starting November 2024, NMMC will provide everything you need, in the comfort of your community. Call **207-834-3060** for more!



Dr. Mayich



Dr. Magit



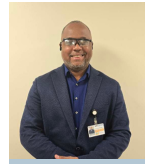
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POSTAL CUSTOMER
SAVE THIS SPACE

Cardiology Expansion

NMMC recently welcomed Dr. Mock-Muhammad, a Cardiologist, to the team. He specializes in advanced heart failure, adult cardiovascular medicine and internal medicine. Coupled with our new 160 slice CT Scanner with exceptional noninvasive, diagnostic cardiac capabilities, we are leading the way in cardiac care.

These improvements provide better quality care, reduce your wait time for testing, reduces your need to travel and better supports your care needs, right in your hometown hospital.



Dr. Mock-Muhammad

Call **207-834-5912** to make an appointment!

Community Focused

NMMC met several times with the members of the Community Advisory Board to discuss the happenings of the hospital, and address community needs and wants.

NMMC has continued to support the local community with sponsorships of the local schools, recreation departments and the University of Maine at Fort Kent- just to name a few!

- Rally in the Valley
- Tour de la Vallee for the Edgar J Paradis Fund
- Out of the Darkness Walk
- Walk to End Alzheimer's
- Acadian Festival Parade
- Madawaska Trade Show

New Nursing Home Update *and plans for the current facility*

The new state of the art facility is expected to be operational in early 2025! The new home includes 45 private rooms with personal touches for a warm, residential feel.

With the completion of the new facility, NMMC Therapy Center will move to their new location. We are excited to announce we will be adding a Cardiopulmonary Clinic, which includes Cardiac Rehab and Intense Outpatient Therapy (IOP), which will focus on our behavioral health population.

Congratulations to the Forest Hill team for being rated 5 Stars by CMS, being one of the only Valley facilities to reach such an accolade.

Employee Focused Initiatives

- NMMC did a thorough wage analysis and provided all employees increases, to position ourselves well in the market and to ensure fair and equitable wages for all employees.
- NMMC has improved employee benefits packages
- Employee of the Month continues to honor the work of our dedicated team members.
- In July we recognized 94 exemplary employees representing over 2000 years of service! From five to forty-five years of dedication, their commitment to patient care and experience is what makes NMMC extraordinary.
- NMMC is currently assessing the viability of providing quality childcare to our employees. We are committed to providing our employees with the best benefits that support working families.
- Throughout the summer months, NMMC hosted monthly Employee Appreciation lunches at both NMMC and Acadia Family Health Center.



35, 40 and 45 Years



30 Years



25 Years



20 Years



15 Years



10 Years



5 Years