



Health Care Heroes at work. ▲

SAVE THE DATE:
Join us for the Commit to
Get Fit Run **2021**

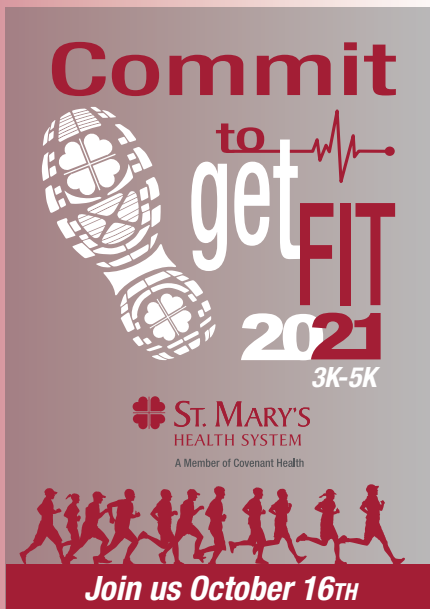
**We've Got Spirit ... Yes, We Do: Cheers to Our
Health Care Heroes!**

St. Mary's health care workers are heroes in our community who deserve to be celebrated for their hard work and dedication. And this year, we've had lots of reasons to celebrate!

In March, you helped us spread the love to all our health care heroes on National Doctors' Day. We received 40 honorarium donations and notes of gratitude. There were many smiles under the masks of our physicians, nurse practitioners, physicians' assistants and other staff on March 31 as they read the heartfelt notes you sent.

"I feel very honored to receive these wonderful notes of appreciation from my patients," said Internist Richard Kappelmann, MD.

Thank you for showing your appreciation for all of the frontline workers who have worked so tirelessly this past year to keep us safe and healthy.



♥ Nurses are celebrated on National Nurses Week.



In May, we celebrated National Nurses Week by recognizing the many skilled and dedicated nurses who keep our community healthy. The COVID-19 pandemic has made it undeniably clear just how important nurses are. Our nurses have proven to be compassionate, innovative and resilient in the face of the biggest public health crisis of this century.

Who are your health care heroes? It's never too late to recognize the impact these professionals have had on your life or health. When you make a donation to recognize your favorite health care hero, we'll gladly let them know you made a gift in their honor and pass along any message of support you include. Use the enclosed donation envelope to make your gift today or give online at stmarysmaine.com/give.

Thank you for cheering with us!



▲ Steve Costello delivers notes of gratitude to Dr. Kappelmann.

▼ Chief Nursing Officer, Pat Scherle and Chief Medical Officer, Dr. Doug Smith stand at the entrance to the vaccination clinic.



▼ Heather Nadeau and Melissa Brisson working the vaccination clinic.



Vaccine Clinics Bring Joy and Hope to Our Community.

After experiencing a trying year in 2020, St. Mary's staff and volunteers have stepped up again in 2021 to offer joy and hope to our community through vaccination clinics. We've held dozens of clinics and administered thousands of COVID-19 vaccinations, in addition to our previous partnership with the Central Maine Health Center to staff the Auburn Mall clinic.

Each clinic requires a lot of work to prepare and execute, but we never lacked for participation. Our employees and volunteers are primed and ready to help their community, and we often hear, ***"So, when's the next clinic? Sign me up!"*** Their dedication and enthusiasm speak volumes about St. Mary's mission values of respect and integrity. ***"My favorite clinic was one we held for people aged 80 and older,"*** recalls

Jenny Cowie, St. Mary's manager of Mission Integration. ***"For so many, this was their first time outside in a year. We had one couple who were vaccinated on their wedding anniversary. Before coming in, they each had haircuts so they could look appropriately festive for their outing,"*** she says with a smile.

Jenny continued, ***"Everyone was so relieved and happy to be taking this next step. At our school staff clinic, one substitute teacher was so happy, he was in tears. Grandparents were eager to be vaccinated so they could see their new grandchildren in person for the first time. We gladly took pictures of patients getting their vaccination when they asked. It really was a celebration for everyone."***

The value of compassion also was integral to our success. Recognizing that many members of our community are immigrants

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with religious preferences, we offered a private room where women could receive the vaccine in a way that respected their modesty and faith. ***“This isn’t something someone asked us to do,”*** explains Jenny. ***“We took these things into consideration naturally because we know our community. We all had a shared goal and a shared mission and were ready to accomplish it together.”*** And thanks to your support, we continue to accomplish this goal together!

If you haven’t received the COVID-19 vaccine yet, we’re happy to help you find a clinic near you.



▲ Diane D. assisting with vaccination registrations.

Captain America helping with parking and directions. ▼



Building a Stronger Maine Through Better Mental Health Care

St. Mary’s is well known for its comprehensive behavioral and mental health services for children, adolescents and adults. It is our goal to help support strong mental health so that people can accomplish their goals and thrive in their communities. When we improve programs and services that promote strong mental health and well-being throughout our community, we contribute to everyone’s prosperity — both now and in the future.

That’s why building a new Adult Behavioral Health Unit is the critical Phase Three project in our Capital Campaign. The new facility — now under construction — will enable St. Mary’s to deepen and expand the exceptional inpatient and outpatient services that have set the standard for mental health care in our region. St. Mary’s is one of the only hospitals in Central Maine offering inpatient behavioral health services and the only hospital to specialize in the treatment of psychiatric illness in patients with chemical dependency. In addition, outpatient Chemical Dependency and Psychiatric Day programs allow for a smooth transition while patients are still undergoing treatment. As one of Central Maine’s largest behavioral health facilities, we believe our patients deserve the best. This new unit will offer a space that matches the high-quality care we provide. Included will be private rooms, more natural light, common areas, group therapy spaces, and updated heating, plumbing and electrical systems. These enhancements will provide patients with a more healing environment in which to recover.

▼ The Adult Behavioral Health Unit under construction.



▼ The Adult Behavioral Health Unit under construction.



Last August, we were thrilled to announce a \$1 million gift from Auburn natives **Carlton Sedgeley and Lucille Lepage Sedgeley** to launch the project. Now residents of New York City, the couple founded the Royce Carlton Agency, one of the most successful speakers' agencies in the world. ***"Throughout our lives, we've become close to many people who've struggled with behavioral health diseases, and we have learned how vitally important it is to have strong services in place,"*** they noted last year in an interview with the Sun Journal.

"We also have seen how the stigma associated with behavioral health challenges can drag someone down even further," they continued. ***"We hope that through our gift and this campaign, the stigma associated with addiction and mental illness will be lessened. Nobody should ever feel ashamed of having any kind of medical problem, including these."***

Following the lead of the Sedgeleys, hundreds of generous donors like you have made gifts to help us build this new facility and we are nearing completion. **However, due to supply chain issues related to the global pandemic, the costs for building materials have unexpectedly escalated and we are now facing a more than \$1 million shortfall to finish the project.**

Just as it takes a community coming together to take on the issue of mental health, it will take our community coming together to complete construction, so that we can be there for those who need the care that will be provided in this new facility. When we all support health and well-being, we help everyone reach their full potential. When we invest in systems to ensure all people are able to get the treatment they need, we will have a healthier and stronger society.

Help us finish strong! To make your gift to support the Adult Behavioral Health Unit Capital Campaign, please use the enclosed envelope or go online at ***stmarysmaine.com/give***.



You Are Our Sunshine: New Donor Wall Features Historic Stained Glass

We appreciate our donors! You are always there when your community needs you. We want to thank you for being an essential part of our St. Mary's family with gifts that support the programs and services that mean the most to you. We're excited to recognize your generosity with a brand-new donor wall.

This new donor wall will replace the existing installation at the entrance to St. Mary's main hospital building. It will allow us to include additional means of recognition, including the names of annual donors, capital campaign donors and our legacy society members — and it will be updated regularly. Your names will be flanked with new panels created from historic stained glass.

In 1888, the Sisters of Charity of St. Hyacinthe established St. Mary's to meet the needs of their surrounding community, which had a

population of 35,000 and was continuing to grow. The Sisters' new hospital also included a separate lodging for them and 40 orphans. The new home included a beautiful chapel encircled with stained-glass windows. In preparation for the sale of the convent property, the chapel's stained-glass windows will be removed and remodeled into panels for St. Mary's new donor wall.

These stunning panels will be backlit to represent the sun and illuminate the full beauty of the multiple colors of glass. We believe this is a fitting tribute to the devoted Sisters who founded the hospital for their community. Using the windows honors our founders while also expressing our gratitude to those, like you, who donate to keep our community hospital a welcoming place for all who need care.

You are the sunlight that makes us shine!

Thank you again for all you do for your community and for St. Mary's Health System.

Commit to Get Fit: What's Your Why?

Everyone has a different reason to spend a Saturday morning in October walking with family and friends. For Ashley Goodwin, manager of Primary Practices, like many of us, it's deeply personal as well as community-minded.

"Over the years, I have jeopardized my health as my job became more sedentary and more stressful and as my eating habits became less regular and balanced. I also struggled to care for myself after the loss of my daughter. It was easy to not care about myself when I was hurting so badly and felt so empty. I filled my pain with food and didn't even question it," explains Ashley, who has signed up to participate in Commit to Get Fit. ***"This year, I need to get back on track to a happier, healthier, more balanced life. I want this for me, but also for my family. My hope is that by moving more and eating better, I can increase my time here, which means more memories with those who matter to me most."***

"Commit to Get Fit is also a great way to give back to the community as some of the funds raised will go to the Marguerite d'Youville Fund for the Needy sponsored by St. Mary's," adds Ashley. ***"This program is something that is near and dear to my heart. I have been fortunate enough to see firsthand how this program has helped people in need through some very difficult times."***



Why will you Commit to Get Fit with us this year? Sign up today to walk or run in this year's challenge on **Saturday, October 16.** runsignup.com/Race/ME/LewistonAuburn/CommitToGetFitChallenge.

Can't make it this year? Donate to another racer's fundraiser to cheer them on: runsignup.com/Race/Donate/ME/LewistonAuburn/CommitToGetFitChallenge.

All proceeds of this year's event will benefit the **Marguerite d'Youville Fund for the Needy** and the **Nutrition Center**. Each of these programs express our shared belief in the inherent worthiness of each person and our work together to create caring, safe environments where people can thrive.



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