

Spring 2022

thrive

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Close to Home

Mike Parker
Gets Trusted
Specialty Care
in His Own
Backyard

Renew Your
Resolution

Support
Your
Community

7

Surprising
Health
Benefits of

Spring Cleaning



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Spring 2022



A Note from the President

Dear Friends,

Spring is in the air! As the temperatures begin to moderate, let us all pause for a deep breath and a moment of gratitude. We are thankful for the warmer weather, the lengthening days and our wonderful community — we appear to be turning the corner on the COVID-19 pandemic, and we look forward with optimism to better times ahead!

thrive is all about providing you with resources and information to help you and your loved ones to flourish. In this issue, you'll learn more about:

- Accessing trusted specialty care close to home
- How robotics assisted joint replacement surgery improves patient outcomes
- Learning gardens that help teach kids life lessons

Be sure to let us know what you think of this issue of *thrive* by completing the postage-paid business reply card included in the magazine or dropping us a line at thrivemagazine@covh.org.

All of us at St. Mary's are extremely grateful for the opportunity to serve our community, and we remain as committed as ever to providing high-tech and high-touch care to the whole person. Thank you for the trust that you continue to place in us.

Steven C. Jorgensen
President, St. Mary's Health System and
Senior Vice President, Covenant Health

On the Cover

Mike Parker is a 71-year-old retired elementary school teacher and a lifelong Lewiston resident.

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Close to Home

Mike Parker Gets Trusted Specialty Care in His Own Backyard

By Suzanne Dumaresq

A few short months ago, St. Mary's Health System and MaineHealth announced an expansion of their long-standing clinical affiliation to offer residents of Lewiston-Auburn the highest quality specialty care and services close to home. Today, it's positively impacting the care experience of area patients like Mike Parker, a 71-year-old retired elementary teacher who has been a lifelong Lewiston resident.

Some time ago, Mike was helping a close friend move some furniture — and it was heavy, very heavy. Mike shares, "At the time, I didn't feel as though I had hurt myself. Not long after that, I noticed my belly button was protruding."

Mike made an appointment with his St. Mary's primary care provider and was diagnosed with an umbilical hernia, which is when part of an intestine bulges through the opening in a patient's abdominal muscles near the navel. Mike was advised he may need surgery down the road and returned to his daily life. A few years later, the protrusion had become much more significant.

In fall 2020, Mike was referred to Cecelia Trydestam, MD, MS, FACS, a MaineHealth general surgeon who provides services at St. Mary's Health System. He says, "My surgery consultation appointment went very smoothly. I was at ease as soon as I met Dr. Trydestam. We discussed the advantages and disadvantages of each

procedure option and agreed on what was best for me. I was fairly nervous about undergoing surgery and she put my concerns to rest."

"I'm sincerely committed to ensuring my patients receive the best surgical care while also having a positive experience in the hospital," shares Dr. Trydestam. "The fact that I can deliver high-quality specialty care right here in the Lewiston-Auburn area is a wonderful plus to patients who live in the community."

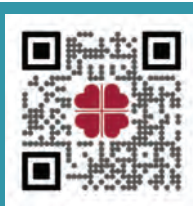
Mike has always considered St. Mary's his hospital of choice. He lives just two miles away. In addition, several of his family members were employees. Mike adds, "Lewiston is the second largest city in Maine and I've

always found it easier to do things locally if I can. I was happy to have access to great care right down the street from my home. I was in such good hands. The entire staff was professional, respectful, caring and compassionate.

I felt supported and I knew exactly what was happening every step of the way. In my humble opinion, the staff were all heroes long before the pandemic."

"We take great pride in our commitment to consistently provide the very best care to our patients and their families," adds Steven Jorgensen, president of St. Mary's Health System. "The general surgery we offer empowers people to seek care locally. We're constantly striving to improve the health of our community and very pleased to see such a positive reaction from a local patient."

To learn more about the expanded specialty care services available at **St. Mary's Health System**, please visit stmarysmaine.com or scan this QR code.



Spring Into Healthy Eating

Carrot Parsnip Bisque

Ingredients

¼ cup butter (or less)
1 onion (chopped)
2 potatoes (peeled & diced)
4-5 carrots (peeled & sliced)
4 parsnips (peeled & sliced)
4 cups vegetable stock
½ tsp. ground nutmeg
2 Tbsp. lemon juice
2 Tbsp. orange juice
1 cup milk (or more)
Pepper to taste
Zest of one orange (finely chopped)

Preparation

In medium pot, melt butter on medium-low heat. Add onions, potatoes, carrots, parsnips. Cook for 10 minutes, stirring occasionally. Add stock. Simmer 20 minutes or until vegetables are tender. Drain cooked vegetables, saving the liquid stock. In blender, purée vegetables with a little stock until smooth. In saucepan, combine puréed vegetables, saved stock, nutmeg, juices and milk. Heat through, but do not boil. Season to taste. Garnish with zest.

Somali Flat Bread

Ingredients

3 cups flour
½ tsp. salt
1-2 cups of water
Vegetable oil
Cinnamon, sugar or honey

Preparation

Place flour into a bowl and mix in enough water so the dough stays together but is not sticky. Add salt. Roll dough into balls smaller than your fist. Flatten balls into circles. Rub with a little oil. Fold sides of the circle into center, forming a square. Let it sit for 10 minutes. With a rolling pin or can, roll squares out into circles. Heat a little oil in a pan on medium heat. Place the circular dough into the pan. Cook until browned, and then flip. When both sides are browned, place on a plate and add cinnamon, sugar or honey.

Enjoy this bread with any soup or sauce.



Use Your Doodle

Why Coloring is Good for Your Health

By Lindsey Grossman

Mindfulness is nothing new — the practice dates back thousands of years. But this ancient technique has many modern benefits. According to the American Psychological Association, practicing mindfulness reduces stress, improves memory, heightens focus and can even improve your relationships. You can work to achieve this highly sought after Zen state through meditation, yoga, tai chi and ... Crayola®?

You've probably seen adult coloring books in the magazine aisle at your supermarket. What seems like a leisurely nostalgic pastime can have as much of an effect on your mental clarity as your weekly fitness class. A study published by the American Art Therapy Association indicates that coloring mandalas and similarly complex designs reduces anxiety. And just like mindfulness itself, this whimsical offshoot isn't merely a passing trend. Renowned psychiatrist Carl Jung first prescribed adult coloring to his patients in the early 1900s. He describes coloring mandalas as "a safe refuge of inner reconciliation and wholeness."

So how does it work exactly? Research shows that coloring relaxes the amygdala, the "fear center" of your brain, bringing about a meditative state. In the simplest of terms, focusing on an easy activity, like coloring, stops the 24-hour news ticker of worries running through your mind. A perfect blend of logic and creativity lights up both sides of the brain for some serious cerebral cardio.

Still skeptical of this childlike activity? Try for yourself and see! Find fun, free downloadable adult coloring pages at **MondayMandala.com**.

Did you know?

Mindfulness increases empathy and compassion for others — and yourself!



Time to Start the Conversation

Health Care Documents

By Cherry Odom, BSN, RN, NPD-BC

Health care documents provide important information about your health history. These documents identify the person designated to make decisions for you in the event you are too ill to do so, and what measures you'd like taken if you are unable to make decisions due to a medical, mental health or other issue. It's tough stuff, but it's important to empower your loved ones to carry out your wishes.

- **Medical Record Summary.** A list of your health history is invaluable in relaying information quickly to health care professionals. Include your name, birth date, allergies, medications with dosages, physicians' names, health conditions and detailed emergency contact information.
- **HIPAA Release of Information.** The Health Insurance Portability and Accountability Act (HIPAA) protects patient privacy. HIPAA guidelines also allow you to designate how you would like to share this information with family, friends and designated representatives, such as insurance companies. Health care providers and other entities, such as hospitals, provide a notice of privacy practices form and ask patients to sign it, to ensure information is shared appropriately.
- **HIPAA and Parents of Young Adult Children.** When older teen children reach 18, their parents no longer have the right to obtain their medical information or make decisions about the adult child's care. This applies even if the child is covered by the parents' insurance.

Therefore, it's important for parents and a child to have an open conversation about whether or not they're comfortable signing a HIPAA Release of Information to allow parents to participate in a child's care. Typically, the form is completed when a child turns 18 and does not require notarization. Both the parent and child should keep a copy.

- **Medical Power of Attorney.** A Medical Power of Attorney can also be called Health Care Power of Attorney (HCPOA). This is a legal document that allows a patient to name someone to make

medical decisions on their behalf if they are too ill to decide for themselves, or if they unexpectedly become incapacitated. Having this document in place saves time and prevents confusion at what may be a crucial time.

- **Durable Power of Attorney.** The Durable Power of Attorney is a legal document in which someone designates another person to make legal, financial and health care decisions on their behalf in the event of serious illness, an accident or mental incapacity. If this is not in place, and a patient is unable to make decisions and manage their own affairs, a family must go to court to establish a designee.
- **Advance Directives.** Advance Directives are legal directives that state a person's wishes for end-of-life care when they are unable to make their own decisions. Selections can be made to omit or include medical care, such as dialysis, a breathing machine, tube feedings and/or organ donations.

Talk to Your Family and Friends

It is important to start the conversation with your family and friends to make your health care wishes known before a health crisis. It is equally important to complete documents that reduce doubt in your loved ones' minds and properly guide them in participating in your care.

"Health care records are critical to helping providers deliver high-quality treatment and a continuum of care consistent with patient wishes," shares Susan I. Belanger, PhD, MA, RN, NEA-BC, HEC-C and Senior Vice President of Mission Integration and Ethics, Covenant Health. "You should also meet with your family, share your feelings and ensure the documentation related to your health care is clear and provided to your physician. You can't plan everything, but you can ease the burden on your loved ones by telling them what's most important to you."

If you would like to learn more about getting started, please visit theconversationproject.org. It's a valuable resource for helping people share their wishes for care through end of life. It is important to note that states may have variations and specific requirements for these documents. Consult an attorney if you have questions.

It's Time to Complete These Health Care Documents

- Medical Record Summary
- HIPAA Release of Information
- Medical Power of Attorney
- Durable Power of Attorney
- Advance Directives

Keep in mind that copies of these documents should be given to all designated family members and friends. In addition, the location of original copies should be provided to all designees. To obtain more information about these forms, talk with your attorney.



7 Surprising Health Benefits of Spring Cleaning

By Lindsey Grossman

Tackling housework can be downright overwhelming ... after all, it's called "work" for a reason. If you need some motivation to get off that couch and start dusting under it, check out these seven healthful incentives.

- 1 Stress Less**
Wipe away your worries! Just 20 minutes of cleaning can reduce stress and anxiety levels by as much as 20%, according to the *British Journal of Sports Medicine*.
- 2 Boost Productivity**
Perhaps you've heard the saying, "clean space, clean mind?" The *Journal of Neuroscience* discovered that too much of a mess significantly clutters up your brain's ability to process. Less chaos means more headspace for tackling that to-do list.
- 3 Breathe Easier**
The American Lung Association notes that hundreds of thousands of dust mites can live in bedding, mattresses, upholstered furniture, carpets or curtains in your home, triggering allergies and asthma. Dusting regularly helps you breathe better by preventing respiratory issues and supporting a healthy immune system.
- 4 Fewer Falls**
According to the Centers for Disease Control and Prevention (CDC), one in five falls causes a serious injury, such as broken bones or a head injury. Reducing home hazards, such as clutter, minimizes your risk of tripping and hurting yourself.
- 5 Eat Healthier**
How you keep your cubicle can affect your food choices. A study published in *Psychology Science* showed people who worked in an organized area were twice as likely to opt for an apple over a chocolate bar than those who worked at a messy desk.
- 6 Sleep Better**
The National Sleep Foundation found that people who wash their bedding and sheets about once a week, reported 19% better rest at night.
- 7 Burn Calories**
This spring, you can get your gut and gutters in gear. The American Heart Association counts housework as moderate exercise, meaning you can burn as many calories vacuuming as you can on a leisurely walk.



Which Should I Choose?

Emergency
Department, Same Day
Care, Provider Office or
Telehealth Visit

By Cherry Odom, BSN, RN, NPD-BC

of a limb, difficulty breathing, profuse bleeding, major trauma from an accident or severe abdominal pain,” says Douglas C. Waite, MD, Senior Vice President and Chief Medical Officer of Covenant Health. “People who have complex medical problems or weakened immune systems should also visit the ED if they’re concerned a symptom may be related to their existing medical condition.”

Same Day Care

If your issue is not a life-threatening emergency, same day care is your best choice. The following illnesses and injuries can be well-managed at these facilities:

- Common illnesses: colds, bronchitis, sinus infections, stomach bugs, earaches, sore throats, migraines, low-grade fevers and rashes
- Minor injuries: sprains, back pain, minor cuts and burns, minor broken bones or minor eye injuries/infections

Always Call 911

Don't drive yourself to the emergency department if you believe you are experiencing heart attack or stroke symptoms, having difficulty breathing or suffering from serious trauma.

Primary Care/Specialty Care Provider Office

If you need an annual physical or to see a doctor about an ongoing health concern, your primary care physician or advanced practice professional is the best resource. They diagnose a wide variety of medical conditions and are skilled at managing your health over time. If your issue is not urgent, simply make an appointment to be seen. If you need to be seen quickly, most providers offer same day in-person or telehealth appointments. If you have symptoms you think may be due to COVID-19 and they are not severe, you should contact your primary care provider first. They will best determine how you should be tested and managed.

Specialty providers offer advanced training in a particular branch of medicine, such as cardiology, endocrinology or orthopedics. Many may also perform surgery. If you have a serious and specific health issue, your primary care provider may decide to refer you to a specialty care provider for an expert opinion.

Telehealth

Telehealth leverages technology to bring your care provider conveniently into your home. You may receive a medical assessment via your smartphone or computer, while talking with and seeing a provider. Check with your care provider if this would be an option for your specific need.

Telehealth use has significantly increased across the U.S. since the onset of COVID-19. This progressive and convenient option also minimizes exposure to others in a waiting room who may be ill.

If you or a family member has shortness of breath while watching TV, what would you do? What if you deeply cut your finger slicing tomatoes? What if you have a fever and a painful earache? Considering these scenarios and the decision you'd make about what level of care you need, could save you a considerable amount of angst and time.

Typically, you can access medical care in three settings: the emergency department (ED), a same day care center or in a provider's office. Knowing your options will help you make the right choice when time is of the essence.

Emergency Department

The ED offers care in very serious or life-threatening situations. Common conditions treated there are:

- Sudden and/or severe pain
- Shortness of breath and asthma attacks
- Heart attacks and strokes
- Abdominal pain and prolonged vomiting
- Injuries from falls
- Auto accident injuries
- Burns
- Uncontrolled bleeding

“You should go to an ED if you are having a serious, possibly life-threatening issue, such as chest pain, loss of speech or function

Be Prepared

It may be helpful for you to jot down your health information and carry it with you. Include your name, date of birth and any drug allergies. List all your medicines with the dose and when you take them. Add your health history conditions, such as high blood pressure, diabetes and others. Include the name and phone number of your primary care provider as well as your emergency contact.

Be Informed

You can be sure you get the right care, in the right place at the right time by using your best judgement and carefully considering what type of care you need and how quickly you need it.



The Air Out There

Discover the Health Benefits of Going Outside

By Lindsey Grossman

The family that gets outside together, improves their health together. After a long New England winter, it's time to come out of hibernation and connect with loved ones in the fresh spring air and warm sunshine. Fresh air not only cleans your lungs, it can also boost your mood, lower your heart rate, increase energy levels and even improve digestion (yes, that's right). Florence Nightingale knew the benefits of fresh air long before any scientific study. "It is the unqualified result of all my experience with the sick, that second only to their need of fresh air is their need of light," she once said. Read on for fun ways to cure that COVID-spawned cabin fever while boosting your well-being.

Right In Your Own Backyard

Getting out doesn't have to mean going far. Planting a garden as a family or community creates some great teachable moments for

eating your veggies. And there's nothing more satisfying than sticking your hands in the dirt to de-stress.

Into the Great Wide Open

Looking for a change of scenery? Take to the trails! Hiking not only decreases stress and anxiety, it's also great cardio. Or if the mention of a hike ignites eye rolls from your family, try geocaching. These GPS-based treasure hunts offer a playful way to explore your surroundings. Visit your area's parks and recreation website to learn more about how to play.

No matter where you go, it's gratifying just to know that the second you step out the door, you can reap fresh air's rewards. Spending 30 minutes sitting in the sun every day will earn you a full day's dose of vitamin D. Now all you have to do is lather on some sunscreen, head out and breathe in.

Answering the Call

Hadley Couraud's Need to Serve

By Suzanne Dumaresq

When Hadley Couraud approached 30 years old, she answered a call she had heard for 10 years — to serve others spiritually. She shares, “I’ve had wonderful mentors in my life. I wanted to share what they offered me. They listened to me, supported me without judgment and encouraged me to reflect on my life.”

Once Hadley recognized her call to attend to the spirit, she enrolled in the Chaplaincy Institute of Maine’s two-year interfaith training program. Later, she reached out to Charles Demm, Director of Spiritual Care at St Mary’s, about potential internship opportunities.

Charles recalls, “We had a need for chaplaincy support at d’Youville Pavilion. We were very happy to have Hadley join us as a student intern to complete her clinical placement.”

Hadley’s typical day includes visiting, and sometimes praying with residents as well as completing spiritual care assessments, which help the team learn more about a new resident’s support system, needs and concerns. She shares that conversations with residents are truly meaningful, whether she is just lending a listening ear or helping them renegotiate their relationship with religion.

“Recently, I asked a gentleman if he’d like a visit. He waved me away saying, I’m not Catholic,” says Hadley. “When I



To learn more about St. Mary’s Spiritual Care and Chaplaincy Services, please visit stmarysmaine.com, scan this QR code or call 207.777.8520.



responded neither am I, he welcomed me in and the two of us had a lovely conversation.”

Hadley shares, “My sole purpose is to listen and provide spiritual presence. It’s remarkable how impactful that is; for example, there was an occasion when I sat with a memory care patient, whose entire body relaxed as we prayed together. She serenely recited the Lord’s Prayer from memory. To me, those quiet and special moments are what chaplaincy is all about.”

Robotic Assisted Orthopedic Surgery

with Dr. Kovalenko

Boris Kovalenko, MD, a fellowship-trained orthopedic surgeon specializing in hip and knee replacements at St. Mary's Health System, answers questions about robotics assisted orthopedic surgery.

What knee surgeries are now being performed using robotic assisted technology at St. Mary's?

Knee arthroplasty, also known as replacement, is now being done with robotic assistance. Knee replacement is for patients with degenerative joint disease that affects and limits their lifestyle. This surgery is for patients whose symptoms are no longer managed with supplements, medications, or injections. I use the same criteria selecting patients for robotic assisted knee replacements as I do for the conventional technique. When patients choose the robotic assisted approach, their recovery time is shortened and their pain after surgery can be decreased.

Why is the robotic assisted approach more efficient and more accurate than traditional knee surgery?

The position and balance of a knee replacement are crucial in providing the best patient outcomes. Robotic assistance allows us to map the patient's individual anatomy and measure ligament tension to optimize the position of a knee implant. We can also take additional steps before the procedure to map out the anatomy of the knee and obtain information about the balance of the surrounding soft tissues throughout the arc of motion. This is unique from person to person and from knee to knee. We are then able to make minuscule alignment adjustments in three dimensions, so we can more perfectly position the implants. As a result, less time is required at the end of the procedure to fine-tune the balance of the knee.

Is it true that neither a CT scan nor MRI is required prior to this robotic surgery?

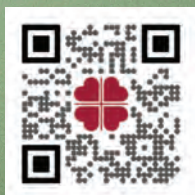
That is correct. X-rays are still required to diagnose osteoarthritis, but they are not necessary using the robotic system. Therefore, the surgery is performed without additional radiation.

What are your goals for St. Mary's orthopedic surgical program?

My top priority is to deliver high-quality, compassionate care to my patients. In addition, I intend to enhance the positive patient outcomes of our procedures by utilizing modern implants and bringing more advanced technology to our program.

What is your philosophy of care for your patients and their families?

I listen to my patients with respect and empathy. I truly enjoy getting to know them on a personal level. Ultimately, I develop a care plan with their best interest in mind. I consistently ask myself, "*What would I do if this were me or one of my family members?*" and that helps guide my clinical judgment.



To learn more about St. Mary's Orthopedics, visit stmarysmaine.com or scan this QR code.

To make an appointment at one of St. Mary's Orthopedics two locations:
Auburn - 15 Gracelawn Road, call: **207.333.4710**
Portland - 17 Auburn Street, call **207.797.4791**
If necessary, be sure to secure a referral from your primary care provider.

Learning Gardens

Teaching Important Lessons

By Cheri Hinshelwood

A tiny seed holds the promise of becoming something beautiful, healthy and nourishing. Similarly, the learning gardens supported by St. Mary's Nutrition Center not only flourish as learning hubs, but they also continually yield even greater returns for kids than expected.

An Outdoor, Hands-on Classroom

"The gardens provide an outdoor classroom that helps students connect to the natural world, as well as build connections to others and their own stories," said Kirsten Walter, Director, St. Mary's Nutrition Center.

Located at four elementary schools and other community locations in the Lewiston-Auburn area, these productive plots are tended by school-age children, teachers and community partners and serve as a platform to teach important life lessons. During hands-on lessons, elementary schoolers gain a love of science and nature while learning the important skill of growing their own food. Designed with learning in mind, the gardens include raised beds, sheds and kiosks, and activity areas complete with picnic tables.

Teachers may choose from ready-made "garden kit" lessons prepared by the Nutrition Center, covering topics like bud exploration and identification, or create their own. It's not unusual to see students huddled together in the garden, excitedly sharing ideas with each other about what just popped up. They ask all sorts of interesting questions, which teachers fully encourage.



Partnerships, Clubs and Summer Learning

Partnerships between FoodCorps Maine, the Nutrition Center and school cafeteria management teams mean produce is used to create kid-friendly recipes. Taste tests expose students to new foods who may not have access to healthy, fresh food and snacks at home.

After-school gardening clubs and summer school programs also make great use of the learning gardens. In 2021, more than 2,000 elementary students participated in garden education programs and 2,700 "tastes" were completed in cafeteria taste tests.

Nutrition Center partners like ReTreeUS, the City of Lewiston, Lewiston High School and Next STEP, helped expand an existing orchard in Lewiston by adding 50 new fruit trees to it.

"Now a substantial orchard, this green oasis is enjoyed by local residents and will be used for educational opportunities and access to fresh fruit for many years to come," said Walter.

Renew Your Resolution & Support Your Community

Commit to Get Fit on October 16 at Simard-Payne Memorial Park

By Erin McKenney

Did you make a New Year's resolution to get moving, improve your fitness or spend more time outside? Now that it's spring, renew your resolution with us!

St. Mary's Health System has challenged our community to commit to get fit in 2022! Start training now and join us for a walk/run at our annual Commit to Get Fit event on Sunday, October 16, at Simard-Payne Memorial Park in Lewiston. Whether it's your first 5K, a favorite annual tradition, or an easy way to get the family outside together, Commit to Get Fit is a great way to reach your goals in 2022.

Proceeds from race registrations, donations and sponsorships benefit St. Mary's Nutrition Center. "Building more equitable and reliable access to good food is one essential piece of the puzzle in creating conditions for people, neighborhoods and places to thrive," says Kirsten Walter, Director of St. Mary's Nutrition Center. "With this year's proceeds we'll be purchasing new, culturally appropriate food for our food pantry and replacing our food pantry's deteriorating flooring."



Last year, 209 people met the Commit to Get Fit challenge to get more fit and ran or walked with us. To learn more visit stmarysmaine.com or scan this QR code.



Get Ready!

1. Warm up before runs with some light movement.
2. Don't worry about your speed, focus on increasing your running time.
3. Do a 5-minute cool down walk after a run.
4. Stretch after your run to increase flexibility and avoid injury.





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