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Last Sister Retires from St. Mary's

Farewell! Sr. Claire Pouliot, SCSH, the only remaining Sister of Charity of Saint-Hyacinthe serving at St. Mary's, recently retired and moved back to the convent in Saint-Hyacinthe.

"I'm sad to leave, but I know the mission is alive, well and in good hands with the wonderful people at St. Mary's," said Sr. Claire on her last day. "The team also beautifully embodies St. Marguerite d'Youville's expression — 'we shall continue to love and to serve.'"



Sr. Claire Pouliot, SCSH, far left

"We are grateful for Sr. Claire's years of service at d'Youville Pavilion, prolonging our presence in Lewiston and our ministry in the US. She, like so many other Sisters of Charity of Saint-Hyacinthe, served with generosity and love, caring for the sick and the elderly for nearly 145 years." – Sister Beaudin

Thank you to Sr. Claire for her 24 years as a social worker at d'Youville Pavilion and all of the Sisters of Charity of Saint-Hyacinthe for their legacy of healing, love and response to our community's needs with generosity and grace.

Gifts in honor of Sister Claire may be made in the enclosed envelope or online at stmarysmaine.com/give.

Two Easy Ways to Stay Connected with Your Health Care Provider

At St. Mary's Health System, we want to make it as easy as possible to stay in touch with your health care providers. This ensures your experience is better in the moment while also helping to build your relationship with your provider. We're excited to share two options, including a brand-new way, to help you stay connected.

1. New! You can now easily confirm, reschedule or cancel your medical appointments through text, email, or voice confirmations and reminders. You may also receive a notification if an earlier appointment becomes available.

Texts or phone calls will come from a (207) Maine area code to the phone number we have on record for you. You may opt out at any time from future messages by replying STOP to the text or voice message. You may also unsubscribe from email messages by clicking the unsubscribe link in any message you receive. To opt back in to text messages, respond START to a text message, or call our office. This upgraded experience will allow you to efficiently receive notifications from your health care team.

2. Sign up to use MyChart, an electronic medical records system, if you haven't already done so. With MyChart, you can safely access portions of your patient medical record, request an appointment, send secure messages to your provider and care team, request medication refills and view select lab and test results — all from the convenience of your smartphone or computer. And best of all, there is no fee to use MyChart — it is a free service for all St. Mary's Health System patients.

Learn more about MyChart at stmarysmaine.com/mychart.





"I love my job because of the family I've fostered here over the years," says Aisel.

Aisel Adil, RN, nursing supervisor, and Marissa Varney, d'Youville Pavilion's director of nursing eldercare services and assistant administrator

St. Mary's Welcomes Skilled Nursing Staff from the Philippines

Aisel Adil, RN, nursing supervisor at d'Youville Pavilion, was born and educated in the Philippines and arrived in Lewiston, Maine, in 2003 to serve a three-year contract at d'Youville Pavilion. After three years, Aisel decided to stay in Maine and continue working at d'Youville Pavilion. "I love my job because of the family I've fostered here over the years," says Aisel. "My coworkers are amazing, and leadership truly cares about us. They have also given me the chance to take on a leadership role as a nurse. I know that what I do matters." Aisel is one of several nurses St. Mary's Health System has been fortunate to employ for many years. She lives in Lewiston with her family. "I am proud my sons call Lewiston their home. We have made so many friends and we absolutely adore the caring community we have made over the years."

With the onset of COVID-19, health care systems including St. Mary's experienced staffing shortages. Although recruiting qualified nursing staff from international sources is not a new idea, it became an important resource at a time of national need.

Therefore, during the pandemic, the Medical Center consulted with the d'Youville Pavilion team about their experiences in successfully recruiting skilled nurses like Aisel from the Philippines. Shortly thereafter,

a proactive plan to attract similar candidates was launched.

As a result of these recruitment efforts, 20 qualified nurses are expected to arrive from the Philippines in September/October and become full-time employees of St. Mary's. These nursing recruits have earned a Bachelor of Science in Nursing (BSN) or Master of Science in Nursing (MSN) degree and have several years of direct patient care experience. The Philippines' nursing education programs teach the same curriculum as their United States counterparts. In addition, virtual conversations with nursing candidates revealed they deeply value their Catholic faith and are excited to work in a faith-based hospital.

"Aisel and her husband are like a welcome committee to nurses arriving from the Philippines," said d'Youville Pavilion's director of nursing eldercare services and assistant administrator Marissa Varney. "They welcome the new nurses and provide reassurance." Marissa expects they will wholeheartedly welcome the nurses arriving this fall. Pat Scherle, St. Mary's chief nursing officer who teamed up with the Employee Experience staff, concurred that they look forward to warmly welcoming our new employees to our health system and to our local community.



St. Mary's Renaissance School Celebrates 25 Years of Helping Children and Adolescents With Social and Emotional Management Concerns



The 2022-2023 school year marks 25 years that the Renaissance School has served our community. This K-8 school is for students who qualify for services through the special education process at their public school and are on an Individualized Education Plan or IEP.

“We work with children who cannot safely behave in a public school setting,” said Stuart Beddie, director of the school. “Their education is ongoing, but intensive treatment is needed for daily social and emotional management. The goal is for students to safely return to a regular classroom.”

The school serves students from the Lewiston and Auburn school districts, as well as other districts from which students can travel daily, including Cumberland and Oxford counties.

St. Mary's Renaissance students receive the highest level of care available outside of a residential or inpatient facility. The program boasts small classes of six to eight students taught by special education teachers. In addition, students have access to a full-time psychiatric nurse, consulting psychiatrist, occupational therapists, speech services and behavioral health professionals. Each student also receives a personal case manager who oversees their individual education and therapy needs.

Beddie added, “We're proud to serve our students in a non-clinical setting that provides them with the opportunity to just be kids while learning and growing in a supportive environment. We believe this is the best way to prepare them for their return to a school setting with their peers.”



The school playground provides recreation and an opportunity to practice social skills in a non-classroom setting.



The physical therapy room is equipped with tools that help students develop their fine and gross motor skills under the direction of a therapist.



Celebrating successes is a regular part of the school's program.



We're Committed to Our Grads Flourishing!

"Our commitment to students extends beyond their time with us. One student, who was on the autism spectrum and struggled with emotional intensity issues, returned to a public high school after attending Renaissance School for three years and completing eighth grade. Throughout his high school years, the student regularly checked in with school staff to ensure this transition continued to be successful and to thank his teachers for the care they showed him." This student graduated from public high school and continued his education at a community college.

— Stuart Beddie, director



9TH ANNUAL!

Sunday, October 16

Simard Payne Memorial Park

Downtown Lewiston



SOUPer! New Additions to Commit to Get Fit Challenge

After eight successful years of helping our community get fit with the Commit to Get Fit Challenge, we've decided it's time to stir things up!

This year's event will take place on Sunday, October 16, in downtown Lewiston at Simard Payne Memorial Park on the Androscoggin River. This new location will encourage participants to interact with the nearby St. Mary's Nutrition Center, the beneficiary of the event's proceeds, as well as the organizations it partners with in support of the community.

In addition to the traditional 5K run beginning at 8:30 a.m., St. Mary's will host a new two-mile Harvest Walk. Walkers will receive a complimentary tote bag and soup recipe before heading out on a route that will lead them through the heart of the Nutrition Center's downtown neighborhood. Walkers may collect a fresh ingredient for their soup at each stop with our community partners: the Trinity Jubilee Center, St. Mary's B Street Clinic, Heart & Soil Community Garden, the Root Cellar, Tree Street Youth, Pine Street Garden, Community Credit Union, the proposed Community Food Center and the Farmers' Market.



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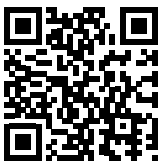




The Harvest Walk will begin after the run is completed, so participants can enjoy both segments of the event! Registration for the walk is required, but there is no cost to participate. Registration and a fee are required to participate in the 5K. Runners will receive a race T-shirt. Both the run and walk will begin and end at Simard Payne Memorial Park, where participants and their families can listen to music, sample treats from local food trucks, shop at the Lewiston Farmers' Market or enjoy a snack from our oatmeal bar.



Plan now to join colleagues and neighbors on Sunday, October 16! Runners and walkers are asked to register online at stmarysmaine.com/commit. If you are interested in volunteering, please sign up.



stmarysmaine.com/commit

St. Mary's is grateful to the City of Lewiston as well as our business sponsors, community partners and volunteers for collaborating with us to present Commit to Get Fit 2022.



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9TH ANNUAL!

Sunday, October 16

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Downtown Lewiston**

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