



Good Medicine

News from the Heart of MDI Hospital

Winter 2025

...where the future of rural health care delivery is taking shape.

National Doctors' Day • March 30, 2025:

Celebrating Excellence in Care • Make a difference today by honoring your care provider!



Dr. Damian Flowers speaks with a patient in MDI Hospital's Emergency Department

Five years ago, Dr. Damian Flowers came to Mount Desert Island Hospital for a temporary summertime assignment in the Emergency Department. In 2021, he joined our Medical Staff, bringing his expertise, compassion, and purpose to our close-knit Island community.

Dr. Flowers' philosophy of caring for "Anyone. Anytime. Anything." is ours, too. At MDI Hospital, we're here to care for you and your loved ones when you need it most. And in our isolated coastal community, access to expert, responsive care close to home is more critical than ever.

On March 30th, we celebrate National Doctors' Day and express our appreciation to the physicians who give so much to our community's health and well-being. Today, we invite you to recognize your doctor or healthcare provider with an honorary contribution or words of gratitude. Your gift today lets them know their work is important to you and has made a difference in your life.



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Mount Desert
Island Hospital

A Message from Chrissi Maguire, MDI Hospital's President/CEO



Chrissi Maguire, *President & CEO of MDI Hospital*, pictured with local Scouts BSA troop members in December. MDI Hospital purchased wreaths from the Scouts' fundraiser to add holiday cheer to buildings throughout the Hospital campus.

As 2025 begins, Mount Desert Island is wrapped in a fresh blanket of snow, with cold days sparkling in the sunlight. Just as the winter skies remain clear, so does MDI Hospital's vision: to provide exceptional care to our year-round and seasonal populations, establishing cutting-edge facilities for the highest standard of healthcare.

Along with transformative construction projects, we're proud to highlight our expanded healthcare access. We've fully integrated Acadia Family Center into our health centers, strengthening our commitment to comprehensive mental and behavioral health services. In response to the closure of Northern Light's Southwest Harbor Medical Center, we've also boosted primary care access at our Northeast Harbor and Southwest Harbor Health Centers, providing Island residents with reliable, patient-centered care.

At Birch Bay Retirement Village, we're crafting initiatives that support aging in place, offering nurturing care within a vibrant community setting. These efforts together ensure a continuum of care that spans generations.

We are honored to have received a five-star rating from Becker's Hospital Review, based on patients' likelihood to recommend us to friends and family. This recognition speaks to the culture of respect, teamwork, and excellence we cultivate every day at MDI Hospital.

Looking ahead, we remain committed to improving care through thoughtful, sustainable investments in our infrastructure. These upgrades are a reflection of our dedication to serving the community for generations to come, ensuring MDI Hospital remains a cornerstone of health and wellness in Downeast Maine.

Guided by our mission to provide compassionate care and embrace tomorrow's methods while respecting time-honored values, we are grateful for the continued support of our community. Together, we are building a healthier, more vibrant future for all.

Christina Maguire

Christina J. Maguire, *President/CEO*

Your Support Helps Name MDI Hospital one of the 2024 Best Places to Work in Maine!

We are thrilled to announce that Mount Desert Island Hospital has been named one of the 2024 Best Places to Work in Maine. This incredible recognition is not only a testament to the exceptional dedication, compassion, and excellence of our team, but also a reflection of the generosity and commitment of our community, whose support makes it all possible.



Chrissi Maguire, President/CEO of MDI Hospital & Health Centers, shares, “This honor is a direct result of the culture of collaboration, support, and excellence that our staff fosters every day. As a rural, independent, critical access hospital, we are able to thrive because of the strong foundation our donors have helped build. Their support empowers us to continue providing outstanding care for our patients and to create an environment where both staff and patients can flourish.”

The Best Places to Work in Maine program, powered by Best Companies Group, evaluates companies based on employee surveys and their workplace practices, programs, and benefits. The recognition highlights the importance of a thriving, supportive workplace—one that our donors help to shape through their continuous support.

Today, MDI Hospital is proud to employ over 500 people, making us the second-largest employer on Mount Desert Island. Our dedicated team of medical professionals, including hospitalists, primary care physicians, surgeons, psychiatrists, nurses, and specialists, provide exceptional care to our community. Thanks to our donors, we are able to attract and retain top-tier talent, invest in cutting-edge technology, and ensure that we remain a vital, accessible resource for our Island's residents.

We extend our deepest gratitude to our donors, whose ongoing generosity makes it possible for us to achieve these milestones. Your support allows us to continue our mission of excellence in healthcare, and together, we are making Mount Desert Island a better place for everyone.



The Power of Giving and Community: Honoring Don and Joan Allen's Legacy



Don and Joan's lives were a testament to love—in their marriage, family, and community. Their enduring impact lives on through the countless lives they touched and the values they upheld. Today, Don, Jr., Rick, and Gary proudly carry forward their parents' legacy, embodying the values of service, community, and philanthropy instilled in them. They continue to support local causes, including Mount Desert Island Hospital, ensuring that their family's commitment to the MDI community remains as strong as ever. Through their ongoing contributions, the Allen family's spirit of giving continues to inspire and uplift those around them. May we all strive to carry forward their spirit of generosity, kindness, and unwavering commitment to the places and people we hold dear.

Have you ever heard a Hannaford love story? If not, you missed the joy of knowing Don and Joan Allen—two beloved pillars of our community whose lives radiated love, kindness, and service.

After his time in the U.S. Air Force, Don began his Hannaford career in Portland, driven by a passion for sales and the dream of owning his own store. A promotion brought him to Bangor, and it was there he met Joan. Their instant connection sparked a love story that lasted a lifetime.

In 1962, just months after their wedding, Don's dream became reality when he purchased the Bar Harbor Red & White store. By 1968, he transformed it into Don's Shop & Save—later becoming the Bar Harbor Hannaford we know today. More than just the local grocery store, Don's became a central gathering place in the community, where friends and neighbors would inevitably run into each other in the aisles and share a moment of conversation. It was a place where the busy rhythms of everyday life slowed down, and familiar faces greeted one another with a smile. For local high school students, Don's was also a place to gain valuable work experience, spending summers stocking shelves, bagging groceries, and learning the importance of hard work and community service. The store was not just a business—it was a cornerstone of local life, fostering connections, building relationships, and creating lasting memories for everyone who walked through its doors.

Beyond their business, the Allens were deeply embedded in the fabric of Mount Desert Island. Their love for the Island and for MDI Hospital was evident in everything they did. Over the years, the Hospital was central to their lives, offering care during illnesses, surgeries, and the births of their three sons. Joan often reminisced about delivering her three boys in the days when babies were still being born in the Emergency Room, cherishing the Hospital as a cornerstone of their family's story.

When asked what the Hospital did well, Don summed it up simply: "Everything. We've been very satisfied." To him, the Hospital wasn't just a healthcare provider—it was one of the Island's greatest treasures. Joan was an active member of the MDI Hospital Auxiliary, and Don supported the Rotary Club and local businesses. Together, they created scholarships for aspiring medical professionals, ensuring their legacy of service would endure.



See you this Summer

Save the Date

Annual Benefit

in support of Mount Desert Island Hospital

Hosted by Kay and Steve Theede

Saturday, July 26, 2025

Eastcote

Bar Harbor, Maine

Cocktails • Hors d'Oeuvres • Music

Donors Paving the Way for the Future of Healthcare

Your support makes lasting improvements for your community!

MDI Hospital is celebrating exciting milestones in the future of healthcare and senior living—thanks to the extraordinary generosity of our donors, whose vision and support are at the very heart of making these transformative initiatives possible.

The new **Kogod Center for Medical Education** is addressing the rural healthcare workforce shortage by providing a state-of-the-art space for medical students and residents to collaborate and learn. As President and CEO Chrissi Maguire describes it, the Kogod Center is “the cornerstone of our campus’ future.” We extend our heartfelt gratitude to the Kogod family, whose visionary support is helping shape the future of medical education on Mount Desert Island.

At **Birch Bay Retirement Village**, the newly renovated library has become a cherished gathering place for residents, families, and staff. This inspiring space for reflection and connection was made possible by the generosity of library project donors, whose contributions continue to enhance the lives of our senior residents.

This spring, MDI Hospital will complete its first-ever **Central Utility Plant**, boosting climate resilience and energy efficiency while meeting the growing needs of our campus. We are incredibly grateful to the leadership contributions of the **Manton Foundation** and the **Wilbur and Hilda Glenn Family Foundation** for making this critical infrastructure project a reality. This investment in sustainability will ensure the long-term reliability of our facilities for years to come.

Looking ahead, we are embarking on the largest expansion in our history. This includes the construction of a new Emergency Department, covered ambulance bay, and a new main entrance on Main Street, surrounded by welcoming green space. This once-in-a-generation project will increase access to critical, lifesaving care and vital services for all in our region.

Achieving this bold vision for a brighter, healthier future will not be possible without the continued support of everyone who believes in our mission and vision. We extend our deepest gratitude to all who have stepped up early and generously to support the success and growth of our hospital at this critical time.

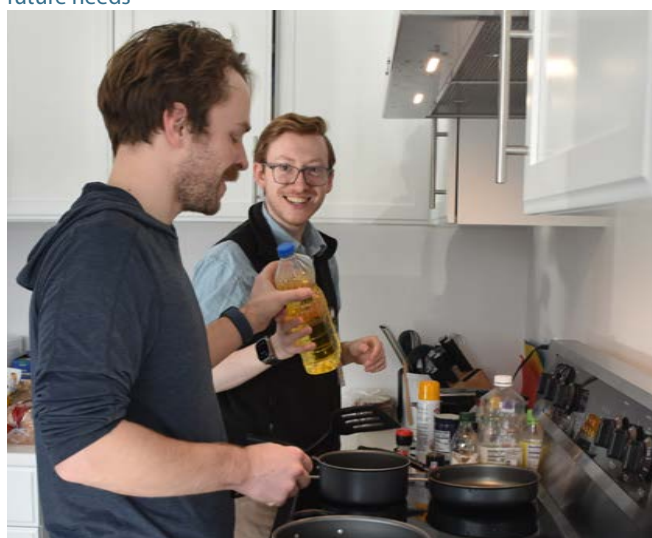
"MDI Hospital’s dedicated staff, patients, donors, and friends embody our core values of community, compassion, and improvement," says Maguire. "It is this shared commitment and purpose that unites us in our efforts to preserve and protect our precious community asset for generations to come—together, we make Hancock County strong!"



Nancy Howland enjoys Birch Bay Retirement Village's renovated library



The Hospital's new Central Utility Plant will power our campus' future needs



The Kogod Center for Medical Education houses medical students & residents

MDI Hospital Receives Significant Gift from Acadia Family Center to Expand Behavioral Health Services



Mount Desert Island Hospital is honored to announce an extraordinary gift from the Acadia Family Center (AFC), including property and assets valued at \$1.7M, to support expanded access to behavioral health and community outreach initiatives on MDI.

AFC's services will be integrated into MDI Hospital's Community Health Center in Southwest Harbor and the Northeast Harbor Clinic, ensuring uninterrupted behavioral healthcare for Island residents. The gifted building at 1 Fernald Point Road in Southwest Harbor will undergo renovations to support outreach programs such as school collaborations, family resiliency training, teen and adult support groups, and substance use disorder (SUD) prevention and recovery services.

"We are deeply appreciative of the Acadia Family Center's legacy and their collaboration to ensure continued access to behavioral healthcare for the broader Island community," says Chrissi Maguire, President and CEO of MDI Hospital. "We also want to acknowledge the countless AFC donors and supporters whose generosity over the years made this gift possible and whose dedication to behavioral health has created a lasting impact on Mount Desert Island."

This gift reflects the shared vision and commitment of AFC's donors, staff, and supporters, underscoring MDI Hospital's dedication to building a healthier, more resilient community. By leveraging these resources, MDI Hospital will enhance mental health and SUD services, particularly in underserved areas like Southwest Harbor, Bass Harbor, and Tremont.

Together, we can continue the vital work of expanding access to behavioral health services on Mount Desert Island. To learn more or support this mission, contact Oka Hutchins, Director of Advancement, at 207.801.5023 or oka.hutchins@mdihospital.org.

March is Colorectal Cancer Awareness Month



Take Control of Your Health: Don't Delay Lifesaving Preventive Care

Colorectal cancer (CRC) is among the most common cancers globally, but it's also one of the most preventable and treatable when caught early. At Mount Desert Island Hospital, we're here to help you take control of your health by recognizing the signs, understanding the risks, and making routine screenings a priority.

Symptoms of Colorectal Cancer

CRC often develops without symptoms until its advanced stages, but here's what to watch for:



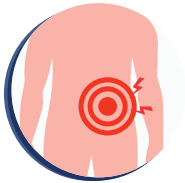
Persistent changes in bowel habits, such as diarrhea, constipation, or narrowing of stool



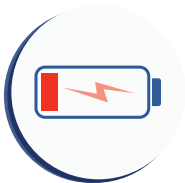
A feeling of incomplete bowel movements that doesn't go away after passing stool



Rectal bleeding or blood in your stool



Abdominal cramping or pain



Weakness, fatigue, or unexplained weight loss

If you experience one or more of these symptoms, don't wait—speak to your doctor immediately.

What You Should Know

- CRC is the **third most common cancer worldwide**, responsible for about 10% of all cancer cases.
- Cases of **young-onset CRC** (patients under 50) have more than doubled since 1994. These patients are also more likely to be diagnosed at advanced stages.
- Due to the rise in young-onset cases, the recommended age for a first colonoscopy has been lowered to 45 for average-risk individuals. High-risk patients should consult their doctors about earlier screening.
- About 90% of CRC cases are linked to environmental factors such as low-fiber and high-fat diets, alcohol, and tobacco use, often decades before diagnosis. Surprisingly, 70% of young-onset cases occur without any known risk factors.
- In 2024, over 152,000 new CRC cases were diagnosed, making CRC the leading cause of cancer death in men under 50 and the second leading cause in women of the same age group.

Why Screening Matters

Screening is the most effective way to detect CRC early, even before symptoms appear. By identifying and removing polyps, screenings can stop cancer in its tracks and save lives.

Don't wait—schedule your screening today and encourage your loved ones to do the same. Let's come together to reduce the risks of colorectal cancer in our community.

Show Your Support

Help raise awareness for CRC by **wearing blue** on March 7th for National Dress in Blue Day. Together, we can spread the crucial message of prevention and early detection.

Provider Spotlight: Meet Dr. Joseph Dougherty

At Mount Desert Island Hospital, we're proud to have exceptional providers like Dr. Joseph Dougherty, whose dedication to patient-centered care makes a profound difference in the lives of those he cares for.

Dr. Dougherty believes that every patient deserves unique, individualized care tailored to their specific needs and circumstances. "There is no cookie-cutter solution that works for everyone," he explains. "Ultimately, the patient is the captain of their own ship. My role is to guide and counsel, offering the best medical information and options to help them navigate their healthcare journey—and once a plan is chosen, to help execute it effectively and efficiently."

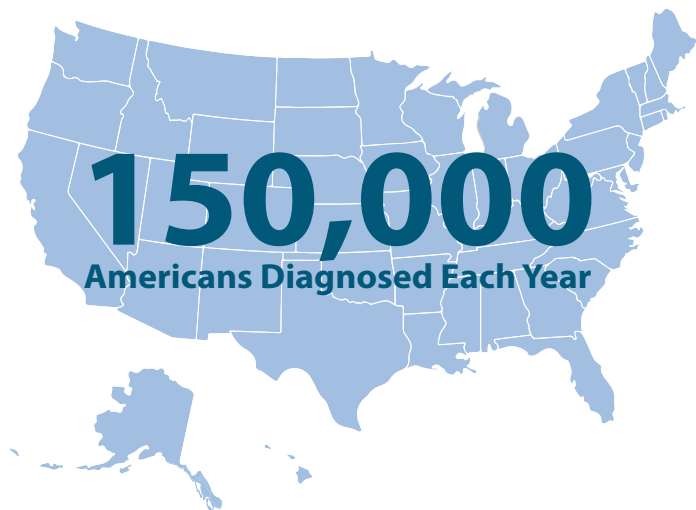
Dr. Dougherty is a board-certified surgeon specializing in general surgery, acute care, and trauma surgery. A graduate of UC Berkeley and the University of Michigan Medical School, his expertise and compassionate approach make him a trusted partner in the care of our community.

Now accepting patients for screenings, colonoscopies, and non-invasive procedures, Dr. Dougherty is ready to meet the healthcare needs of Mount Desert Island residents with immediate availability. To learn more, speak with your primary care provider about a referral or call 207.288.5024 today.

Whether it's routine care or a complex procedure, Dr. Dougherty is here to ensure every patient receives the highest level of care with a personalized touch.



Colorectal Cancer by the Numbers



*Improving quality and safety
with thoughtful design.*



SMRT

Architects & Engineers

smrtinc.com

Portia Judson, RN Honored with The DAISY Award® For Extraordinary Nurses



Portia Judson, RN was recently honored with The DAISY Award® For Extraordinary Nurses at Mount Desert Island Hospital. The award is part of the DAISY Foundation's programs to recognize the superhuman efforts nurses perform every day.

Portia was nominated by a grateful patient who was injured while hiking. The nomination reads: "While descending the Giant Slide Trail in Acadia National Park Search and Rescue was called, eventually I was able to walk out to the trailhead, and my daughter drove me directly to the ER at MDI Hospital. I was promptly taken in and escorted to treatment room where I first met Portia. She got me settled, checked me out and began to calm my nerves. She took my vitals, cleaned my wounds, and began a more thorough evaluation with the help of Gordon Murphy. They made a great team. After my CT scans, I returned to the treatment area where Portia talked me through their assessment (thankfully no fractures but a mean gash in my head). Eventually I got 9 staples in my head then the long wait for CT scan results. Portia hung in with us all this time. Got me laughing finished cleaning all my wounds and put on dressings where necessary. She was always calm, patient, informative and thorough, just what one would wish for when you have the frightening experience of visiting an emergency

room. Eventually we got the results of the scan, and I was cleared for discharge. Before we left Portia gave us a great recommendation for a pizza joint that was still open. It was delicious I will ever be grateful for the care and support I received from Portia. She did MDI Hospital and the island proud. Thank you, Portia."

The not-for-profit DAISY Foundation is based in Glen Ellen, CA, and was established by family members in memory of J. Patrick Barnes. Patrick died at the age of 33 in late 1999 from complications of Idiopathic Thrombocytopenic Purpura (ITP), a little known but not uncommon autoimmune disease. The care Patrick and his family received from nurses while he was ill inspired this unique means of thanking nurses for making a profound difference in the lives of their patients and patient families.

According to Bonnie Barnes, FAAN, CEO and Co-Founder of The DAISY Foundation, "When Patrick was critically ill, our family experienced firsthand the remarkable skill and care nurses provide patients every day and night. Yet these unsung heroes are seldom recognized for the superhuman work they do. The kind of work the nurses at MDI Hospital are called on to do every day epitomizes the purpose of The DAISY Award."

To nominate a nurse at MDI Hospital, visit this page: mdihospital.org/daisy-awards

Tax-Smart Giving: Benefits for You

Did you know there are several ways to make a gift to MDI Hospital that may help reduce your taxes*?



Do you own appreciated stock?

Giftting appreciated stock directly to MDI Hospital helps you avoid capital gains taxes and qualifies you for an income tax deduction. It's like writing a check but with the added benefit of eliminating capital gains taxes.



Do you have a Donor Advised Fund (DAF)?

Making a distribution from your DAF to MDI Hospital is a convenient way to support healthcare on Mount Desert Island. Recommend a grant now to make an immediate impact, or name MDI Hospital as a beneficiary for future support.



Do you have an Individual Retirement Account (IRA)?

Leverage your retirement assets to make a tax-smart gift to MDI Hospital. If you're 70.5 or older, request a Qualified Charitable Distribution (QCD) from your retirement account. Give up to \$105,000 per year from your IRA directly to MDI Hospital, satisfying part or all your required minimum distribution without income tax on the distribution.



Do you own appreciated real estate?

Donating appreciated real estate to MDI Hospital can provide significant tax benefits. You avoid capital gains taxes on the appreciation and receive an income tax deduction for the property's fair market value. This makes it a smart way to support high-quality healthcare while maximizing your tax savings.

We Are Here to Help

For more information, contact Claire Sasner, Donor Engagement Officer, at 207.801.5571 or at claire.sasner@mdihospital.org

*This information is not intended as legal advice. Please consult an attorney for legal and tax implications of your gift. As a 501(c)(3) organization, gifts to MDI Hospital are tax-deductible to the extent allowed by law. MDI Hospital's Tax ID number is 01-0211797.