Embracing Our Mission

2013 Annual Report
At Down East Community our mission is to improve the health of the people in the Sunrise County by being as passionate, determined and resilient as those we serve and by balancing exceptional service, financial integrity, current technology, staff satisfaction and collaborative community involvement.

Down East Community is committed to improving the health of the people we serve. In the past year, we have placed this commitment in the spotlight by focusing on Primary Care, disease prevention, and educating patients after their hospital stays in order to prevent re-admission.

In 2013, Down East Community joined Beacon Health, an Accountable Care Organization. Accountable Care Organizations have a defined set of quality metrics that practitioners are encouraged to meet as part of “best practice” for their patients. These quality metrics include ensuring routine screening examinations such as mammograms, colonoscopies, and annual physicals. These parameters also focus on the treatment of chronic conditions such as diabetes, coronary artery disease, and hypertension. By managing these conditions on an outpatient basis, patients are less likely to require the services of the Emergency Department or be admitted for an inpatient stay.

Down East Community has hired two care coordinators who provide education to patients, act as a liaison between patients and their providers, and assist patients with obtaining the health care services they require. These registered nurses work with our Case Management Department in order to provide a smooth transition and support from the inpatient to the outpatient setting. The coordinators assist with reconciling medications ensuring patients are taking their medications correctly, and to ensure appropriate follow up with their community physician in order to prevent an Emergency Department visit or inpatient admission.

Down East Community is focused on the health and well being of our pediatric population as well. Routine “well child checks” are scheduled according to recommendations by the American Academy of Pediatrics. Our focus is on educating families on healthy eating, home and health safety, and disease prevention. Down East Community Pediatrics and Milbridge Medical Center were recognized by the Maine IMMPACT Program for exceeding the state average for child immunization rates.

In 2013, Down East Community made a significant investment in health information technology in our Physician Practices. The GE Centricity Electronic Medical Record was installed in April. This new technology has allowed for a better flow of testing results, has electronic prescription capabilities, and prompts providers and staff when screening exams and immunizations are due. Various electronic flow sheets contain lab values that are easily compared, well-recognized standards to ensure chronic conditions are managed according to best practices.

Down East Community is committed to focusing on disease prevention, managing chronic conditions, and investing in technology in order to improve the health of the people of the Sunrise County.

Board Chair, Dr. Eric Burke
Capital Investment Highlights

In 2013, DECH invested in major moveable equipment and building improvements. A total of $1,113,259 was spent to improve the experience and quality of our services to our patients and to maintain our facilities. Listed below are a few highlights of the improvements to our service and facilities.

Our Imaging Department was renovated during the year in order to add a new GE X-ray machine. The new X-ray machine will allow for safer patient transfers by having the ability to lower the table to floor level. The unit also gives us improved capability for obtaining images on bariatric patients.

During the year, the hospital invested in and implemented GE Centricity electronic medical record (EMR) software in our Physician Practices. An EMR system offers our providers the ability to review their notes from a previous visit, as well as access to past laboratory and radiology results easily. Some benefits of an EMR include improving quality and convenience of patient care, increasing patient participation in their care, and improving care coordination.

Our inpatient areas were renovated during the year, including exterior and interior wall renovation. The exterior of the building was renovated from its original 1964 exterior and sealed with a protective coating that closely matches the Operating room addition in 1998. This provides the hospital with a modernized, ceaseless appearance. The interior walls of the inpatient and obstetrical units were updated with new sheetrock and painted providing for a fresh new appearance.

An investment was made in a new Radio frequency machine that allows our Pain Specialist, Dr. Rita Ten to offer new treatment for patients suffering from chronic back and neck pain caused by facet arthritis. Radiofrequency ablation involves applying heat to the nerve supplying the facet joint to "shut off" the transmission of pain signals to the brain. We are happy to present this new service to our pain patients.

Free Care Charges
Financial Statements

Consolidated Statements

Consolidated Statements of Operations Years Ended December 31, 2012 and 2013

<table>
<thead>
<tr>
<th></th>
<th>2013</th>
<th>2012</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unrestricted revenues, gains, and other support</td>
<td></td>
<td></td>
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<tr>
<td>Net patient service revenue</td>
<td>$33,946,538</td>
<td>$36,009,028</td>
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<tr>
<td>Investment income</td>
<td>600,828</td>
<td>194,824</td>
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<tr>
<td>Other revenue</td>
<td>850,167</td>
<td>1,107,332</td>
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<td>Electronic health record incentives</td>
<td>561,505</td>
<td>672,430</td>
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<td>Net assets released from restriction</td>
<td>10,485</td>
<td>31,399</td>
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<tr>
<td>Total revenues, gains and other support</td>
<td>35,969,523</td>
<td>38,015,013</td>
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</table>

**Expenses**

<table>
<thead>
<tr>
<th></th>
<th>2013</th>
<th>2012</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salaries</td>
<td>17,414,659</td>
<td>17,934,545</td>
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<tr>
<td>Employee benefits</td>
<td>3,842,083</td>
<td>4,340,991</td>
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<td>Purchased services</td>
<td>2,286,610</td>
<td>2,268,688</td>
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<td>Temporary personnel</td>
<td>1,079,613</td>
<td>1,246,251</td>
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<tr>
<td>Professional fees</td>
<td>2,720,829</td>
<td>2,747,897</td>
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<tr>
<td>Supplies</td>
<td>3,315,965</td>
<td>3,314,101</td>
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<tr>
<td>Other</td>
<td>4,544,959</td>
<td>5,081,121</td>
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<tr>
<td>Depreciation and amortization</td>
<td>1,574,026</td>
<td>1,587,383</td>
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<tr>
<td>Interest</td>
<td>182,258</td>
<td>212,626</td>
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<tr>
<td>Total expenses</td>
<td>36,961,002</td>
<td>38,733,603</td>
</tr>
</tbody>
</table>

(Deficiency) excess of revenues, gains, and other support over expenses (991,479) (718,590)

Change in net unrealized gains and losses on investments (80,674) 227,609

Unfunded pension liability adjustment 1,573,225 (643,820)

(Decrease) increase in unrestricted net assets $ 501,072 (1,134,801)
Our Mission Statement

At Down East Community our mission is to improve the health of the people in the Sunrise County by being as passionate, determined and resilient as those we serve and by balancing exceptional service, financial integrity, current technology, staff satisfaction and collaborative community involvement.

A integral part of the missing of Down East Community is to improve the health of the people in Sunrise County and our Community Benefit is a part of what we do to fulfill that mission.

Total: $1,411,983

Subsidized Programs:
- NYU Dental Clinic
- Free Mammograms
- Free Medical Care
- Health Fairs and Flu Shot Clinics
- Sports Physicals
- Smolt & Bolt Race First Aid Station
- Shriners Clinic Screenings
- Blueberry Festival First Aid Tent
- Pleasant Point Health Fair
- Rose M Gaffney Wellness Checks

Medical Services:
- Sunrise Care Facility
- Women’s Health Resource Library
- Down East Hospice
- American Cancer Society
- Next Step Domestic Violence
- Alzheimer’s Association
- Down East Aids Network
- American Cancer Society

Medical Education:
- Healthcare Professional Education

Medical Services:
- Medical Services $1,117,028
- Subsidized Programs $195,442
- Health Education $99,513
Medical Staff

President
Kara Dwight, DO

Vice President
Stephen Madigan, MD

Secretary/Treasurer
Rodney Sparks, MD

List Of Service Chiefs (as of December 31, 2013)

- Rodney Sparks, MD - ED Services
- Peter Morningstar, MD - Pediatric Services
- Christian Inegbenijie, MD - Obstetric Services
- Thomas Crowe, MD - Surgical Services
- Thomas Ryan, DO - Medicine Services
- Stephen Madigan, MD - Radiology Services

New Staff Members in 2013

- Kristen Barbee, DO
- James Hines, PA-C
- Jerri Jensen, MD
- Joseph Nabozny, MD
- Jason Rexroad, MD
- Jane Sande, MD

In 2013 the following practitioners joined the DECH Staff:

- Kristen Barbee, DO
- James Hines, PA-C
- Joseph Nabozny, MD
- Jason Rexroad, MD
- Jane Sande, MD

Active, Courtesy & Professional Service Medical Staff

- Anesthesiology
  - Leonid Brodsky, MD
  - Rita Ten, MD

- Emergency Medicine
  - Robert Anderson, MD
  - Peter Clark, DO
  - Colin Coor, MD
  - Kerry Crowley, MD
  - James Ebert, MD
  - Carl Germann, MD
  - Samir Haydar, DO
  - Thomas Hewson, MD
  - James Hines, PA-C
  - John Joseph, MD
  - David Kearing, MD
  - Owen MacCausland, MD
  - Joseph Nabozny, MD
  - John Southall, MD
  - Rodney Sparks, MD
  - Daniel Stanhiser, MD

- Obstetric Services
  - Kara Dwight, DO
  - Christian Inegbenijie, MD

- Ophthalmology
  - Lawrence Piazza, MD

- Orthopaedic Medicine
  - Thomas Crowe, MD

- Otolaryngology (ENT)
  - Thomas Holzen, MD

- Pain Management
  - Rita Ten, MD

- Pathology
  - Marek Skacel, MD

- Pediatrics
  - Peter Morningstar, MD
  - James Sande, MD
  - Alfred Wakeman, PA-C

- Podiatry
  - Nima Moghaddas, DPM

- Radiology
  - Stephen Madigan, MD
  - Jason Rexroad, MD

- Surgery, Colorectal
  - Aziz Massaad, MD

- Surgery, General
  - Aziz Massaad, MD

- Urology
  - Dhanvant Rathod, MD

- Women’s Health
  - Christine Kuhni, WHNP
All About Babies

Only 3 hours separated the births of cousins Ivory and Kerian at Down East Community Hospital on May 25. If that wasn’t interesting enough, their Moms Erica and Tashina Ackley were also twins!

Erica and Tashina thought it would be cool to have their first babies on the same day, but never really expected it to happen.

The young mothers chose to break the news to their mother, Mary Ackley, on the same day. Erica said “I had told some other people I was pregnant, so I figured it would be best if my mother heard the news from me.” Tashina waited a few hours and then asked her mother if she would like to have a baby in each arm again, like she did with them. “She had no idea what I Meant until I told her I was pregnant too”.

Dr. Inegbenijie and the OB staff were excited about the births of the cousins and RN Charlene Henderson was just thrilled to be present. Charlene was present during the births of the Moms Erica and Tashina at Down East Community Hospital 22 years ago!

This is just one of the positive stories of the births at Down East Community Hospital in 2013.

Twin moms Erica and Tashina share a happy moment with their new bundles of joy, Ivory and Kerian, both born on May 25th at Down East Community Hospital!

During 2013, DECH had a banner year of births with 162. This is the most births DECH has had going as far back as eight years. We are so pleased that our community has chosen DECH for their birthing center of choice and we look forward to serving the community in future years with our OB/GYN team of Drs. Kara Dwight and Christian Inegbenijie.

Not only can our OB/GYN team provide you with an incredible birth experience, they also provide the community state of the art laproscopic surgery such as hysterectomy, adhesion removal, and endometrial ablations. A more in-depth list of services is on our website at www.dech.org
I have always appreciated our hospital, and feel that I need to share how important it is to me and my family that it is here. Down East Community Hospital saved my life!

My situation was so dire, that my family was called and told that I probably would not make it. I had two major heart attacks and, because Dr. John Joseph and the rest of the staff did exactly what they were supposed to do, I am still here today. My family and I are so thankful that Dr. Joseph works at the hospital, as well as Emergency Department Nurses, Bonnie Pineo, Erica White, Amy Zipperer, and Andy Pratt, who took very good care of me.

Time was of the essence when Chief Nursing Officer, Rob Janssen administered a medication which was a clot buster; the use of this medication was critical to my survival. How lucky are we to have such an intelligent, caring group right at our fingertips.

LifeFlight was unable to fly that day to take me to EMMC so I went via ambulance with EMT Lois Libby at the wheel. I had to be intubated so Respiratory Therapist, Scott Huber, and Emergency Department Nurse, Lucy Coxton, rode in the ambulance with me. The doctors at EMMC were very impressed with the care I received at DECH!

I can't begin to describe how thankful our family is that the staff at DECH is so knowledgeable and caring.

What would happen to so many people like me if we didn't have DECH. I can't even imagine. Not having a hospital here would be tragic.

We have a very special hospital and we want it here for many, many more years to come.

Much gratitude from me and my family,

Marilyn Schoppee
The Sunrise Care Facility

When thinking of the events over the past year the first thing that comes to mind is that we had two residents turn 100 in 2013. What fun we all had celebrating this wonderful milestone with them and listening to all of their stories.

The facility has a new Medical Director, Dr. Thomas Ryan. Dr. Ryan has contributed so much to our facility. He is very involved with all aspects of the home and very attentive to, not only our residents, but to the families and nurses who all greatly appreciate the time he spends with them. We are very fortunate to have such a devoted and talented Doctor as part of our team.

As I have said in the past, Sunrise Care Facility consistently receives high scores on the care that is given to our residents. This does not happen by chance; our management team and core staff is what makes the difference. Working at SCF is not just a job to them; they truly care for the residents here.

Our Social Service Director, Sarah Ramsdell, worked very hard last year at finding an Optometrist and Denturist that make periodic visits to the facility to take care of our residents needs. In the past we would have had to transport the resident to the Doctors office which is very hard on most of the residents, especially those with dementia.

Activities continue to be very busy with picnics, van rides, parades, cookouts and just plain fun. Last summer we had two lobster feeds and crabmeat all donated to the facility for all to enjoy. Our local fishermen are always so good to the residents and staff; thank you all for your generosity.

This last year we completed two large capital improvements to the building. Our 9,000 gallon sprinkler tank had to be repaired and cleaned. Along with this, we had our sprinkler system flushed and new sprinkler heads were installed in the oldest part of the building. Our 2nd project involved replacing our leach field, doubling the piping and installing two power vents.

Geri Bryant
Administrator - Sunrise Care Facility
11 Ocean Street · Jonesport, ME 04649 · 207-497-2363 · gbryant@dech.org
Gratitude for Giving! Our hearts are filled with gratitude for the gifts of our generous donors during 2013.

Gracious Estate Donation

Thanks to a donation made from the estate of Mitchell MacDonald, beautiful prints adorn the walls of the hospital.

Mr. MacDonald’s special request for his donation was that it be used to put a smile on the faces of the people who came to Down East Community Hospital. Because of this donation and the beautiful, scenic photos entered by staff and community, framed prints of Washington County hang in the main hallway of the hospital and the patient rooms on the medical/surgical floor.

Businesses & Organizations

Bangor Savings Bank
Bar Harbor Bank & Trust
Bella Vita Salon & Spa
Benevides
Berry Vines
Berry, Dunn, McNeil & Parker, LLC
Blue Bird Ranch Family Restaurant
DECH Auxiliary
Down East Credit Union
EBS Building Supplies
Evergreen Realty
Helen’s Restaurant
Kozak & Gayer, PA
Machias Cleaning and Laundry Center
Machias Dental
Machias Friendly Pharmacy
Machias Hardware
Machias Savings Bank
Main Street Discount
Maine Veteran’s Home
McFadden’s Variety Store
Parlin Flowers, Gift Shop and Bakery
Pineo Hardware, Inc.
dba Pineo’s True Value
Roque Bluffs Community Center
Sorrento Dental Associates
Tom’s Mini Mart, Inc.
United Methodist Women
Whole Life Natural Market

Donors

Kay Albee
Kenneth Albee
William & Linda Albee
Gloria Ames
Dr. Carl & Mrs. Ora Aselton
John & Valdine Atwood
Norman & Adair Bagley
Daniel Barnett
Gloria Beal
Harry & Zona Beal
Randy Beal
Robert Beal
Stanley & Alverda Beal
Ronald Benevides
Peggy Berry
Linda Beverly
Judy Bielecki
John Bloemendaal
Gloria Bodman
Leonard & Helen Bowles
Gary Bridgham
Dr. Leonid Brodsky
Gerri Bryant
Carl Burke
Jeanie Caler
Maxine Caler
Mary Campbell
Robert & Joan Carter
Marlene Chandler
Gretchen Cherry
Ronald Chipman
Brenda Cloney
Douglas Coffin
Patricia Coty
Guy Cox
Linnie Crane
Jean Crossman Bowles
Dr. Thomas Crowe
Dr. Kerry Crowley
Michael Crowley
Millard & Betty Crowley
Anne Cummings
Elizabeth Curtis
Robert & Laurie Curtis
Dottie Davis
Sandra S. Davis
Ralph & Sandra Denbow
Vincent Dowling
Ruth Doyle
Patricia Dumont
Pierre Dumont
Gerald & Shirley Durant
Dr. Kara Dwight
Richard & Brenda Ellsmore
Elizabeth Faraci
Michael & Cathy Farren
Mary Fisher
Virginia Foss
Lewis & Brenda Frey
Geneva Frost
Ellen Gaddis
Mary Beth Gaddis
Harlan & Dorothy Gardner
Richard & Margaret Gardner
Lorene Garvin-Straughen
Joan Gatcomb
Abbie Getchell
Patricia Gibson
Paula Gillen
Lawrence Gillooly
Betty Grant
Terence & Susan Grant
Mary Greenlaw
Cora and Lanier Greer
Gregory & Marcia Coffin
Larry & Madeline Grierson
Marilyn Griffin
Matthew and Karen Gurney
Alvin & Patricia Hall
Carl & Marlene Hall
Jada Hanscom
Judy Hanscom
Dolores Hanson
Edward & Bridget Harbish
Thayes Harmon
Denise Harris
Keith & Ellen Hatch
Beth Hatt
Edward Hawes
Laurie Hayward
Edward Hennessey, Jr.
Sharon Hext
Jane Hinson
Evelyn Hittson
Jason & Julie Hixson
Edward Hodgdon
Bill & Judy Holmes
Michael C. Hoyt
Velma Hoyt
Scott & Susan Huber
Lynn Huntington
Wilma Ingalls
Marcia Jackson
George & Anita Johnson
Douglas Jones
Helen J. Kilby
Donna Kilton
Barbara Kneeland
Cheryl Knowles
George and Jill Koutalakis
Becky Labrosse
Thorton & Kathryn Land
Roger Lane
Richard & Elsie Larson
Robert & Suzanne Lee
Rachel Leighton
Teresa Libby
Charles and Harriet Lightner
Gene & Kathy Look
Leona MacBride
Ellen Mallar
William & Linda Mallar
Barbara Maloy
Albert & Joanne Marion
Linda McBrine
Albert & Mary Albe McFadden
Patrick McGlynn
Mary Lou McGuire
Fred McNeil
Ayman and Emily Medarwash
Richard & Joan Meserve
James Miner
Nima Moghaddas
Ronald Morgan
Elden Morris
Marilyn Murdock
Bernice Murphy
Alfred F. Murray
Barbara Myers
Charlene Myers
Margaret Nalle
Cynthia Nation
Anthony Newcomb
Lynnette Farr
Penny Parsons
Warren Peabody
Constance Pennell
Gail Peters
Jacqueline Pettegrow
Walter & Beryl Plaut
Stephen & Ruberta Plummer
Alfred Polk
Thomas Potter
Muriel Pottle
Light A Life gifts were given
“In Memory of”:

Phyllis Albee
Keith Albee
Brenda Albert
Nancy W. Allen
Nellie Allgauer
David H. Ames
Clarence Anderson
Alice Anderson
C. Alton and Celia Longfellow Bagley
Richard and Marilyn Bagley
Curtis O. Beal
Alfred L. Beal
Lindell Larry Beal
Elaine Benevides
Dirk & Lillian Bloemendaal
Charles E. Bodman, Jr.
Mabel Bowles
Mary Bowles
Paul Bradbury
Tina Bridgham
Elizabeth Murphy Briggs
Margaret Brown
Jewel Damon Brown
Calvin Caler
Erwin and Grace Caler
Jane Camick
Wesley B. & Evelyn W. Carroll
Bernard Champy
Shirley Coffin
Marian Coffin
Cora C. Coggins
Eleanor L. Coggins
Elizabeth C. Coggins
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Joe & Helen Dungan
Lelia Eken
Zina L. Eller
Clarence Ellsmore
Louise Ellsmore
Dorough Faraci
Judy Farmer
Patricia Farnsworth
Pamela Farnsworth
Sara Farrarone
Prescott ‘Buddy’ Farren
Dana Fickett
Alexander and Beatrice Finch
Ruth Foss
Loretta Freeman
Ernie Frieble
Leslie O. Frost
Eva B. Frost
J. Francis and Nell Gaddis
Sarah Gardner
Michael Garvin
Carroll N. Gatcomb, Jr
Frank E. Gatcomb
Eliza W. Gatcomb
Joan M. Getchell and Raymond Getchell
‘Grammie’
Dorothy C. Greer
Gary Haase
Lucy K. Hall
Karl & Eva Hall
Marie P. Hanscom
Gary Hanscom
Peter A. Hanson
Gilbert Hanson
Mary Hanson
Peter Hanson
Carl Harmon, Sr.
Gloria Harris
Pud and Marilyn Hartford
Mrs. Adele Harvey
Dot and Karlton Hatch
Ronald (Bucky) Hatt
Edward M. Haws
Janet L. Haws
Milton Hayward
Phyllis Hayward
Bob Hayward
Alice W. Hennessey
John Hittson
Wayne Hodgkins
Bill & Laura Holmes
Donald & Emma Holmes
Virginia Hooper
Roland Hooper, Sr.
Mark Hoyt
Carmine Huber
Goldie Hudelson
Thelma Hunnewell
Shirley Hunnewell
Leonard & Arthd Hurlbert
Hollis Ingalls
Lorraine Jackson
Aunt Kay Johnson
Norm Jones
Doris Jordan
Donald J. Jordan
Robert & Alta Kilton
Kevin Kilton
Kevin Wayne Kilton
Marie Kosko
Helen Koulouris
Emma LaBrosse
Thorton C. Land
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Nina Larson
Craig Lee
Harold K. Leighton, Jr.
Celia Lemieux
Celine Lemieux
Casey Lemieux
Vincent Libby
Mr. and Mrs. Norman Lightner
Loved Ones
Dale Lowe
Dr. Robert G. MacBridge
Ralph and Ella MacKenzie
Albert Mahar
Josiah T. Mahar
Josiah Blaine Mahar
Gwendolyn Mahar
Mary Mahar
Robert Mallar Sr.
Constance Mallar
Timothy Mallar
Robert Mallar, Jr.
Donnie Mallar
Lowell P. Mallar
Dot H. Mallar
Thomas F. Malloy
Hanna Marshall
Gerald Marshall
Arthur Marshall
Laura Mauro
Mario Mauro
Leola McAtee
Margaret McCampbell
Susie McEwan
Nancy McGlynn
Hollis McGuire
Dean McGuire
John McLean
Robert McLean
Sheridan & Winnie McLean
John & Ida McLeod
Anna G. Mercier
Dr. and Mrs. W. Roy Mickey
Peggy Milslo, RN
Billy Morgan
Russell W. Morris
Dorothy Murdock
George Murdock
Douglas Murdock
Winston Murdock
Gabrielle Murdock
The Murphy Family
Marilyn Murry
Past MVH Residents
Ruth Myers
Earl L. Myers, Jr
Elise Myers
Mr. & Mrs. Nalle
Charlie Nelson
Bill Parker
Larry Payne
Clara Peabody
Clifford E. Pennell
Max Pennick
Irving Pettegrow
Gilbert Pettegrow
Nelson Pettit
Ruth Phinney
John Phinney
Dale E. Pottle
Adian and Edna Preston
Jesse Reid
Dwayne Dean Reynolds
Graydon Ritchie
Margie Ritchie
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Eric James Robinson
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Lucy Russell
Betty Sawyer
Thank you for your generosity.