



**Down East
COMMUNITY**
Our Health, Our Hospital

*Our Health,
Our Hospital*

Good  Medicine.

Spring 2014

A Message from Our CEO

Dear Friends of Down East Community,

Golden Anniversaries are pretty rare. Such anniversaries conjure up words like cherished, valued and deep love. It's hard to have those feelings about a building but I certainly have those feelings about a mission - a mission that includes caring for those who are cherished, valued and loved. For 50 years we have pursued that mission and, as I sat down to reflect on this mission of 50 years, I witnessed a very dear couple arrive and depart as they have for several weeks without consideration for the weather. This couple has been together well beyond 50 years but their caring for each other reminds us of our sacred mission.

Conceived in 1954, it was not until C. Alton Bailey, who was president of Machias Savings Bank donated 14 acres of land on Court Street that the future hospital could begin to take shape. And it was Machias Savings Bank that extended the first mortgage which was endorsed by hospital board members James Bailey, Gilbert Hanson and Henry Fuller.

Funding for the new hospital which was expected to cost \$800,000, included a \$100,000 mortgage; \$360,000 in federal funds through the Hill Burton Act and \$170,000 in cash and pledges from members of the local communities. In order to cover the remaining share of construction costs, a professional fundraising company was employed and a women's auxiliary was formed by Wilma (Billie) Ingalls, Adelaide Higgins and Mabel Small who, with a group of other like-minded women, went door-to-door collecting donations for the new hospital.

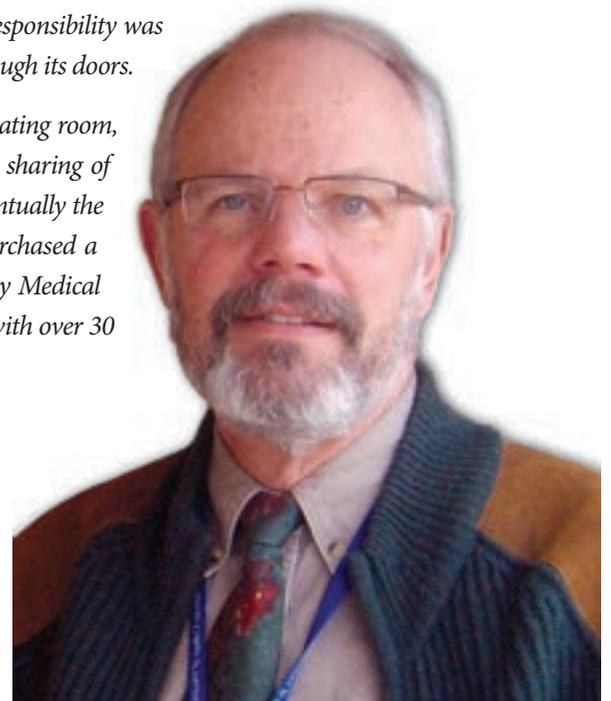
Construction of the hospital did not begin immediately. A group of dedicated community members studied the feasibility of a new hospital for some time. They looked at the availability of physicians and Washington County had six general practitioners - a ratio of one to 3000 patients. In comparison there was one doctor for every 752 people in the United States and Maine had one doctor for every 914 people! Meetings were conducted and questionnaires were circulated and it became quite clear that there was a strong sentiment in favor of building a hospital in Machias.

Construction finally began on April 29, 1963 and the next year, on December 2, Down East Community Hospital admitted its first patient to a hospital staffed with seven physicians and 21 nurses. The one-story hospital had 36 beds and 10 bassinets. It took nearly 10 years of effort but the result was the creation of a community hospital whose sole responsibility was caring for those cherished, valued and deeply loved community members who have passed through its doors.

Fifty years of effort has seen the expansion of emergency and diagnostic services, a new operating room, and co-location with the Maine Veterans Homes with a connector building to allow for the sharing of services. An administration building in honor of Dr. Robert MacBride was dedicated and eventually the hospital affiliated with the Sunrise Care Facility in Jonesport. More recently, the hospital purchased a medical building on Route 1 and named it in memory of one of its patients: the Reid Emery Medical Building. Today, nearly 300 people are employed in Machias, Jonesport and Milbridge along with over 30 physicians.

With best regards always,

Douglas T. Jones, FACHE
President & CEO



Commitment, Generosity, Longevity

Over Fifty years ago, people throughout Washington County got together to fulfill the dream of having a hospital in Machias. Through hard work and many fundraisers, their dream was realized. Without the tireless dedication and the generosity of the donated land, time, and money this hospital wouldn't have been built. And without the continued dedication and generosity, it wouldn't have lasted for 50 years.

In the beginning of the 1960's when the planning, building, and opening of Down East Community Hospital took place, the demographics and businesses of Machias and the surrounding towns were very different than they are today.

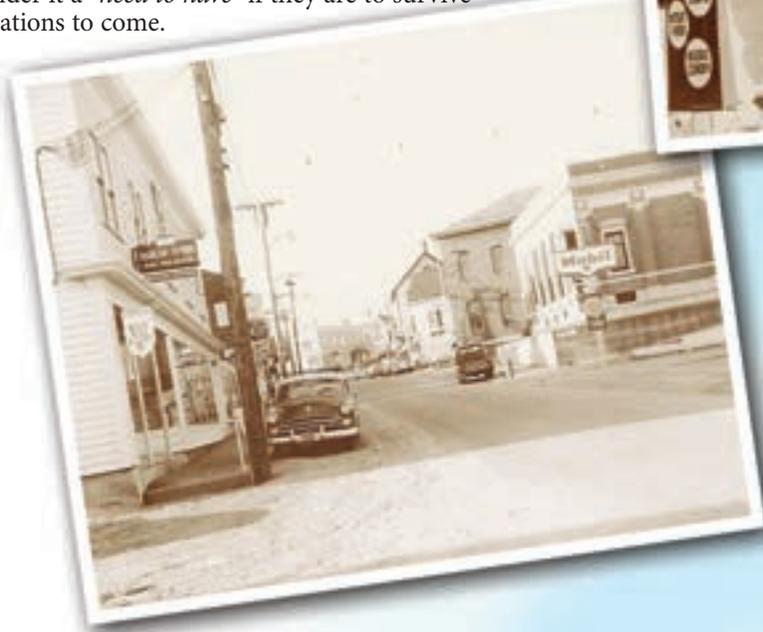
In the 1960's the town of Machias alone had a 5 & 10 department store, a movie theater, Howard's Men Store, the System Store (women's fashion), Johnson's Jewelry Store, a pool hall, a dry cleaners, a textile mill, and three (yes three) grocery stores and, of course, the hospital. The town of Machiasport had fish factories and an Air Force Base and the town of Cutler was home of the Cutler Navy Base. To be clear, this is not a full list of the businesses in the area during that time.

Most everything listed above was closed by the late 80's with the exception of the Cutler Navy Base and the hospital. The Navy base phased out military personnel in 2000 and 2001 and, happily, the hospital is still here. No small fete with the job losses and the increase in regulations and the costs of doing business.

Part of the reason our hospital has been able to maintain operations is through the generosity of our community members. The philanthropic nature of our community is just as important now, if not more important, as it was 50 years ago.

Philanthropy is more important now than ever before.

Across the country, hospitals find that their operating margins are shrinking and they must search for new solutions to their capital needs. A growing number of hospitals are finding that they are depending upon the generosity of their community more now than ever before. More hospitals are incorporating explicit expectations of fundraising into their financial planning and consider it a "need to have" if they are to survive for generations to come.



Top to bottom:
~ Breaking ground for the Hospital
~ Mobil Station, Downtown Machias
~ Downtown Machias

Please consider making a gift today!

This change in thinking has been brought about by the ever-increasing financial demands being placed upon hospitals and their leadership. With so many U.S. hospitals having been built long ago, aging facilities with outdated infrastructure are in great need of updating if they are to keep up with both increased demand (from an aging population) and the accelerated pace of innovation in clinical and information technology. Electronic Medical Record (EMR) is the future, but is very costly to implement.

Physical-plant improvement is only part of the challenge. One can add to that shrinking operating margins, unfavorable reimbursement from government sources (such as Medicare and Medicaid), tighter contracts with health plans, increasing physician shortages, and free care.

Over the years, many areas throughout the hospital have benefited from the generosity of raised funds and it is now time to concentrate on our Emergency Department. During our 50th anniversary year all monies raised through our fundraisers will go to benefit the Emergency Department.

We invite our community to participate in this project by using the gift slip below to make a special gift to Down East Community Hospital to benefit the Emergency Department for things such as:

- *Electronic Medical Records*
- *New, Easy to Maintain Floor*
- *Diagnostic Equipment*
- *IV Warmers*
- *Security*

Please consider making a gift today!



I wish to Support the Down East Community Hospital Emergency Department Improvements!



My Donation is: \$ _____

Method of Payment: Check (Payable to Down East Community Hospital) Visa Mastercard Discover

Credit Card # _____ Exp. Date: _____

Signature: _____

Please mail completed form to the address below, or deliver to the DECH reception desk.

DOWN EAST COMMUNITY HOSPITAL
11 Hospital Drive
Machias, ME 04654
207-255-0244

Your Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Email: _____ Phone: _____

Please mail me my tax receipt

New Treatment Option for Chronic Back and Neck Pain

Rita Ten, MD



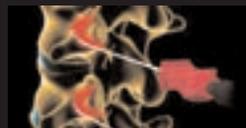
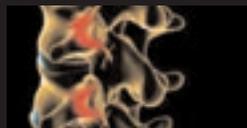
Dr. Rita Ten, Anesthesiologist and Pain Specialist of Down East Community Hospital, is pleased to offer a new treatment for patients suffering from chronic back and neck pain caused by facet arthritis. Each vertebral body in the spine has three main points of movement: the intervertebral disc and the two facet joints. These facet joints are small, stabilizing joints located on either side of each vertebra and consist of bony knobs coated with a slippery cartilage. As a disc thins with aging and from daily wear and tear, the space between two vertebrae shrinks, eroding the cartilage and causing painful friction. Fractures, torn ligaments, and disc problems can all cause abnormal movement and alignment, putting extra stress on the facet joints. To confirm the diagnosis of pain originating from the facet joints, the patient will undergo a diagnostic block which is called a medial branch block or a facet block, that involves injecting a numbing medicine into or very near the nerves that supply the facet joint. If the pain is temporarily relieved with these injections the patient is then a candidate for radiofrequency ablation (RFA).

Radiofrequency ablation involves applying heat to the nerve supplying the facet joint to “shut off” the transmission of pain signals to the brain. Multiple clinical studies show that radiofrequency neurotomy significantly reduces pain severity and frequency for 1 to 2 years in the majority of patients.

Dr. Ten has an office in the Reid Emery Building in Machias. Some other pain management procedures Dr. Ten performs at Down East Community Hospital include nerve and ganglion blocks and cervical and lumbo-sacral epidural injections to benefit patients with back and neck pain.

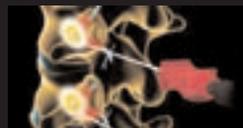
You can make an appointment with Dr. Ten with your doctor’s referral or you can call her office at 255-0065.

Inflamed Nervous Tissue



Needles guided into treatment area

Radiofrequency current heats surrounding nerve tissues to create lesion

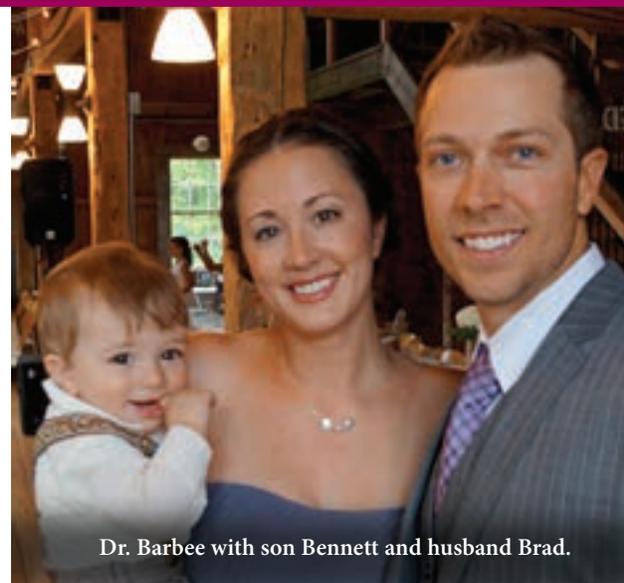


Treated nervous tissue is no longer inflamed

Kristen Barbee, DO

Allow me to introduce myself. My name is Kristen Barbee and I am originally from Cherryfield, Maine. I currently live in Franklin, Maine with my husband Brad and my son Bennett. I graduated from Narraguagus High School in 2000 and went on to attend college at the University of New England in Biddeford, Maine where I earned my BS in medical biology. I then attended the University of New England’s College of Osteopathic Medicine. After graduating from medical school in 2009, I completed my residency training in Family Medicine at Spartanburg Regional Medical Center in Spartanburg, South Carolina. Rural health is my passion, and so I returned to Maine to practice. After a year practicing in Saco, Maine, I returned to Washington County and currently practice Family Medicine at Down East Community Hospital Family Medicine in Machias and Milbridge Medical Center in Milbridge.

To make an appointment with Dr. Barbee, call 255-4567 for Machias and 546-2391 for Milbridge.



Dr. Barbee with son Bennett and husband Brad.

Thomas Holzen, MD



Allow me to introduce myself and welcome you to our practice at Down East Community. I am in the ENT Clinic at the Reid Emery Building on Main Street in Machias.

After graduating from Yale University in 1966, I received my MD degree from Tufts in Boston in 1970. I did a year of internal medicine at Vanderbilt in Nashville, TN followed by two years as a Marine Corps doctor with the US Navy, and another year of internal medicine at Vanderbilt. Switching specialties, I did two years of general surgery followed by three years of Otolaryngology (ENT) training at the University of Texas in San Antonio, and opened my practice in Nashville in 1979. I practiced there until June 2012, interrupted only by taking a fellowship in Facial Plastic Surgery.

No longer wanting to work full time, I began part time work in Belfast, ME and then the opportunity opened up to come to Washington County. I enjoy, and am comfortable with, patients of all ages from infants to the elderly. In more than 30 years of practice, I have seen all the common illnesses and most of the unusual ones in my specialty.

I am excited to continue to bring this specialty to this area reducing wait times and long travel times for the people of Washington County.

You can make an appointment with Dr. Holzen with your doctor's referral or you can call his office at 255-5601.

Swing Beds – Same Place Different Station



Swing Bed Programs are developed because of the growing need for short-term, skilled nursing care in rural communities and to better utilize hospital beds already available, which makes a positive contribution to the bottom line. Additionally, this program allows our community members to stay close by their loved ones while they get the services they need. All of these reasons are part of why this program was implemented at Down East Community Hospital.

Swing Bed Programs provide short term care in a hospital setting for a variety of patients who need care after hospitalization for an acute problem. For instance, if a patient's condition has stabilized but they are not well enough to go home yet, they may be eligible for the Swing Bed Program. This program exists to meet the needs of patients who are in a transition phase of illness or recovery, but whose condition no longer requires admission to an acute care unit. The Swing Bed Program provides rehabilitation and recovery services based on each patient's individual needs.

The advantages to the patient are continued direct and immediate physician services and the ability to stay in the same room with the same familiar nurses while receiving physical, occupational or speech therapy services. Reconditioning and activities of daily living are provided to ensure a smooth transition to the patient's highest potential including social services and detailed discharge planning.

The Swing Bed Program is covered by Medicare and most major insurance companies.

Annie White pictured with Physical Therapist Heather Means, stayed at DECH for rehabilitation after her hip was replaced.

Lactation Counselor



Amanda Backman, an RN on the Obstetrics Unit at Down East Community Hospital, recently obtained her Lactation Counselor Training Certification. This course is a forty five hour course designed to provide a solid, up-to-date, research-based body of information regarding lactation as well as the art of counseling. This certification is awarded by the Academy of Lactation Policy and Practice. Breastfeeding is an important public health issue and the World Health Organization recommends that health care workers be educated in skills necessary to support breastfeeding families.

“We are excited that Amanda has completed her certification and will share her specialized knowledge and counseling about optimal and sub-optimal breastfeeding to our patients as well as our staff.” stated CEO Doug Jones

“By achieving this certifications Amanda demonstrates dedication and continued commitment to providing the highest care to our patients at Down East Community Hospital.” Rob Janssen, CNO



Camp Clearwaters - We're all in the same boat.

“Gretchen’s Wish” by Jo-Anne and Ken Cannell

Our daughter Gretchen was diagnosed with a brain tumor at the age of 12 and fought the fight for 14 years.



Gretchen was an energetic young lady who always wanted to help others fighting this horrible disease. She loved to go swimming, fishing, boating – anything to do with the outdoors. She also loved to get her hands dirty in the kitchen baking everything she could muster for anyone that she could feed. It always put a smile on her face.

Gretchen was able to attend camps for children with cancer and always had a wonderful time. However, when Gretchen was 18 and still fighting, she needed a camp to go to but there were no camps for young adults. She wanted to go to camp. Gretchen had many tumors and had many treatments and operations which came with side effects that left her with a balance problem; this didn't stop her from wanting this *WISH* to happen.

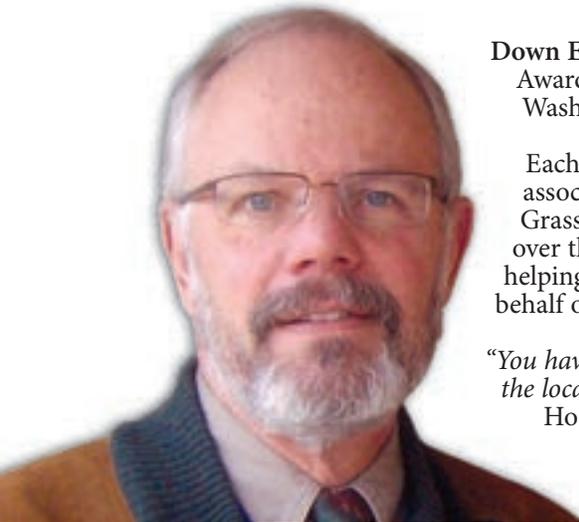
We now have permission to make this *WISH* happen for young adults with cancer from the ages of 18 to 40 here at Camp Clearwaters! We are so happy to be able to do this in Gretchen's memory.

Indian Rock Camps, as we know it, is our home as well as a hunting and fishing lodge that is turned into Camp Clearwaters for the second week of August. This camp is free for our *“HEROS”*- you!

This camp is a *CELEBRATION OF LIFE* and is located at Grand Lake Stream.

Please call us at 207-796-2822 or 1-800-498-2821 for more information.

Grassroots Award



Down East Community Hospital CEO, Doug Jones, will receive the Grassroots Champion Award at the American Hospital Association (AHA) Annual Membership Meeting in Washington D.C. on May 6.

Each year the American Hospital Association, in conjunction with the state hospital associations, recognizes the achievements of grassroots leaders with the prestigious Grassroots Champion Award. One hospital leader from each state is honored for their work over the previous year in effectively delivering the hospital message to elected officials; helping broaden the base of community support for hospitals; and advocating tirelessly on behalf of patients, hospitals and communities.

"You have earned this special recognition through your dedication to the hospital mission, on both the local and the national level." Rich Umbdenstock, President and CEO of the American Hospital Association.

Harvard Pilgrim Award

Down East Community Hospital was one of 32 hospitals in New England that made Harvard Pilgrim Health Care's Hospital 2013 Honor Roll. The Honor Roll recognizes those adult, acute care hospitals whose performance was among the top 25% of those measured nationally on a set of composite quality and patient experience measures, as reported by Centers for Medicare and Medicaid Services (CMS) on Hospital Compare and Leapfrog patient safety measures.

Honor Roll hospitals are noted in Harvard Pilgrim's printed and online provider directories as well as on the organization's web site (www.harvardpilgrim.org), enabling consumers to evaluate and select hospitals based on quality and safety performance.



Leapfrog Award



The Leapfrog Group, a healthcare quality watchdog organization in Washington DC, named Down East Community Hospital as one of their "Top Rural Hospitals."

This hospital quality award is widely cited as the nation's most competitive quality designation and recognizes hospitals that deliver the highest quality care by preventing medical errors, reducing mortality for certain procedures and reducing readmissions for patients being treated for conditions like pneumonia and heart attack. Of special note was the increase by 69% in the number of rural hospitals who qualified for the 2013 Top Hospitals list along with 55 urban hospitals and 13 children's hospitals.

According to Leah Binder, President and CEO of Leapfrog, "The larger group of rural hospitals represented, including several critical access hospitals, shows us that any hospital in America can achieve the highest standards of quality and safety, and any community, no matter how small, can benefit from top-notch health care."

The Leapfrog Group is a national, nonprofit organization. In Maine the Maine Health Management Coalition utilizes results from Leapfrog in determining quality in Maine hospitals along with several other sources including the HCAHPS patient satisfaction survey.

Medical Alert Systems

Did you know...

...that every year 1 in 3 people over the age of 65 will have an accident or fall in their home? That's approximately 13 million people who will suffer from an accident this year alone. It is no secret that Washington County has a large aging population and a lot of these people want to know what steps they can take to

ensure that they stay protected if you need medical attention, if you have a fire, or if you need the police. Medical alert systems give clients the independence they want while at the same time providing peace of mind to their family members.

You have no doubt seen one of the many advertisements for Medical Alert Systems that involve an older person falling and needing medical assistance. That is a very real problem with the many people out there who have diminishing physical abilities and wish to remain independent.



Would you benefit from a Medical Alert System?

- Do you live alone or are you often home alone?
- Have you ever slipped or fallen in your bathroom, bedroom, or on your stairs?
- Do you shower in your bathtub?
- Do you take medication that could make you dizzy, drowsy, or lightheaded?

If you answered yes to any of these questions, you may benefit from a Medical alert system.

Medical alert systems are considered very useful especially during periods of emergencies. They send a message so that help will be delivered. The device has many uses.

How a Medical Alert System Functions

Once an alert button is pressed, a transmitter will relay or transmit the message to a speaker box. This essential part is linked to a telephone system in your home and will automatically dial the stored number that will give you access to the operators from the monitoring center. That very same expert will help address your concern at the moment.

Another essential part in the system is called the panic button. This works the same way as that of the transmitter button but they differ in that the panic button allows for two way communication. Meaning, you are given the chance to speak to the operator or even to your family members when needed.

The disadvantage of the medical monitoring device is that it is, to some extent, more costly compared to a simple panic button service. In addition, the device has to be worn across the chest beneath the clothing. The excellent news is that as soon as the device is fixed, the individual wearing it will barely detect it and it will not interfere with daily activities.



Choosing Medical Alert Systems

Many companies such as LifeStation, LifeFone, and Lifeline already offer medical alert systems to many households. It is crucial, though, to learn how to choose one. You may find the website below helpful.

<http://www.medicalalertcomparison.com>

Some Tips to Buying Medical Alert Systems

1. Determine whether you Need Medical Monitoring System or Simple Call Button
2. Buy one that complements professional health guidance from your doctor
3. Look for lightweight, waterproof and simple to preserve
4. Look for medical alert system with sensitive fall detection

A medical alarm system's usage is not restricted to medical emergencies. It is ideal for other life-saving reasons.

- If your house catches fire and you are powerless to reach a phone, you can push the button and inform the authorities right away.
- If somebody intrudes into your house, you can push the alert button, and aid will be send right away.

Did you know...

Every parent in Washington County is entitled to have Maine Families. Our home visiting program is universal - available to every mom or dad with a newborn or who is expecting, and all of our services are free.



If you'd like to know what a home visit is actually like a quick phone conversation with one of us will answer any of your questions. Even if you're not sure you want home visits, we still offer a range of other services. If you're breastfeeding and have questions you can speak with one of our 3 certified lactation counselors. If you need help installing your child's or grandchild's car seat, one of our safety techs can help install it with you. If you know someone who needs a car seat but can't afford one, we may be able to get them a new car seat. Pregnant? Maybe one of our "Birthing Basics" childbirth classes is for you.

The real strength of our program lies in the connections we make with the families we work with. If you or someone you know is raising an infant, having the support of a knowledgeable, unbiased home visitor is priceless. And all of the information we share is from the most current, evidence-based research. We can help you navigate the day-to-day challenges of parenting and prepare you for each stage of your child's development. We can support you through an unexpected crisis. We can help you find the answers to any of your parenting questions and, if you find there's something you need that we can't provide, we'll connect you with other community resources that can.

Take a minute and find us online on at MaineFamiliesWC.org or connect with us on Facebook by searching Maine Families Washington County. You can also access our community resource center at WCResourceGuide.org with live links to our community partners and tons of helpful information for families.

Next time you are visiting your OB doc, at your baby's well-child check, picking up your WIC voucher, or talking with a new mom, ask them about Maine Families. The best recommendations come from the people who see the work we do with our families every day.

MaineFamiliesWC.org (207) 255-0481 (on the Down East Community Hospital Campus)

Back Row:
Jess Boyd, Ellen Farnsworth,
Tamy Branca, Kelly Benner

Front Row:
Nicole Stauffer, Anneke
Waag, Mariah Garnett,
Susan Bennette



Am I Having a Heart Attack? - Some Common Symptoms

The classic symptoms of a heart attack are pressing chest pain, sweating, and nausea. Symptoms are not always straightforward; especially in women. Women may not experience any of these symptoms.

Common Symptoms in Men & Women



You should pay particular attention to the following signs if — like more than half of all Americans — you are over 50, have high blood pressure, have high cholesterol, are a smoker or have a family history of heart disease.

Chest pain: Most people do call 911 or get to the hospital if they feel like they've got an elephant sitting on their chest, but even this most common heart attack symptom may be hard to recognize. It may just feel like a squeezing that lasts more than a few minutes or goes away and comes back. It may be a chest fullness that they don't recognize as pain. Sometimes it doesn't particularly hurt. It's an uncomfortable sensation. If chest pain lasts more than five minutes, go to the emergency room.

Shortness of breath: You may feel you can't catch your breath, even when resting. This breathlessness often occurs before the chest pain.

Dizziness or lightheadedness: You may feel as if you will pass out.

Cold sweat: Sweating when you are cold or have a chill.

Symptoms More Likely in Women

Women have a higher risk of dying from a heart attack than men do, partly because they often don't realize they're having a heart attack and partly because they delay getting help.

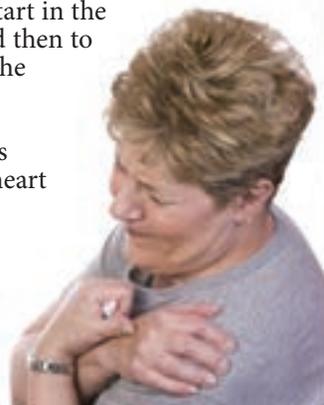
Women are less likely than men to have the common symptoms of a heart attack. Chest pain was not the main symptom in about 46 percent of women who had a heart attack. Instead, it was:

Pain in the arm (especially left arm), back, neck, abdomen or shoulder blades: The pain often is described as an uncomfortable pressure, tightness or ache.

Jaw pain: Jaw and throat pain are quite common. The feeling can start in the chest and move to the throat — as if someone is choking you — and then to the jaw. But again, it's not always obvious. Sometimes people go to the dentist, because they think it's a toothache.

Nausea and vomiting: Women are more likely than men to have this symptom, and they may think they have stomach flu rather than a heart attack.

Overwhelming and unusual fatigue: Fatigue is generally a symptom of life, so it's often overlooked as a heart attack sign, but beware if you're unusually exhausted.



To Help Prevent Heart Disease



- Get enough exercise. This means at least 30 minutes of exercise almost every day of the week.
- Quit smoking. If you do smoke, it's time to quit.
- Eat a heart-healthy diet. Load up on fresh fruits and vegetables while limiting saturated fats, salt, and foods containing cholesterol, like fatty meats.
- Control portion size
- Eat more vegetables and fruits
- Select whole grains
- Limit unhealthy fats and cholesterol
- Choose low fat protein sources
- Reduce sodium in your food
- Plan daily menus
- Allow yourself an occasional treat
- Get Regular Health Screenings. Get regular check-ups to monitor health conditions that affect the heart, including high blood pressure, high cholesterol, and diabetes.
- Reduce your alcohol intake. Excess alcohol consumption can worsen health conditions that contribute to heart disease, like blood pressure, arrhythmias, and high cholesterol levels.
- Minimize stress in your life. Stress can compound many heart disease risks that people already face, steering you toward an unhealthy lifestyle.
- Maintain a Healthy weight. To help prevent heart disease, maintain a healthy body weight for your size. Too many pounds can add up to increased heart disease risk.
- Get enough quality sleep. 7 to 8 hours for an adult.

Work with your doctor to help keep health problems under control. It's never too late to start living a healthy lifestyle and getting your heart disease risks in check.

Misuse of Antibiotics

Antibiotics are wonderful medications when we need them. They help our body fight bacterial infections. The use of antibiotics has been a very effective means of treatment for decades.

However, antibiotics are not so great when they are misused. Repeated and improper uses of antibiotics are primary causes of the increase in drug-resistant bacteria such as MRSA (Methicillin-resistant Staphylococcus Aureus). Every time someone takes antibiotics, the sensitive bacteria are destroyed and the resistant germs are often left to grow and multiply. For this reason, antibiotics need to be used appropriately since this will be the tool in controlling the spread of resistant bacteria.

Antibiotics should be used for what they were intended for and that is for killing bacteria and not viruses. They are also misused in a variety of different ways such as: given when not needed, given at a larger dose than necessary and using broad spectrum agents to treat very susceptible bacteria. Misuse of antibiotics not only increases a person's chance of becoming infected with a resistant bacteria but it increases their chance of becoming colonized.

Antibiotic misuse is something that not only harms one patient one time, but it is something that can harm all of us. It can make treating infections more difficult to manage by creating resistant bacteria. As healthcare providers, it is our job to educate our customers and to help ensure the safest and smartest use of antibiotics.



Richard and Marilyn Bagley



Jim Bailey signing the mortgage agreement in 1962.

Down East Community Hospital has received a \$75,000 bequest from the estate of Richard and Marilyn Bagley.

The Bagley's have been involved with Down East Community Hospital since its inception 50 years ago. Richard's father, C. Alton Bagley donated 14 acres of land for the hospital and Richard worked at Machias Savings bank at the time the original loan was signed to build Down East Community Hospital.

Mr. Bagley, who passed away in 2005, was born in Machias in 1924, the son of C. Alton and Celia (Longfellow) Bagley. He graduated from Machias Memorial High School, and Northfield Mount Hermon School, Greenfield, Mass., and attended Dean Junior College.

He owned and operated the Lee W. Longfellow Co. until 1960. On Nov. 7, 1960, he joined the staff of the Machias Saving Bank and on Sept. 9, 1975 he was appointed the first C.E.O and retired in 1986 as president and C.E.O. Mr. Bagley served on many committees and was a member of many organizations. He was a strong supporter of Down East Community Hospital.

Richard's wife, Marilyn Schoppee Bagley passed away in 2013. Marilyn was born in Machias in 1928, the daughter of the late Hollis and Ruth (Harthorn) Schoppee.

Marilyn graduated from Machias High School and Washington State Normal School, now the University of Maine at Machias. She taught first grade for the Bangor School Department for three years. She, along with her husband Dick, enjoyed many years of Anah Shrine activities. She was also a member of Machias Chapter No. 83 Order of Eastern Star, and a member of Centre Street Congregational Church in Machias.

The generosity and dedication of this family to Down East Community Hospital reflects the amazing community spirit that continues to make our hospital a success.

Good Medicine[™]

Good Medicine is published quarterly for Down East Community Hospital. We welcome comments and suggestions from readers. The information contained herein is intended to educate the community about subjects pertinent to their health, not as a substitute for consultation with a physician.

Douglas T. Jones, Chief Executive Officer
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For more information: call **Down East Community Hospital** at 207-255-3356, FAX 207-255-0427 or write 11 Hospital Drive, Machias, Maine 04654, Attn: Julie Hixson. www.dech.org