



MILLINOCKET  
REGIONAL HOSPITAL



# Community Benefit Report

*Fiscal Year*  
**2016**

Millinocket Regional Hospital | 200 Somerset Street | Millinocket, ME 04462  
207.723.5161 | [www.mrhme.org](http://www.mrhme.org)

Dear Residents & Visitors of the Katahdin Region -

It is our honor and privilege to provide comprehensive medical care to you. Our first priority is to deliver quality medical services in a compassionate and respectful manner; as if we are caring for our very own family member. While much of our efforts are focused on providing care for the sick and injured, we are continually investing in programs designed to keep people well and prevent avoidable conditions and diseases.

The value of the hospital to the communities we serve doesn't end with the provision of healthcare. In fact, as you will see by this report, the hospital is a vital resource that serves as an economic engine to the entire area. After the mill closures in Millinocket and East Millinocket, MRH became the largest employer in the region with over 250 staff members working at MRH and earning a paycheck. Our staff members—including doctors, nurses, physician assistants, nurse practitioners, pharmacists, technologists, technicians, and a host of other specialty trained individuals that command very competitive wages—live in every corner of the Katahdin Region, own homes, pay taxes, and purchase goods and services locally. The vast majority of the wages earned locally are spent locally and significantly contribute to the economic resurgence of the region.



In addition, the leadership at MRH is committed to purchasing local goods and services whenever possible and feasible to further support the financial growth and vitality of the area. So not only does our staff spend their money locally, but the hospital spends money locally as well.

Hospitals are a critical resource that prospective home buyers and entrepreneurs look for as they evaluate new communities to either live in or to start up new businesses in. Communities without acute care medical services close by are less attractive to the very people we aim to recruit into our area. It is one of our primary goals to be sure MRH stays strong and viable in order to help the region rebound and thrive once again.

And lastly, the more services we provide here at MRH, the better it is for the patient, the community and the hospital. First of all, it's good for our patients to be able to acquire critical medical services in a timely manner and close to home. Second, the businesses in this area and their employees pay large amounts of money to provide health insurance coverage to their workers and families. These dollars flow to large, stockholder owned, out-of-state companies and also to Washington to fund Medicare. These dollars must flow back to Millinocket whenever possible. The more services we provide at MRH, the more dollars come back to Millinocket to support the community. Services provided to Katahdin area residents in Bangor, Portland, or Boston support those communities financially, but not ours. Simple math and economics show that our region needs those dollars infinitely more than those southern cities do. We have recently added many new specialties at MRH to better serve you and, in turn, pump more dollars into the local economy.

We very much appreciate your business and as we grow MRH together, we also grow and support the towns in the Katahdin Region.

Please enjoy this report. I look forward to hearing your comments and suggestions as to how we can better serve you in the years to come!

Robert Peterson, MBA, FACHE  
Chief Executive Officer



## Community Contributions:

Hosted a well-attended **Health & Wellness Fair** with nearly 70 vendors providing information and activities for all ages.

Partnered with Tufts University to host **Doc4aDay** program to provide education and hands on experience to high school students interested in a career in the medical field.

MRH is a member of the **Katahdin Area Chamber of Commerce** and provides support to many of their local advertising initiatives including: Visitor's Guide, Snowmobile map, Katahdin app and online marketing.

Participated in numerous **community events** including: 4th of July celebration, Summerfest, Trails End Festival and Christmas in Katahdin.

Supported local school systems (Stearns, Schenck and Katahdin) in their chem-free celebrations, performing arts and sporting events.

**Millinocket Regional Hospital Auxiliary** raised money to fund numerous scholarships for local students.

The **Millinocket Regional Hospital Medical Staff** sponsored a **Little League Team** in lieu of receiving their annual Doctor's Day appreciation gifts.



## Community Offerings:

- CPR/AED/First Aid classes
- Diabetes prevention program
- MRH Health & Wellness Fair
- Internships and job shadowing
- Diabetes Self Management Training (DSMT)
- Nutrition classes offered in partnership with SNAP-ED
- "Boo Boo Booth" teddy bear clinics
- Tobacco prevention\*\*
- Obesity prevention\*\*
- Education in schools\*\*
- Substance abuse prevention\*\*

\*\*Provided through a Partnership for a Healthy Northern Penobscot



## Partnering to Improve Healthcare

Millinocket Regional Hospital has joined Community Care Partnership of Maine (CCPM), an accountable care organization made up of three hospitals and seven Federally Qualified Health Centers (FQHCs); all of whom have strong missions **centered around improving health of the communities they serve.**



COMMUNITY CARE  
PARTNERSHIP OF MAINE

Through this collaboration, Millinocket Regional Hospital is able to **identify best practices to support the health and wellness of patients in the Katahdin Region.** Some of these efforts include **improving access to care, reducing costs and improving patient experience of care.**

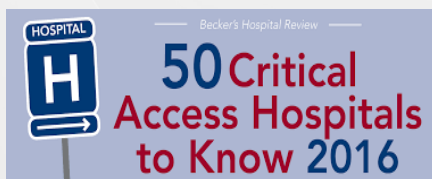


## 2016 Awards & Accomplishments

Cleanest Hospital in New England  
50 Critical Access Hospitals to Know  
50 Critical Access Hospital CEOs to Know  
100 Great Community Hospitals  
Five Star Rating on Medicare Quality Scale  
Allied Professional Societies Recognition Award, Bruce Rioux  
Caregiver of the Year Nominee, Dr. Daniel Herbert  
Gold Star Standards of Excellence

*Becker's Hospital Review  
Becker's Hospital Review  
Becker's Hospital Review  
Becker's Hospital Review*

*Centers for Medicare and Medicaid Services  
Maine Hospital Association  
Maine Hospital Association  
Maine Tobacco Free Hospital Network*



During fiscal year 2016, MRH partnered with numerous outside organizations to *educate, train and inform* people within the Katahdin Region including:

AARP	Lynx Transportation
Al-Anon	Maine Breast Cancer Coalition
Alcoholics Anonymous	Maine Breast & Cervical Health Program
Alpha One	Maine Centers for Disease Control & Prevention
American Cancer Society - Relay for Life	Maine Medical Center
American Red Cross	Mayo Regional Hospital
Appalachian Massage	Millinocket, East Millinocket & Medway Fire Departments
Bangor Savings Bank	Millinocket & East Millinocket Police Departments
Baxter State Park	Millinocket Marathon
Beacon Hospice	Millinocket Memorial Library
Bikes for Books	Millinocket School System
Chester Baptist Food Pantry	Medway School System
Chris Clukey, Audiologist	Millinocket Regional Hospital Auxiliary
Christ of the Devine Mercy Parish	National Fire Protection Association
Community Health and Counseling Services	New England Organ Bank
Dahl-Chase Pathology	Nollesemic Lodge #205
DesignLab	Northern Penobscot Tech Region III
East Millinocket School System	Our Katahdin
Eastern Area Agency on Aging	Partnership for Healthy Northern Penobscot
Eastern Maine Community College	Penquis
Encore/Caring Connections Breast Program	Penquis ME Families
First Baptist Church	Penobscot Valley Hospital
Golden Key Senior Center	R&C In Home Care
Health Access Network	Rep. Stephen Stanley
Hannaford	Rite Aid
Husson University	Shotokan Karate International Federation
I Care Ministries Food Pantry	Silent Sidekicks Pet Therapy
Katahdin Area Chamber of Commerce	Spruce Run
Katahdin Area Support Group	St. Andrew's Episcopal Church
Katahdin Federal Credit Union	St. Martin's Food Pantry
Katahdin Friends Inc.	Studio One Dance
Katahdin Kritters	Surgi-Care
Katahdin Region Higher Education Center	Towns of East Millinocket, Medway & Millinocket
Katahdin School System— RSU #50	Toys for Tots
Katahdin Shared Services	Tri-Town Baptist Food Pantry
Katahdin Valley Community College	Tufts University
Katahdin Valley Health Center	University of Maine Center on Aging
Kneading Peace Massage	University of Maine, Fort Kent
Lamson's Funeral Home	University of Maine, Orono
LifeFlight	University of New England
Lincoln News	Veterans Health Administration

In Fiscal Year 2016, our skilled healthcare professionals provided the following *comprehensive healthcare services*

24/7/365 Emergency Services	General Surgery	Oncology
Acute Care	Imaging & Radiology	Orthopedics
Bone Density Scans	Infusion Therapy	Pharmacy
Cardiac Rehabilitation	Interventional Pain Management	Physical Therapy
Cardiology	Joint Replacement	Podiatry
Case Management/Social Service	Laboratory Testing	Primary Care/Family Medicine
Cat Scan (CT)	LIFeStyle Fitness	Respiratory Therapy
Diabetes Education	Magnetic Resonance Imaging	Speech Language Pathology
Digital Mammography	Nuclear Medicine	Sports Injury Management
Ear, Nose & Throat Care	Nutrition Education	Swing Bed Program
Fitness/Wellness	Occupational Therapy	Urology

## *New Services and Specialties Coming in 2017:*

**Endocrinology:** includes the diagnosis and treatment of diseases related to the glands and hormonal imbalances. Common conditions treated include menopause, osteoporosis, thyroid diseases and hypertension.

**Gastroenterology:** focuses on diagnosis and treatment of digestive system disorders such as Crohn's disease, acid reflux, swallowing disorders, Irritable Bowel Syndrome.

**Neurology:** diagnosis and treatment of diseases of the nervous system including the brain and the spinal cord.

**Optometry/Ophthalmology:** diagnosis, treatment and management of diseases, injuries and disorders of the visual system. Cataract surgery will be available starting in the Fall of 2017!

**Pulmonology:** diagnosis and treatment of diseases involving the respiratory tract including asthma, emphysema, COPD, lung diseases, etc.

**Rheumatology:** the study of rheumatism, arthritis and other disorders of the joints, muscles & ligaments.

**Sleep Medicine:** focuses on diagnosis and treatment of sleep disturbances and disorders.

**Walk-In Care:** provides prompt medical care for minor illnesses or injuries such as cuts, burns, rashes, flu, earaches, etc. The new MRH Walk In Care clinic will be located in East Millinocket. No appointment needed!





## Here are a few things you can expect to see in 2017!

There are so many exciting things happening at Millinocket Regional Hospital. While other healthcare facilities are downsizing or merging with larger corporations, we have **maintained our independence** and are **constantly growing** to better serve you.

### WALK-IN CARE

MRH will be opening a **Walk-In Care** facility to **provide non-emergency medical services** to the Katahdin Region. This will help reduce Emergency Room wait times and allow patients to be seen sooner. Construction has begun on the site at 87 Main Street in East Millinocket, which is set to **open in the Summer of 2017**.

### TELEMEDICINE

MRH is partnering with New England Telemedicine to provide our patients access to quality specialty care physicians in the fields of **Pulmonology, Neurology** and **Sleep Medicine** right here at home. Through highly advanced technical equipment, physicians located anywhere in the country can diagnose and treat a patient, just as if they were in the same room with them.

### EXPANSION OF ORTHOPEDIC PRACTICE

We are excited to **welcome back Dr. John Gluscic** to our Northern Penobscot Orthopedics practice. Dr. Gluscic worked at MRH from 1991-2000; at which time he built an impressive reputation and maintained a very low infection rate.

*"[Millinocket] has always been like home; even after I moved.*

*I have more friends here than anywhere; including where I grew up."*

Dr. Gluscic will be collaborating with Dr. Nilesh Patil to create one of the premiere Orthopedic practices in the state!

### THRIVE PENOBSCOT

Thrive Penobscot is a project funded through Maine Health Access Foundation (MeHAF) that addresses some of the most pressing issues and needs facing our seniors, and those living with chronic disease and disability. MRH and multiple sectors in the Katahdin and Lincoln Lakes communities are collaborating to **increase knowledge** and availability of resources for **transportation, food insecurity and social isolation**. The goal is to keep people well longer, and living in a place they call home.

We continue to **GROW** in order to meet your healthcare needs and provide *the quality care* you require **right here at home!**

# *MRH is the* largest employer in the Katahdin Region *and a driving economic force in our community*

Millinocket Regional Hospital

New England Outdoor Center

Millinocket School System

Hannaford

266  
employees

148  
employees

122  
employees

80  
employees

*Every dollar MRH spends in salaries, benefits and purchased goods creates more than a dollar's worth of value. **Each dollar spent by MRH on goods and services supports roughly \$2 of additional business activity**; creating a positive economic "ripple effect" within the community.*

Total of Salaries, Wages & Benefits  
**\$29,007,669**

Other MRH Expenditures  
**\$26,063,922**

Total Financial Impact on Economy  
**\$52,310,291**

MRH Employees  
**266**

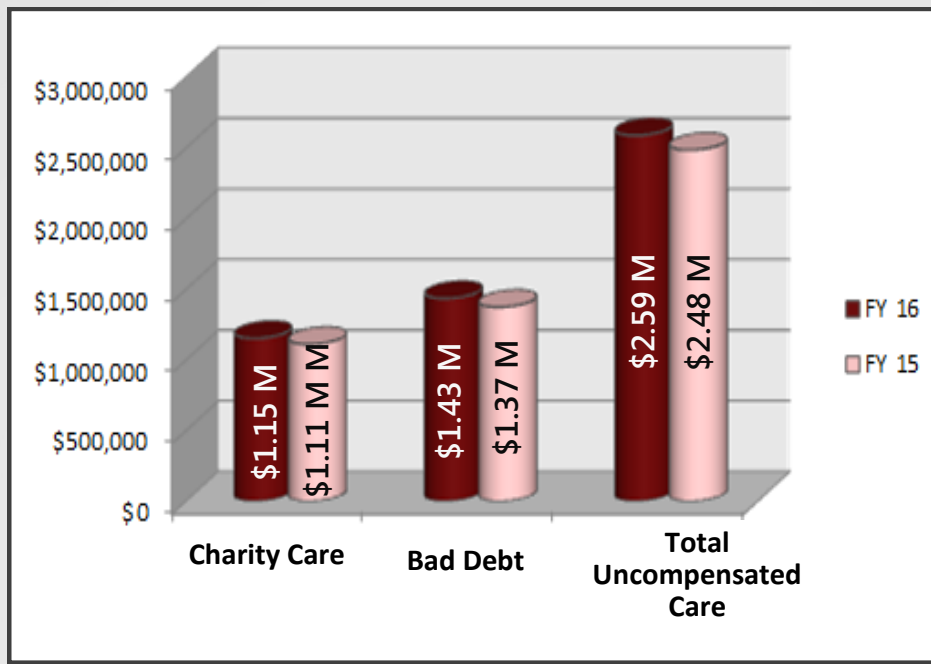
For each job at MRH, nearly two more jobs are supported in the community.

Total Jobs Supported by MRH  
**551**



## Uncompensated Care

MRH does not always receive payment for its services. In many instances, no payment is received from either the patient or insurer. This is referred to as uncompensated care and it consists of charity care and bad debt. Uncompensated care does not include Medicaid, Medicare, or Insurance underpayments or contractual allowances.

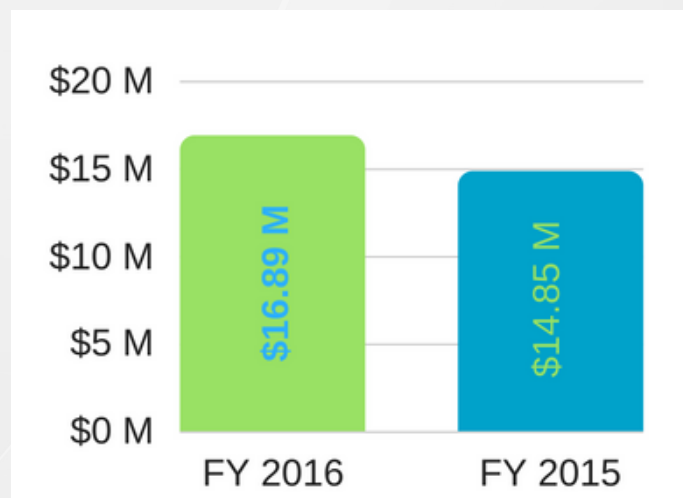


## Charity Care & Bad Debt

MRH provides Charity Care to patients in need without charge or at amounts less than established rates. Financial Assistance is available to eligible patients based on Federal Poverty Guidelines for emergent or medically necessary hospital care. MRH incurs bad debt when patients are unable or unwilling to pay their bills.

## Contractual Adjustments

Contractual adjustments are a result of reimbursements by contracted agencies (Medicare, Medicaid, insurance companies) that are paid at less than the billed amount. Put simply, it is the difference between what MRH bills the patient and what these contracted agencies actually pay.



## Poonam Khadka, MD, MPH

## Endocrinology



**Education:** Tribhuvan University—Institute of Medicine

**Residency:** New York Medical College, Sound Shore program

**Fellowship:** Dartmouth Hitchcock Medical Center—Endocrinology, Diabetes and Metabolism as well as Leadership and Preventive Medicine; Master in Public Health in Health Care Delivery and Outcomes

**Certifications:** American Board of Internal Medicine, American Board of Endocrinology, Diabetes and Metabolism

**Primary Focus:** Endocrinology—diabetes management, thyroid, osteoporosis; population health, quality improvement projects

**Common Conditions Treated:** Diabetes, osteoporosis, hypo/hyper thyroid, thyroid nodules, Polycystic ovary syndrome (PCOS)

**Family:** Dr. Khadka is married with two young boys.

**Hobbies:** Dr. Khadka doesn't have much time for rest, but she takes advantage of every opportunity she has to spend time with her children.

**Why did you choose MRH?:** *MRH serves a close knit community and always puts patients first. They provide excellent care and are great people to work with!*

## Melodie Needham, FNP-BC

## Family Medicine



**Education:** Husson University—Masters in Family Nurse Practitioner; University of Maine at Fort Kent—Bachelors of Science in Nursing; Kennebec Valley Community College—Associate in Nursing; Barstow Community College—Associate in Math/Natural Science

**Certifications:** American Nurses Credentialing Center (ANCC); Combat Medical Training with the United States Army 11th ACR

**Primary Focus:** Family Practice, Women's Health, Children's Health, Naturopathic Medicine

**Common Procedures:** All family practice assessments, common skin conditions/removals

**Family:** Melodie has a fiancé, Robert, two adult sons and two younger daughters. She resides near her hometown and her parents; her mother—a respiratory therapist at St. Joes and her father—a retired police officer.

**Hobbies:** Melodie enjoys kayaking, snowmobiling, camping, hiking, scrapbooking and spending time with family.

**Why did you choose MRH?:** *I spent six months in the MRH Family Practice office during my NP training. I developed a close family connection with the office staff, who have contributed to my professional and personal development.*

## Mira Olson, MD

## Gastroenterology



**Education:** Tulane University, School of Medicine; University of California, San Diego—BS in Biology with minor in Studio Art

**Residency:** Tulane University School of Medicine, Internal Medicine

**Fellowship:** Albert Einstein Medical Center: Gastroenterology

**Certifications:** American Board of Internal Medicine, American Board of Internal Medicine—Gastroenterology Subspecialty Boards

**Specializes in:** Crohn's disease, ulcerative colitis, celiac disease, Barrett's esophagus, cirrhosis, irritable bowel syndrome (IBS), gastroesophageal reflux disease (acid reflux), swallowing disorders, constipation, diarrhea, banding of esophageal varices, EGD, colonoscopies, colon cancer screening, capsule endoscopy

**Family:** Dr. Olson has three daughters.

**Hobbies:** In her spare time, Dr. Olson enjoys cooking, skiing (down hill), swimming, water polo, reading and hiking.

**Why did you choose MRH?:** *MRH has a warm and welcoming atmosphere that only a small community hospital can provide. The close knit community of staff and providers are like an extended family.*



**Education:** Aga Khan University Medical College; University of Cambridge

**Residency:** Brooklyn Hospital Center

**Fellowship:** University of Southern California

**Certifications:** American Board of Surgery, American Society of Transplant Surgeons

**Common Procedures:** Open and laparoscopic hernia procedures, bowel surgery, gallbladder removal, endoscopy, breast surgery, minor surgical procedures

**Family:** Dr. Rauf is married to Dr. Qadir and they have an infant daughter. You will see them strolling down the streets of Millinocket together!

**Hobbies:** He enjoys riding his bicycle, worship, hiking and sight seeing as well as spending time with his family.

**Why did you choose MRH?** *Come on, it's vacationland! It's clean, peaceful, serene and beautiful here, and I say 'It's a cold place with warm hearts.'*



**Education:** Ross University, School of Medicine—Doctor of Medicine; California State University—Bachelor of Science in Biology

**Residency:** University of Pittsburgh Medical Center

**Certifications:** American Board of Internal Medicine

**Specializes in:** Internal medicine



**Education:** Ohio State University, School of Medicine; Ohio State University—MS in Molecular Genetics; Ohio Wesleyan University—BA in Zoology

**Residency:** Ohio State University

**Fellowship:** Ohio State University

**Certifications:** American Board of Psychiatry and Neurology

**Specializes in:** Botox injections, EMG/Nerve conduction studies, EEG, neuropathy, headaches, cognitive impairment

**Family:** Dr. Moneme live in Columbus, Ohio, with his wife, Allison and his two daughters, Sloane and Dylan.

**Hobbies:** In his spare time, you can find Dr. Moneme playing soccer, exercising or reading.

**Why did you choose MRH?:** *MRH offered a great opportunity for me to do telemedicine and provide much needed care.*



## Sigrid Berg, MD

## Oncology



**Education:** Duke University, School of Medicine; University of North Carolina at Chapel Hill— Masters of Public Health; Harvard/Radcliffe College

**Residency:** Johns Hopkins Hospital

**Fellowship:** Hospital of the University of Pennsylvania

**Certifications:** American Board of Internal Medicine, American Board of Hematology, American Board of Medical Oncology

**Specializes in:** Identification and treatment of benign hematologic disorders and both solid and hematologic malignancies

**Hobbies:** Dr. Berg enjoys hiking, canoeing, kayaking, listening to music and spending quality time with her young children.

**Why did you choose MRH?:** *I fell in love with the area when my husband and I hiked Mt. Katahdin back in 2002. We were living in Baltimore, and I never thought I'd actually live in Maine at that time. When we moved to Bangor in 2008, we returned to the Baxter region and fell in love all over again; not just with the natural beauty but also the people. We purchased a camp here and spend as much time as possible there with our children each summer. I was honored when asked to staff the Oncology clinic here at MRH.*

## Jeremy Valentine, MD

## Ophthalmology



**Education:** Brigham Young University, Tulane School of Medicine

**Residency:** Tulane University, Department of Ophthalmology

**Certifications:** American Board of Ophthalmology

**Specializes in:** Comprehensive Ophthalmology

**Common Procedures:** Routine eye screenings, soft contact lens fittings, surgical interventions for cataracts, retinal injections, treatment of lid abnormalities, surgical interventions for glaucoma

**Hobbies:** In his free time, Dr. Valentine enjoys skiing, running, growing grass and tending to his salt water fish tanks.

**Why did you choose MRH?:** *I had the opportunity to relocate and try someplace new, so I took it! The mountains are nearby, the lifestyle is a bit slower and there aren't as many people. It kind of reminds me of the way life was when I was a kid growing up in Utah.*

## John Gluscic, MD

## Orthopedics



**Education:** University of Pennsylvania, Perelman School of Medicine; Denison University—Bachelor of Science in Chemistry

**Residency:** Geisinger Medical Center

**Certification:** American Board of Orthopaedic Surgery

**Common Procedures:** Total joint replacements (hip, knee, shoulder), shoulder procedures, ACL reconstruction, arthroscopy, fracture repairs

**Family:** Dr. Gluscic is married and has four children

**Hobbies:** I love the outdoors; mostly hunting but my friends here insist I learn how to fish. I also play a little bit of golf and do yoga with my wife.

**Why did you choose MRH?** *This has always been home to me. When I was [previously at MRH], I couldn't have been in a better environment. Period. I have never been happier anywhere else and I'm excited about coming home.*

## Garrett Smith, PA-C

## Primary Care



**Education:** Mountain State University

**Certifications & Training:** National Commission on Certificate of Physician Assistants, DOT Certified Medical Examiner, Initial Combat Medical Training with US Army Infantry

**Primary Focus:** Adult Medicine

**Family:** Garrett has a wife and two daughters.

**Hobbies:** In his spare time, Garrett enjoys blacksmithing, wood working, riding his Harley Davidson motorcycle, antiques and fishing.

**Why did you choose MRH?:** *I was drawn to the natural beauty of the area. Clean water, clean air, lots of trees and friendly people. It's a great place to be!*

## Kelly Gardner, SLP, PA-C

## Primary Care



**Education:** University of New England; University of Maine, Orono; MGH Institute of Health Professions; University of New Hampshire

**Certifications:** National Commission on Certification of Physician Assistants, Licensed as a Speech Language Pathologist in State of Maine

**Primary Focus:** Adult Medicine, Women's Health

**Family:** Kelly is married and has a newborn son, Thomas.

**Hobbies:** She says "I love being outdoors and taking advantage of all this beautiful state has to offer!"

**Why did you choose MRH?:** *I have been spending time in the Great North Woods my entire life, loving all that the greater Katahdin Region has to offer. Prior to going to PA school I had the opportunity to be the covering Speech Pathologist at MRH for 3 months. I fell in the love with the staff and the community. I always kept the idea of returning to practice here in the back of my head. I love that I am now a part of the MRH and greater Millinocket community and have the woods, mountains, and rivers in my back yard!*

## Haval Saadlla, MD

## Pulmonology/Sleep Medicine



**Education:** Mosul Medical School

**Residency:** Prince George's Hospital Center

**Fellowship:** Washington Hospital Center, Georgetown University

**Certifications:** American Board of Internal Medicine in Pulmonary, Critical Care and Sleep Medicine

**Specializes in:** Treatment of COPD, Asthma, Interstitial Lung Diseases, Pulmonary Vascular Diseases, Sarcoidosis, Sleep-Disordered Breathing, Lung Cancer

**Family:** Dr. Saadlla lives with his wife and four boys in Columbus, Ohio.

**Hobbies:** He occupies his free time by reading, playing sports and playing with his kids. He and his children especially enjoy swimming together.

**Why did you choose MRH?:** *I was assigned to MRH by New England Telemedicine, however, it is a good fit for me as I enjoy serving small, rural hospitals.*



## Justin J. Levine, MD

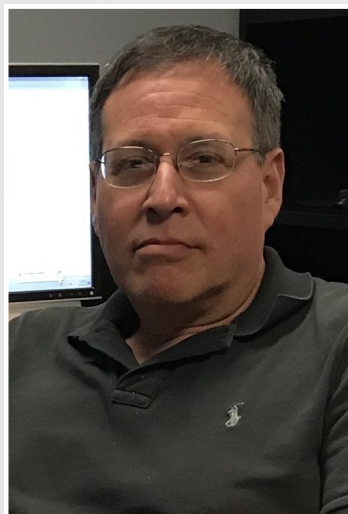
## Radiology



**Education:** Tulane University, School of Medicine  
**Residency:** Ochsner Clinic Foundation  
**Fellowship:** Long Island Jewish Hospital  
**Certifications:** American Board of Internal Medicine, American Board of Radiology  
**Specialty:** Diagnostic and interventional radiology  
**Common Procedures:** Full gamut of diagnostic procedures  
**Hobbies:** Hunting  
**Why did you choose MRH?:** *Because it's the finest regional hospital in Maine!*

## Guillermo Olivos, MD

## Radiology



**Education:** Johns Hopkins University, BA in Natural Science  
**Clinical Training:** Uniformed Services University of Health Sciences, F. Edward Hebert School of Medicine  
**Certifications:** American Board of Radiology, American Board of Nuclear Medicine  
**Specializes in:** Radiology and Nuclear Medicine  
**Family:** Dr. Olivos' strong work ethic stems from his deep rooted family values. His mother and father, now in their 80's, continue their professional work. His three sisters have also gone on to pursue well-respected careers in medicine and higher education.  
**Hobbies:** Dr. Olivos enjoys working on computers, traveling and hiking  
**Why did you choose MRH?** *This community is a very special place. It's quiet and the people are friendly. I enjoy it very much.*

## Annamaria Skacelova, MD

## Radiology



**Education:** Medical School of the Palacky University  
**Residency:** MetroHealth Medical Center—Diagnostic Radiology  
**Fellowship:** MetroHealth Medical Center—Body Imaging  
**Certifications:** American Board of Radiology, Diagnostic Radiology  
**Specializes in:** Diagnostic Radiology





**Education:** University of Philippines, Diliman—BS in Biology; Cebu Institute of Medicine  
**Residency:** New York Medical College  
**Fellowship:** Dartmouth Hitchcock Medical Center  
**Certifications:** American Board of Internal Medicine  
**Primary Focus:** Rheumatology  
**Specializes in:** Treatment of Rheumatoid Arthritis, Systemic Lupus Erythematosus, Sjogren's, Vasculitis, Myositis, Intra Articular Joint Injection  
**Hobbies:** Dr. Chua enjoys hiking, traveling and reading in her spare time.  
**Why did you choose MRH?:** *I enjoy interacting with the patients in the local community.*

Sandra Gilbert-Lord, PA-C

Walk-In Care



**Education:** University of New England, Physician Assistant Program  
**Certification:** National Commission on Certification of Physician Assistants (NCCPA)  
**Primary Focus:** Family Practice, Walk-In Care  
**Specializes in:** Providing a wide array of care for patients of all ages  
**Family:** Sandee is married and has two grandsons.  
**Hobbies:** Sandee has a strong interest in the medical care of ex-research chimpanzees now residing at 'Save the Chimps' sanctuary in Florida.  
**Why did you choose MRH?:** *I lived and worked in Millinocket while with the National Health Service Corps from 2009-2011. I enjoyed my time here and the friends I made, so the decision to return was an easy one.*

Andrea Sewall, FNP-C

Walk-In Care



**Education:** Husson College—Master of Science in Nursing, Family Nurse Practitioner; Bachelor of Science in Nursing  
**Certifications:** American Academy of Nurse Practitioners (AANP); Medical Examiner certified by the Federal Motor Carriers Association  
**Primary Focus:** Family Practice, Walk-In Care and Occupational Medicine  
**Specializes in:** Providing a wide array of care for patients of all ages  
**Family:** Andrea is married to David, a Registered Nurse in the MRH Emergency Room. They have three children—Owen, Anna and Hannah.  
**Hobbies:** Andrea enjoys running, playing tennis, traveling and spending time at camp with her family.  
**Why did you choose MRH?:** *I'm looking forward to practicing in my community again!*

## Bruce Rioux, CRNA

## Anesthesiology



**Education:** University of New England—School of Nursing Anesthesia; University of Southern Maine

**Certification:** American Association of Nurse Anesthetists

**Common Procedures:** Anesthesia for operative procedures, regional blocks for post op pain control, epidural steroid injections for acute and chronic pain

**Family:** Bruce is married to Julie. They raised two children; Michelle—an RN in the ICU at EMMC and Michael—a Physical Therapist at Pen Bay Medical Center in Rockland.

**Hobbies:** Hunting, fishing, snow sledding, camping, hiking

**Why did you choose MRH?** *I chose MRH because I wanted to work in a rural practice in a small town similar to where I was born and raised. I stayed here because I fell in love with the crew and the people who live here.*

## Larry Hallett, CRNA

## Anesthesiology



**Education:** Hamot Medical Center School of Anesthesia—Post Master Certificate in Nurse Anesthesia program; State University of New York (SUNY) at Buffalo—Master of Science in Family Nurse Practitioner; State University of New York (SUNY) at Brockport—Bachelor of Science in Nursing; State University of New York (SUNY) at Alfred—Associate in Applied Science of Nursing

**Certification:** American Association of Nurse Anesthetists

**Common Procedures:** Regional and general anesthetic for surgical procedures and sedation

**Family:** Larry and his wife, Anna, have four children.

**Hobbies:** In his spare time, Larry enjoys reading, traveling, motorcycles and working on his home.

**Why did you choose MRH?:** *MRH is located in a beautiful area, which was certainly a factor. I enjoy the close working relationship between colleagues and the commitment to providing quality care.*

## Marsha Northway, CRNA

## Anesthesiology



**Education:** Eastern Maine Medical Center, School of Nurse Anesthesia; University of Southern Maine; Mercy Hospital, School of Nursing; St. Joseph's College

**Certification:** American Association of Nurse Anesthetists

**Common Procedures:** Providing anesthesia for orthopedic, endoscopic, ENT, urological and general surgical procedures.

**Family:** Married with two children and two grandchildren

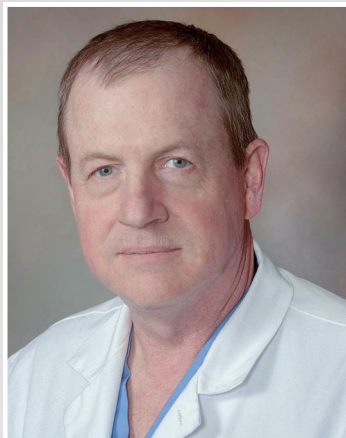
**Hobbies:** Kayaking, fishing, hiking

**Why did you choose MRH?** *It's a hometown community hospital. I love taking care of the patient population here, plus we work with a great group of people!*



## Paul Vom Eigen, MD

## Cardiology



**Education:** University of Vermont, College of Medicine

**Residency:** Duke University School of Medicine

**Fellowship:** University of Vermont

**Certifications:** American Board of Internal Medicine, American Board of Cardiovascular Medicine, American Board of Interventional Cardiology

**Specializes in:** Identification and treatment of Cardiovascular disease

**Common Procedures:** Echocardiograms, nuclear sestamibi stress test, treadmill exercise test, holter monitor are all administered at MRH. Angioplasty, cardiac catheterizations and stents are done by Dr. Vom Eigen in his Bangor office.

**Hobbies:** In his free time, Dr. Vom Eigen enjoys gardening, golfing skiing and cooking.

**Why did you choose MRH?:** *I have worked at MRH intermittently over the years. The people—both staff and patients—are what keep me coming back. The staff is always friendly, helpful and makes me feel welcome. I also enjoy the drive and views of Mt. Katahdin and the great North Woods. The different seasons are all beautiful and a nice break for me to get away.*

## Daniel Herbert, MD

## Chief Medical Officer



**Education:** University of Colorado; University of Denver

**Residency:** St. Joseph Hospital, Denver

**Certifications:** American Board of Internal Medicine; Fellow in Hospital Medicine by the Society of Hospital Medicine

**Specializes in:** Internal Medicine, Medical Administration & Supervision

**Family:** Dr. Herbert is married to Laurie, who also works at MRH as an Registered Nurse. He has a son, Christian, who works in computer security, and two grandsons. Dr. Herbert also has two sisters and a brother.

**Hobbies:** Reading, fishing, gardening, traveling and working around his home

**Why did you choose MRH?** *I decided to come to MRH for the small town, broad medical experience.*

## Brian Miller, MD, FACS

## Ear, Nose & Throat



**Education:** Pennsylvania State University, College of Medicine; California Polytech State University—Master of Science in Biological Sciences; Pomona College—Bachelors in Zoology

**Residency:** University of Utah, Otolaryngology-Head and Neck Surgery

**Fellowship:** Washington University in St. Louis, Head, Neck and Microvascular Reconstruction

**Certification:** American Board of Otolaryngology

**Specializes in:** Otolaryngology, Head and neck surgery

**Common Procedures:** Ear tubes, skin cancer resection and reconstruction, tonsillectomy, sinus surgery, pediatric and adult ear, nose and throat issues, head and neck cancer

**Hobbies:** During his free time, Dr. Miller enjoys fly fishing and dabbling in US history.

**Why did you choose MRH?:** *MRH is a hospital that provides quality care in a wonderful location!*



## Andre Parent, PA-C

## Emergency Medicine



**Education:** Wake Forest University, Bowman Gray School of Medicine—Physician Assistant Program; St. Anselm College—BA in Natural Science,

**Certification:** National Commission of Physician Assistants

**Specializes in:** Suturing, fishhook removal, COPD, chest pain, abdominal pain

**Family:** Andre has been married to his wife for 31 years and has two sons.

**Hobbies:** In his free time, Andre prefers to be fishing or doing anything outdoors.

**Why did you choose MRH?** *I chose MRH because of the community and the surrounding recreational area.*

## Doug Rhoda, PA-C

## Emergency Medicine



**Education:** Northeastern University—Physician Assistant Program, Master of Health Professions; Gordon College—Bachelor of Science in Chemistry with a minor in Biology

**Certifications:** National Commission of Physician Assistants

**Specializes in:** Treating patients who present to the ER with acute and emergency medical conditions.

**Family:** Doug is married and has three children.

**Hobbies:** In his free time, Doug enjoys hiking, camping, fishing, hunting, participating in medical missions and playing his guitar and ukulele.

**Why did you choose MRH?** *It was a unique opportunity to work at the hospital where I was born and serve the communities where I was raised.*

## Kevin Olsen, PA-C

## Emergency Medicine



**Education:** University of North Carolina—Certificate program in Emergency Preparedness and Disaster Management; University of Osteopathic Medicine and Health Sciences—Physician Assistant program, Northwest Missouri State University

**Certifications:** National Commission of Physician Assistants, NCCPA Certification of Added Qualification in Emergency Medicine

**Specializes in:** All acute and emergency medical conditions.

**Family:** Kevin is married and has four children.

**Hobbies:** In his free time, he enjoying hunting, traveling and spending time with his family.

**Why did you choose MRH?:** *I chose MRH because of the family atmosphere. Everyone works together for the best interest of the patient.*

## Shaun O'Connor, PA-C

## Emergency Medicine



**Education:** Hahnemann University, Philadelphia, PA

**Certification:** National Commission of Physician Assistants, NCCPA Certification of Added Qualifications in Emergency Medicine

**Specializes in:** Adult and pediatric primary and emergency care

**Family:** Shaun has been married to his wife, Janet, for 35 years. He has two daughters and two grandchildren.

**Hobbies:** Shaun is an avid outdoorsman. When not enjoying all that the Maine Woods has to offer, he enjoys nonfiction reading and cooking.

**Why did you choose MRH?** *I have history here. My daughters were born here and we lived in Millinocket for five years in the late 80's. I returned to MRH because we have a great team in the Emergency Department!*

## Ed Dunstan, DO

## Family Practice



**Education:** University of Medicine and Dentistry of New Jersey, School of Osteopathic Medicine; Penn State University—BS in Biology/Ecology

**Residency:** Presbyterian/St. Luke's Medical Center, Denver, CO

**Certification:** American Osteopathic Board of Family Physicians

**Common Procedures:** Cradle to grave medicine, skin procedures, osteopathic manipulation

**Family:** Dr. Dunstan and his wife, Marie, have two children—Audrey and Bennett.

**Hobbies:** When we can find the time, Dr. Dunstan enjoys hunting, fishing and hiking.

**Why did you choose MRH?** *Great, supportive community since day one.*

## Mark Kowalski, MD

## General Surgery



**Education:** Wayne State University, School of Medicine; University of Detroit—BS in Biology

**Residency:** University of Kentucky, Chandler Medical Center

**Certification:** American Board of Surgery

**Common Procedures:** breast surgery, hernia repair, laparoscopic procedures (minimally invasive), colonoscopies/EGD (upper endoscopy), thyroid surgery, colon surgery.

**Family:** Dr. Kowalski and his wife, Sherry, have two sons—Matthew and Jacob.

**Hobbies:** Dr. Kowalski enjoys many outdoor activities, including hunting, fishing and camping, as well as gardening, beekeeping and traveling.

**Why did you choose MRH?** *I wanted to practice in a rural setting with a safe, friendly environment. This community is a great place to raise a family and it's proximity to the North Maine Woods allows me to pursue my outdoor interests.*



## Kwaku Owusu-Abrekwa, MD

## Hospitalist



**Education:** University of Ghana Medical School

**Residency:** Woodhull Medical Center

**Certifications:** American Board of Internal Medicine

**Specializes in:** Hospitalist medicine

**Hobbies:** In his free time, Dr. Owusu enjoys playing soccer and ping pong.

**Why did you choose MRH?:** It was a good fit for me.

## David Johnson, PA

## Orthopedics



**Education:** Kettering College — Masters in Physician Assistant Studies; BS in Health Professions

**Common Procedures:** Total knee replacement, total hip replacement, total shoulder replacement, unicompartmental knee replacement, rotator cuff repairs, ACL reconstruction, knee injections, pain management, fracture repair, rehabilitation

**Hobbies:** Dave is a Harley enthusiast and spends much of his spare time on his motorcycle. When he's not riding, he enjoys camping, fishing, photography, gardening and DIY projects.

**Why did you choose MRH?** *There were three factors that led me to choose MRH; the location, rural living and the ability to practice Ortho in a critical access hospital.*

## Nilesh Patil, MD

## Orthopedics



**Education:** B.J. Medical College

**Residency:** Seth G.S. Medical College; King Edward VII Memorial Hospital

**Fellowship:** Stanford Medical Center, Adult Reconstruction; Wake Forest University, Adult Reconstruction; Insall Scott Kelly, Adult Reconstruction & Sports Medicine; Penn State, Sports Medicine

**Common Procedures:** Total and unicompartmental knee replacements, total hip replacements, total shoulder and reverse shoulder replacements, revision hip and knee replacements, knee arthroscopy, ACL repairs, shoulder arthroscopy, cuff repair and instability

**Family:** Dr. Patil and his wife, Dipti, have two young boys, ages 6 and 3.

**Hobbies:** Dr. Patil spends much of his free time traveling, hiking or reading.

**Why did you choose MRH?** *MRH was a good fit for me and my family.*





**Education:** Temple University (formerly Pennsylvania College of Podiatric Medicine); Salem College; University of Scranton

**Residency:** John F Kennedy Memorial Hospital

**Certifications:** American Board of Wound Management

**Common Procedures:** Diabetic foot care, wounds, thick fungal nails, ingrown nails, warts, bunions, hammer toes

**Hobbies:** Dr. Beaupain is a foodie who also enjoys horses and art.

**Why did you choose MRH?:** *I had the opportunity to return to my hometown and practice at a facility with the highest quality of services.*

*RoseAnn Hunt, NP*

*Primary Care*



**Education:** University of Massachusetts, Lowell—Master's in Nurse Practitioner program; Boston College — BS in Nursing; Cochran School of Nursing

**Certification:** American Nurses Association

**Specializes in:** Treatment of all adult conditions, diabetes, coronary heart disease, OA and COPD

**Family:** RoseAnn has been married to her husband, Patrick, for 47 years. She has three children—Eileen, Daniel and Kevin—and three grandchildren.

**Hobbies:** She enjoys many hobbies including: walking, meditation, vision questing, knitting, crocheting, cooking and spending time with family.

**Why did you choose MRH?** *Why? Because I love this place!*

*Ahmad Abed Elnoor, MD*

*Urology*



**Education:** Jordan University of Science and Technology — Doctor of Medicine

**Residency:** King Abdullah University Hospital— Urology

**Fellowship:** Alfred I DuPont Hospital, Pediatric Urology; Detroit Medical Center, Andrology

**Specializes in:** General urology, pediatric urology, male sexual health, voiding dysfunction and incontinence

**Common Procedures:** Cystoscopy, urodynamic bladder functional study, prostate biopsies, vasectomies, penile injection for erectile dysfunction, endoscopic urology including prostate resection, tumor resection and stone extraction, minimally invasive urology procedures, surgical interventions for incontinence.

**Family:** In addition to his wife, Tamara, who works as a graphic designer, Dr. Elnoor has two sons and a daughter.

**Hobbies:** Dr. Elnoor enjoys water activities; especially swimming and fishing.

**Why did you choose MRH?:** *MRH has an excellent work atmosphere that leads to the best patient care.*

## Services Performed

During Fiscal Year 2016, Millinocket Regional Hospital performed the following services:

97,180	Lab tests
19,931	LIFeStyle Fitness visits
11,699	Primary Care & Family Medicine visits
10,780	Physical Therapy treatments
8,753	X-rays
6,504	Emergency Room visits
3,056	EKGs
2,434	CT scans
2,427	Occupational Therapy treatments
2,220	Orthopedic visits
1,759	Ultrasound exams
1,383	Digital Mammography studies
1,318	Surgical procedures
1,159	Respiratory Therapy treatments
991	Podiatry visits
813	Oncology & Infusion Therapy
713	Cardiac Rehab visits
693	Urology visits
621	Inpatient admissions
568	ENT visits
557	MRI procedures
453	Speech Therapy treatments
296	Nuclear Medicine studies
288	Diabetes Self-Management Training
211	Bone Density tests
188	Boo Boo Booth patients 🧸
148	Pulmonary exams
117	Swing Bed admissions
52	Total Knee Replacements
27	Total Shoulder Replacements
23	Total Hip Replacements

