



Pen Bay Waldo Healthcare Foundation
MaineHealth

April 2023



gratitude (grat·i·tude)
noun

State of being grateful; thankfulness.

Noticing a Need, Making an Impact

In the fall of 2021, an anonymous donor contacted the philanthropy department. He was aware of the national nurse shortage and wanted to explore ways to help us address the issue locally while also honoring his late wife's career in nursing.

Working together with the donor, a plan was created to use the funds to support nursing by providing nurse education scholarships.

At a time when the health care sector is facing workforce challenges, charitable gifts that allow us to invest in our workforce are crucial to building our pipeline internally.

The initial gift to fund nurse education scholarships was followed by a number of gifts from team members who gave donations to a nursing scholarship fund in honor of Paula Delahanty who retired in 2021 after 36 years of service.

These charitable gifts, combined with two other significant scholarship gifts, allowed Pen Bay Medical Center (PBMC) and Waldo County General Hospital (WCGH) to **award 14 team members with scholarships** to advance their nursing careers.



“Even when I am assisting a person with the smallest of tasks, like brushing their teeth, I am so grateful that I get to do what I do for a living. The act of helping others is the most valuable experience I have ever had.”

Shannon Long (above)
Mental Health Tech I, PARC

MaineHealth and all of its members, including Pen Bay Medical Center and Waldo County General Hospital, are severely challenged by the lack of nurses and the need to hire contract labor to meet care needs. The MaineHealth system paid **\$30 million** in contracted services pre-COVID in 2019. Last year that cost swelled to **\$280 million**.



Scholarship applicants were asked to submit an essay that captured their career journey and the essence of their future goals.

What they delivered was inspirational.

Dedicated team members, passionate about nursing, shared their personal journeys, including the obstacles they have overcome in pursuit of their life and career goals. While all the journeys were different, the common thread was the desire to pursue additional education for the greater benefit of serving others in the community. The team members stepping up to further their education and grow their skills and abilities do not take the commitment lightly. They acknowledged in their essays that balancing family obligations, work, and school would not be easy, but as we know from witnessing the tenacity

"I knew when I decided that my chosen career was going to be in the health care field that it would be a journey made up of steps. The steps would take me as far as I was willing to climb."

Tabitha Benner (above)
Patient Navigator
PBMC Cancer Care

and passion for their work during COVID, they are up for task.

Our care team members, with the help of the generosity of others, are pursuing further education to better serve the communities in which they live. As a health system, we continue to face challenging times. However, we are confident that we will persevere. If you are interested in helping support health care locally, [we would love to talk with you.](#)

*"The way to develop the best that is in a person is by appreciation and encouragement."
~ Henry Ward Beecher*

Local Students Take the First Step in a Health Care Career

If you are in the halls of Pen Bay Medical Center (PBMC) every other Wednesday or Friday, you may run into a group of students clad in purple scrubs.

These students come to PBMC to gain important hands-on clinical experience as part of their training to become Certified Nursing Assistants (CNA) at the [Mid-Coast School of Technology](#) (MCST). The students are the future of our hospitals and practices, which makes our partnership with MCST so important and vital to our success.



MCST, located in Rockland, Maine, offers students from Medomak Valley High School, Oceanside High School, Camden Hills High School, as well as students from the island communities the opportunity to get hands on training in a variety of skilled trades. On the second floor of the state-of-the-art trade school, Monique Moreau teaches health science to high school CNA and medical science students. A nurse for 46 years, Monique's passion for her field and for the students she teaches is palpable. Monique has been a health science teacher for 16 years at MCST, where she teaches 32 students a year. It is an intense year of learning that requires students to complete 70 hours of theory learning, 20 hours of skills learning at the school, and 40 clinical hours.



PBMC collaborates with MCST to provide the students the opportunity to complete some of the 40 clinical hours required by the State before students can sit for their exam. This partnership not only provides the students with the training that they need to receive their certificate but introduces students to the hospital. Over the years many former MCST students have returned to PBMC to work as CNAs after they graduate.

We are so proud and privileged to be able to be a part of the students' education and career journeys.



Photographs: (top right) MCST students pose with their preceptor Connie Bailey, (middle left) MCST lab, (bottom) MCST Health Science classroom

"The flowers of all the tomorrows are in the seeds of today."
~ Native American proverb

Twelve Week Rotating Art Exhibits Have Started at Pen Bay Medical Center

Next time you are at Pen Bay Medical Center make sure to check out the new art adorning the walls of the main hall near registration. After a very successful call for artists earlier this year, we are so excited to feature local artists' work. Below are two of the artists who have generously loaned us their works to display for the next twelve weeks.



Book Dragon
Digital Art by Kelsey Grass
www.kelseygrass.com



Indigo
Photograph by Rod Pervier
[OUTSIDE \(outsidetheboxfoto.com\)](http://OUTSIDE(outsidetheboxfoto.com))

"Gratitude is the fairest blossom which springs from the soul."
~ Henry Ward Beecher

Sign-Up for our new quarterly newsletter!

Seasons: Hospice and Sussman House Updates

We are pleased to announce that we are collaborating with MaineHealth Care at Home to distribute a quarterly newsletter dedicated to connecting with our community and donors who have been impacted by hospice care or who have had a loved one receive care at the Sussman House. The first newsletter will be emailed to our hospice and Sussman donors on Tuesday, April 11. If you are interested in receiving the quarterly newsletter, please email melinda.ferrazza@mainehealth.org.



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The Pen Bay Waldo Healthcare Foundation provides support for Pen Bay Medical Center, Waldo County General Hospital and other Coastal Healthcare Alliance affiliates in Knox and Waldo counties. The Foundation also supports MaineHealth Care at Home services at the Sussman House. Our aim is to build lasting relationships with donors and engage the community in long-term support that will sustain the health care of our region for many years to come.



Please forward our newsletter to friends and neighbors who might like to hear what is happening in the community.

If you received this email from a friend, [click here](#) to subscribe and receive our monthly *Gratitude Newsletter*.

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