

# DISPATCHES

A PUBLICATION OF THE LIFEFLIGHT FOUNDATION  
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## Retreat from Monhegan

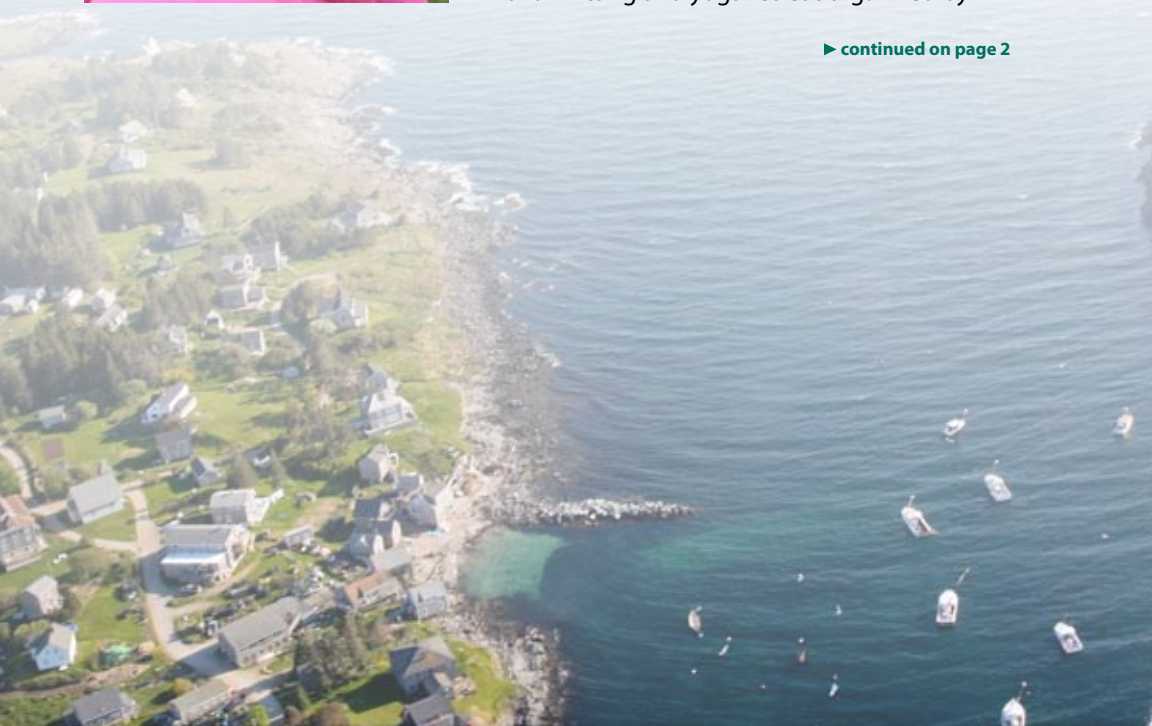
### How one patient chose to give back

Gail Edwards, a busy professional from the Bronx in New York City, had been thinking about taking a helicopter ride. Just for fun, to see the country's largest city from a different perspective. She had mentioned the idea to her boyfriend, dropping a hint for a possible birthday present. An emergency medical helicopter ride in the middle of the night, however, was not what she had in mind.



Gail lives the typically busy life of an urban professional, working as a recruiter for a large education management organization. She had also recently undergone surgery and was hoping a relaxing vacation would be just what she needed to complete her recovery. She was headed to remote Monhegan Island, off the coast of Maine, with her good friend, Deitra Hall, for a knitting and yoga retreat organized by

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## INSIDE

**Gail Edwards, from New York, had to be Life-Flighted from Monhegan Island for emergency surgery at Central Maine Medical Center in Lewiston. After her recovery, Gail decided to give back to the organization that helped save her life.** Photo courtesy Gail Edwards

## Retreat from Monhegan —

◀ continued from page 1

2 Suzanne Lynch and Lisa Evans of Knitting and Yoga Adventures. As she made her way up the east coast from New York, she didn't feel quite herself. She had lost her appetite and didn't feel well on the ferry out to the island, although that could have been just a routine case of seasickness.

However, after she arrived on the island, she continued to feel sick. The retreat organizer, Suzanne Lynch, treated her to a massage that helped Gail feel better until the following evening, when she began to experience a lot of pain in her abdomen. So much pain, in fact, that she clearly remembers thinking, "If I don't get off this island, I'm going to die."


Fortunately, Suzanne's husband, Bruce Maslack, was a doctor and, after a quick examination, he recognized Gail needed immediate medical attention that wasn't available on the island. He called for LifeFlight of Maine shortly before 9:00 pm and had a detailed phone consultation with Dr. Kevin Kendall, one of LifeFlight's medical directors. Based on her symptoms and previous medical history, the physicians believed Gail had a possible small bowel obstruction, a condition that can only be treated with surgery. Since there was no way off the island until the following morning, Dr. Kendall dispatched the LifeFlight helicopter to meet the patient on the island's baseball field. Bangor-based crew members John Marino, pilot; Kim Savage, flight nurse; and Carl Zenk, flight medic arrived on Monhegan less than 45 minutes after the first call for help.



"The crew was very comforting, wiping my forehead and telling me everything was going to be alright," recalls Gail.

She was given medication to help with her pain and loaded into the helicopter for the short 20 minute flight over to Central Maine Medical Center in Lewiston. Dr. Kendall had a team ready for her arrival, but she was so severely dehydrated, he needed to postpone the surgery a few hours until Gail had stabilized. The surgery went smoothly and Gail spent nine days recovering in the hospital. It would be eight long weeks before she could return to work on a part-time basis.

Back to work in New York, Gail often found herself thinking about her island experience and how fortunate she was that she was able to get to a hospital where specialists could help her. "While onboard the helicopter, I remember thinking how expensive this service must be, but how grateful I was that it was available. I knew I wanted to support LifeFlight once I got back on my feet, to help ensure it would be there for others who need it."

*Which is exactly what she did. As a non-profit organization, LifeFlight depends on private donations to help ensure the service will be available to every Maine resident, 24 hours a day, 7 days a week. We send a heartfelt thanks to Gail and all of the other donors like her, who recognized the need for LifeFlight and made the decision to support it.* 

# 10 Years. 8000 Lives.

## Help Us Celebrate 10 Years of Service

### *Celebration Events*

**Friday, September 19, 2008**

2:00pm - 6:00pm

Central Maine Medical Center

Lewiston, Maine

**Saturday, September 20, 2008**

9:00am - 1:00pm

Eastern Maine Medical Center

Bangor, Maine

Stop by and enjoy refreshments, tours of the helicopter and meet the crew. There will also be souvenirs to purchase (including this original watercolor poster) and the opportunity to hear from a few of our former patients.

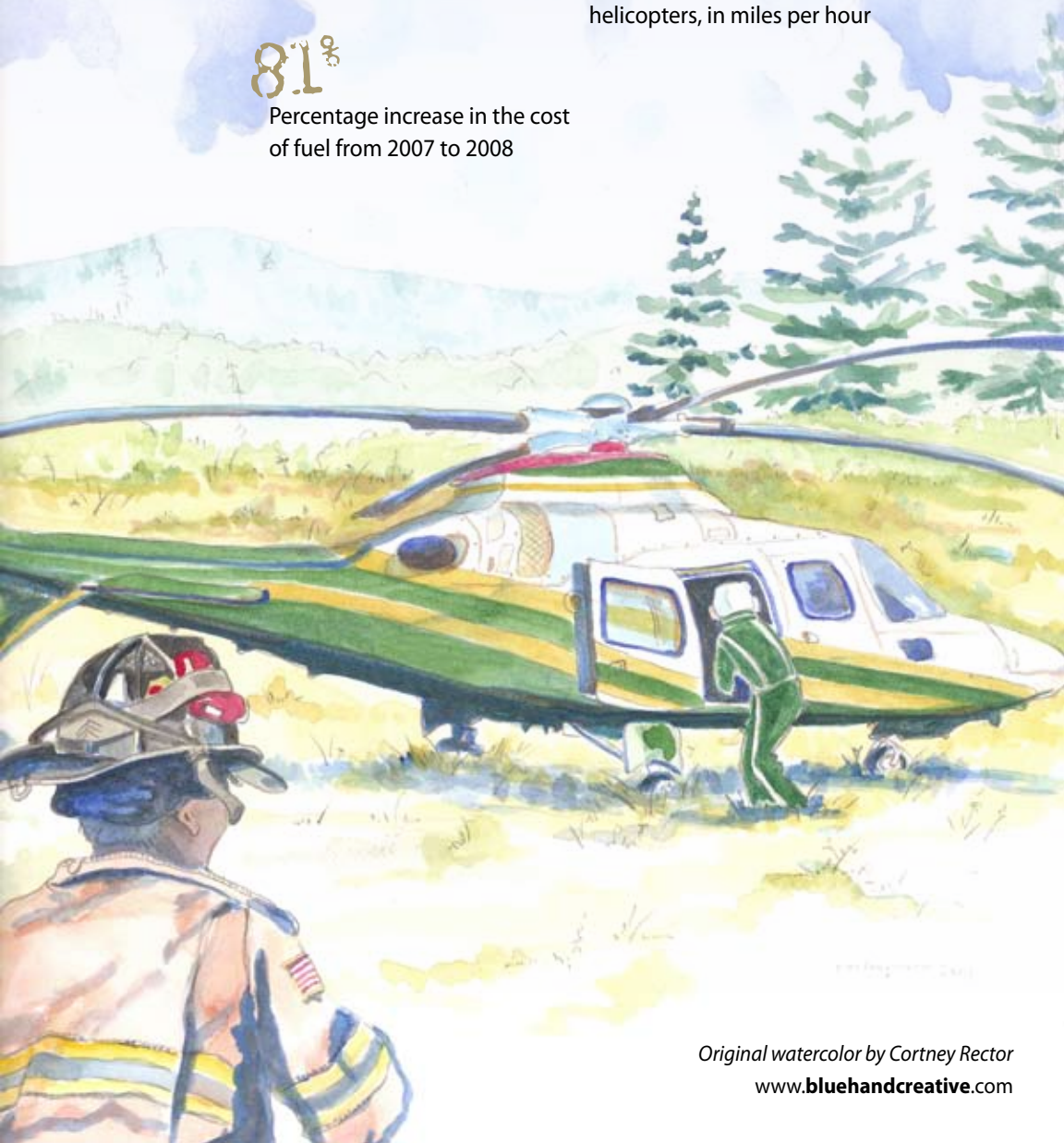
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81%

Percentage increase in the cost of fuel from 2007 to 2008

162

Average speed of the LifeFlight helicopters, in miles per hour



## Profile | Carl Zenk, BS, FP-C, CCEMT-P




Carl was born and raised in Sheboygan, Wisconsin on the shore of Lake Michigan. His first experience in the EMS field was as a ski patroller at age 17, where he first began to

realize what a pleasure it is to help others in need.

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He joined the army when he was 18, and discovered he preferred being a medic to working in the combat arms field. He re-

ceived his degree through the US Army at the University of Alabama's Paramedic School, and also earned a BS in Public Safety Administration from Athens State University in Athens, Alabama. Before coming to LifeFlight of Maine, Carl worked for Huntsville MedFlight in Huntsville, Alabama for 12 years.

When he's not flying, Carl spends his time enjoying the outdoors, skiing, hiking, snowmobiling and camping. When the harshest Maine weather prohibits outside activities, Carl can be found enjoying his other hobby, woodworking. 

## You Can Help LifeFlight Save Lives

*The crew onboard the LifeFlight helicopter carries blood with them to accident scenes and trauma calls. These critically injured patients may need up to, or even more than, a unit of blood during the transport to a trauma center. Throughout much of the summer, blood banks across the state have only about 1 day's worth of blood stored. **Please consider giving blood this summer season.***

### **Bangor Blood Donor Center of the American Red Cross**

900B Hammond Street  
Bangor, Maine

**OPEN**

**Tuesday - Thursday 11am to 6pm**

**Friday 8am to 2pm**

**1st & 3rd Saturdays 8am to 2pm**

By appointment or walk-in

**207-941-2900**

### **Central Maine Medical Center Red Cross Blood Donor Center**

300 Main Street  
Lewiston, Maine

**OPEN**

**Tuesday - Thursday**

**12pm to 7pm**

By appointment or walk-in

**207-795-2260**



**American Red Cross**




# Comprehensive Care on Maine's Islands

## LifeFlight Teams Up with Maine Sea Coast Mission

LifeFlight recently partnered with the Maine Sea Coast Mission for a presentation on Isle au Haut, one of the many islands off the coast that receives preventive and emergency healthcare from both organizations. The presentation highlighted the services available to island residents, including telemedicine, healthcare screenings and emergency medical services.

Island residents had an opportunity to tour both the LifeFlight helicopter and the Sea Coast Mission's boat, the *Sunbeam V*. They

also met Sharon Daley, nurse onboard the *Sunbeam*; Dr. Scott Schiff-Slater, physician in Hallowell who assists patients through telemedicine; Diane Barter, EMT on Isle au Haut; and LifeFlight crew members.

LifeFlight and the Maine Sea Coast Mission provide complementary healthcare services to Maine's islands. Residents count on critical and emergency medical care from LifeFlight; and health clinics, education and personalized care from the Maine Sea Coast Mission. 

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FMI: [www.lifeflightmaine.org](http://www.lifeflightmaine.org)



FMI: [www.seacoastmission.org](http://www.seacoastmission.org)

## Profile | Rielly Bryant, CCEMT-P


When Rielly was a boy in Mechanic Falls, he used to watch his mother work as a volunteer EMT for the local rescue. She would drive away from the house with her four-way flashers going, on her way to help someone in need. Rielly would watch with his face plastered to the window, thinking about the impact she made on other people's lives. At 16, he decided he wanted to make an impact, too, so he began volunteering and slowly worked his way up to becoming a licensed paramedic.

As he was working his way through the field of EMS, he also graduated from the Maine Criminal Justice Academy, got married and had two children. He currently works for most of the public safety



agencies in his area. He is a full time sergeant with the Androscoggin County Sheriff's Department and works per-diem as a flight paramedic for LifeFlight of Maine and as a Paramedic

and Emergency Medical Dispatcher for United Ambulance in Lewiston. Previously, he worked in law enforcement with the Mechanic Falls Police Department and as a volunteer with Mechanic Falls Rescue and Poland Rescue.

When he's not working or maintaining his licenses, he likes to spend time with his family and dabbles in photography. 



## Mobile Hands-On Training Available by Request

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The Human Patient Simulator program, owned by Maine EMS and operated by LifeFlight of Maine, will be traveling across the state again this year, bringing advanced medical training directly to rural communities in Maine. This mobile training lab features a life-size mannequin capable of breathing, talking and reacting to healthcare provider interventions. Through this program, facilitators from LifeFlight are able to provide a unique, hands-on experience fully customized to meet the medical education needs of any hospital, EMS service or educational institution.

Education and scenarios are constructed to meet practitioners needs and can include:

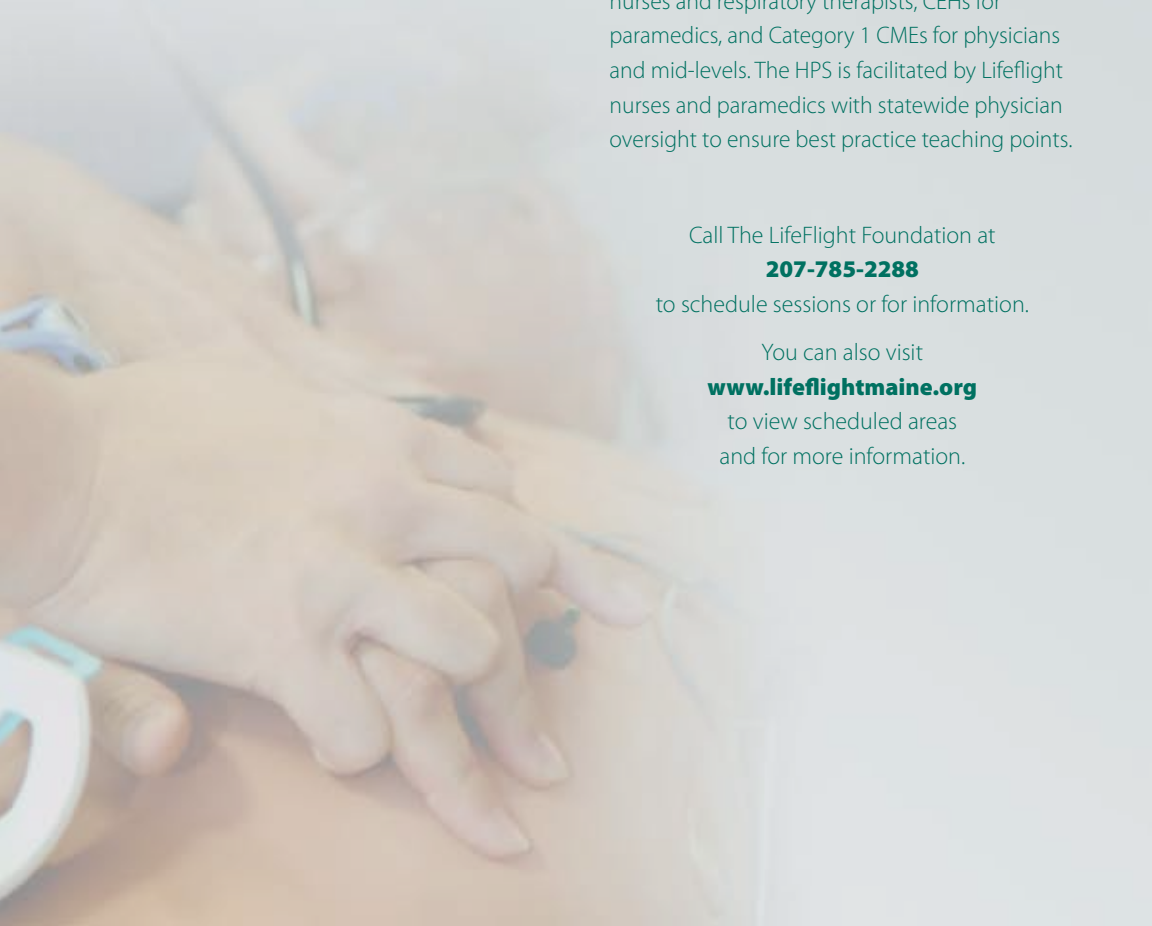
- Didactic/Practical education
- Integration into certification classes like ATLS, PALS, TNCC and PHTLS
- Customized scenarios
- EMS-specific topics
- Physician-specific topics

The RV-housed simulator lab brings high quality, hands-on education directly to your home area. The state-of-the-art HPS mannequins (adult, pediatric, infant) simulate a lifelike patient who will improve or deteriorate based on treatment by the practitioner. Programs offer CEUs for nurses and respiratory therapists, CEHs for paramedics, and Category 1 CMEs for physicians and mid-levels. The HPS is facilitated by Lifeflight nurses and paramedics with statewide physician oversight to ensure best practice teaching points.

Call The LifeFlight Foundation at  
**207-785-2288**

to schedule sessions or for information.

You can also visit  
**[www.lifeflightmaine.org](http://www.lifeflightmaine.org)**  
to view scheduled areas  
and for more information.



# Creative Contributions

## There's more than one way to support LifeFlight

Kevin and Beth Lamberson of Yarmouth have a special place in their heart for the flight crew onboard LifeFlight of Maine helicopters.

“The crew members are heroes to us,” said Beth recently. “They transported our daughter to Maine Medical Center in Portland after our family experienced a water plane crash that seriously injured her. They saved her life. So when Lauren turned six shortly after the accident, we decided that instead of gifts, we would ask her friends to donate \$5 to LifeFlight. We collected more than \$300, which Lauren and her brother, Kyle, proudly delivered to the crew personally. In fact, Lauren recently commented that she is going to collect donations for LifeFlight at every birthday from now on!”

As a non-profit organization, LifeFlight of Maine depends on the support of private donations to ensure the service is available for all Maine residents. This support can come in all shapes and sizes, including the heartfelt



**The Lamberson family, of Yarmouth, raised money for LifeFlight at their daughter, Lauren's 6th birthday party. LifeFlight transported Lauren to Maine Medical Center last summer after she nearly drowned in a water plane accident. Today, Lauren is a fully-recovered, typical 6-year-old who is looking forward to starting first grade.** Photo by Melissa Arndt.

contribution given by the Lambersons and all of their friends. For more information on how you can help, contact the Foundation office at 207-785-2288 or visit [www.lifeflightmaine.org](http://www.lifeflightmaine.org).

### Show Your Support Today or give online at [www.lifeflightmaine.org](http://www.lifeflightmaine.org)

DISP

I will make a gift of \$ \_\_\_\_\_

I will pledge \$ \_\_\_\_\_ over \_\_\_\_\_ years

Please check your preferred payment option:

Full payment enclosed

*Payable to The LifeFlight Foundation*

First payment enclosed

*Please send me annual reminders at the address below*

I wish to make full payment by credit card

I wish to make annual payments by credit card

Visa

MasterCard

Card Number \_\_\_\_\_

Name on Card \_\_\_\_\_ Exp \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Telephone \_\_\_\_\_

I wish to remain anonymous in all donor lists and publications

Signature \_\_\_\_\_ Date \_\_\_\_\_

Please return form to: The LifeFlight Foundation  
PO Box 1007, Union, ME 04862

*All donations are tax deductible.*

## LIFELIGHT FOUNDATION

DISPATCHES is a publication of The LifeFlight Foundation, which provides fundraising and public relations support to LifeFlight of Maine, the state's only medical helicopter service.

The LifeFlight Foundation is a nonprofit, tax-exempt organization under Section 501 (c) (3) of the Internal Revenue Service Tax Code. It is governed by an elected board of trustees who represent medical, business, legal and educational fields throughout the state.

LifeFlight also aids the development, training and funding of Maine's major air medical needs, such as trauma training statewide, construction of hospital helipads, and installation of weather reporting, navigational and communications systems across the state.

The Foundation's office is located in the Town of Union in the Thompson Community Center at the corner of Routes 17 and 131.

## LIFELIGHT OF MAINE

LifeFlight of Maine is a nonprofit statewide critical care medical helicopter service jointly owned by Eastern Maine Healthcare Systems and Central Maine Healthcare Corporation. LifeFlight's two helicopters, based in Bangor and Lewiston, cover the entire state and offshore islands. LifeFlight complements and supports the work of local EMS and hospital personnel in caring for the critically ill or injured. Each base is staffed by a highly qualified team of pilots, mechanics, flight nurses and paramedics. More than 8,000 patients have been safely flown since LifeFlight's founding in 1998.

**LifeFlight is fully accredited by the Commission on Accreditation of Medical Transport Systems.**

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Dispatches is published by The LifeFlight Foundation for friends, supporters and members of the states Emergency Medical Services community. Comments and suggestions may be directed to the Foundation at Phone: 785-2288 Email: [info@lifeflightmaine.org](mailto:info@lifeflightmaine.org)

**[www.lifeflightmaine.org](http://www.lifeflightmaine.org)**