

DISPATCHES

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Serious accident sparks volunteerism and creativity for Lincoln first grader

The first thing you notice about first grader Sophie Nelson is the sparkle in her eye, hinting at the warm spirit and infectious energy that quickly becomes obvious after spending a few minutes with her. One cold January morning in 2012, Sophie's parents, Guy and Melissa, feared they would never see that sparkle again.

Sophie was critically injured when she was struck by a bus, rolling under the vehicle as it moved forward without seeing her. Her father saw her on the ground and ran out to help. An ambulance crew arrived quickly and, recognizing the seriousness of her injuries, made the call to request LifeFlight. They brought the unresponsive Sophie to the emergency department at Penobscot Valley Hospital in Lincoln where they would meet the helicopter. Physicians there assessed her injuries and prepared her to be transported to Eastern Maine Medical Center.

When the flight crew arrived, they found Sophie awake but suffering from multiple serious injuries. She had a broken femur, fractured skull, severe lacerations on her head, fractured neck,

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SAVE THE DATE

Upcoming Pediatric Patients on the Edge Conferences:

**Rockport
NOV 7**
(for paramedics)

**Brunswick
DEC 17**
(for doctors, nurses and paramedics)



With help from grant funding, LifeFlight is offering a series of intensive workshops around the state focusing on best practice for pediatric critical care. If you'd like to bring this training to your area, contact the Foundation at 207-230-7092.

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Emergency medical providers from southern Maine converge on Sanford for a day of pediatric training

LifeFlight recently hosted a Pediatric Patients on the Edge conference at the Roosevelt School in Sanford. The training was fourth in a series of statewide conferences aimed at providing customized, hands-on education to physicians, nurses and paramedics working in emergency medicine. Through this grant-funded program, LifeFlight has been able to teach best practices for pediatric critical care to nearly 100 emergency medical technicians, registered nurses and doctors throughout the state. Each participant has learned best practice procedures and received hands-on experience with our pediatric human patient simulators.

Providers in southern Maine were eager to attend, filling the course limit in just a few days. The 26 attendees' expertise ranged from EMT-Paramedic to physician. Dr. Eric Gunnoe and Dr. Kristine Pleacher from Maine Medical Center's Pediatric Intensive Care Unit led the morning lectures for attendees.

After lunch, the large group was broken into three groups that consisted of eight or nine people. Each group received hands-on experience with the human patient simulators.

In addition to the HPS, individuals received hands-on training in a skills class consisting

of appropriate medication dosages, IV administration using a drill and practice with ventilations for a pediatric airway using a lamb's lung and pediatric airway manikin.

LifeFlight is currently accepting registrations for two upcoming conferences. The first will be held on November 7 at the annual Atlantic Partners EMS conference in Rockport and



Flight nurse and educator Donna Bulger, demonstrates the proper technique for ventilating a pediatric patient.

is intended for paramedic-level providers. The second, which will focus on physicians and nurses, is scheduled for December 17 in Brunswick. For more information on these conferences or to register, visit www.lifeflightmaine.org or call the Foundation at 207-230-7092. 

Lincoln first grader

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fractured elbow and contusions on her lungs. She was in a lot of pain and had gone into shock. The crew gave her fluid and medication to treat the shock and pain, as well as the internal bleeding from her leg and abdomen. They continued the trauma resuscitation started by PVH physicians, constantly assessing Sophie's condition to ensure they were treating her appropriately during the short flight to EMMC.

Sophie spent 14 days at EMMC recuperating from her injuries and then returned home to continue the recovery process. She slowly regained her strength and with a strong determination to get back outside, she learned how to walk again.

Throughout her long recovery, Sophie's enthusiastic spirit and unique sense of humor were often evident. She greeted most visitors with comments like, "You should always listen to your mom and wear clean underwear because



Young Sophie Nelson poses in the helicopter with flight crew members Carl Zenk, Medic and Jay Fonseca, Nurse.

you never know when you will be hit by a bus!"

She received her last surgery about seven months after the accident, and was very excited that she could return to her friends and classmates at school in the fall of 2012. Understandably, the accident has left an impression on young Sophie. She has decided to start volunteering at EMMC, helping pediatric patients with arts and crafts activities. And, with her mother's help, she's writing a children's book called *The Broken Princess*, aimed at helping other kids get through tough times without feeling alone or different. 🛩️

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New Director of Development on board

There's a new face in the Foundation office in Camden. Kennebunkport native Amy Pierce Root has joined the staff in the role of Director of Development.

Amy has been involved as a volunteer with LifeFlight since 2003 when her critically ill baby daughter was flown to Children's Hospital in Boston. She intends to share her enthusiastic passion with community members and patients, and will bring an innovative perspective to fundraising.

She has spent the last 10 years as a policy analyst for the University of Southern Maine's Muskie School where she secured funding for public health promotion efforts throughout the state. Over the years, Amy worked with a team of public health professionals to bring in major funds for obesity prevention, including grants from United States Department of Agriculture and United States Center for Disease Control and Prevention.

Amy has served as a board member on state

and national organizations including the Maine Governor's Council for Physical Activity, the National Society for Physical Activity Practitioners in Public Health, and was the chairperson of the Maine Public Health Association's Obesity Policy Committee.



Amy Pierce Root, of Hope, joins the Foundation as the lead fundraiser.

Amy received a Master of Public Health from the University of Massachusetts, Amherst and a bachelor's degree from Springfield College.

Now living in Hope with her husband David and two young girls, Phoebe and Chloe, the Root family can often be found running and biking together all over Knox County. 🛩️

Volunteers by the hundreds come



Runners and walkers gather for a photo after the 5k fundraiser in Machias.



St. John Valley residents get up close and personal with the helicopter.

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LifeFlight's annual golf scramble turns a warm September day of competition into nearly \$24,000

Nearly 100 players and volunteers turned out for LifeFlight's 4th annual golf scramble, helping make it our biggest success yet. This year's tournament was held at Val Halla Golf Center in Cumberland and featured a visit from the helicopter, unseasonably warm sunshine and a lively auction.

The competition was fierce, but winning teams included Peoples Choice Credit Union (Luke Labbe, John Waugh, Andy Thayer and Chris Hammond), Lajoie Brothers (Greg Lajoie, Melanie Lajoie, Nate Lajoie and Jim Ward) and two teams led by LifeFlight crew members (Flight Nurse Heather Cady, Flight Medic Jeremy Nadeau, John Roy, John Grover, Flight Medic Mike Choate, Flight Medic Ryan Walsh, Mike Brissette and Tim Theriault).

Team members came from a variety of organizations and businesses including Vinalhaven Fire Department, Harpswell

Neck Fire and Rescue, Wiscasset Ambulance Service, Inland Hospital, TD Bank, Legacy Home Improvements and The Boulos Company.

And we couldn't have done it without the dedication of our amazing volunteers! A special thanks to Terri Smith, Isaac Greenlaw, Cynthia Bradford, Lori Metayer, Jackie Turcotte, Sandra Graul-McEachern, and the folks from Cumberland Fire Department.

For updated information on the 2013 tournament, email Melissa at marndt@lifeflightmaine.org.

MANY THANKS TO OUR MAJOR SPONSORS



Manchester couple again demonstrate their unwavering commitment to LifeFlight with a second successful fundraising event

Betsy and Julian Harwood of Manchester organized the second annual Talon Harwood Memorial Bike Ride to raise funds for LifeFlight. Their son, Talon, was LifeFlighted when he was just ten years old. Although he passed away a few days later, the Harwoods continue to be grateful for the care provided to Talon during his last days.

Although this year's fundraising event was wet and chilly, nearly 300 riders turned out for the event and the Harwoods raised nearly \$7,000 for LifeFlight. Plans are already underway for next year's event, which will be a larger, day-long event featuring activities for riders and non-riders alike. Visit www.lifeflightmaine.org often for details and updates.

out in support of LifeFlight



Julian and Betsy Harwood raise money for LifeFlight with their fellow motorcycle enthusiasts.

LifeFlight Appreciation Day in Fort Kent draws a large crowd and raises more than \$18,000

More than 300 residents from Fort Kent and the St. John Valley area came out to meet the LifeFlight crew, tour the helicopter and hear patient testimonials during the LifeFlight Appreciation event in September.

The event helped to raise more than \$18,000 from local businesses and residents. Fundraising is ongoing, with a goal of \$25,000, which will all go to support LifeFlight's mission of saving lives. If you'd like to join this effort, visit www.lifeflightmaine.org and click on donate or call the Foundation at 207-230-7092.

Folks at the event got to see just how important the service is to rural Maine as they watched a patient from Northern Maine Medical Center being loaded onto the helicopter for transport down to Bangor.

Trustee Jim Thibodeau, a Fort Kent resident, coordinated the event with help from fellow trustee Tim Crowley of Caribou. NMMC Internist Dr. Jim Harris talked about the

Machias resident raises more than \$3,000 among her fellow community members

In her first foray into fundraising, Machias resident Shelbie Ross organized a 5k race and raised more than \$3,000 to support LifeFlight's mission of saving lives. Shelbie was inspired to organize the event on the 9th anniversary of the day her brother was LifeFlighted from a car accident.

importance of LifeFlight's service to rural hospitals across Maine, and LifeFlight's Executive Director Tom Judge was on hand to answer questions about the organization's plan to purchase a fixed wing aircraft to transport hundreds of additional patients each year.

Crew members from the local ambulance service and fire department also met with community members and answered questions about the crucial role they play in St. John Valley's emergency medicine network.

"Had it not been for the availability of LifeFlight and the 21-minute flight to Bangor, I'm not sure what my brother's chances of survival would have been. The outcome could have been drastically different not only for my brother, but for many others in this small community," explains Shelbie.

Nearly 200 patients safely transported in August

That's 1 patient every 4 hours

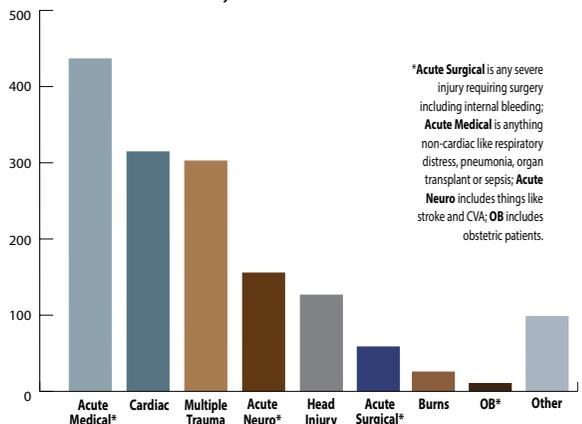
We cared for 190 critically ill people from 66 towns and 30 hospitals. As more doctors and emergency medical providers see the benefits of rapid transport and positive patient outcomes, more of them are making the choice to call LifeFlight.

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Reasons for Transport

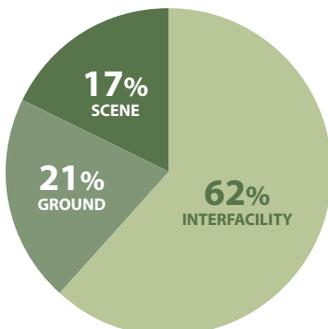
July 1 2011 - June 30 2012



*Acute Surgical is any severe injury requiring surgery including internal bleeding; Acute Medical is anything non-cardiac like respiratory distress, pneumonia, organ transplant or sepsis; Acute Neuro includes things like stroke and CVA; OB includes obstetric patients.

Types of Transports

July 1 2011 - June 30 2012



LifeFlight welcomes two new board members

Born, raised, and educated in Britain, **Dan Bookham** moved to Maine in 1995 and has lived and worked in Bar Harbor, Camden, Belfast and Rockland. Most recently, Dan was the executive director of the Penobscot Bay Regional Chamber of Commerce and now works in the Business Insurance Division of Allen Insurance & Financial of Camden.



In the community, Bookham serves on several boards including Penobscot Bay YMCA, United Mid-Coast Charities and the Camden Windjammer Festival. He is a Coastal Mountains Land Trust Fundraising Pathfinder and a member of the Advisory Board of the Camden Conference.

Dan is also a graduate of the inaugural 2006-2007 Midcoast Leadership Academy class at the University of Maine Hutchinson Center.

When not working, Bookham, his wife Jessie, daughter Scout and their two rambunctious dogs enjoy making the most of all the cultural and outdoor activities the Midcoast has to offer.

Michael R. Baumann, MD serves as Chief of Emergency Medicine at Maine Medical Center. In this role, Dr. Baumann oversees the state's largest emergency department, which treats 90,000 patients annually.

Before joining the Board of Trustees, he served as Associate Medical Director for LifeFlight where he provided medical expertise and oversight to the flight crew.



He is currently the President-Elect of the Maine Chapter of the American College of Emergency Physicians, a Professor of Emergency Medicine at Tufts University and has been widely

published in peer-reviewed journals.

Prior to joining MMC, Dr. Baumann was a flight physician and Medical Director of the Department of Emergency Medicine at the University of Pittsburgh Medical Center.

Mike lives in Falmouth with his wife Laura, a pediatrician, and their children Jake, Sarah and Lucy the Labradoodle. In their free time, they enjoy outdoor activities including hiking, kayaking and mountain biking. 🛶

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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 Camden at 13 Main Street, 2nd floor.

You can reach us at 207-230-7092 or info@lifeflightmaine.org.

Donations are tax-deductible.

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 and operated by Era Helicopters, 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 14,000 patients have been safely transported since LifeFlight's founding in 1998.

LifeFlight was fully re-accredited by the Commission on Accreditation of Medical Transport Systems in 2011.

CONTRIBUTORS

Melissa Arndt
*Marketing and Educational Outreach Manager
The LifeFlight Foundation*

Christine DeLorimier
*Development Assistant
The LifeFlight Foundation*

Brandy Dupper-Macy
*Outreach and Training Assistant
The LifeFlight Foundation*

Renee Johnson
*Development Associate
The LifeFlight Foundation*

Thomas Judge, CCT-P
*Executive Director
The LifeFlight Foundation*

Amy Root
*Director of Development
The LifeFlight Foundation*



THE LIFELIGHT FOUNDATION
PO Box 899 | Camden, ME 04843
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