

Spring/Summer 2022

# HealthMatters

A Journal of Wellness and Good Health Care

Your **Local** Health Care **Team**



**We're with you!**

MaineGeneral Health





# HealthMatters

HealthMatters is published as a service for the people of the Kennebec Valley region. Information is written by MaineGeneral's Marketing and Communications staff.

MaineGeneral Health  
35 Medical Center Parkway  
Augusta, ME 04330  
149 North Street  
Waterville, ME 04901

**Nicole O. McSweeney**  
Executive Editor

Chief Marketing &  
Philanthropy Officer

**Joy McKenna**  
Editor/Writer

**John D. Begin**  
Writer/Photographer

**Eliza Folsom**  
Writer/Photographer

**Adam Gurin**  
Art Director

**Sarah B. Webster**  
Writer/Photographer

**Board of Directors**

Scott Bullock  
Stephanie Calkins, MD  
Nate Cotnoir  
Greg Feero, MD  
Chuck Hays, President & CEO  
Joey Joseph  
Janice Kassman  
James LaLiberty, Esq., Chair  
Peter Mills  
Gary Peachey  
Ian Reight, MD  
Amy Rico, MD  
Scott Small  
Matthew Tardiff, Vice Chair

[public@mainegeneral.org](mailto:public@mainegeneral.org)

[www.mainegeneral.org](http://www.mainegeneral.org)

If you no longer wish to receive this publication, please email us. Information in HealthMatters comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

Models may be used in photos and illustrations.

Copyright ©2022

Printed on May 12, 2022



## In This Issue

<b>Dedicated To Our Community.....</b>	<b>4</b>
<b>Expert Care With a Simplified Approach.....</b>	<b>8</b>
<b>Advanced Surgical Care When You Need It.....</b>	<b>10</b>
<b>Don't Delay Getting the Care You Need.....</b>	<b>14</b>
<b>MaineGeneral is Committed to Your Care.....</b>	<b>16</b>
<b>Welcome New Medical Staff .....</b>	<b>17</b>

Thank you for  
considering supporting  
local care by giving  
online at  
[give.mainegeneral.org](http://give.mainegeneral.org).





## Message from the CEO

### What do MaineGeneral Health staff want you to know about them?

They want you to know that when we say “We’re with you,” it’s more than a tag line. From the people who greet you at the cancer center, to the nurse giving you care in your home, to the housekeeping and laundry staff, we care about making you comfortable and we want you to know that when you are in front of us, you’re the most important person.


We’re proud to provide the best care and service possible to you because we stand beside you at the grocery store, we celebrate with you at our kids’ games, and we grieve alongside you when you’ve lost a loved one.

During COVID-19, like you, we struggled when it came to kids having to stay home from school, having to mask indoors, and when we couldn’t share special moments with family and friends like we used to. We’ve all been pushed to our limits and wanted our lives back – to get COVID-19 under control. We want to thank you for sticking with us during this time.

In this issue of *HealthMatters*, you will learn more about the people who serve you. With more than 4,300 employees at MaineGeneral, it’s very likely you know a few of us already as your neighbors, parents of your child’s friends, or fellow joggers on the rail trail.

Like you, we want and expect the best care wherever we are in our community. And, in turn, we know you expect the best when you need us. We take great pride in what we do. We aim to make sure that you feel appreciated and cared for – every time.

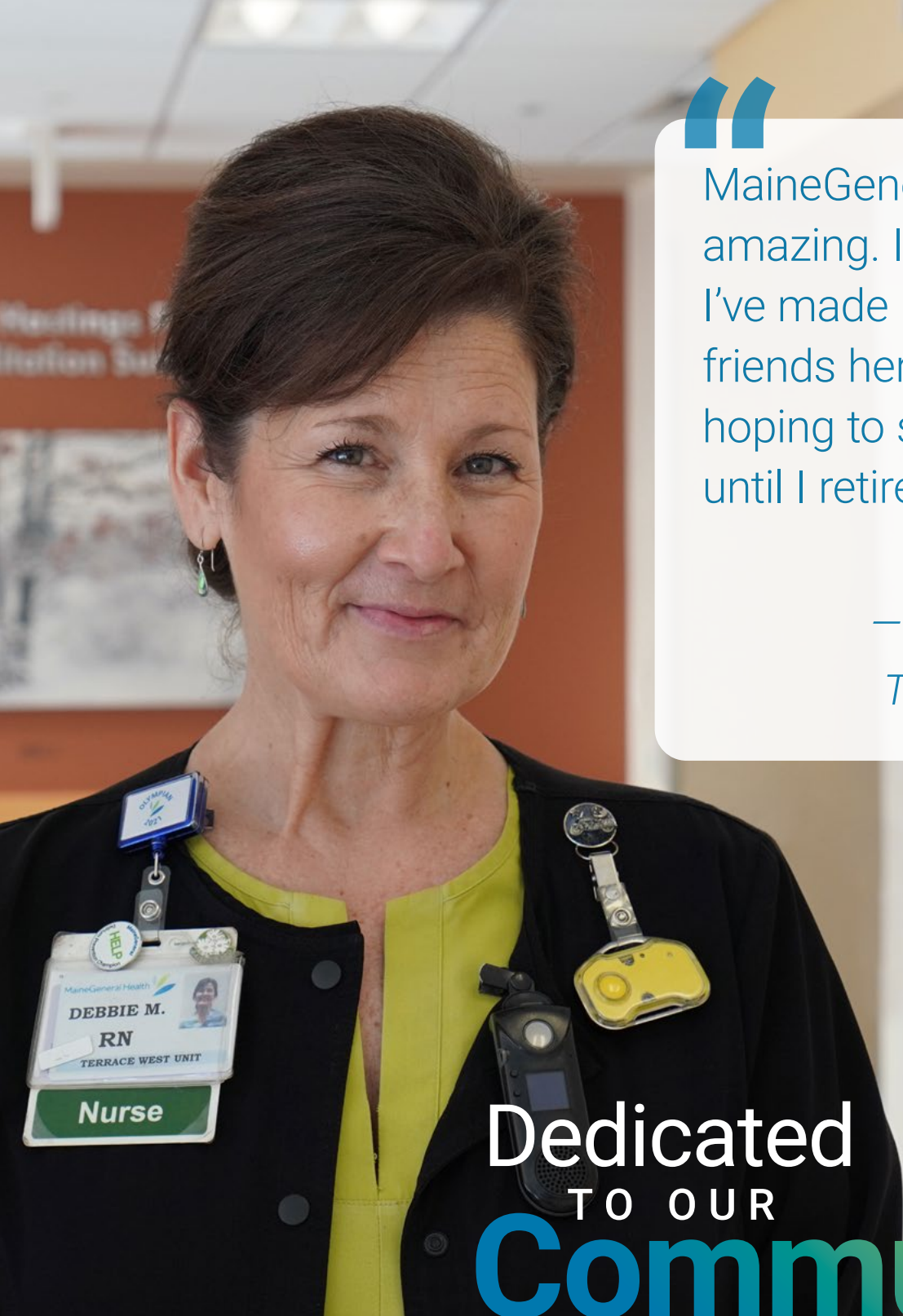
Thank you for the privilege of serving you.



Chuck Hays  
President & CEO  
MaineGeneral Health



**We offer great opportunities to make a difference. Join our team!**  
Go to [www.mainegeneral.org/careers](http://www.mainegeneral.org/careers).



“

MaineGeneral is amazing. It's diverse. I've made lifelong friends here and I'm hoping to stay here until I retire.

— Debbie, RN,  
Terrace West

Dedicated  
TO OUR  
Community



MaineGeneral Health staff are dedicated to their patients and proud of their work. Each employee has a story about why they came to work at MaineGeneral, and why they love working here. We want you to learn a little more about just a few of the more than 4,300 people who are here to serve you at MaineGeneral. Thank you for letting us care for you and your family.

I feel respected and valued for what I can bring to the organization.

— Alicia, Manager,  
Peter Alford Prevention &  
Healthy Living Center



We really get to make a difference in the lives of our patients and our community.

— Shana, Pharmacy Tech, Alford  
Center for Health (ACH)



I love all the people  
— the patients, staff,  
everybody here is  
absolutely wonderful.  
I couldn't ask for a better  
place to work.

— Jake, MA,  
Thayer Internal Medicine



Working at MaineGeneral  
has allowed me to take care  
of my neighbors, my friends and  
my family members.

— Renee, RN, Charge Nurse,  
2 West, ACH





When the patients get to go home that's a good thing for them, but it's sad for us because we have to see them leave.

— Marlene,  
Housekeeping Technician, ACH



I enjoy helping the community.

— Dylan, Cardiac Monitoring  
Specialist, ACH



I really love the aspect of this work that allows me to understand where people have come from and what their goals are, and then helping to support them with making changes.

— Sarah, LCSW,  
Edmund N. Ervin Pediatric Center



Seeing how everyone here has helped my son and taken care of him, I really just wanted to give back.

— Kristi, Lab Assistant, ACH



## A Community is Inspired

Meet nine-year-old Adele, who was inspired this past Valentine's Day to give back. Her father, Joel, has been under our cancer care since before Adele was born. She has grown up with the Harold Alfond Center for Cancer Care (HACCC) as an integral part of her life. Adele knows her dad goes every other week for treatment, and that he will need this care for the rest of his life. She is grateful the HACCC is here in her community, to care for her dad, and for so many like him. To show her thanks, she, with the help of her mom, Kelly, rallied her friends and family from near and far to raise \$4,360 in support of the HACCC. We are inspired and grateful. Support like Adele's makes our work possible. Please consider making your own contribution by visiting [give.maine-general.org](https://give.maine-general.org).

“

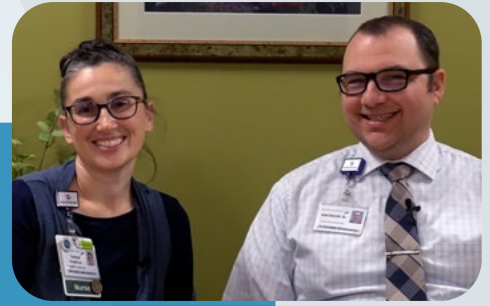
I love the team that I work with and the relationships I build with the people who I care for.

— Tarsha, Administrative Director,  
Skilled and Long Term Care

“

I have the opportunity to grow in an area of IT security that I really enjoy.

— Zach, Engineer,  
Information Security



“

MaineGeneral embodies a really large sense of community.

— Chelsea, PA, Express Care



“

I love the independence and being part of a team. I am surrounded by FAMILY. This is exactly the working environment in which people can develop and make a difference. Whenever a challenge or opportunity comes our way, we work together, adjust and jump right in. No day is ever the same. This diversity makes my work more enjoyable.

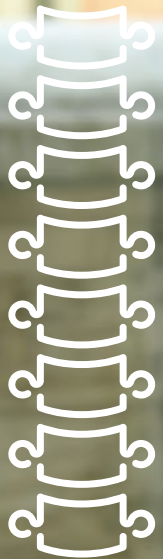
— Kelly,  
Finance & Accounting Coordinator,  
MaineGeneral HomeCare & Hospice



Adele and members of her dad's care team at the HACCC.



# Expert Care



with a

SIMPLIFIED  
**Approach**

Stephen Clark, MD,  
Spine Surgeon



Simplicity has a revered place in the medical practice of MaineGeneral Orthopaedics' spine surgeon Stephen Clark, MD.

Compared to the complicated spine trauma surgical cases he did during his residency and fellowship training in New York and Maryland, the simpler, more straightforward ones he now performs regularly at the Alford Center for Health (ACH) in Augusta often bring the greatest appreciation from his grateful patients.

And while he can perform more complex procedures if patients need them, Dr. Clark is perfectly fine with that.

"I consider much of what I do at MaineGeneral to be the simplest type of spine surgery, but often the biggest successes come from the smallest things you do to the spine," he says. "Some of my favorite wins are the older patients who have lived with horrible spinal degenerative disease for years and finally come in. After their surgery, they're getting rid of ambulatory aids like walkers and canes and doing things again, which is pretty neat."

Fellowship-trained in orthopaedic spine surgery and certified by the American Board of Orthopaedic Surgery, Dr. Clark specializes in the surgical treatment of spinal conditions in both the neck and back. He joined MaineGeneral Medical Center's active staff in January 2020. Before he pursued a career in medicine, however, he graduated from Maine Maritime Academy with a degree in marine systems engineering. The technical aspects of his undergraduate degree program offered a logical segue from engineering to his later profession.

He entered the University of Massachusetts Medical School in Worcester, MA, with an orthopaedics specialty in mind but refined his focus to spine surgery during his five-year orthopaedics

The most rewarding part of my job is when I have someone who's had a horrible problem for a long time and they come back for their two-week, post-surgery follow-up appointment and tell me the problem is gone. That's the victory lap, the really fun part.

— Stephen Clark, MD

residency at New York Medical College at Westchester Medical Center, Valhalla, NY, after positive interactions with mentoring professors. The challenging surgical cases he was involved in left him hooked.

"My residency had a very heavy focus on trauma and many cases were traumatic spine injuries. While I liked the general trauma cases, spine trauma had another element to it. Doing a reduction of a cervical spine dislocation on a patient in the middle of the night using weights and pulleys is not your typical day. It grabs your interest."

Following residency, Dr. Clark completed the University of Maryland Orthopaedic Spine Surgery Fellowship in Baltimore, which involved more specialized training in spine trauma cases.

"My training is very different from many of the cases I'm doing now, which are good, basic spine surgery," he says. "Back then, we'd see patients with broken spines after horrible accidents that we'd have to put back together with screws and rods. What I do now is take someone with a deficit and try to bring them back to normal, as compared to piecing someone back together. I think it's much more satisfying."

Dr. Clark, who sees patients at MaineGeneral Orthopaedics' offices in Augusta and Oakland each week in addition to performing surgery at the ACH, says his approach with patients is to be as minimally invasive as possible with their procedures.

"I like leaving as few marks on a patient's skeleton as I can, so if I can make a small hole and fix their problem, that's an ideal situation where patient needs and satisfaction intersect with surgical techniques," he says. "My focus now is optimizing how little I can do in terms of surgical intervention to make the patient better. I have a nice patient population and that's what they need."

"With some simple procedures, patients wake up and feel much better," he adds. "They come back for their two-week, post-surgery visit and tell me the problem is gone. That's the victory lap, the really fun part, and you can see from their facial expressions that they're more relaxed because they're not in pain anymore."

To learn more about MaineGeneral Orthopaedics' comprehensive array of expert orthopaedic services, visit [www.mainegeneral.org/ortho](http://www.mainegeneral.org/ortho).

Advanced



# Surgical Care

WHEN YOU NEED IT

When you or a loved one need surgery for a medical issue or condition – whether it's planned or unexpected, you want advanced surgical care, close to home, delivered by experienced, compassionate and trusted caregivers. You can find that at MaineGeneral Medical Center.

In this issue of *HealthMatters*, we profile three of our newest female surgeons who are part of an expert and comprehensive surgical services program.

## Bo Pang, DO

Bo Pang's affinity for the sciences began at an early age in Canada, where she grew up, and inspired her to earn a bachelor's degree in life sciences in Montreal, before later enrolling in medical school in Michigan. Once there, her first-ever anatomy class fascinated her and help chart her future path as an otolaryngologist.



"I was drawn to ENT (ear, nose & throat) because of its variety. You can do so many things in the field – plastic surgery, sinus surgery, cancer surgery, orthopaedics, hearing and vestibular systems – and you deal with three of the five senses, which is incredibly cool," she says. "ENT also involves a lot of quality-of-life surgery for patients. I had a recent patient, for example, who had a pretty complex ear surgery and was able to go from not being able to hear at all to almost perfect hearing afterward, so that was incredibly rewarding."

Dr. Pang joined MaineGeneral Ear, Nose & Throat in September and loves all aspects of the field. She does, however, have a special interest in sinus and nasal conditions, ear disease and

surgeries and facial cosmetic surgery procedures.

"I'm constantly looking at the patient from all angles and making sure I provide the best ENT care possible," she says.

While she sees all of her patients at the Alford Center for Health (ACH) and does most of her surgical cases there, especially more complex ones, she also does outpatient procedures at the Thayer Center for Health (TCH) every other week.

She and her partner have enjoyed their transition to Maine, a state in which they had not previously lived in or visited.

"We had heard Maine is gorgeous and we love the outdoors and all sorts of outdoor activities," she says, "so we decided to come here for the interview and then see what happened from there. We touched down at the Portland Jetport and immediately loved Maine."

Dr. Pang says she enjoys interacting with and helping a population of patients whose ages have ranged from a few months to 100 years.

"Even though ENT is a procedure-driven specialty, because the ages of our patient population range from pediatric to older adult, we can really take care of an individual throughout their life, which is pretty unique to our specialty," she says, adding that the best part of her job centers on the appointments she has with patients after their surgery.

"My favorite part is seeing how they've improved and knowing that I helped make it possible. It's extremely rewarding, especially for those who have had nasal surgery and can breathe normally again. In seeing my post-op patients, it's almost like seeing your own work of art."

Learn more about Dr. Pang at [www.mainegeneral.org/pang](http://www.mainegeneral.org/pang).





## Connie Lutkevich, MD, FACS

Before she moved to Maine from Hawaii last August to join MaineGeneral Surgery, Connie Lutkevich had never practiced in the Pine Tree State.

This doesn't mean that she's inexperienced at living and working in a cold-weather climate. In fact, the roadmap of her academic and professional careers includes alternating stops in places both cold and warm.

After earning undergraduate degrees in biology and psychology in Duluth, MN, she graduated from medical school in Minneapolis and left for a warmer locale – Johnson City, TN – for her surgical residency. After residency, she returned to Minnesota and practiced for nine years, then moved to Hawaii to practice for another eight before coming to Maine.

Dr. Lutkevich wanted to practice in the Northeast to be closer to her three children who live on the East Coast, including her two youngest who are midshipmen at the United States Naval Academy.

"I knew I wanted to be somewhere in New England and I found MaineGeneral Surgery to be the most diverse and interesting of the places I considered," she says. "I also wanted to do robotic cases so

being able to use that technology to benefit patients was very attractive."

What sealed the deal, she noted, was the welcoming nature of the Mainers she met when interviewing.

Dr. Lutkevich, who specializes in breast surgery, trauma surgery, robotic surgery and advanced laparoscopy, performs surgery at the Alford Center for Health (ACH) in Augusta, where she also sees patients, and the Thayer Center for Health (TCH) in Waterville. She also serves as medical director of MaineGeneral's Breast Care Program and is part of a committee working to get it recognized as a certified breast center through the Commission on Cancer.

"As a general surgeon, much of what I do is whatever comes in, but I like breast surgery and have done it for many years," she says, adding that the types of surgical cases she's done since joining the practice in August have been fairly balanced.

"I like variety and that's what's great about general surgery; the best days are ones where no two cases are the same."

Asked what inspired her to become a surgeon, she says it was a positive patient experience she had as a teen.

"I always liked medicine and thought I'd be a doctor," she says. "Then when I was 17, I had my appendix removed and I really liked my surgeon. That's when I truly decided my career."

Learn more about Dr. Lutkevich at [www.mainegeneral.org/lutkevich](http://www.mainegeneral.org/lutkevich).



## Zara Wahla, MD, MBBS



Zara Wahla learned to spell the word pediatrician when she was four years old because that's what she wanted to be when she grew up.

"From a cultural standpoint, medicine is sort of ingrained in us as the biggest way you can impact someone's life," she says.

Years later, right up to starting medical school in Pakistan, her plan was unchanged. It was only after her training began that she was drawn to the field of surgery and its ability to resolve medical issues with quick, positive results for patients.

"There aren't many things you can do in medicine where you see an immediate, direct outcome. What I love about surgery is that if someone has a problem, we have a concrete, tangible solution for it."

That love led her to specialize in general surgery and then complete fellowship training in minimally invasive surgery and bariatric surgery. She joined MaineGeneral Surgery in October and performs minimally invasive laparoscopy and robot-assisted surgical procedures at both the Alford Center for Health (ACH) and the Thayer Center for Health (TCH). She sees general surgery patients at the ACH and soon will start seeing bariatric surgery patients at the Ballard Center in Augusta, where the MaineGeneral Bariatric Center is located.

Since mid-March, her practice has had a concerted focus on providing bariatric surgical procedures – gastric sleeve and gastric bypass surgeries.

"I really enjoy general surgery, but bariatric surgery – or metabolic surgery – is what I'm most passionate about because it offers a surgical solution to a medical problem. The results after surgery are instant in terms of getting people off their diabetic medications and seeing their hypertension and

sleep apnea go away. I still find it astonishing that we can do this through a surgical procedure."

Dr. Wahla sees great potential for growing the bariatric surgery practice in collaboration with Dr. Huy Trieu, who has been the sole bariatric surgeon at MaineGeneral for many years.

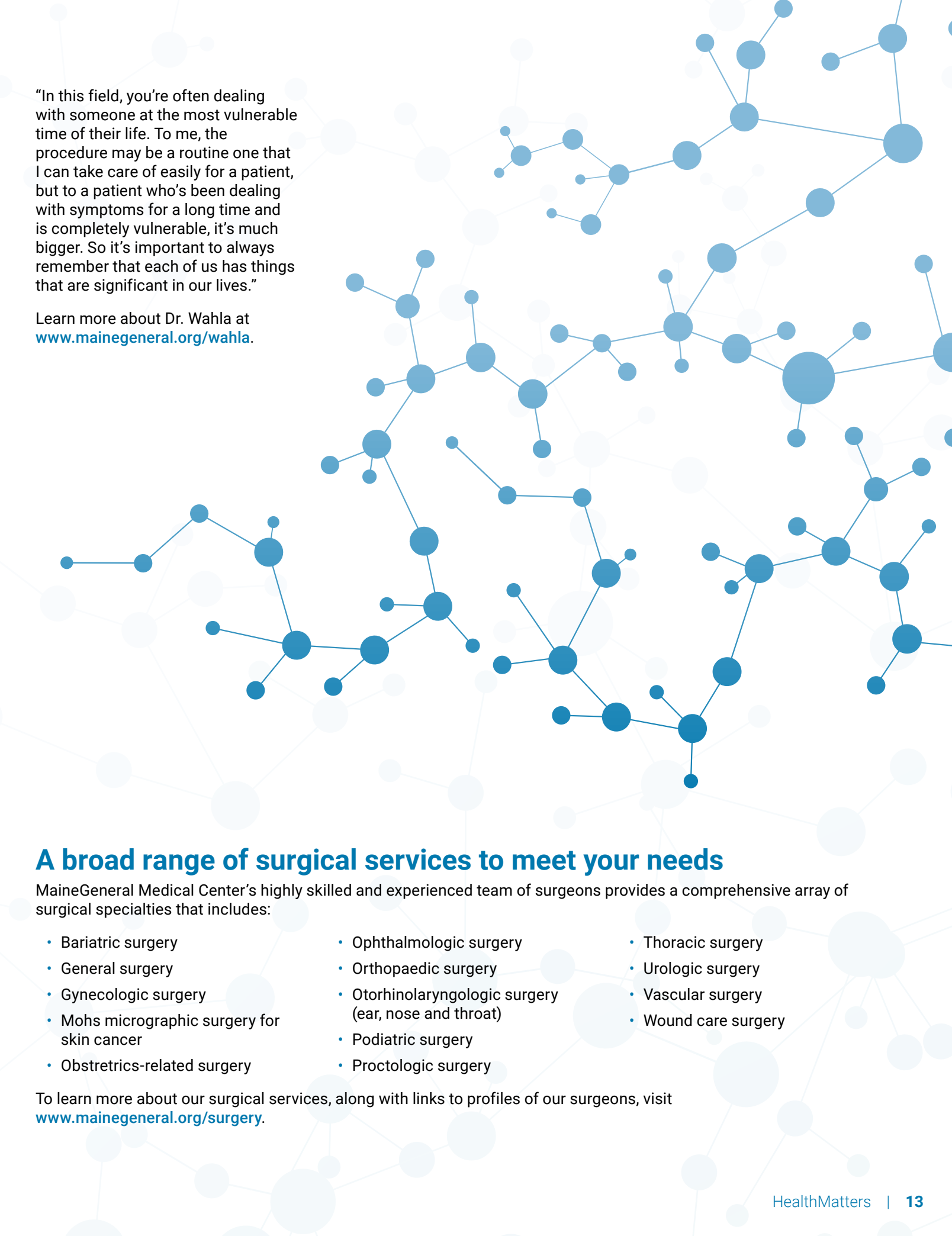
"I'm very young in my career, so I'm really focused on capturing patients who may be candidates for metabolic surgery. We have the capability, availability and resources here to serve them."

Whether she's providing care to bariatric or general surgery patients, Dr. Wahla is motivated by her memories of those she saw and cared for as a medical school student.

"There was a lot of terrorism and violence in Pakistan at the time, so I saw the direct effect surgery could have for people. This influenced me in many ways and I became sounder clinically. That experience also drives my empathy."







"In this field, you're often dealing with someone at the most vulnerable time of their life. To me, the procedure may be a routine one that I can take care of easily for a patient, but to a patient who's been dealing with symptoms for a long time and is completely vulnerable, it's much bigger. So it's important to always remember that each of us has things that are significant in our lives."

Learn more about Dr. Wahla at [www.maine-general.org/wahla](http://www.maine-general.org/wahla).

## A broad range of surgical services to meet your needs

MaineGeneral Medical Center's highly skilled and experienced team of surgeons provides a comprehensive array of surgical specialties that includes:

- Bariatric surgery
- General surgery
- Gynecologic surgery
- Mohs micrographic surgery for skin cancer
- Obstetrics-related surgery
- Ophthalmologic surgery
- Orthopaedic surgery
- Otorhinolaryngologic surgery (ear, nose and throat)
- Podiatric surgery
- Proctologic surgery
- Thoracic surgery
- Urologic surgery
- Vascular surgery
- Wound care surgery

To learn more about our surgical services, along with links to profiles of our surgeons, visit [www.maine-general.org/surgery](http://www.maine-general.org/surgery).



## Alfond Center for Health

# Don't Delay

## GETTING THE CARE

# You Need



Getting good health care is about more than having access to services when you're sick. We know that during the COVID-19 pandemic, many of our patients postponed their routine health care. We are concerned that these delays over the last two years may have underlying impacts on your health.

One of the best things you can do to stay healthy is to make sure you're receiving regular care, including annual wellness checks and appropriate health screenings. This is especially true if you have chronic conditions such as diabetes. Getting your A1c checked regularly is important to managing the condition.

Annual wellness visits to your primary care practice and getting screenings can help prevent certain diseases and health conditions. Catching problems early, when most treatable, can save lives.

At your annual wellness visit, your primary care doctor works with you to understand what is important to you. Together, you'll build a plan to help you stay as healthy as possible, including when to have certain health screenings and immunizations.

Don't forget the other members of your family, like your children or aging parent. At each stage of life, annual visits are important.

Additionally, most prevention services are covered by health insurance plans so that you pay small or no copays.

MaineGeneral is here to provide all these services to you, safely. Our staff has your health and safety as our top priority.

Whether your mammogram or prostate screening is overdue, you can't remember when you had your

last tetanus shot, or you just haven't checked in at your primary care practice for a while, make the call and get your annual visit booked.

And when you do have an ache or pain that isn't going away and has you concerned, call your primary care office to schedule an appointment (for all medical emergencies, call 911).

If your primary care office can't fit you in as soon as you'd like, MaineGeneral Express Care may be a good option.

Learn more about where you can find urgent care on the following page.



## Our Primary Care Locations

### Augusta Family Medicine

15 Enterprise Drive  
Augusta, ME 04330  
207-621-8800

### Elmwood Primary Care

211 Main Street  
Waterville, ME 04901  
207-877-3400

### Family Medicine Institute

15 East Chestnut Street  
Augusta, ME 04330  
207-626-1561

### Four Seasons Family Practice

4 Sheridan Drive  
Fairfield, ME 04937  
207-453-3100

### Gardiner Family Medicine

5 Central Maine Crossing  
Gardiner, ME 04345  
207-582-6608

### Kennebec Pediatrics

Ballard Center  
6 East Chestnut Street  
Augusta, ME 04330  
207-623-2977

### Maine Dartmouth Family Practice

Thayer Center for Health  
149 North Street  
Waterville, ME 04901  
207-861-5000

### Maine Dartmouth Geriatric Medicine

Ballard Center  
6 East Chestnut Street, LL1  
Augusta, ME 04330  
207-626-7400

### MaineGeneral Internal Medicine

211 Main Street  
Waterville, ME 04901  
207-877-3470

### Oakland Family Medicine

9 Pleasant Street  
Oakland, ME 04963  
207-465-4000

### Thayer Internal Medicine

Thayer Center for Health  
149 North Street  
Waterville, ME 04901  
207-873-1098

### Winthrop Family Medicine

16 Commerce Plaza, Suite 3A  
Winthrop, ME 04364  
207-377-2111

### Winthrop Pediatric & Adolescent Medicine

16 Commerce Plaza  
Winthrop, ME 04364  
207-377-2114

# Make the smart choice for you.

When your primary care provider is not available, you have two choices:



OR



## MaineGeneral Express Care for non-life-threatening symptoms

### Including:

- Minor injuries, illnesses, aches or pains
- Cuts, rashes and other skin problems
- Colds, flu, fever, seasonal allergies
- Sprains and strains
- Infections

### Costs:

- Similar to physician practice costs

### Hours:

- Open 7 days a week
- Monday - Friday:  
8 a.m. - 7:30 p.m.
- Saturday, Sunday & holidays:  
8 a.m. - 5 p.m.
- Closed Thanksgiving & Christmas

### Locations:

- 15 Enterprise Drive  
Augusta, ME 04330  
207-621-8880
- 5 Central Maine Crossing  
Gardiner, ME 04345  
207-588-3530
- 211 Main Street  
Waterville, ME 04901  
207-877-3450
- 16 Commerce Plaza, Suite 3A  
Winthrop, ME 04364  
207-377-1450

### eCare:

- From your smartphone or computer
- Affordable: \$49 a visit
- Start at [ecare.mainegeneral.org](https://ecare.mainegeneral.org)

## Emergency Department

for severe or life-threatening symptoms

### Including:

- A hard time breathing
- Sudden or severe pain
- Chest pain
- Sudden weakness or trouble speaking
- Bleeding that won't stop
- Head injury with loss of consciousness
- Severe headache
- Thoughts of harming yourself or others

### Costs:

- Higher costs than MaineGeneral Express Care
- Co-payments can vary widely

### Hours:

- Open 24/7

### Locations:

- Alford Center for Health  
35 Medical Center Parkway  
Augusta, ME 04330
- Thayer Center for Health  
149 North Street  
Waterville, ME 04901

## Update: Single Electronic Medical Record

When you have an appointment or service at MaineGeneral, you expect that your records are up to date and that MaineGeneral medical staff have all your health information at their fingertips.

We will strengthen this commitment over the next few months.

MaineGeneral outpatient practices, including all primary care practices, are in the process of moving to the same software system used in our inpatient medical center areas. Express Care will go live with the software program May 23; and primary care practices on June 6. Specialty care practices will adopt the system throughout the rest of the calendar year.

Along with other improvements, your information will be seamlessly available to your MaineGeneral medical and clinical support staff. This means better service for you.

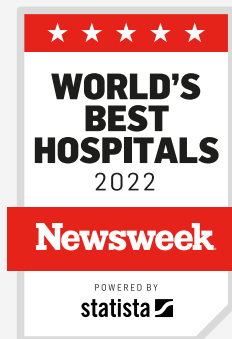
While we are making these changes, you may find at your next appointment that check-in or rooming may take just a little longer as staff learn the new system. Communication with medical staff through the FollowMyHealth® patient portal may also take a bit longer than usual.

Thank you in advance for your patience!

# MaineGeneral is Committed TO YOUR Care

MaineGeneral Medical Center is honored to receive top quality and patient satisfaction awards this year, including the *Newsweek* World's Best Hospitals awards list 2022, the Leapfrog A safety grade and two Women's Choice Awards.

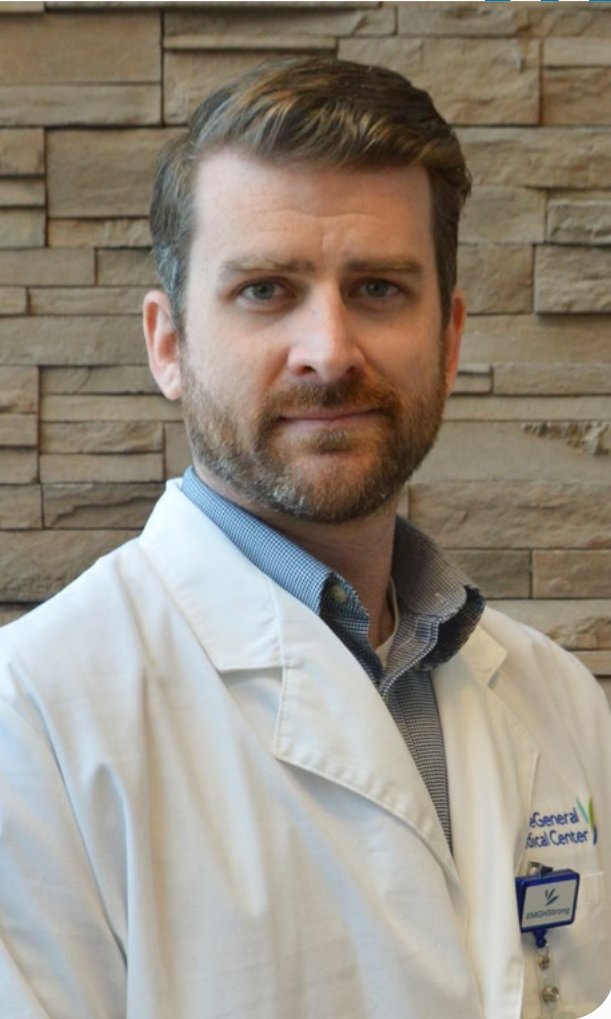
"All MaineGeneral employees strive to give patients the best quality and experience," says Chuck Hays, President & CEO of MaineGeneral Health. "We know when you need quality health care, you want to receive it right here in the Kennebec Valley. We will continue striving to provide the highest level of care, safety and experience."







# Medical Staff



Meet Matthew Carpenter, MD, an internal medicine-trained physician who treats admitted patients at the Alford Center for Health as part of the MaineGeneral Hospitalist Service medical staff. He joined MaineGeneral in August 2021, but he is no stranger to Maine.

Dr. Carpenter grew up in Oxford and currently lives in Freeport. He earned a bachelor's degree from St. Lawrence University in Canton, NY in 2010, completed medical school at University of Medicine & Health Sciences in Basseterre, St. Kitts in 2018, and his residency at East Tennessee State University in Johnson City, TN in 2021.

"I'm very excited to begin my hospitalist career with MaineGeneral and look forward to serving the people of Maine," he says.

Dr. Carpenter enjoys living in Maine because of its "four full seasons, all the great culture and people, and being close to family." Outside of work, he likes woodworking, scuba, exploring the outdoors and spending time with family and friends.

To learn more about MaineGeneral's range of services, visit [www.mainegeneral.org](http://www.mainegeneral.org).

More than 65 full- and part-time medical staff have joined MaineGeneral in the past year, and we are pleased to welcome them to our team and community. Their knowledge, skills and experience add to the depth and breadth of care and service we are proud to provide.

## Anesthesiology

Virginia Weiss, MD  
*Kennebec Anesthesia Associates*

## Cardiology

Kunal Tandon, MD  
*MaineHealth Cardiology*

## Ear, Nose & Throat

Bo Pang, DO  
*MaineGeneral Ear, Nose & Throat*

## Emergency Medicine

John Cooper III, DO (fellow)  
Nicholas Grillo, MD  
Laura Gurenlian, DO (fellow)  
Mary Ledoux, MD  
Jacob Marceau, DO  
*Alford Center for Health (ACH) and  
Thayer Center for Health (TCH)*

## Family Medicine

Katherine McKay, MD  
*Augusta Family Medicine*

Reuben Baker, MD (faculty)  
Ellen Richardson, MD (faculty)  
Kathryn Yung, MD (faculty)  
*Maine-Dartmouth Family Medicine  
Residency*

Lara Ilyas, MD  
*Winthrop Family Medicine*

## Hospitalists

Matthew Carpenter, MD  
Jonathan Rud, DO  
Robert Tavares, DO  
*Adult Hospitalist Service*

## Kidney Care

Gary DiPerna, DO  
*MaineGeneral Kidney Care*

## Neuromuscular Medicine

Catherine Batz, DO (fellow)  
Max Schaefer, DO (fellow)  
Tsung-Yun Tzeng, DO (fellow)  
*Maine Dartmouth Collaborative Care Center*

## Obstetrics/Gynecology

Morgan Abbey, MD  
Michelle Montgomery, DO  
*MaineGeneral Obstetrics & Gynecology*

## Occupational Medicine

Aren Giske, MD  
*Workplace Health*

## Ophthalmology

Sirus Hamzavi, MD  
*MaineGeneral Eye Center*

## Orthopaedics

Ian Patten, MD  
*MaineGeneral Orthopaedics*

## Pathology

Nadia Nashed, DO  
*Pathology Service*

## Psychiatry

Matthew Brown, DO  
Saffron Homayoun Mirza, MD  
*Edmund N. Ervin Pediatric Center*

Jessa Derania, DO  
Samuel Polek, MD  
*MaineGeneral Psychiatry*

## Pulmonary/Critical Care

Elita DeFeo, DO  
*MaineGeneral Pulmonary*

## Sports Medicine

Jessica Lucas, DO (fellow)  
Mara Nydes, MD (fellow)  
*Maine Dartmouth Sports Medicine Fellowship Program*

## Surgery

Connie Lutkevich, MD  
Zara Wahla, MD  
*MaineGeneral Surgery*



I love getting to work and serve my community knowing that I am helping my neighbors through the major milestones from childbirth to menopause. I look forward to continuing to build relationships with my patients, believing strongly in delivering compassionate, high-quality care.

— Morgan Abbey, MD,  
*MaineGeneral Obstetrics & Gynecology*



MaineGeneral values the importance of primary care and allows me the privilege to serve the people of this community to promote healthy lives.

— Genesis Juat, MD, *Oakland Family Medicine*



## Professional Services Staff Appointments

Sarah Barbay, PA-C  
*MaineGeneral Surgery*

Catherine Blanchard, PA-C  
*MaineGeneral Orthopaedics*

Ann Boss, PA-C  
*Harold Alfond Center for Cancer Care*

Holly Bosse, FNP-C  
*MaineGeneral Express Care*

Lynne Bowden, FNP-C  
*MaineGeneral Gastroenterology*



Chelsea Brown, PA-C  
*MaineGeneral Express Care*

Sherry Bunker, CRNA  
*Kennebec Anesthesia Associates*

Elizabeth Schrader Chesnut,  
AGPCNP-BC, DNP  
*Maine-Dartmouth Family Medicine  
Residency*

April Damboise, FNP-C  
*MaineGeneral Physiatry*

G. Ryan Daniels, CRNA  
*Kennebec Anesthesia Associates*

Kerri Daunis, CRNA  
*Kennebec Anesthesia Associates*

Jennifer Dissell, FNP-C  
*MaineGeneral Express Care*

Danielle Fabian, FNP-C  
*MaineGeneral Allergy & Asthma*

Amie Fagan, PMHNP-BC  
*Thayer Internal Medicine*

Hannah Fitzgerald, PMHNP-BC  
*Behavioral Health Services*

Kristin Frend, FNP-C  
*Maine-Dartmouth Family Medicine  
Residency*

Emily Gendreau, FNP-C  
*Workplace Health*

Soleil Gibbs, CRNA  
*Kennebec Anesthesia Associates*

Joshua Hughes, PA-C  
*MaineGeneral Surgery*

Katelyn Isaac, AGCNP  
*Harold Alfond Center for Cancer Care*

Keisha Joyce, CRNA  
*Kennebec Anesthesia Associates*

Catherine L'Heureux, CRNA  
*Kennebec Anesthesia Associates*

CeCelia Mailhot, FNP-C  
*Augusta Family Medicine*

Andrea Maloney, NP  
*MaineGeneral Express Care*

Stephanie Mergenthaler, FNP-C  
*MaineGeneral Express Care*

Emanuel Nistran, CRNA  
*Kennebec Anesthesia Associates*

Renee Slaney, NP  
*MaineGeneral Orthopaedics  
(Podiatry)*

Christina Solak, FNP-C  
*Gardiner Family Medicine*

Carlton Spotswood, PMHNP-C  
*Winthrop Family Medicine*



It has been wonderful to have the opportunity to meet and connect with people from the greater Augusta area. I look forward to continuing developing relationships and supporting people on their health and wellness journeys.

— CeCelia Mailhot, FNP-C, Augusta Family Medicine

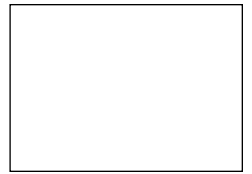


Rita "Maggie" Pakulski, PMHNP-C  
*Behavioral Health*

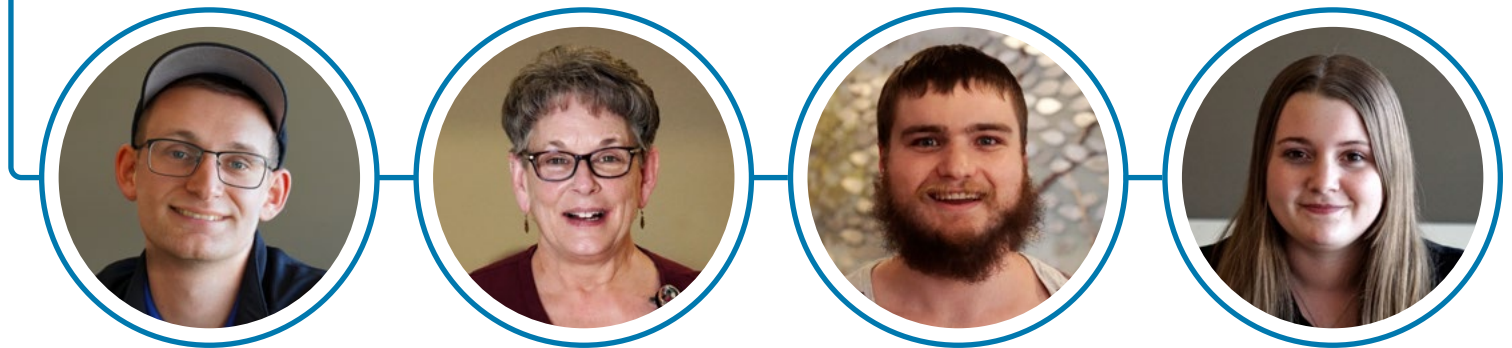
Brittany Peckham, FNP-C  
*MaineGeneral Express Care*

Adrian Rice, PA-C  
*Maine-Dartmouth Family Practice*

Desirae Serrano, NP  
*Elmwood Primary Care*



# Build YOUR Career at MaineGeneral



At MaineGeneral, “We’re with you!” isn’t just a tag line. When you join MaineGeneral as an employee, you become family.

Whether you’re starting your career and want to get your foot in the door in health care, or have experience, MaineGeneral is here to support your career goals.

## Here are just some of the kinds of jobs available right now at MaineGeneral:

- Nurses and CNAs
- Housekeeping
- Food Services and Cooks
- Laundry
- Information Technology
- Finance and Accounting
- Medical Assistants
- Concierge Services
- Office Assistants
- Security



Learn more about growing your career at MaineGeneral  
at [www.mainegeneral.org/careers](http://www.mainegeneral.org/careers).