



Northern Light  
Health<sup>SM</sup>

Business to Business Zoom Conference Series

## *Collectively improve quality of life across Maine*

### Topics:

- Health in the headlines
- Social Determinants of Health
  - What are they
  - How do they impact health
  - What to look for / notice
- Healthcare and community partnerships to improve health





Karen Hawkes, MS  
VP of Operations  
Northern Light  
Beacon Health



Jessica Shaffer  
Director, Community Health  
Partnerships  
Community Health and Grants  
Northern Light Health



Elizabeth True, Ed.D.  
VP of Student Affairs,  
Eastern Maine  
Community College



Ryan Albert  
SVP & Director,  
Human Resources and  
Employee Development  
Bangor Savings Bank



Jim Jarvis, MD, FAFP  
Senior Physician  
Executive , Incident  
Command, Northern  
Light Health, Director,  
Clinical Education,  
Northern Light EMMC



Jaime Rogers, LCSW, MBA  
Director, Community Care  
and Behavioral Health  
Northern Light Health



Jana Heath  
Wellness Program  
Manager,  
The Jackson Laboratory

## Legal Disclosure:

The Coronavirus pandemic is an ongoing, continuously evolving situation.

Northern Light Health encourages everyone to follow federal and state governmental guidance and mandates.

Northern Light Health does not know the particulars of your situation, so the information presented today is general in nature and is based upon Northern Light Health's own experience, which may or may not apply in your specific situation, and which may be revised as we learn more about the Coronavirus.

Accordingly, following any guidance Northern Light Health presents today in no way guarantees that you, your employees and/or your customers and clients will not contract or spread the Coronavirus.

# Ask us questions – give us feedback – this hour is for you

- Please use the Q and A function to ask your questions at anytime.

Page 1 of 1

1. I am able to apply the tools and guidance provided today to support my workplace and/or employees.\*
  - Strongly Agree
  - Agree
  - Neutral
  - Disagree
  - Strongly Disagree
2. The information provided today was easy to understand and relevant.\*
  - Strongly Agree
  - Agree
  - Neutral
  - Disagree
  - Strongly Disagree
3. How likely are you to recommend the Business to Business Zoom Conference series to a fellow colleague and / or Maine employer?\*
- Very Likely
- Likely
- Neutral
- Unlikely
- Very Unlikely
4. How likely are you to attend one of our Business to Business Zoom Conferences in the future?\*
- Very Likely
- Likely
- Neutral
- Unlikely
- Very Unlikely
5. What topic(s) would you like us to focus on in the future?

Done

# Health in the headlines

Dr. Jarvis, MD, FAAFP

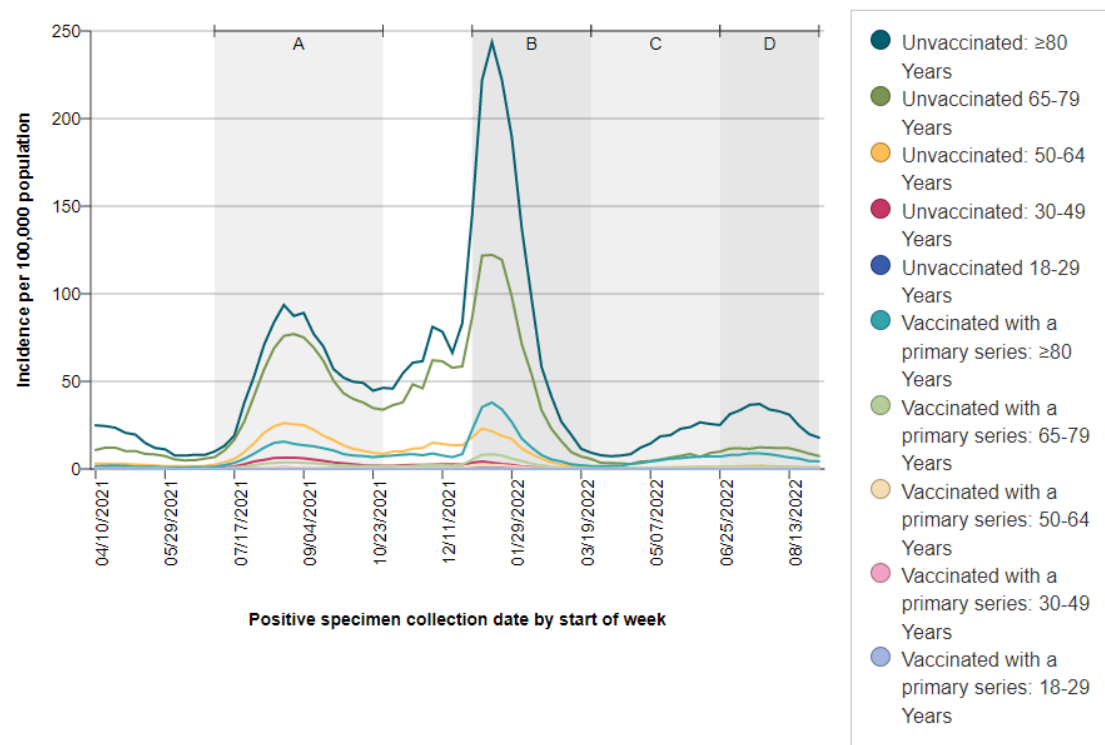
Senior Physician Executive , Incident Command, Northern Light Health  
Director, Clinical Education, Northern Light Eastern Maine Medical Center

# COVID-19 Updates

- Hospitalizations across Maine have been stable or reduced over the past three weeks
- Positivity Rate has increased over the past three weeks in many parts of the state
- There are no longer any approved monoclonal antibodies for the treatment of COVID-19
- Paxlovid remains the most effective treatment for mild to moderate disease.
- Despite media headlines, risk of dying from COVID-19 is higher in unvaccinated individuals

# Mortality by Age of Vaccinate vs Unvaccinated Individuals

Figure 9. COVID-19–Related Mortality Rates among Adults by Vaccination Status, Age Group and Predominant Variant Period, 30 U.S. Jurisdictions, April 4, 2021–September 03, 2022

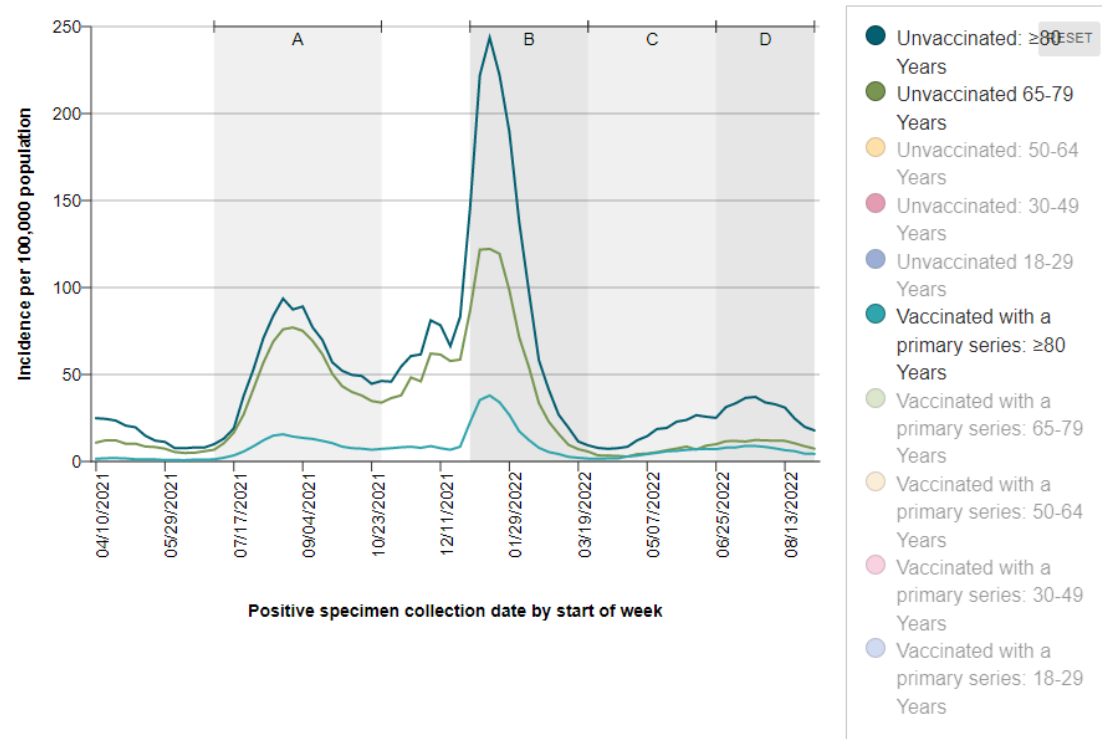


**Predominant Variant Period**

- (A) Delta
- (B) Early Omicron
- (C) Later Omicron
- (D) Omicron BA.5

# Mortality by Age of Vaccinate vs Unvaccinated Individuals

Figure 9. COVID-19–Related Mortality Rates among Adults by Vaccination Status, Age Group and Predominant Variant Period, 30 U.S. Jurisdictions, April 4, 2021–September 03, 2022



**Predominant Variant Period**

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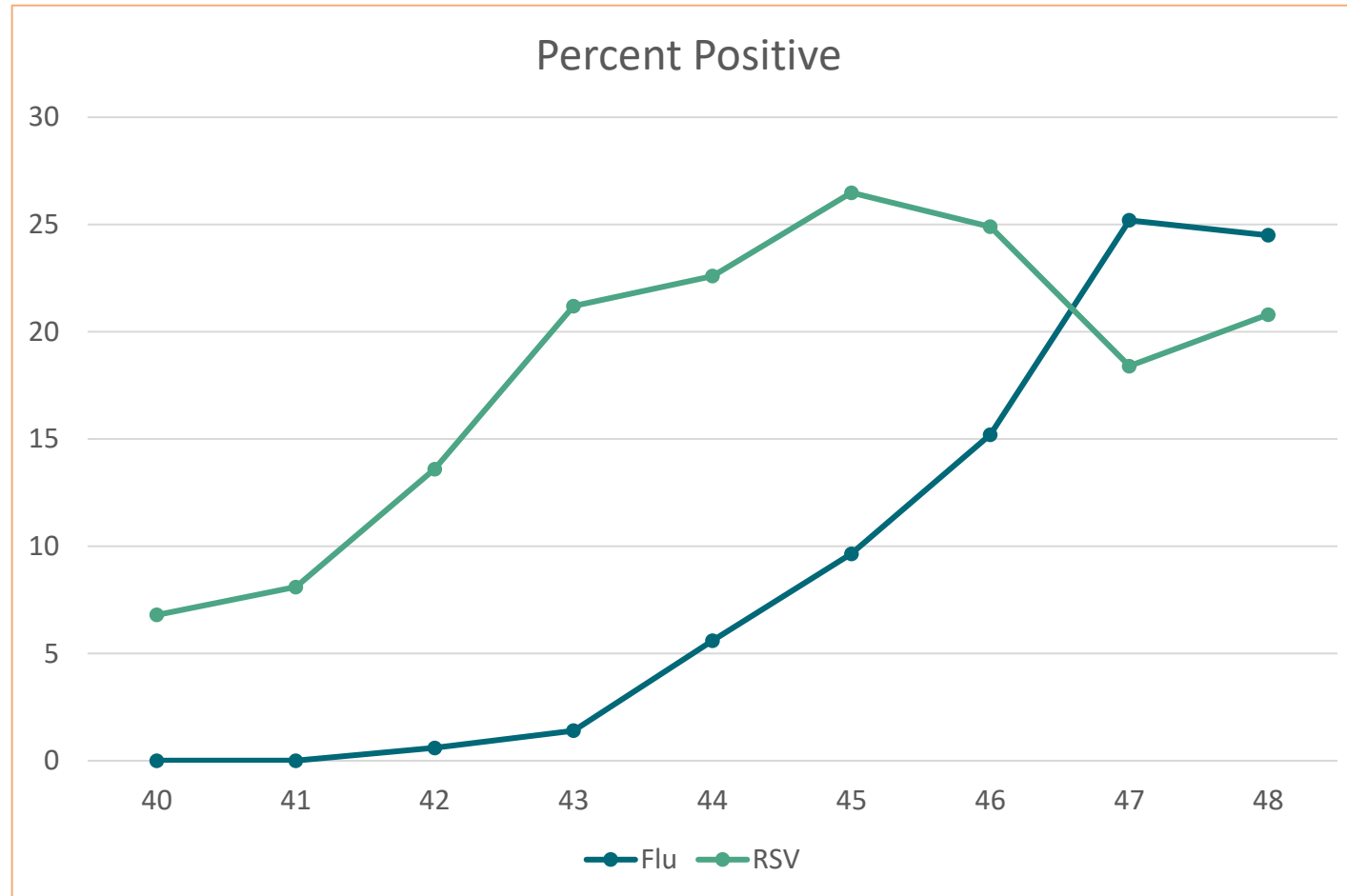
# COVID Update

So why are more vaccinated people dying from COVID-19 than unvaccinated?

There are more people who have had at least some level of vaccination

- 80% of US population has received at least one dose of a COVID Vaccine
- 95% of US population over age 65 has received at least one dose
- 32% of US population over the age of 65 has received the bivalent booster
- Only 12.7% of entire population has received the bivalent booster

# Other Respiratory Viruses in Maine



## Northern Light Laboratory Data

# So.....what should we do?



- Wash your hands
- Stay home if you are ill
- Get vaccinated against influenza and COVID-19

# Easy access to schedule your vaccine, booster, or Flu shot

[COVID-19 \(Coronavirus\) Portal - Public Vaccination \(northernlighthealth.org\)](https://www.northernlighthealth.org/COVID-19)

 Northern Light Health.

## Public Vaccination

### COVID-19 Vaccination and Booster Eligibility Updates

Booster dose appointments for Pfizer, Moderna, and Johnson & Johnson COVID-19 vaccines are now available for people 18 and over who meet criteria.

People 5 years or older are currently eligible to schedule a COVID-19 vaccination.

### Important:

- Community members under age 18 who would like to be vaccinated, must have a parent or guardian complete and initial the online scheduling form on their behalf.
- In addition to scheduling a vaccine using the online process, patients under 18 are required to bring a completed consent to treat forms signed by their parent or guardian to their appointment.
- Patients under the age of 16 must be accompanied by a parent or guardian to their vaccination.
- If you have any questions please call: **207-204-8551\***

*\*Long distance or carrier fees may apply.*

### Scheduling your vaccination:

- If you cannot find an appointment that works for you at a Northern Light Health location, please visit the [state COVID-19 vaccination sites list](#).
- Please print your appointment confirmation and bring it with you. Vaccination candidates will receive an email confirming their vaccination location

Why healthcare systems, community organizations,  
and business leaders need to work together to  
support our communities.

Jessica Shaffer  
Director, Community Health Partnerships  
Community Health and Grants  
Northern Light Health

# Understanding How and Where We Can Work Together

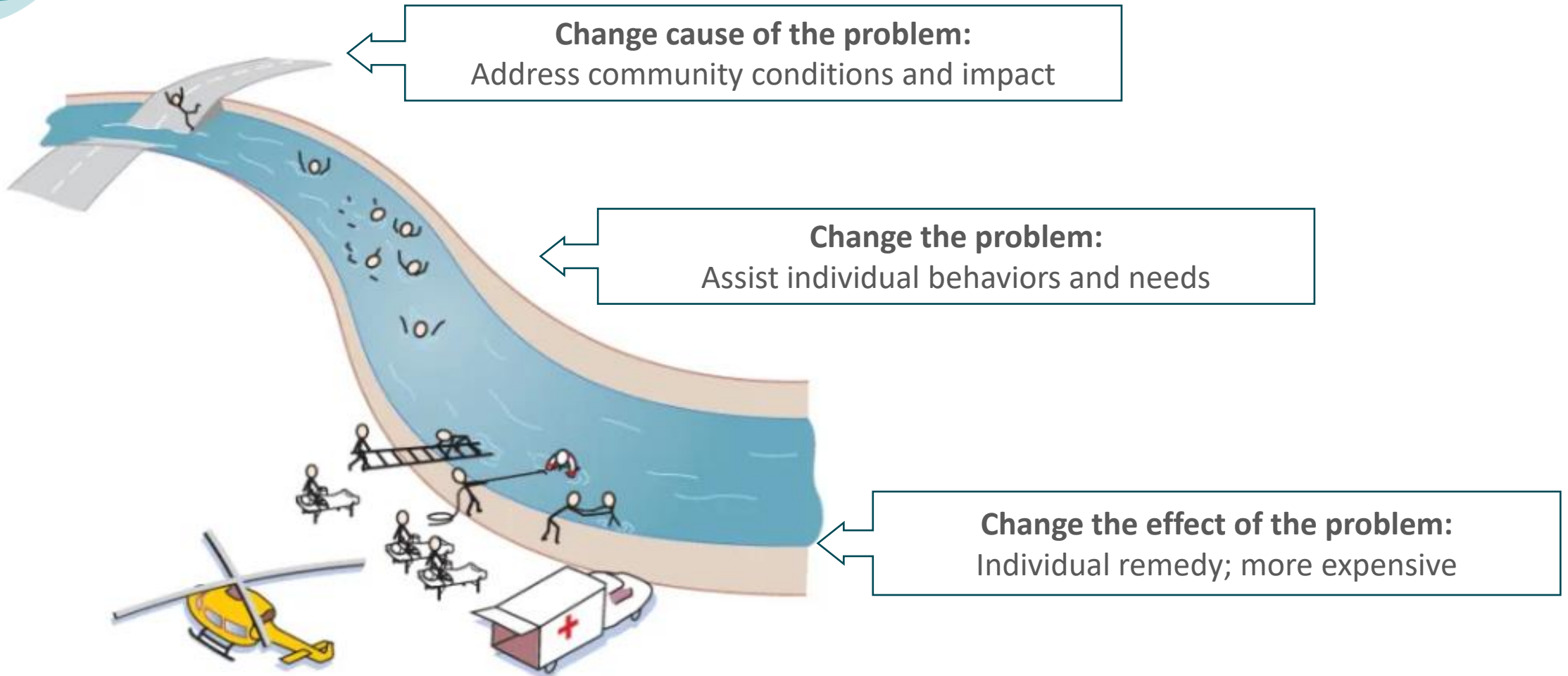


Image source: Basicmedical Key

# We All Have a Role in Addressing SDOH

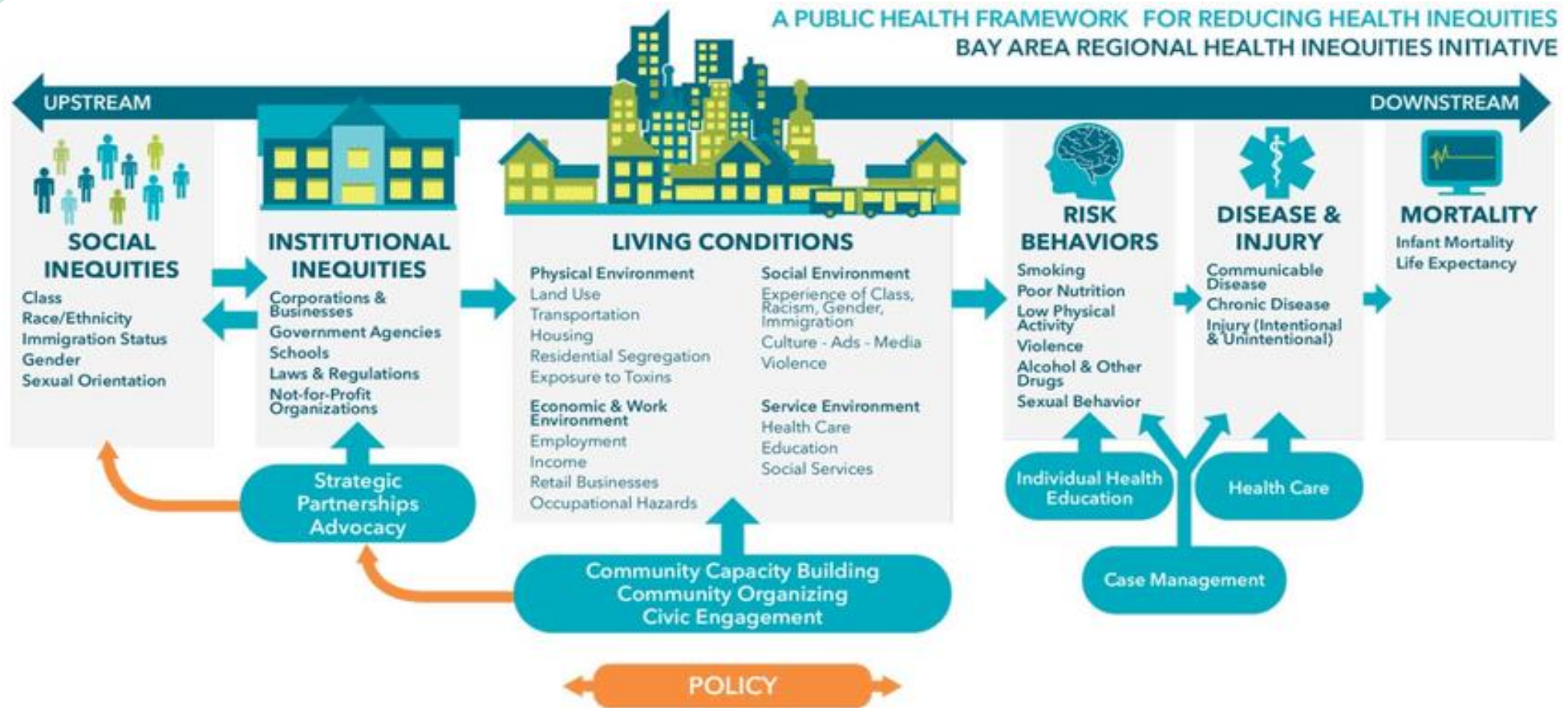


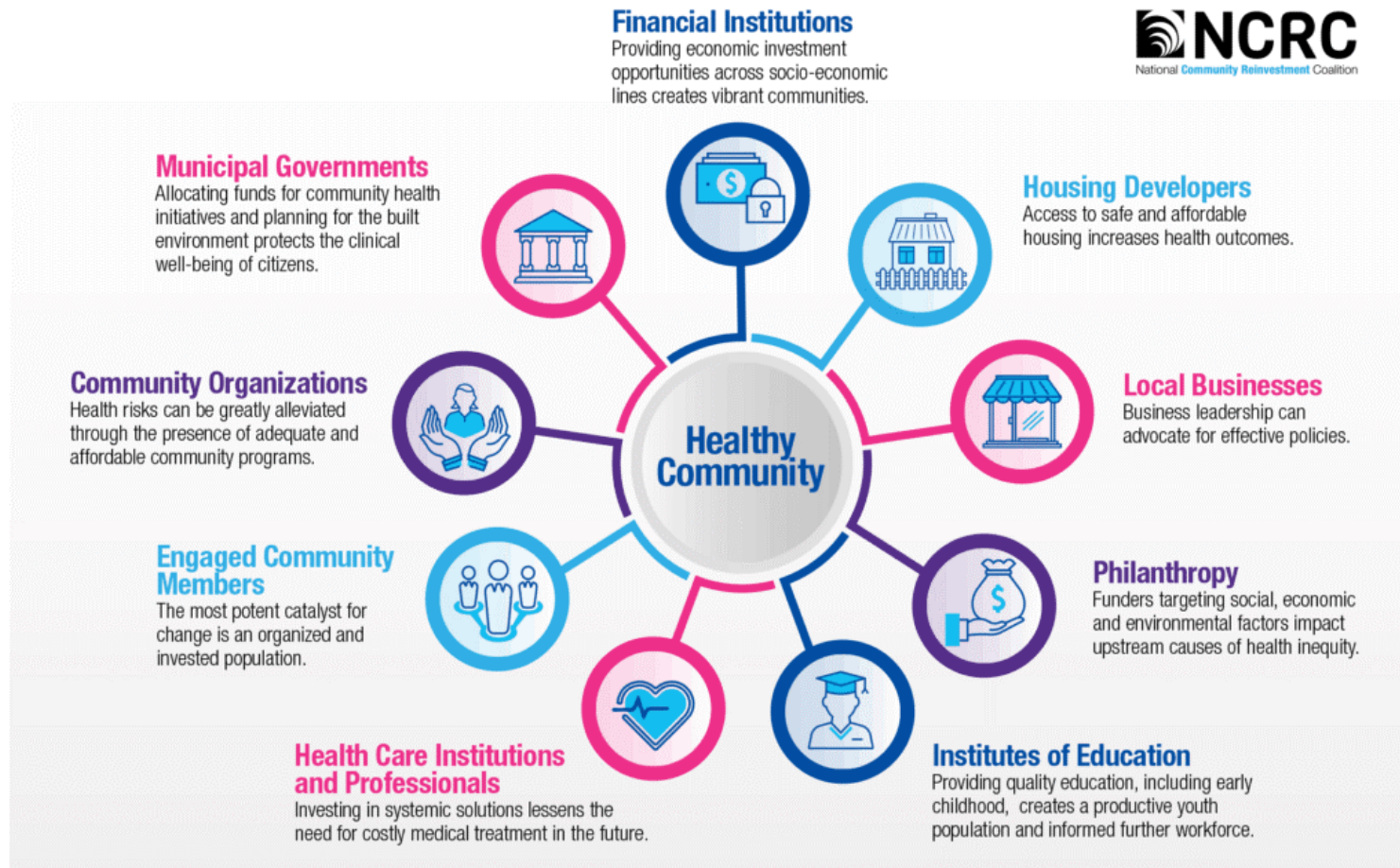
Image source: Bay Area Regional Health Inequities Initiative, BARHII Framework

# How do community partnerships work to improve health

Jaime Rogers, LCSW, MBA  
Director, Community Care and Behavioral Health  
Northern Light Beacon Health



# Community Partnerships



Source: [Health Equity](#) » NCRC

# Community Development + Community Organizing = Engaged and Involved People



# Innovative solutions to retain and recruit valuable employees

Jana Heath  
Wellness Program Manager  
The Jackson Laboratory

# The Jackson Laboratory- *People are the heart of everything we do.*



Ribbon cutting for The Jackson Laboratory's Hemlock Lane workforce housing complex in Bar Harbor.

- Competitive Pay with full coverage family benefits.
- Shuttle for commuters.
- Career growth
  - Tuition reimbursement.
  - Career advancement opportunities.
- Affordable housing.
- On-site childcare Facility.
- EAP services available to all employees and dependents.
- Fitness centers located on all sites.
  - Rewards for wellness initiatives.
  - On-demand fitness classes. (Live classes currently on hold).

# The Jackson Laboratory, *we are one team working together to transform science and medicine.*

- **Employee Crisis Support Fund** to provide limited financial assistance to eligible JAX employees who experience a financial hardship due to an emergency situation beyond their control.
- **The JAX Endowment for Diversity Initiatives**, a fund created to advance JAX's reputation as a place where individuals across the organization feel valued, included and empowered.
- **Gratitude is in our DNA**, JAX's New Employee Recognition Program, which includes Yearbook® - an interactive way to celebrate milestone career anniversaries at JAX, the impact employees make on the lives of their team and colleagues, and the contributions made over time.
- **Calm**, we are gifting the Calm app to all employees and their dependents to respond to growing reports of stress and anxiety.



Groundbreaking for new on-site childcare facility.

# Why supporting community involvement is good for employees and business

Ryan Albert, SVP  
Director, Human Resources and Employee Development  
Bangor Savings Bank

# Focus on employee wellness and engagement

*BSB's Promise Statement - To remain true to the mission of our founders and deliver our You Matter More promise to help our employees, customers, and communities prosper*

- Mental Wellness – flexible work arrangements, generous PTO, EAP program, mindfulness
- Physical Wellness– free FitBit for all employees w/virtual challenges, onsite fitness center, Bank-wide chair massages, annual biometric screenings, vaccinations
- Financial Wellness – interest free loans (heating, etc.), financial education, Employee Relief Fund
- Engagement – Employee-led committees (DEI Council, Campus Committee), book clubs, trivia nights

# Commitment to Community

- Bank/Foundation invested over \$3.4 million into the community last year in the form of sponsorships, grants, and partnership initiatives
- Employees heavily involved in their communities
- BSB offers each employee 4 days of paid volunteer time each year
- Proud supporters of the United Way & MaineShare
- Annual Peanut Butter & Jelly drive- collected over 15,000 jars for local food pantries
- Veterans Support – Military Appreciation Group, Greenlight a Vet
- Be Kind initiative - every employee receives \$50 cash to perform a random act of kindness in their community

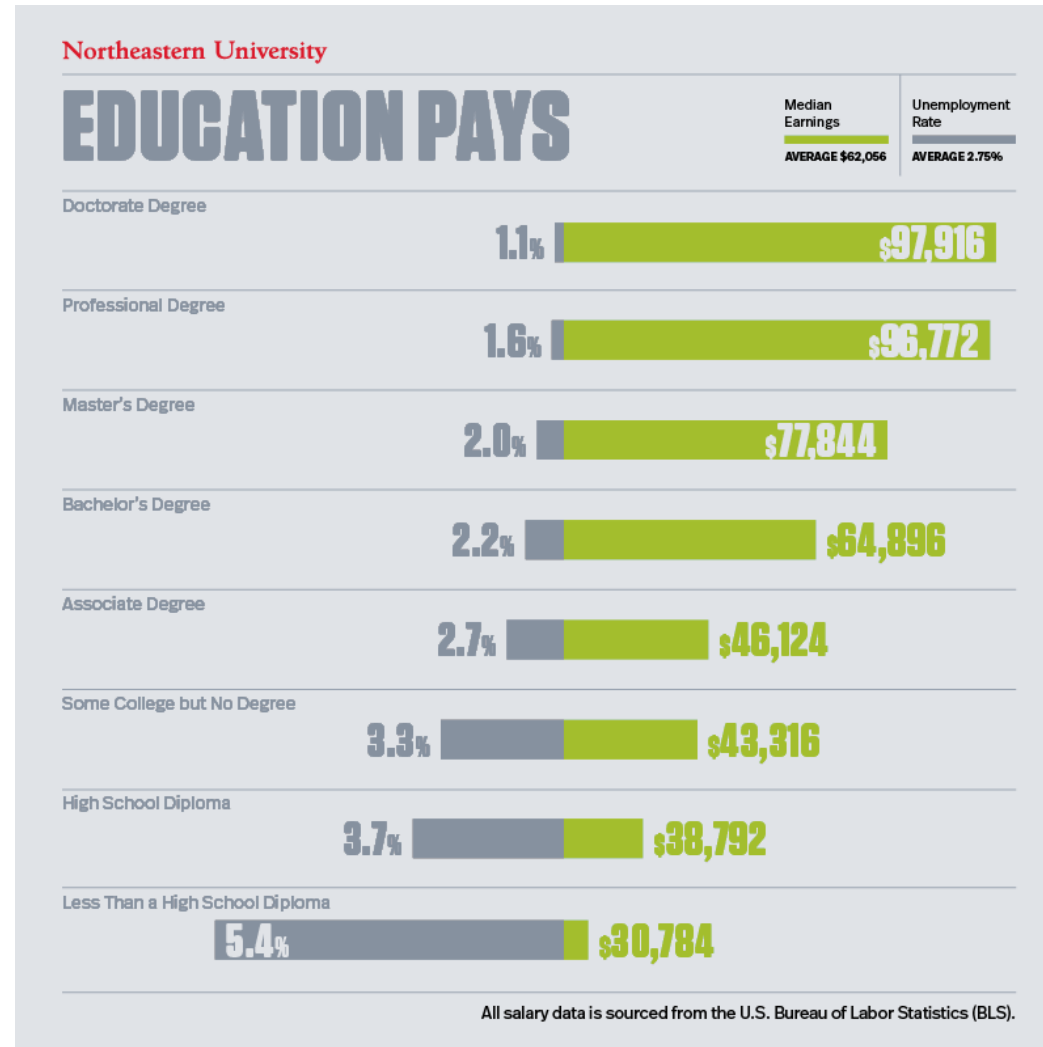




# Preparing the next generation of leaders to address Social Determinants of Health

Elizabeth True, EdD  
VP, Student Affairs  
Eastern Maine Community College

# Value of a College Degree vs High School Diploma



# Impacts of the COVID-19 Pandemic on college students

- Mental Health – anxiety and depression
- 3-year delay in academic and cognitive development
  - Impact, especially in math and science
  - Significant rise in students requesting accommodations
  - Social inexperience
- Increases in food insecurity (commensurate impact on ability to learn)
- Increase in transportation and housing costs
- Childcare challenges

# EMCC strategies to help students succeed

- EMCC3 Food pantry
  - Americorps Vista Grant (ME Department of Agriculture)
  - MELMAC Foundation Grant
- Penquis Childcare location on campus
- Free College program
  - Maine Community College System funded 3 positions to support Free College students' success
- Navigator position
- Federally funded TRIO program
- Lunch and Learn workshops
- Counseling Services



# Roundtable Discussion:

## Ask us your questions using the Q and A function



Karen Hawkes, MS  
VP of Operations  
Northern Light Beacon  
Health



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Senior Physician  
Executive, Incident  
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# Tools you can use:

<https://northernlighthealth.org/Resources/Safe-Return-to-Business>



Services Our System Resources Providers Price Transparency [Pay My Bill](#) [Patient Login](#) [Give](#)



## Good Health Is Good Business – Business to Business Zoom Conference Series

Learn how to support your employees and your customers to make a successful return to business.


[Resources](#) / [Good Health Is Good Business – Business to Business Zoom Conference Series](#)

## Good Health Is Good Business – Business to Business Zoom Conference Series

# Register and save the date for Thursday, January 12

## Topics:

- How are you, really?
- Employee and community engagement
- Why “How Are You” is a movement
- Health in the Headlines



One-hour Zoom Conferences  
Moderated forum with Q and A  
presented by Northern Light Health


**zoom** Business to Business Conference Series

## GOOD HEALTH IS GOOD BUSINESS

Learn how to support your employees and your customers to operate a safe and healthy business.

### Hey Maine, **HOW ARE YOU?**

Thursday, January 12 at 11 am  
The Zoom meeting ID will be sent to you upon registering



**Topics will include:**

- How are you, really?
- Employee and community engagement
- Why “How Are You” is a movement
- Health in the Headlines

Whether checking in on a friend or yourself, answering is one of the healthiest things you can do. Why asking the question and listening for the answer is good for all of us

**Panelists:**

<b>Jim Jarvis, MD, FAAFP</b> Senior Physician Executive Incident Command, Northern Light Health Director, Clinical Education Northern Light Eastern Maine Medical Center	<b>Greg LaFrancois</b> SVP and President Northern Light AR Gould Hospital	<b>Moderated by:</b> <b>Ed Gilkey, MD, MS,</b> MBA, CPE Senior Physician Executive Northern Light Beacon Health
	<b>Suzanne Spruce</b> Vice President and Chief Communications Officer Northern Light Health	

**PLEASE REGISTER BY CLICKING HERE BEFORE JOINING THE MEETING**

Attendees are asked to join the conference by Zoom and listen to audio using your computer only. Please do not dial in while also connected via your computer. The dial-in number is for those not joining by computer. This will help accommodate a larger number of participants. **See you Thursday!**  
Please contact Lanie Abbott for more information [lwabbott@northernlight.org](mailto:lwabbott@northernlight.org)

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