

# EMPLOYEE ROUNDS

*News for Employees from Employees*



Bridgton Hospital Central Maine Medical Center Rumford Hospital

Our mission is to provide exceptional healthcare services in a safe and trustful environment through the expertise, commitment and compassion of our family of caregivers

January 12, 2006

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## Happenings

### Step Up for Success!

Did you know that as employees of Central Maine Medical Center you are reaping the benefits of a collaboration called the Health Care Action Team? The purpose of the HCAT is to create opportunities for more people in Androscoggin County to enter and succeed in higher education, to support and encourage employees of health care organizations to achieve higher skill levels and enhanced knowledge, foster career advancement, and help to reduce the current and projected shortage of health care personnel.



Members of the HCAT are three health care providers - Central Maine Medical Center, Sisters of Charity Health System and Androscoggin Home Care and Hospice, along with local educational institutions - University of Southern Maine, Central Maine Community College, Central Maine Medical Center-Schools of Nursing, Radiology and Nuclear Medicine, and Pathways to Higher Education. Pathways provides a career development program that includes one-on-one career and educational advising, bringing college level courses to the work place, and providing personal follow-up support services to help you attain your goal.

### College Courses are Coming To You!

ENG 100C College Writing, St. Mary's, D'Youville Administrative Center

Mondays 4:00-6:30 starting January 23rd

SOC 100J Introduction to Sociology, Central Maine Medical Center, Conference Room C Thursdays 5:00-7:30 starting January 26th

Both of these courses fulfill "General Education" requirements for most degree programs. And, since Central Maine Medical Center is an HCAT member, you can register for either course.

Visit our booth in the New Emergency entrance to register for either course:

January 11: 1:30-4:30

January 12: 8:30-11:30

Assessment testing (for ENG100C only), Central Maine Medical Center

January 18 2sessions: 2:30 or 3:30

January 19 2 sessions: 9:00 or10:00

*As an added incentive, Central Maine Healthcare will pay, up front, the 75% portion that would be reimbursed to the student for completing these particular courses. This applies on a trial basis to this program only.*

For further details regarding your education benefit, contact the Human Resources department.

Have questions? Can't make it to our registration booth? Want to find out more? Contact one of us!:

Sadie Fowler 228-8225, [sadie.fowler@maine.edu](mailto:sadie.fowler@maine.edu) or J. Leigh Hamilton 228-8306, [jhamilto@usm.maine.edu](mailto:jhamilto@usm.maine.edu)



# For Your Benefit

## Did your child not go back to school this semester?

Care is needed this time of year! If you are covering children on your medical, dental, or dependent life insurance, remember the age limits:

Children may be covered to their 19th birthdays with no questions asked (student status does not matter).

Children between age 19 and 25 may remain on the insurance plans ONLY if they are full-time students.

⊗ If your child is over age 19 and has decided not to continue full-time student status, you must contact Human Resources to complete a Qualifying Event form taking him/her off your insurance. Coverage will end the last day of last month (December 31, 2005). If your child re-enters the school ranks for this fall's semester, you may re-enroll him/her at that time.

⊗ If your child comes off your insurance, you would be concerned about getting coverage elsewhere. Well, under the Federal COBRA law, your child would be offered the chance to continue coverage by remaining on our group plan and paying the group individual rate. Your completing the Qualifying Event form will trigger the COBRA notification.

So, if you need to drop a dependent off your insurances, please contact your Human Resources representative.

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## Rumford Hospital Christmas Party

Rumford Hospital's annual Christmas Party is held the first Friday in December. All RH, Swift River and Rumford Community Home employees were invited to come and bring a guest. Each year employees are asked to bring a gift to donate to a charity that the Employee Activity Committee (EAC) has chosen. This year we decided to donate school supplies to the elementary schools in our area: Dixfield, Peru, Rumford, Meroby (Mexico) and St. A & St. John's schools. We received enough supplies to give each school two boxes.



*The principals came to RH to pick up the school supplies. Kneeling, left to right, are Brenda Gammon, Peru; Anne Chamberlain, Rumford; Kathy Richard, Dixfield. Standing are Louise Arsenault, EAC; Don Fournier, St. A and St. J, Scott Drown, Meroby; and Wanda Cote, Tracey Milledge, Cindy Toher and Priscilla Bickford, all EAC.*

## Rumford Hospital Birthing Center Nurses are Certified in Neonatal Resuscitation

With recent instruction and successful testing, all nurses who care for mothers and newborns in RH's Birthing Center are certified in neonatal resuscitation. Maternity nurses at RH are required to pass the course within a year of being hired. In order to retain certification, these registered nurses must pass an exam every two years.

Kim Akers, RN, Joette Carlton, RN, and Michelle Gilbert, RN, are certified neonatal resuscitation instructors. In addition to Birthing Center staff, they instruct and recertify members of the Respiratory Therapy and Operating Room staffs. The program is open to anyone who works at Rumford Hospital.



*Joette Carlton, RN, left foreground, instructs Lori Boivin, RN, center, and Faye Souve, RN, right, in neonatal resuscitation.*



## Heart Health Minute

Not treating high blood pressure is dangerous, as it increases the risk of heart attack and stroke. Make sure you have your blood pressure checked regularly.

## Winter reminds us that it is cold and flu season again!

Please remember that for the safety of yourself, your family, co-workers and the patients we take care of to remain home when not feeling well.

The advice your mother gave you still is true. Cover your coughs and wash your hands. Frequent hand washing, either with soap and water or cleaning with an alcohol based cleaner such as Purell is an excellent way to help stop the spread of germs and sickness via contact.

Also remember that anytime you have been out more than 3 days due to illness you need to present a return to work note from a medical provider and be cleared by Employee Health before you can return to work again. If you have been out with a contagious illness then you should be cleared by EHS before returning to work regardless of how long you were out of work.

## Scorekeeper Rewards Program

The Scorekeeper Health Risk Assessment program has been an important part of our employee benefit package for the past two years. This voluntary program has been providing a confidential report of participants' personal health status that they control the use of. The report has not only helped reinforce and encourage healthy behaviors, but in some cases has identified risk factors that individuals may not have been aware of. Scorekeeper does not require that employees be covered by the CMMF health benefit plan to participate.

It is important for everyone to know that Scorekeeper information does not affect employment status or health benefit coverage.



Scorekeeper has proven to be of real value to participants who have used the information to make positive changes, with the guidance of the trained Health Counselors.

With the goals of bringing greater awareness of and encouraging a more active role in personal health maintenance, employees are invited to participate in our ScoreKeeper Health Risk Assessment Rewards Program. The program will apply to all employees and spouses (or equivalents). Spouses must be covered by our Health Plan.

### Rewards

- 1<sup>st</sup> Visit for Scorekeeper — \$25 Hannaford Gift Card
- 1<sup>st</sup> follow-up visit — \$25 Hannaford Gift Card
- 2<sup>nd</sup> follow-up visit — \$25 Hannaford Gift Card
- 3<sup>rd</sup> follow-up visit — \$25 Hannaford Gift Card

Based on individual risk factors, Health Counselors work with individual participants to determine the appropriate time frames for follow-up visits, establishment of goals and distribution of gift cards (maximum 4 per year). Some individuals may require fewer follow-up visits based on health status but may still have the opportunity to earn the 4 gift cards per year.

### Your input is always welcome

Please remember that the *Employee Rounds* is for you. Submit suggestions for future editions to Tom Reichard at the Employee Center, or email them to [reichart@cmhc.org](mailto:reichart@cmhc.org)

## Monthly Meditations

The Monthly Meditations from The Dept. of Pastoral Care are now available in Pub\_Docs. You can access them in the following way:

- Launch the CMMF Intranet from the shortcut on your desktop
- In the top left is the Pub\_Docs section, choose the correct site; CM, BH, RH
- Then choose the Chaplain Meditations folder

### Contributors to this issue

Jane Bubar, Lisa Asselin, Donna Jordan, Priscilla Bickford, Clark Phinney, Tom Reichard, Jerry Marstaller, Susan Smith, and Randall Dustin

# Announcements

The following Events are currently being offered to all CMMF employees through the Employee Special Events Committee. Please call or e-mail the contact person's name listed with the event for ticket information. Payroll deduction is available for all charges of \$40 or more for full-time and regular part-time employees.

- ❖ Care Bares Live Tickets at the Colisee, January 13-15. Cost is \$11 and \$9. Contact Deb Shennett at 2522.
- ❖ Disney on Ice Tickets in Portland, January 21, 2006. Cost is \$15 per ticket. Contact Deb Shennett at 2522.
- ❖ Lewiston Maineiacs Tickets, February 4, 2006. Cost is \$8 per ticket. Contact Lisa Girouard at 5544.
- ❖ Dora The Explorer Live Tickets, February 18. Cost is \$20 per ticket. Contact is Deb Shennett at 2522.
- ❖ Harlem Globetrotters, March 30. Cost is \$19 per ticket. Contact is Deb Shennett at 2522.
- ❖ Smuckers Stars on Ice Presale, April 9, 2006. Tickets are \$30. Contact Deb Shennett at 2522.
- ❖ New York City Weekend Bus Trip, May 12-14. Contact is Lynn Medlen at 2790.
- ❖ Annie at the Boston Opera House Bus Trip, June 16, 2006. Cost is \$101 for bus and ticket. Contact Barbara Williams at 2730.
- ❖ Corporate Ski Cards for various mountains. Contact Teresa Stevens at 2390.

# WELCOME CMMF Newcomers

## Lewiston campus

Joevani Amaro — Food Serv Aide, Food Service  
 Pamela Cleaves — CNA, Bolster Heights Healthcare  
 James Collins — Cook, Bolster Heights Healthcare  
 Peter Ferrara — MD, Emergency Department  
 Mary Fraser — Phlebotomist, Pathology  
 Karri Gallant — RN, Cardiac Cath Lab  
 Sherri Gee — Phlebotomist, Pathology  
 Paula Hanscom — Activities Coordinator, Bolster Heights Healthcare  
 Tina Hinerman — CNA, Bolster Heights Healthcare  
 Donald Keusch — Anesthesiologist, CMMC Cardiology  
 Diana Lagrange — Envir. Serv. Aide, Environmental Services  
 Carol Lashua — RN, Operating Room  
 Andrea Marshall — Envir. Serv. Aide, Environmental Services  
 Kate Mellow — RN, NICU  
 Bobby Morton — GN, Single Stay Unit  
 Sandra Palmer — Envir. Serv. Aide, Environmental Services  
 Leigh Stamowlaros — Sonographer, Ultrasound  
 Jill Stevens — Envir. Serv. Aide, Environmental Services  
 Albert Tibbetts — Coder, Health Information Management  
 Helene Trudel — Resp Care Prac, Respiratory Therapy

## Rumford campus

Linda Blake — RN, Med/Surg  
 Margaret Merrill — Unit Secretary, Med/Surg  
 Daniel Tuttle — Counselor, Swift River Health Care

## Bridgton campus

Lindsay Digirolamo — Laboratory Assistant, Pathology  
 Ruth Douglas — Switchboard Operator, Admitting/Central Registration  
 Alyce Intriери — Food Serv Aide, Food Service  
 Christina Paquet — Patient Services Rep, Internal Medicine  
 Mami Roy — Patient Services Rep, Internal Medicine

## New Year — New Beginnings

As the new year begins, we think about what we would like to change in the coming months. What have you been putting off? What resolution do you make each year? If there is something you would like to change in your life, your Employee Assistance Program can help you.

Contact them at:

**1-800-769-9819**

