

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

May 1, 2008

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Happenings

Spring Benefit Fairs! Save the dates!

We have contacted the vendors. We have reserved the rooms. We are in the final stages of planning our next Benefits Fairs!

Central Maine Medical Center

Monday, May 5, 2008

Rooms ABC

7:00 am to 3:30 pm

Bridgton Hospital

Tuesday, May 6, 2008

Lobby

8:30 am to 11:30 am

Rumford Hospital

Tuesday, May 6, 2008

209 Lincoln Conference Room

1:30 pm to 4:00 pm

Be sure to save the date on your calendar to spend some time becoming more familiar with the Retirement plans, voluntary insurance benefits, and more.

If you have any questions, please contact your Human Resources office.

National Nurses Week Activities

Nurses: Making a Difference Every Day

Monday, May 5 — Theme is Healing — Wear Patriotic Colors

Educational Jeopardy Rounds
Spring Benefits Fair Chairmen's Center
Brain Teaser Puzzle

Tuesday, May 6 — Theme is Mentoring — Wear Green and/or Crazy Socks

Educational Jeopardy Rounds

Walk-A-Round Inservice by Matt of Lovenox/Sanofi

Aventis

Brain Teaser Puzzle

Wednesday, May 7 — Theme is Educating — Wear Purple

GEMS/Scholarship Promoting Professionalism Celebration Chairmen's Center 7:30 a.m.

Educational Jeopardy Rounds

Brain Teaser Puzzle

Thursday, May 8 — Theme is Listening — Wear blue and/or Tropical

Lunch & Education Speaker (Sanofi Aventis/DVT – Matt Goodrich) Noon – 1 pm Chairmen's ABC

Dinner Regional Celebration at D'Avinci's DVT /Magnet Nursing Education 5pm – 8 pm

Educational Jeopardy Rounds

Jewelry Sale in Main Lobby

Brain Teaser Puzzle

Friday, May 9 — Theme is Caring — Wear Red

Plant Sale/Container Contest 8 a.m. – 3 p.m. Room C

Uniform Express 7 am – 4 pm Rm B

Super Shoes 7 am – 4pm Rm A

Jewelry Sale in Main Lobby

National Employee Health and Fitness Day May 21

8 am to 3 pm on Y1- Mezzanine – at CMMC

- "Free" day in the Wellness Center for employees
- Functional Fitness- 12-12:30pm in Wellness Center, free to employees
- 2nd Annual hula hoop challenge!!
- 3rd annual CMMC fitness challenge
- FREE MASSAGES!
- FREE SCREENINGS!!!!
- Incentives/ door prizes/ raffles



Quality



Customer Service



People



Growth



Finance



Community

Guild and Auxiliary Presidents Meet and Make History for the Central Maine Medical Center Family

For the first time, the Presidents of the three hospital volunteer organizations, Mary Ellen Costello from the Women's Hospital Auxiliary (WHA) of CMMC, Sandra Weygandt from the Bridgton Hospital Guild, and Barbara Belanger from the Rumford Hospital Auxiliary met to discuss the structure of their respective volunteer groups as well as the challenges each of their organizations face. The Director of Development and Community Relations for Bridgton Hospital, Pam Smith, and for Rumford Hospital, Jane Bubar, who serve as liaisons to their volunteer groups, traveled with their Presidents and attended the meeting held at CMMC.

Each of the women familiarized the group with the fundraising and community efforts their groups are involved with each year. It was an opportunity to share new ideas, what works and what doesn't work, as well as addressing the growing challenge of recruiting new volunteers. The three leaders left energized with new ideas to try out with their respective volunteer groups, as well as a commitment to remain in contact, working together for the betterment of their hospital and their volunteer organizations.



(l to r) Volunteer President's at the meeting were Barbara Belanger, Rumford Hospital Auxiliary, Mary Ellen Costello, CMMC's Women's Hospital Auxiliary (WHA), and Sandra Weygandt, Bridgton Hospital Guild.

Contributors to this issue

Jerry Marstaller, Vicky Coolidge, Carol Morin, Erin Pendexter, Karen Starbird, Joann Daigneault, Pam Smith, Jane Bubar, Tom Reichard, Susan Smith, and Randall Dustin

WHA Jewellery Sale

The Woman's Hospital Association (WHA) will be holding its semi-annual Jewelry Sale in the Young Wing Lobby on Thursday, May 8th from 9 a.m. to 5 p.m. and Friday, May 9th from 8 a.m. to 3 p.m. All merchandise is priced at \$5 each with a few exceptions priced higher. Cash, credit cards and payroll deduction will be accepted. Plan to do your Mother's Day and graduation shopping or treat yourself!

Also, on May 9th, please plan to stop by the WHA Gift Shop. Employees will receive a 15% discount on all merchandise (excluding Logo Wear, candy and magazines).

M-4 celebrated National Doctor's day with their 2nd annual raffle

Thank you for your kindness, compassion and dedication in helping us provide excellent care to the patients & families on M-4.

The winners and their prizes were:

Pumpkin Roll — Dr. Ingraham
Raspberry jam — Dr. Lewandowski
Banana Bread — Dr. Duval
Chili and cornbread — Dr. Bender
Carrot cake — Wayne Westland, PA
Lasagna — Dr. Stanton
Apple pie — Dr. Condit
Mint brownies — Dr. Pine
No bake cookies — Dr. Swartz
Rocky road fudge — Dr. Thornton
Whoopie pies — Dr. Ramser
Peanut butter pie — Dr. Cyr
D. Donuts gift card — Dr. Rattan
Peanut butter cookies — Dr. Kendall
Maple syrup — Dr. Joseph
Hummus — Dr. Traynor
Nutmix — Doctors Lounge
Cheese and crackers — Dr. Adams
Pumpkin chocolate chip cookies — doctors lounge
Cheesecake — Dr. Cogle

Your input is always welcome

Please remember that Employee Rounds is for you. Submit suggestions for future editions to Tom Reichard at the Employee Center, or email them to reichart@cmhc.org.

We Honor Our Family Members



- ✓ May 6 is Nurses Day
- ✓ May 7 is Occupational Safety and Health Professionals Day
- ✓ May 6-12 is Nurses Week
- ✓ May 11-17 is Hospital Week and Nursing Home Week

✓ May is Oncology Nursing Month

Did You Know from Alex . . .

Alex Catevenis provided us with information about A Day in the Life of CMMC Security. It's amazing how much we don't know about what we all do, and there is no way that we can be expected to know this.

Did you know that...

- While Alex and his coworkers are walking the hallways, they are constantly looking for signs that help is needed. For example, they may see a visitor or patient acting somewhat suspiciously or indifferent and would approach them to see if they need assistance. Sometimes it's an individual who can't find their way; another time, it could be someone who is contemplating theft. It's impressive to know that our security people have the wherewithal, skills, and intuition to know when and how to act during difficult and sometimes violent situations.
- Our vehicles are watched. Security staff patrol our parking lots looking for signs of vandalism. While doing this, they are also looking for staff vehicles that are wrongly parked in patient/visitor parking areas. They also watch emergency care areas to keep them free from obstruction.
- Security staff are cross-trained to support the switchboard when necessary. They are one of many who are the friendly voice on the phone when anyone calls.
- They respond to all push button alarms and Signal 5000 calls. (Alex recommends that we program the 5000 number into our desk phones and 795-2299 in our cell phones to be readily available if we need it!)
- Security staff will take the brunt of force when needed if they come across an intoxicated or mental health patient to protect a patient, visitor or other staff person.
- The Security Department maintains the lost and

found items, stores valuables for patients, and they are the liaison for the Fire Department during alarms. They also maintain the hospital photo ID system for all our employees, on-site and off-campus.

- They sign in after-hour visitors and vendors to identify people who have a legitimate reason to be in the hospital outside of normal business hours, constantly ensuring the safety of our patients.
- Their staff performs vulnerability and security risk assessments of various departments to evaluate how staff handles money, security and safety in their areas.
- The Security Department is responsible for the handling of deceased patients, and coordinating with morticians and the laboratory.
- As part of their excellent customer service, they offer valet services to patients and visitors in need. They unlock doors when people forget their keys.
- They are an invaluable resource to anyone who needs help or simply has a question.

It's amazing the amount of work that these dedicated individuals do. Many of us work in areas where the risk of injury or harm is extremely low. I sometimes lose sight that one of my coworkers is willing to jeopardize him or herself to protect another person.

Please join me in thanking Alex and the staff of the Security Department for their efforts in keeping us all safe and worry-free.

Rumford Hospital's Wound Care Clinic Opens May 1st

With Dr. P.A. Aslam as medical director and Barbara MacGregor, RN, as wound care nurse, RH will kick off a new Wound Care Clinic on May 1st. The clinic will be held every Thursday in the Specialty Clinic area and clinic will serve patients with such problems as diabetic foot ulcers, burns, post-operative wounds and pressure sores.












This clinic will allow people, who in the past would have had to travel some distance to Farmington or Lewiston, to be diagnosed and treated right here in the River Valley. Driving distances can be particularly difficult for people with lower extremity wounds or who have had recent surgery.

Barbara is no stranger to wound treatment. She was the first wound clinic nurse at Franklin Memorial Hospital and worked there for seven years. She is also a certified diabetes educator, and that is her role at RH most of the time. A nurse for 22 years, Barbara earned her bachelor's degree in nursing from the University of Southern Maine and began her nursing career at as a charge nurse at RH before moving to Androscoggin Home Care and Hospice and then Franklin.

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.

-  Murder Mystery Dinner Theater at Marco's Restaurant (Show, Meal, Tax & Gratuity Included), May 3. Cost is \$36.95 Contact is Rhiannon Fetterman at 5702.
-  Quincy Market, May 10. Cost is \$28 for the bus. Contact is Rhiannon Fetterman at 5702.
-  Bob Dylan at the Colisee, May 17. Cost is \$50 per ticket. Contact is Rhiannon Fetterman at 5702.
-  New York City in a Day, June 21. Cost is \$57 for the bus. Contact is Ann Nyberg at 2261.
-  White Water Rafting on the Kennebec on July 13. Cost is \$56 for ticket only. Contact is Sue Bowie at 2472.
-  Les Miserables at the Maine State Music Theater, August 16. Cost is \$42.50 per ticket. Contact is Tracy Stone at 7549.
-  Footloose at the Community Little Theater, August 17 and 22. Cost is \$14 per ticket. Contact is Jen Jordan at 5523.
-  New England Revolution Bus Trip on August 30. Cost is \$64 for bus and ticket. Contact is Jen Jordan at 5523.
-  White Water Rafting on the Kennebec on August 31. Cost is \$75 for ticket only. Contact is Sue Bowie at 2472.
-  Cirque DuSoleil, September 27. Cost is \$120 for bus and ticket. Contact is Tracy Stone at 7549.
-  Vermont Craft Fair, October 11. Cost is \$73 for bus, ticket and dinner. Contact is Kelly Olsen at 2944.

Possible Upcoming Events:

Portland Sea Dogs
Attitash Mountain/N. Conway
Ogunquit Theater
Carousel Theater

