

# Happenings

## Rumford Hospital fields a team for Trek Across Maine.

Pictured here is the RH Trek Across Maine team at Sunday River before they left for the three-day trek to Belfast, raising over \$4500 dollars for the American Lung Association of Maine. Members of first ever Rumford Hospital Trek Team were, left to right, Becky Hall, Charlie Mills, Rick Mills, Deborah Gorham, and Barbara MacGregor. All agree it was probably a good thing they were photographed at the start, rather than when they finished!

A1C Champion, Ruth Charne, from Brooklyn, NY, was the speaker, sharing her personal experience with living with diabetes. Ms. Charne is a member of the sanofi-aventis A1C Champions Program®, which is a patient-led approach to diabetes education.

A1C Champions® know first-hand the challenges and obstacles to maintaining control of their diabetes. They share diabetes self-management and lifestyle strategies based on extensive training and their personal experience with diabetes.

A1C Champions® serve as role models to other diabetes patients and provide a support system that encourages patients to take control of the disease,” said Elaine Drew, RN, Bridgton Hospital’s Certified Diabetes Educator. “There is a huge need for compassionate patient mentors. Diabetes is a complicated disease and too many patients aren’t taking care of themselves, which puts them at risk for serious diabetes-related complications.”

The Bridgton Hospital Diabetes Clinic has been awarded the prestigious American Diabetes Association Education Recognition Certificate for its quality diabetes self-management education program. Please contact Elaine Drew, RN, CDE at 647-6060 for further details.

## Bridgton Hospital Diabetes Offers A1C Champions Program

On Monday, June 30, the Bridgton Hospital diabetes clinic and Elaine Drew, RN, Certified Diabetes Educator, offered a special presentation called the A1C Champions® Program. Sponsored by sanofi-aventis.



## Sara San Pedro becomes certified

Sara San Pedro, CPC Specialty Coder in Health Information Management, Lewiston, has passed her exam and obtained certification as a AAPC Certified Professional Coder in Evaluation & Management  
Congratulations Sara.



Quality



Customer Service



People



Growth



Finance



Community

# For Your Benefit

## Check out the home and auto insurance rates!

As the Regional Manager of Benefits & Compensation, I feel compelled to check out the products we offer to employees. I want to relate to you my recent experience with payroll deduction home & auto coverage.

I have changed auto & home insurance carriers a couple times over the past few years. In each case, I experienced a significant reduction in rates. Even if you have changed to one of the three we offer through payroll deductions, it is advisable to “go out for bid” every two or three years.

I prefer not to say which company I am with now as you might find rates cheaper with another. My recommendation is that you check all three carriers below and get quotes.

One last note: you do NOT have to wait for your insurance anniversary date to change home/auto coverage, it may be done at any time.

The three companies we have through payroll (in the order we made them available) are:

- MetLife, call their enrollment center @ 1-800-GetMet8
- Hartford Insurance, call them @ 784-4566 or 1-800-482-0754
- Liberty Mutual, call Ron Morin @ 782-7013 ext. 50002

Will you experience lower rates? No guarantees, no promises but also no reason not to check! Jerry Marstaller, Human Resources, ext. 2391

## Employee Discount Pharmacy Service Available on all Campuses

We are very pleased to be able to offer our discount pharmacy services to employees who participate in our health plan on all campuses:

- Pharmacy hours are Monday through Friday 7:00 am to 4:30 pm.
- Your doctor’s office may call in your prescription to 795-7177
- Requests may be eMailed to EMPLOYPR@CMHC.ORG

Prescriptions may be picked up by 4:30 in Lewiston or will be delivered by courier to the pharmacies at Bridgton and Rumford Hospitals.

Co-pays will be less if you use these Pharmacy services rather than retail or even mail order. The co-pays\* at the Wausau Pharmacy will be:

	Generic	Preferred Brand	Non-preferred Brand
30 day supply	\$ 5	\$15	\$35
60 day supply	\$10	\$30	\$70
90 day supply	\$15	\$45	\$95

\* On occasion, due to the hospital purchasing discounts, employees might find the actual cost is lower than the amount listed above.

Payment may be made with your Benny Card, debit card, credit card or payroll deduction

## FYI

### Rumford Hospital: Caring Goes Green

The greening of Rumford Hospital’s Operating Room is nearly complete. The Association of Operating Room Nurses (AORN) guidance statement on environmental responsibility states: “The perioperative nurse should serve as a steward of the environment and actively promote and participate in resource conservation.” And RH’s OR nurses followed that lead. Just one example that OR Nurse Manager Becky Hall brought to the attention of the participants in the Management Retreat last week was that the sterility required in the OR creates twice the amount of packaging as other hospital areas. Unused packaging accounts for 40% of clean waste – a huge opportunity for conservation and recycling. Spearhead by Becky and OR Nurse Deb Gorham, the green team’s efforts removed 1550 pounds of trash from the waste stream from April of 2007 to May 2008.

### Contributors to this issue

Jane Bubar, Pam Smith, Jerry Marstaller, Cindie Rice, Tom Reichard, Susan Smith, and Randall Dustin

### 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.



To find out about this year's upcoming Heart Walk, visit [www.centralmaineheartwalk.org](http://www.centralmaineheartwalk.org) or [Susan.Crandall@heart.org](mailto:Susan.Crandall@heart.org) or call Susan Crandall at 449-3127 for further information on The American Heart Association's START! Heart Walk.

September 28, 2008 is the date of the annual event. It is not too early to begin planning for your department or team to participate in this event being held in Lewiston.

Also visit [www.americanheart.org](http://www.americanheart.org) for information on their Fit-Friendly program!

## Take action under the sun!

Excessive sun exposure can result in painful sunburn, but can also lead to other serious health problems, including skin cancer. Skin cancer is one of the fastest growing forms of cancer in the U.S. However, it's also one of the most preventable. Here are some prevention measures you should follow:

- Do not burn—Five or more sunburns double your risk of developing skin cancer.
- Always use a sunscreen—A sunscreen with a sun protection factor (SPF) of at least 15 blocks most harmful UV radiation. Apply sunscreen liberally and reapply every two hours when working, playing, or exercising outdoors. Even waterproof sunscreen can come off when you towel off sweat or water. Children under six months of age should never have sunscreen applied to their skin, but should be protected by avoiding too much time outdoors.
- Wear protective clothing—Long-sleeved, tightly-woven, loose-fitting clothes are best, but any clothing is better than none at all. A hat with a wide brim offers good sun protection to your eyes, ears, face, and the back of your neck – areas particularly prone to overexposure to the sun. While sunglasses do not protect against skin cancer, they do greatly reduce your chances of developing cataracts and other eye damage. Look for sunglasses that provide 99 to 100 percent UVA and UVB protection.
- Seek shade and avoid the midday sun—The sun's UV rays are strongest between 10 a.m. and 4 p.m. To the extent you can, limit exposure to the sun during these hours.

- Avoid sunlamps and tanning parlors—Sunbeds damage the skin and unprotected eyes and are best avoided entirely.
- Watch the UV index—The UV Index provides important information to help you plan your outdoor activities in ways that prevent overexposure to the sun's rays. Developed by the National Weather Service (NWS) and the Environmental Protection Agency (EPA), the UV Index is issued daily in selected cities across the U.S.
- Use caution near water, snow, and sand—These reflect the damaging rays of the sun, which can increase your chance of sunburn.
- Get vitamin D safely—Eat foods fortified with vitamin D and take vitamin supplements. Don't seek the sun.

Protecting yourself from overexposure to ultraviolet radiation is simple if you take the precautions above.



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.

- 🎫 Footloose at the Community Little Theater, August 17 and 22. Cost is \$14 per ticket. Contact is Jen Jordan at 5523.
- 🎫 White Water Rafting on the Ddead River on August 31. Cost is \$75 for ticket only. Contact is Sue Bowie at 2472.
- 🎫 Portland Sea Dogs on August 31. Cost is \$7 for ticket only. Contact is Jen Jordan at 5523.
- 🎫 Vermont Craft Fair, October 11. Cost is \$73 for bus, ticket and dinner. Contact is Kelly Olsen at 2944.

### Possible Upcoming Events:

Haunted Happenings  
Boston Craft Fair  
NYC in the Fall  
Magic of Christmas  
Theater Trip in March  
Indoor Water Park  
Yankee Candle in the Fall  
Foxwoods in the Fall