

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

August 7, 2008

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Happenings

Rumford's Hosmer Field to be site of 2008 Heart Walk - September 28

For the past three years with coordination from RH, Rumford organizations have formed teams and traveled to Lewiston to participate in the annual Heart Walk, raising funds for the American Heart Association. This year, for the first time, a "satellite" of the Lewiston-based Central and Western Maine Heart Walk will be held in Rumford on the same date as the Lewiston walk, Sunday, September 28.



At the end of a long Heart Walk Kick Off meeting a few organizers remained. Left to right, they are, seated, Sharon Gates (Rumford Hospital), Jody Sage (River Valley Healthy Communities), and Rose Marie Woods (Community Energy), standing, Stephanie Thompson (RVHCC), Linda Westleigh (Franklin Savings Bank), Carol Emery (RVHCC) and Laurieann Milligan (Med-Care).

Just as in the Lewiston Heart Walk there will be a free breakfast and lunch, greetings from a heart survivor and a special ceremony for heart disease and stroke survivors, as well as one, two and four mile walk routes. Special

activities are planned for youngsters. Health-related organizations are being offered space to display their goods and services at center track at Hosmer Field where the three walk routes will begin.

Already, 15 organizations and groups have pledged to field teams for the Heart Walk, and Franklin Savings Bank, New Page Rumford Mill, Winderosa and RH have signed on as sponsors.

Rumford Hospital welcomes two new Rural Track Residents into the program

Drs. Jennifer Dressel and Michael Gravatt II have joined Rumford Hospital and Swift River Health Care as the newest residents in Central Maine Medical Center Family Medicine Residency Program's Rural Track. In the three-year Rural Track, residents spend their first year in Lewiston with others in their class, but during their second and third years they have the opportunity to experience what it is like to practice in a rural community instead of the large, urban hospitals they have become accustomed to.

Last summer Dr. Brian Dressel began his first year as a resident at Rumford Hospital. He will become Chief Resident during this, his third year in the residency program.

Dr. Jennifer Dressel, who is married to Brian, is also a graduate of Boston University's Medical School. She grew up in southern New Jersey and frequently vacationed in Maine as a child. She and her husband would like to practice in rural New England when they complete their residencies.

Dr. Michael Gravatt came to medicine through being a Navy Hospital Corpsman. He earned his MD degree from the Medical University of the Americas. He also holds a doctorate in Naturopathic Medicine from Bastyr University. He was attracted to the CMMC Family Residency program because it was the only one he found with both a rural track and a wilderness medicine track.

All three residents will see patients at Swift River Health Care and in Rumford Hospital.



Quality



Customer Service



People



Growth



Finance



Community



Announcements










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.

-  Richard Petty Nascar Driving Experience. There are only 1 certificate available for the ride along experience only at \$79 each. Contact Deb Shennett at 2522 for more information.
-  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 Dead 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.
-  Foxwoods Bus trip, October 18. Cost is \$45 for bus and ticket. Contact is Nancy Chasse at 2790.
-  Haunted Happenings, October 18. Contact is Barbara Williams at 2740 or 851-8600.

Possible Upcoming Events:

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

Contributors to this issue

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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.