

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

September 22, 2005

Volume 4 • Number 19

Happenings

And the Winners are . . .

Thank you to all that participated and donated. The American Heart Association raised \$286.00 through this paintball event.



Winning numbers are:

976581 - Boston Bruin tickets

976515 - autographed Maineiacs stick

976766 - autographed Maineiac jersey

977038 - family 4-pack of Maineiac tickets

976534 - family 4-pack of Maineiac tickets

Contact Arnold Benak at 7587 if you are one of the lucky ticket winners.

Contributors to this issue

Liz Beauchesne, Jerry Marstaller, Deb Daigle, Sue Bowie, Vicky Roy, Jane Bubar, Susan Smith, and Randall Dustin

Alzheimer's Memory Walk - October 1, 2005

Rumford Community Home will be holding their annual Alzheimer's Memory Walk on Saturday October 1, 2005. Walks are also scheduled for the same day across the nation

You may choose to walk 1 mile or 3.5 miles.

Registration time is 8:00 A.M. at the Rumford Community Home. Anyone wishing to join our team please call Coe-Coe Gurney at 207-364-7863 and she will make sure you get all the information you need to help us make this years Walk a great success.

Last year Rumford Community Home's employees and area businesses and family members raised \$6,787.00, with 73 walkers. (7 area teams)

Area businesses gave donations for door prizes and raffles and Central Maine Medical Family also donated goodie bags that were a big hit.

We Honor Our Family Members



- October is American Pharmacy Month and Physical Therapy Month
- October 1-8 is Gerontology Nurses Week

October 2-8 is Healthcare Resource & Materials Management Week

October 2-8 is Nurse-Midwifery Week

October 3-9 is Healthcare Food Service Week

October 3-9 is Nuclear Medicine Week



For Your Benefit

Did your child not go back to school this fall?

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 (August 31, 2005). If your child re-enters the school ranks for the spring 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.

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

Planning For College - Second Seminar Offering

“When it comes to talking about college attendance plans with parents and students, there are two questions Sue Barnes asks that are GUARANTEED to get her a ‘deer in the headlights’ look:

For students, it’s the question “What do you want to do when you get out of college?”;

For parents, the question is “With your financial aid package, you still have to come up with about \$20,000 per year...how do you plan to do that?”

That remark by certified college planning specialist Sue Barnes drew both smiles and nods from the group of CMMC employees that attended a seminar this past spring entitled “Everything You Need to Prepare for College Success.”

What is meant by college success?

The first part of this two-hour seminar addresses the process of college selection leading to college success: student profiling, career exploration, major selection and college selection...in that order. The second hour offers an in-depth explanation of the financial aid process, dispelling myths associated with scholarship searches, financial aid eligibility and how to pay for college without either becoming overextended with student or parent loans, or undermining other objectives such as retirement planning.

The seminar attracted a highly enthusiastic group of CMMC employees; most of whom were surprised at how proper college selection resulted in far better financial aid packages – both need and merit based. “I wish this information had been available to us before we sent our son to college” one employee remarked. A second spoke for many when he said “...to be done the RIGHT way, the college selection process has to start much earlier than I imagined...begin in the sophomore year, by the junior and senior year it’s almost too late!”

A repeat presentation on this topic will be held on Wednesday evening, October 12 in conference room C, from 6:30 – 8:30pm. College-bound students and spouses are encouraged to attend.

Please contact Teresa Stevens in Human Resources to register at ext. 2390.

Rumford Looks forward to ERNE

Rumford Hospital kicked off its countdown to ERNE live on September 1st. “The turnout for the event was beyond our wildest expectations,” said

Deb Oliver, RH’s ERNE leader. “I think the RH is very eager to have this tool.”

ERNE is scheduled to go live at RH in early

March and the Implementation Tea, – Deb, Jane Aube, Gus Carlson, Joette Carlton, Dale Gaudreau and Diane York – plans to spend the fall readying staff for the big event. All dressed up for the ERNE Kick Off were, standing, left to right, Deb Oliver, Patti Strola and Jane Aube. The mouse in front of the three women has not yet been identified, but people have noticed gnaw marks on the Pharmacy door.





Heart Health Minute

Being overweight is associated with higher blood cholesterol levels. Even losing five or ten pounds can raise your HDL cholesterol and lower your LDL cholesterol. Modifying your lifestyle by eating better and exercising is the best approach; crash diets can actually be harmful.

HIPAA Question of the Week

CMH HIPAA Hotline Number: 795-2906

Q. Can I access someone's medical record if I have that person's health care power of attorney?

A. Yes, an individual that has been given a health care power of attorney will have the right to access the medical records of the individual related to such representation to the extent permitted by the HIPAA Privacy Rule at 45 CFR 164.524. However, when a physician or other covered entity reasonably believes that an individual, including an unemancipated minor, has been or may be subjected to domestic violence, abuse or neglect by the personal representative, or that treating a person as an individual's personal representative could endanger the individual, the covered entity may choose not to treat that person as the individual's personal representative, if in the exercise of professional judgment, doing so would not be in the best interests of the individual.

Q. May personal representatives access health information based on a non-health care power of attorney?

A. No. Except with respect to decedents, a covered entity must treat a personal representative as the individual only when that person has authority under other law to act on the individual's behalf on matters related to health care. A power of attorney that does not include decisions related to health care in its scope would not authorize the holder to exercise the individual's rights under the HIPAA Privacy Rule. Further, a covered entity does not have to treat a personal representative as the individual if, in the exercise of professional judgment, it believes doing so would not be in the best interest of the individual because of a reasonable belief that the individual has been or may be subject to domestic violence, abuse or neglect by the personal representative, or that doing so would otherwise endanger the individual.

FYI

Find Out About Sterile Processing and Distribution: SPD

Sterile Processing and Distribution is the department in which medical/surgical supplies and equipment, both sterile and non sterile are cleaned, prepared, processed, sterilized, stored and issued for patient care. At Central Maine Medical Center, Sterile Processing and Distribution provides this service.

Team members in the Sterile Processing and Distribution Department at CMMC must remain current with new technologies, developments in surgical protocols and changing regulation. Whether managing inventory or sterilizing surgical instruments, SPD technicians play an important role in the function of the medical center.

SPD technicians are required to pass a national certification exam. They must learn medical terminology and the names and functions of all the instruments used in the operating room. Our SPD technicians must demonstrate an understanding of anatomy, physiology, the mechanisms of disease transmission and the principles of infection control, disinfection and sterilization.

A core task for the SPD technician is the proper decontamination, inspection, assembly, packaging, sterilizing, sterile storage and distribution of instruments and equipment to make them safe for use throughout the facility. Healthcare facilities have a large financial investment in medical instrumentation and devices; therefore it is important that these materials are well maintained. Meeting this responsibility requires technicians to learn countless details regarding the proper care of a large variety of items. There are a number of sterilization processes, each with specific parameters that must be met; the SPD technician must be knowledgeable not only in the process of sterilization but the maintenance of sterility in a wide range of application.

Do Not Call list impacts Cell Phones

Please note that if you are interested in blocking marketing calls to your cell phone you have to call from that phone to activate the DO NOT CALL service, otherwise go to their website www.donotcall.gov to register: "This week cell phone numbers are being released to telemarketing companies and you will start to receive sales calls. You will be charged for these calls. If you don't want that to happen, call the following number from your cell phone: 888/382-1222. It is the National DO NOT CALL list. It will only take a minute of your time. It blocks your number for five (5) years.

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.

- ※ CMMF employees may now take advantage of great ticket, hotel, dining and other savings at the Walt Disney World Resort as well as several other Florida theme parks. Simply log on to www.TicketsAtWork.com and click on the link that says log in. Once there you will create a new account by entering your personal e-mail address, creating your own password and then enter our company code which is CentralMaineMed. Once you are registered you will click on the "user log in" box from that point on. Once in the site you will be able to view the available discounts. All purchases are made on-line with your own credit card. Enjoy!
- ※ Bus Trip to "The Big E" on Maine Day! October 1, 2005. Join the ESEC for a lovely fall bus trip to West Springfield, Mass to attend the largest fair in North America!! The bus will be leaving CMMC at 5:30 am and arriving at The Big E at approximately 9:30 am. You will be on your own for the entire day. Cost is only \$40 per adult and \$38 per child (ages 6-12). Contact Lynn Medlen at 2790 to sign up.
- ※ Fryeburg Fair Tickets, October 2 — October 9. Contact Teresa Stevens at 2390.
- ※ Haunted Happenings in Salem, MA, October 15, bus cost only \$22 for reserved seats. Contact Barbara Williams at 2730.
- ※ Foxwoods Casino Bus Trip (Bus Only). October 22, bus cost is \$30. Contact Nancy Chasse at 2790.
- ※ Fright Fest at Six Flags Bus Trip, October 29. Cost for bus and admission is \$52. Contact Barbara Williams at 2730.
- ※ Annual Christmas Fair in Boston Bus Trip, November 5. Cost is \$20 for the bus. Contact Lisa Asselin at 2839.
- ※ Newport Mansion Tour Bus Trip, November 12. Cost is \$60 for bus and tour. Contact Rhiannon Fetterman at 5702.
- ※ CMMC Employee Craft Fair in the MOC Lobby, November 18. Contact Deb Shennett at 2522.
- ※ New York City in a Day, November 19. Cost is \$62 for the bus. Contact Lynn Medlen at 2790.
- ※ Boston Bruins Bus Trip, November 19, \$88 for bus and game ticket. Contact Lisa Asselin at 2839.
- ※ Holyoke Mall in MA bus trip, December 3. Cost is \$27 for the bus. Contact Deb Shennett at 2522.
- ※ CMMF Employee Cruise to the Exotic Western Caribbean; Flyers will be sent out tomorrow with all of the details about this corporate cruise offer. The cruise is scheduled for February 4-12, 2006 and sets sail from Tampa, Florida on the "Fun Ship" MIRACLE. Included in the prices are: Round Trip airfare from Portland, Maine, Transfers to and from the ship, 1 night hotel in Tampa prior to the cruise, All port charges and government taxes, Stateroom on ship, shipboard gratuities, All meals on ship, entertainment, late night buffets, captains cocktail parties, activities, Port of call briefings, full casino, and much, much more. Corporate prices are as follows:
 - Category 4A - inside cabin on Riviera Deck \$1,249
 - Category 6A - ocean view cabin on Riviera Deck \$1,399
 - Category 8A - ocean view cabin with balcony \$1,549
 All rates are per person, based on double occupancy. rates for 3rd and 4th passengers in a cabin are available upon request. To reserve a space, ask questions, or make payment arrangements contact the Group Department at Dube/Carlson Wagonlit Travel at 784-2916 or 1-800-6986720. This event is sponsored by Dube Travel who will make all payment arrangements with you - payroll deduction through CMMC is not offered for this event. Please direct all questions to Dube travel.
- ※ White Christmas at the Wang Theater in Boston, December 10. Cost is \$95 for ticket and bus. Contact Lisa Asselin at 2839.
- ※ Magic of Christmas Tickets, December 18. Cost is \$39. Contact Barbara Williams at 2730.
- ※ Boston Bruins Bus Trip, January 28, 2006. Cost for game and bus is \$88. Contact Lisa Asselin at 2839.
- ※ Smuckers Stars on Ice Presale, April 9, 2006. Tickets are \$30. Contact Deb Shennett at 2522.
- ※ Annie at the Boston Opera House Bus Trip, June 17, 2006. Cost is \$101 for ticket and bus. Contact Barbara Williams at 2730.

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