

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

October 20, 2005

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Happenings

Rumford Hospital Honors Employees

In September, Rumford Hospital honored 38 employees for their cumulative 415 years of service to the hospital and its community. The recognition dinner, held this year at the lodge at Black Mountain of Maine, is an annual event.

Employees and their guests were greeted by John Welsh, Rumford Hospital CEO. He and other managers presented awards to their staff members.



Rumford Hospital employees honored at the annual dinner included, sitting, left, Katherine Hutchinson for 25 years of service; Becky Hall, seated right, for 20 years; standing, left to right, Anne Marie Mahar, Michelle Gilbert, and Jane Aube, all for 20 years of service.

Honored for 25 years of service were Susan Grace, Lab; Katherine Hutchinson, RN, Operating Room; and Barbara Ladd, RN, Med/Surg Unit.

Jane Aube, RN, Director of Nursing; Michelle Gilbert, RN, Birthing Center; Becky Hall, RN, Operating Room Manager; Janet Law, Food Service; Anne Marie Mahar, RN, Diabetes Education; and Carleen Robinson, Rehabilitation, were recognized for 20 years of service.

Twenty-nine other employees were also honored at the dinner for fifteen, ten and five years of service.

Bridgton Hospital Recognizes Staff for 530 Years of Service

On Oct. 11 at the Olde Mill in Harrison, Bridgton Hospital honored 41 employees for a combined total of 530 years of dedicated service to the hospital. John Carlson, President and Chief Executive Officer, served as Master of Ceremonies for the evening reception and dinner event, welcoming the staff and praising their exemplary professional commitment to the hospital. Philip Libby, President of the Board of Directors, lauded the employees for their outstanding customer service skills. Attending honorees were presented special gifts by their department manager based on their 5+ years of service.



Dianne Bigelow, dietary services, and Betha Bucknell RN, the inpatient unit, were the most senior honorees for the evening, having served Bridgton Hospital for forty years.



For Your Benefit

Stay tuned for benefit change news coming. After considerable time and effort spent reviewing the benefit programs within the CMMF, seeking input from employees and consulting the market for benefit comparability, we will be announcing some exciting new changes to our benefits program for 2006. Be sure to attend the benefit fairs on November 1 & 2 and attend the enrollment explanation meetings that will begin November 3, 2005.

Benefits Fairs

Tuesday, November 1st, Bridgton Hospital Lobby
7:30 am to 10:30 am

Tuesday, November 1st, Rumford Hospital Boardroom
1:00 pm to 4:00 pm

Wednesday, November 2nd, CMMC Conference Rooms
7:00 am to 3:00 pm

Healthy Inspirations Takes Off

'Healthy Inspirations', the new Bridgton Hospital employee wellness initiative led by Susan Cooper RN, employee health coordinator, got off to a great start! Fifty-two Bridgton Hospital and BH physician practice employees are enrolled to date, led by John Carlson. To date Dr. Michelle Kurlansk has provided free foot screens to enrollees,

Linda Russell, RD/LD has presented dietary guidelines and suggestions at a Lunch and Learn, and hospital chaplain, Priscilla Bickford, RN, presented a lunch and learn on "Feeding the Spirit". The packed room audience requested a continuation of the program in the months ahead, which we will do! In addition to this, we have started an in-house aerobics class, which is being offered free of charge by Mrs. Carolyn Cilley, fitness expert and wife of Dr. Ronald Cilley, Ob/Gyn. We have a waiting list for the class and we received a huge 'thumbs up' from all who attended. Katherine Ross, oncology clinic secretary noted, "It was awesome!" Kudos to the maintenance staff who cleaned up the old OR supplies room, polished the floors and provided a really nice space for the sessions.

Continuing Susan Cooper's October calendar, she was asked to make a presentation to the Standish Senior Citizens. Susan talked about the combined risk factors with diabetes and heart disease and had suggestions on making changes with diet, exercise and stress reduction. In addition to her employee health duties, Susan works as a Diabetes Educator and does ScoreHealth screens. She was able to combine information from both areas of her work for the presentation.



Heart Health Minute

Chronic stress gradually increases your blood pressure. Having a laugh is one of the best ways to relax as it stimulates the release of endorphins in the brain, thus reducing blood pressure. Thought for the day: When seeing red, think white clouds.... then float on them.



Sharron Sieleman, VP of Nursing "get's shot" as part of the kick off of the "I Got Shot" campaign from Employee Health to promote awareness of the recommendation that all CMMC employees receive the flu vaccine to help prevent the spread of the disease in a hospital or healthcare setting. Flu shot clinics are scheduled around campus throughout the October and November or you can call Employee Health for an appointment.

The Impact of Influenza Outbreaks

There are many benefits of health care worker vaccination. They include decreased illness among staff, reduced risk of outbreaks for patients, health insurance savings, and cost effective health expenses.

In addition and most important to the individual health care worker, by getting vaccinated, health care workers are taking a step to keep themselves well, decreasing the risk of exposing to their families at home, and not losing income from lost work days.

Influenza is a highly infectious disease of the lungs and a serious complication of the flu is pneumonia. . Each year 114,000 people in the U.S. are hospitalized with complications. Potentially included in this number have been people from your family, co-workers or even yourself. We all know what such an experience has cost us emotionally, physically and financially.

Getting the influenza vaccine protects most people from the flu. Sometimes a person who receives the flu vaccine can get the flu but most important is the episode will be far less severe and less likely to develop the very concerning complication of pneumonia.

Get your free flu shot this year. It is the single most important help step you can take to keep yourself healthy this winter.

For a calendar of flu shot clinic times, go to:

L drive, pub docs, Health & Wellness Services, 2005 Flu clinic schedule

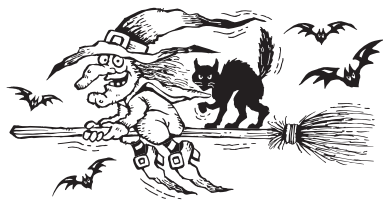
The consent and information are at:

L drive, pub docs, Health & Wellness Services, FORMS, influenza 05

Halloween

Tips

By Barbara Aliberti,
RN



Don't let your Halloween be haunted by accidents or injuries this year! Make sure you and your ghosts and goblins follow these simple dos and don'ts.

Plan a safe trick-or-treating route. Send younger children with responsible adult and older children should always go with a group. Remind children that they too must follow the rules of the road, such as using walkways, watching the traffic lights and to look both ways before crossing a street.

Insist that children carry a flashlight. It helps them to see and be seen.

Make sure your yard is clear of obstacles like hoses, dog leashes, flower pots, or toys that children can trip over.

Use battery operated jack-o-lanterns in home decorations or place candle lit pumpkins well away from the trick-or-treaters.

Remind youngsters to not eat any candy or treats until they have been checked at home.

For costume safety:

Costumes should not drag on the ground and should be made of flame retardant fabrics.

The clothing should allow for freedom of movement.

Masks should not restrict vision, have no sharp edges. When ever possible, choose non-toxic make-up instead of a mask. Make-up should state on the packaging that it meets U.S. federal safety standards, made with approved U.S.

color additives and laboratory tested or approved by the Federal Drug Administration or "meets federal guidelines for cosmetics.

Remember that if you are not comfortable having your children go trick-or-treating, you can opt to get neighbors together or look for options offered by a local church, school or community center.



Medical Imaging Employees Pass National Certification Boards

Five employees in the medical imaging department at CMMC, RH, and BH have recently passed their national certification examinations. Henry Fossett of Augusta has passed his ARRT and NMTCB examinations in Nuclear Medicine Technology. Henry previously worked as a radiographer in the CMMC medical imaging department and since his graduation from the CMMC School of Nuclear Medicine Technology Henry has been working as a nuclear medicine technologist at CMMC and Rumford Hospital. Andrew Greenlaw of Lewiston has passed his NMTCB examination, "with distinction", in Nuclear Medicine Technology. Andrew has his BS degree and a background in respiratory therapy. Since his graduation from the CMMC School of Nuclear Medicine Technology, Andrew has been working as a nuclear medicine technologist at Bridgton Hospital.

Patty Leslie of Topsham, Irene Dube of Auburn, and Adam Waleik of Auburn are recent graduates of the Clark F. Miller School of Radiologic Technology at CMMC. They passed their ARRT examination in Radiography are all currently working as radiographers at CMMC while continuing their education in the School of Nuclear Medicine Technology.

The Clark F. Miller School of Radiologic Technology is one of 5 Radiography schools in Maine. The CMMC School of Nuclear Medicine Technology is the only Nuclear Medicine Technology school in Maine or New Hampshire. CMMC is committed to providing high quality education in medical imaging, helping to alleviate staffing shortages in these highly sought after positions and providing high quality of care in the Central Maine Medical Family.

Contributors to this issue

Barbara Aliberti, Judy Ripley, Clark Phinney, Jane Bubar, Jim Gaylord, Pam Smith, Becky Ouellette, Susan Bowie, Susan Smith, and Randall Dustin

WELCOME CMMF Newcomers

Announcements



Lewiston campus

Tarka Anderson — Patient Services Rep, Family Medicine Residency Program
Bethany Baird — Patient Services Rep, Central Maine Internal Medicine
Deanna Bisbee — Patient Services Rep, Mechanic Falls Family Practice
Robin Brooks — Envir. Serv. Aide, Environmental Services
Rielly Bryant — Paramedic, LifeFlight of Maine
Kathleen Caron — Physical Therapist, Physical Therapy
Roger Charest — Envir. Serv. Aide, Environmental Services
Camille Cloutier — Food Serv Aide, Food Services
Jeannette Cote — Envir. Serv. Aide, Environmental Services
Jennifer Cyr — Physical Therapist, Outpatient Rehab Services
Michelle Doherty — RN, Cardiopulmonary
Benjamin Dugas — Envir. Serv. Tech., Environmental Services
Lisa Dunning — Administrative Assistant, Healthy Maine Partnership
Todd Dutil — Clinical Assistant, Central Maine Family Practice
Cathy Flaherty — RN, Single Stay Unit
Karen Fletcher — Practice Manager, Central Maine Pediatrics
Kathleen Gauthier — RN, Pediatrics
Pamela Hart — Resp Care Prac, Respiratory Therapy
Susan Jacoby — Nurse Midwife, Central Maine OB/GYN
Diane Jones — Dietitian, Food Services
Claire Keeler — RN, Medical Oncology
Kristen Kelsey — Echo Tech, Cardiac Diagnostic Services
Joyce Kilpatrick — CNA, Bolster Heights
Eric Lavallee — Food Serv Aide, Food Services
Nathan Lilly — Food Serv Aide, Food Services
Shawn Littlewood — LPN, Bolster Heights
Jan Long — Information Assoc, Med/Surg
Miriah McKenna — RN, Single Stay Unit
Denise McNeil — Resp Care Prac, Respiratory Therapy
Rebecca Morris — CNA, Bolster Heights
Fiona Paul — RN, Pediatrics
Danielle Raymond — Information Assoc, Single Stay Unit
Tia Roberts — Clinical Assistant, Employee Health Service
Joseph Sala — Physician Assistant, Cardiology
Kavita Sharma — Patient Services Rep, Medical Oncology
Janice Somerville — Clinical Research Coord, Cardiac Research
Sarah St. Pierre — RN, Central Maine OB/GYN
Michael Therrien — Food Serv Aide, Food Services
Andrew Turcotte — Paramedic, LifeFlight of Maine
Tammy Turcotte — Care Associate, Med/Surg
Brooke Verrill — Echo Tech, Cardiac Diagnostic Services
Peter Vachon — Insurance Follow-Up Rep, Patient Financial Services

Rumford campus

Jennifer Jamison — Medical Assistant, Swift River Health Care

Bridgton campus

Shelley Juneau — Patient Services Rep, OB/GYN
Lucerne Lewis — Envir. Serv. Aide, Environmental Services
Melissa Ransom — RN, Naples Family Practice

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.

- ※ 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.
- ※ White Christmas at the Wang Theater in Boston, December 10. Cost is \$95 for ticket and bus. Contact Lisa Asselin at 2839.
- ※ Sesame Street Live Tickets in Portland, December 10. Cost is \$15 per ticket. Contact Deb Shennett at 2522.
- ※ Magic of Christmas Tickets, December 18. Cost is \$39. Contact Barbara Williams at 2730.
- ※ Disney on Ice Tickets in Portland, January 21, 2006. Cost is \$15 per ticket. Contact Deb Shennett at 2522.
- ※ 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.
- ※ Movin Out at the Boston Opera House Bus Trip, May 20, 2006. Cost is \$101 for bus and ticket. Contact Lisa Asselin at 2839.

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