

# 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*

November 30, 2006

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## Happenings

### Rumford Hospital OR Staff Hosts Open House



Rumford Hospital honored Perioperative Nurses Day with an open house for other hospital staff members and physicians. In front of an open house display are several members of the OR staff: seated, Kathy Hutchinson, RN, left, and Becky Hall, RN, OR Nurse Manager; standing, left to right, Fran Smith, RN, Heather Kellogg, RN, Melissa Pelletier, RN, Kelley Arsenault, Orderly, Deborah Gorham, RN, Frank Hodson, Nurse Anesthetist, and Kim Akers, RN.

## We Honor Our Family Members



### *Bridgton Hospital and Blue Moon Midwives*

In July 2005, Blue Moon Midwives, located on Main Street, Norway, joined the Affiliated Medical Staff of the Bridgton Hospital. Certified Nurse Midwives Cathy

Heffernan, BSN, CNM, MSN and Jane Mills, CNM, MS are the co-directors of Blue Moon Midwives. Their new Blue Moon Midwives and Bridgton Hospital sign has just been installed across from Stephens Memorial Hospital.

Cathy Heffernan has been practicing midwifery for over twenty-four years in a variety of settings including at Central Maine Medical Center and Rumford Hospital. She received her Certificate in Midwifery from Kentucky Frontier School of Nursing and Midwifery and her Masters Degree in Nursing from Case Western University. Jane Mills, originally from England, received her Bachelor of Science in Nursing from the University of Southern Maine. In 1996 she graduated from Columbia University and North Central Bronx Hospital as a Nurse-Midwife. She has a Masters of Science in Nurse-Midwifery from State University of New York, Stony Brook. In addition to ten years of experience as a labor and delivery nurse, she has been a Certified Nurse Midwife at WM Health.

Bridgton Hospital Obstetrician/Gynecologists Dr. Bruce Lastra and Dr. Ronald Cilley will collaborate with the Blue Moon Midwives, providing a physician resource for the patient who has chosen a Certified Nurse Midwife for her pregnancy and delivery. Moms will deliver their babies in one of the comfortable private family birthing suites at the hospital.

Their midwifery care has been well received by the Bridgton Hospital service area community, providing an alternative to traditional care for mothers-to-be.

Maine's CNM's delivered 13% of all babies in 2000. In Europe, midwives deliver 75% of newborns. Midwives do much more than care for women during pregnancy and birth, certified nurse midwives provide healthcare to women from puberty through the lifespan.

For further information about Blue Moon Midwives contact Ms. Heffernan or Ms. Mills at 207-739-2800 or visit their website at [www.bluemoonmidwives.com](http://www.bluemoonmidwives.com). Mothers to be are also encouraged to contact Barbara Henley, RN or Crystal Coen, RN of the Special Delivery Family Birthing Center at Bridgton Hospital, 207-647-6128, for birthing center tours and questions.



Quality



Customer Service



People



Growth



Finance

# For Your Benefit

## Are you claiming Exempt on your W-4?

Under certain circumstances, an employee may claim "exempt" when filing a W-4 form. The most common instance of this is when someone is a full-time student working for a very few hours. The person is legally stating: "I did not pay in any federal taxes last year and do not expect I will have to pay any this year."

The federal government allows qualifying people to claim exempt status but requires this exemption to be reclaimed each year by submitting a new form. Therefore, if you are claiming exempt on your W-4 (what you claim is indicated on each of your check stubs), you must complete a NEW W-4 form by January 2007 to continue that withholding.

If you need a new W-4 form, kindly contact your Human Resources Office.

## In-house Pharmacy Update

Your participation in the In-house pharmacy not only saved you money during the year, but contributed to over \$250,000 in savings that gave us the ability to reduce premiums for 2007.

### 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

### Contributors to this issue

Clark Phinney, Jerry Marstaller, Barbara Aliberti, Judy Ripley, Tom Reichard, Jane Bubar, Susan Smith, and Randall Dustin

## Pathways to Higher Education

### *ENG110 Introduction to Literature (provided by CMMC-SON)*

This course introduces students to genres of fiction, drama, and poetry. By studying important works by writers of culturally diverse backgrounds, students gain experience in reading, analyzing, interpreting, and writing about literature. This course establishes connections between literature and other areas of arts and communications. 3 credits Prerequisite: College Writing

The course will meet the general education requirement for most degrees.

Day and Times to be announced

Central Maine Medical Center-School of Nursing

70 Middle Street, Lewiston

This course can be concurrently offered at Bridgton and Rumford Hospitals for CMMC and AHCH employees via video conferencing if there is an interest!!!

Register by calling Kathy Jacques, Registrar at CMMC-SON, 795-2858

### *HUM151 Western Thought & Culture (provided by CMCC)*

This course introduces major ideas and artistic achievements in the western tradition from the Renaissance to today. It will focus on the evolution of thinking, the role and nature of the arts, including painting, sculpture, architecture, literature, and music during each period. 3 credit hours

The course will meet the Humanities requirement for most degrees.

Tuesdays, 5 to 8 p.m., January 17-May 9, 2007 at St. Mary's Hospital, Lewiston

Cost: Fees for SOCHS & AHCH are \$67.80

CMMC employees pay \$75.45

Registration for this course will be held at St. Mary's Campus Cuisine lobby and at Central Maine Medical Center in the ER lobby. Date and time to be announced.

One-on-one advising will be offered in early December; date and time will be announced. For questions contact:

Sadie Fowler at 228-8225 or email: sadie.fowler@maine.edu

J. Leigh Hamilton at 228-8306 or email: jhamilto@usm.maine.edu



## Heart Health Minute

**Myth:** Heart disease is a man's problem.

**Truth:** Heart disease is the leading killer of women, claiming more women's lives than the next five causes of death combined....about 500,000 women's lives a year.

## Diabetic? A flu shot could save your life!

For people with diabetes, the flu can be more than aches and pains. It can mean longer illness, hospitalization, even death. Diabetes can make the immune system more vulnerable to severe cases of the flu. In fact, people with diabetes are almost three times more likely to die from influenza ("the flu") or pneumonia.

Flu vaccines are available at little or no cost at doctors' offices, clinics, pharmacies, and grocery stores before flu season starts in the fall. Contact your doctor, health care provider or local health department for dates, times, and places where vaccines are given. But talk to your doctor first. Some people shouldn't get vaccinated.

Consider the odds:

During flu epidemics, deaths among people with diabetes increase 5 to 15 percent.

People with diabetes are 6 times more likely to be hospitalized with flu complications.

Each year, 10 to 30 thousand deaths among people with diabetes are associated with influenza and pneumonia.

Just as people with diabetes are more susceptible to the flu, they are also at high risk of developing pneumonia. Ask your doctor about getting vaccinated against pneumococcal disease, the cause of the most common form of pneumonia. It is safe to have this vaccine along with a flu vaccine, and for most people, one dose provides lasting protection.

When you live with diabetes, you watch your diet, exercise, and see your doctor regularly. Now you can add an annual vaccine to your routine. It's one more way to stay in control of your diabetes.

For more information in the flu vaccine, provided free of charge to all CMHC employees, contact Employee Health.

## Cooking Good!

### Beef & Acorn Squash Stew

- 1 1/2 lbs beef (half round and half chuck beef) cut in 1 inch cubes
- 2 tablespoons dry sherry
- 2 cups of beef broth    1/2 teaspoon ginger
- 1 medium onion        1/2 teaspoon coriander
- 2 stalks of celery cut into 1/2 inch slices
- 1/2 teaspoon pepper    2 cups cubed acorn squash
- 1 15oz can of red kidney beans
- 2 tablespoons fresh chopped parsley

Place broth, spices, celery, onion and beans in crock pot. Gently flour beef and add meat to pot. Add sherry and cover to simmer. You can cook on high -4- 5 hours or low setting- 7 hours as you desire. Serve hot and with crusty bread.

Yield is 6 cups at 250 calories per serving.

Fat-6 grams    Carbohydrate-17 grams

## FYI

We are pleased to announce the recent appointment of Joyce McPhetres as Vice President of Human Resources for Central Maine

Healthcare. Joyce brings a wealth of experience in Organizational Development to the Central Maine family and she will have a leading role in that effort with us over the coming months and years. She comes to us from MBNA where she served for over 11 years as a First Vice President with focuses in the areas of Human Resources and Education. She has also previously served as the Associate Dean of Students at Colby and Career Counselor at Harvard.



Joyce has begun to make her mark immediately upon arrival leading a total customer service review by the system-wide HR team. Her fresh perspective is challenging us all, throughout the organization, to look at what we do and how we might do it even better. Welcome to the Central Maine Medical Family Joyce.

# 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.

- ↪ Employee Craft Fair, December 8 from 9 a.m. to 3 p.m. in the CMHVI Lobby. Employee crafters, family and friends will exhibit and sell their hand crafted items to other employees as well as the public at this exciting and festive holiday fair.
- ↪ Sesame Street, December 9. Cost is \$15 per ticket. Contact is Deb Shennett at 2522.
- ↪ The Rockettes at the Wang Theater, December 9. Cost is \$93 for bus and ticket. Contact is Lisa Asselin at 2839.
- ↪ Maineiacs, December 15. Cost is \$8 per ticket. Contact is Lisa Girouard at 5544.
- ↪ Stomp at the Colonial Theater in Boston, December 16. Cost is \$90 for bus and ticket. Contact is Rhiannon Fetterman at 5702
- ↪ Magic of Christmas at the Merrill Auditorium, December 17. Cost is \$40 per ticket. Contact is Jen Jordan at 2729.
- ↪ Cruise on Carnival's Valor in the Eastern Caribbean, February 10 through 18, 2007. Cost is \$1,319 and includes airfare. Contact is Terry at Dube's Travel at 1-800-698-6720
- ↪ Boston Bruins, February 10. Cost is \$71 for bus and ticket. Contact Lisa Asselin at 2839.
- ↪ Maineiacs, February 11. Cost is \$8 per ticket. Contact is Lisa Girouard at 5544.
- ↪ Hairspray at Merrill Auditorium, February 24. Cost is \$57 per ticket. Contact is Ann Nyberg at 5919.
- ↪ Boston Flower Show/Quincy Market, March 17. Cost is \$37.50 for bus and ticket. Contact Lynn Medlen at 2790.
- ↪ Stars on Ice, March 24. Cost is \$35 per ticket. Contact is Deb Shennett at 2522.
- ↪ Cruise on the Norwegian Dawn to the Bahamas and Bermuda, June 16 to June 23. Packages range from \$969 to \$1,269. Contact is Dube Travel at 1-800-698-6720.

- ↪ Patriots Tickets to Most Home Games. Cost is \$155 for bus and ticket. Contact is Linda at Dube Travel at 784-2916.

## *Possible Upcoming Events:*

- ↪ Martha's Vineyard
- ↪ Spring Quincy Market
- ↪ Sea Dogs Tickets

## United Way

Thank you all for your support of the United Way.

We have exceeded our goal and have raised \$88,963 for the United Way.

Thank you all so much for a great United Way campaign.

What a great way to support our community and what a great reflection on CMMF.

## The EAP is There For You

If you are struggling with depression, your Employee Assistance Program (EAP) can help. Your EAP is a confidential, assessment, short-term counseling and referral program for you and your household members. It is a free benefit provided to you by CMMF. To find the number of the EAP counselor nearest you, consult our webpage at [www.affiliatedeap.com](http://www.affiliatedeap.com) or call 1-800-769-9819.

## Monthly Meditations

The Monthly Meditations from The Dept. of Pastoral Care are now available in Pub\_Docs. You can access them in the following way:

- Launch the CMMF Intranet from the shortcut on your desktop
- In the top left is the Pub\_Docs section, choose the correct site; CM, BH, RH
- Then choose the Chaplain Meditations folder