

# EMPLOYEE ROUNDS

*News for Employees from Employees*



Bridgton Hospital Central Maine Medical Center Rumford Hospital

December 2, 2004

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## Happenings

### Dr. Oscar Cabatingan retires after 33 years of practice

Central Maine Medical Center will host a reception for retiring physician Oscar S. Cabatingan, M.D., on December 7 from 4 p.m. to 6 p.m. in the 12 High Street Conference Center.

As a highly respected member of the Lewiston-Auburn medical community for 33 years, Dr. Cabatingan is one of the area's most popular, even beloved physicians. His gentle demeanor and innate compassion have endeared him to patients and colleagues alike throughout his long tenure of service to the wellbeing of the region.



Dr. Cabatingan, a specialist in internal medicine, came to the Lewiston-Auburn area in 1971. In 1974 he formed Mount David Clinical Associates with Stephen Sokol, M.D. In 1977 they were joined by William Lee, M.D. In 1990 the Mount David group - then comprised of Dr. Cabatingan, Dr. Lee, Richard Stephenson, M.D., and Pamela Ross, M.D. - joined the newly-formed Central Maine Clinical Associates to form Central Maine Internal Medicine, one of the region's first healthcare system-employed physician groups.

During his years of practice in the Lewiston-Auburn, Dr. Cabatingan has served as CMMC's chief of medicine. He has been a central figure in the development of pulmonary care at CMMC and was instrumental in the development of the hospital's Critical Care Unit and Respiratory Therapy Department. He was medical director of respiratory therapy from 1972 until the late 1980s.

The December 7 reception is open to Dr. Cabatingan's friends, patients and colleagues.

### Volunteers sought to knit ChemoCaps

Maranacook Yarns is starting a local chapter of ChemoCaps to benefit cancer patients at CMMC.

Chemocaps is an international group of volunteers who hand-knit comfortable, attractive caps that are given free of charge to cancer patients experiencing hair loss and for whom wigs are uncomfortable. ChemoCaps was founded in memory of Heather Spoll, a young cancer patient, by her mother, Ronni Spoll of Pennsylvania.

The group is open to those of all skill levels, whether an experienced knitter or some who is picking up knitting needles for the first time.

Chemocaps are made with no seams and little texture so they offer the most comfort. Yarns must be very soft and machine washable (light- to medium-weight acrylic, polyester, and blends with cotton and wool are preferred). Maranacook Yarns will stock inexpensive yarns suitable for this purpose. Volunteers may supply their own yarn.

Free "Heather Spoll No Hair Day Hat Program" patterns designed by JoAnne Turcotte are available at Maranacook Yarns and on the Internet at [www.chemocaps.com/](http://www.chemocaps.com/).

Maranacook Yarns is located at 138 South Road in Readfield. Hours are Tuesdays and Thursdays from noon to 6 p.m.; Wednesdays and Fridays from 9 a.m. to 1:30 p.m., and Saturdays from 9 a.m. to 3 p.m. Knitting groups are open to everyone and meet at the shop on Tuesdays and Thursdays from 4 p.m. to 6 p.m.

For more information or to sign up as a ChemoCaps volunteer, please call Gari Smith-Bayreuther at 685-9704, e-mail her at [m\\_yarns@adelphia.net](mailto:m_yarns@adelphia.net)

Completed ChemoCaps can be dropped off in the Public Relations Department Monday through Friday from 7:30 a.m. to 4 p.m.



Quality



Customer Service



People



Growth



Finance

# For Your Benefit

## Open Enrollment has ended.... Now what?

As you are well aware, the window for turning in your Open Enrollment forms closed on Friday, November 19th. Here are a few items that might interest you as we prepare for 2005:

All medical, dental and spending accounts will be transferred to Wausau Benefits effective January 1, 2005.

If you are on the medical and/or dental plans, you will be receiving a set of new insurance cards by mid-December.

If you have college-aged children on your medical and/or dental plans, you will automatically receive an additional set of cards by the third week of December.

If you elected a Benny Card for a Wausau Benefit Healthcare spending account, you will receive that by the first of the year. If you are holding a Benny Card from Group Dynamic, please destroy that after December 31, 2004.

You have until the end of December to comply with the "Use it or Lose it" requirement of the spending accounts. If you are unsure of your remaining balance in the 2004 Spending Accounts, you may call them at 781-8800. Remember there is a list of over-the-counter items you may purchase to use up your balance.... The list is available in your Human Resources office.

If you have accrued "Points to Dollars" at the Lewiston campus over the past year, you will see those appearing in the paycheck of December 2nd.

Remember to schedule your Scorekeeper with Barbara Aliberti (x2905), Susan Cooper (x6081) or Sandy Bouchard/Sharon Gates (x1070).

Finally, if something happens during December that changes your Open Enrollment choices, let Human Resources know as soon as possible. Effective January 1, 2005, your choices are "cast in stone" and may be changed ONLY with a Qualifying Event.

Thank you for your time and efforts as we roll out 2004 and head full speed into 2005!

### 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](mailto:reichart@cmhc.org)

*We are pleased to be able to continue to offer the ScoreKeeper™ Program as a benefit this year*

We want you to understand your health status.

Armed with information, ScoreKeeper™ can help you take positive steps to maintain or improve your health.

Why should you participate in the ScoreKeeper™ Program?

- ♥ It is voluntary and costs you nothing.
- ♥ You are taking your good health seriously
- ♥ You will control the use of this information
- ♥ Your Scorekeeper information will not have any bearing on your job
- ♥ Your Scorekeeper information will have no impact on your ability to be covered in our health plan or how much you will pay.

And, as an added incentive, you will receive a \$25 merchandise card to Hannaford Brothers if you participate (or have participated) between August 1, 2004 and October 1, 2005.

Please contact Barbara Aliberti at ext. 2905 to schedule a time.

## Tobacco-Free Campus

### *How can I get support and encouragement?*

Tell your family and friends what kind of help you need. Their support will make it easier for you to stop smoking. Also, ask your family doctor to help you develop a plan for stopping smoking. He or she can give you information on telephone hotlines or self-help materials that can be very helpful. Your doctor can also recommend a stop-smoking program. The Wellness Center is sponsoring a Hypnotherapy program on December 2 and 9th at 6:30 to 8:00 in the multipurpose room. This program is for employees only. It will be 15 dollars for two 90-minute sessions. Call x2473 to register.

Give yourself rewards for stopping smoking. For example, with the money you save by not smoking, buy yourself something special.

Adopt-A-Smoker material is still available in the Human Resources Department.

### Contributors to this issue

Jerry Marstaller, Pam Edgecomb, Becky Ouellette, Susan Smith, and Randall Dustin



## HIPAA Question of the Week

CMH HIPAA Hotline Number: 795-2906

### Heart Health Minute

You know that a healthy diet is an effective part of weight loss. You also know you need to be physically active for at least thirty minutes a day on all or most days of the week. Your snacks should be healthy ones, such as fruit, veggies, rice cakes or a handful of walnuts (2 oz., 1/2 cup or 4 whole nuts) Research has shown that walnuts contain omega-3 fatty acids, which as part of a healthy diet may help reduce your risk of heart disease. .



*KIDS HELPING KIDS - Natalie Rousseau, center, a fourth grader at Pettengill School in Lewiston, is congratulated by Pettengill School art instructor Lacy Michaud, left, and Sharon Poulin, right, a member of the Central Maine Medical Center Woman's Hospital Association, for her winning submission to the "It's a Small World . . . Kids Helping Kids" drawing contest. Artwork created by fourth graders from throughout Lewiston and Auburn will adorn the annual Central Maine Medical Center-Woman's Hospital Association Spring Gala set for March 19 at the Kora Temple in Lewiston. In January, six graders will participate in "Kids Helping Kids" by creating table centerpieces for the event. Proceeds from the Spring Gala will benefit the Pediatrics Endowment Fund for children in need of hospital services. For further information about the event or to make reservations, visit [www.cmmcgiving.org](http://www.cmmcgiving.org) or contact the Central Maine Healthcare Development Office 795-2957.*

*Q. May a hospital or other covered entity notify a patient's family member or other person that the patient is at their facility?*

A. Yes. The HIPAA Privacy Rule, at 45 CFR 164.510(b), permits covered entities to notify, or assist in the notification of, family members, personal representatives, or other persons responsible for the care of the patient, of the patient's location, general condition, or death. Where the patient is present, or is otherwise available prior to the disclosure, and has capacity to make health care decisions, the covered entity may notify family and these other persons if the patient agrees or, when given the opportunity, does not object. The covered entity may also use or disclose this information to notify the family and these other persons if it can reasonably infer from the circumstances, based on professional judgment, that the patient does not object. Under these circumstances, for example:

- A doctor may call a patient's wife to tell her that her husband was in a car accident and is being treated in the emergency room for minor injuries.
- A doctor may contact a pregnant patient's husband to let him know that his wife arrived at the hospital in labor and is about to give birth.
- A nurse may contact the patient's friend to let him know that his roommate broke his leg falling down the stairs, has had surgery, and is in recovery.

*Q. As a pediatrician, am I required to give my notice of privacy practices to the children I treat?*

The HIPAA Privacy Rule requires a covered health care provider with a direct treatment relationship with the individual to provide the notice to the individual receiving treatment no later than the date of first service delivery. In cases where the individual has a personal representative, as is generally the case when a parent brings a child in for treatment, the provider satisfies the notice distribution requirements by providing the notice to the personal representative (e.g., the child's parent), and making a good faith effort to obtain the personal representative's acknowledgment of the notice. In the limited cases where the parent is not the personal representative of the unemancipated minor, such as when the minor is authorized under State law to consent to the treatment and does so, the provider must give its notice to the minor and make a good faith effort to obtain the minor's acknowledgment of the notice.

# JUST FOR FUN

*The following events are currently being offered through the Employee Special Events Committee. Payment can be by cash or check. Payroll deduction for charges of \$40 or more is available for full time or regular part-time employees.*

- ☉ Sesame Street Live! Out of This World! Sunday, December 12, at 1:00 pm at the Cumberland County Civic Center. Tickets cost only \$11 each (a \$3 savings) and we have excellent seats! Contact Deb Shennett at 2522 to purchase tickets. please note that the date on the yellow flyer that went out earlier this week is incorrect; the correct date is Sunday, December 12.
- ☉ Annual Adopt-A-Child for the holidays, Gerri St. Amand (ext. 7144) will be coordinating this wonderful activity again this year with the Androscoggin Head Start and Childcare Program. All departments and/or individuals are invited to participate. Contact Gerrie by either phone or e-mail for more details.
- ☉ Stars on Ice, April 9, 2005 at the Cumberland County Civic Center. The cost for these tickets is only \$30 per ticket (a \$10 savings!!) These tickets have not yet gone on sale to the general public and we have reserved awesome seats. Contact Deb Shennett at 2522 to purchase your tickets. Williams at 2370 to reserve your tickets and make payment arrangements.
- ☉ Phantom of the Opera Saturday, April 23, 2005 at The Opera House in Boston. Andrew Lloyd Webber's The Phantom of the Opera traces the tragic love story of a beautiful opera singer and a young composer shamed by his physical appearance into a shadowy existence beneath the majestic Paris Opera House. Cost: \$87.00 (Includes Bus and Theatre Ticket) Seats are in the Mezzanine Section Join ESEC on a bus trip to the newly remodeled Opera House in Boston to see this wonderful musical. There will be a stop in Quincy Market for a couple of hours before the show to have lunch or shop on your own. Call Lisa Asselin at 795-2839 for more information.

## **Upcoming ESEC Events**

- ☉ Corporate ski discounts to Sugar Loaf, Sunday River, Attitash Bear Peak, Mt. Abram, and Lost Valley.
- ☉ Also, Chicago at the Wang Theatre in Boston, May 21, 2005 bus trip, \$87 per person includes bus and ticket. Contact is Barbara Williams at 2730.

# WELCOME CMMC Newcomers

## **Lewiston Campus**

Louise Babineau — Case Manager, Employee Health Service  
Alyson Banks — Food Serv Aide, Food Services  
Matthew Bianconi — Patient Services Rep, Family Practice Residency  
Belinda Busch — Food Serv Aide, Food Services  
Christina Caine — Payment Analyst, Patient Financial Services  
Charlotte Carr — RN, Central Staffing  
Travis Daigneault — Food Serv Aide, Food Services  
Samuel Glueckert — RN, Single Stay Unit  
Michelle Grover — Care Associate, Med/Surg  
Julia Haverinen — Manager, Respiratory Therapy  
Steven Holman — Envir Serv Tech, Environmental Services  
Mary Jones — RN, Central Maine Internal Medicine  
Connie Leach — Occup Therapy Assist, Occupational Therapy  
Erin Longway — Patient Services Rep, Radiation Therapy  
Colleen McAleer — RN, Cardiac Cath Lab  
Gayle McDevitt — Manager, Endoscopy/Minor Surgery  
Jamie Mercier — OBS Technician, Delivery Room  
Angela Miller — Envir. Serv. Aide, Environmental Services  
Patricia Mills — Cardiac Research Nurse, Cardiac Research  
Carl Paradis — Distribution Specialist, Material Services  
Kristen Tate — RN, Single Stay Unit  
Michael Therrien — Food Serv Aide, Food Services  
Angela Westhoff — Director, Healthy Maine Partnership

## **Bridgton Campus**

Patricia Bradshaw — Phlebotomist, Pathology  
Nichole Phillips — Patient Services Rep, Naples Family Practice  
Linda Pierce — Clinical Assistant, Naples Family Practice  
Heidi Shugars — Patient Services Rep, Internal Medicine

## **Rumford Campus**

Patricia Harris — CNA, Rumford Community Home

## **Blood Drive Set for December 17**

LifeFlight of Maine's Lewiston base, will host a Blood Drive on December 17.

The last American Red Cross Blood Drive at CMMC in September was an unqualified success, with more than 95 people showing up to donate and 86 units of blood actually collected.

The Blood Drive will be held from 6:45 a.m. to 1 p.m. in the CMMC Chairmen's Rooms, located on the ground level of the 12 High Street Medical Office Building adjacent to CMMC.



Anyone who would like to donate blood is urged to make an appointment by calling 795-2470.

Blood Drive participants will be given a chance to win a \$50 gift certificate. Employees who give are eligible to win a helicopter ride.