

EMPLOYEE ROUNDS

News for Employees from Employees



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

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Happenings

College of Nursing and Health Professions Graduates



Recently graduating as the CMMC College of Nursing Class of December 2011 were: from left, front row, Sharon Cosgrove of Turner; Audrey Martin of Turner; Christine Gerry of Bowdoin; Joanne Giasson of Auburn; Shaad Masood of Lewiston; Angela Roy of Lewiston; Kristin Taylor of South Portland; Patricia Blanchard of Auburn; and Krystine Milan of South Portland; back row, Brittany Loon of Jay; Jennifer-Lynn Moreau of Lewiston; Corey Colson of Mechanic Falls; Nancy Jo Ross, director of the College of Nursing and Health Professions (CONHP) Nursing Program; CONHP President Susan Baltrus; CONHP evening program coordinator Bonnie Colby; Stacy Nadeau of Wales; and Marc Pepin of Buckfield. Photo by Dave Gondek.

Having successfully completed the CMMC College of Nursing's two-year registered nursing education program, the 17 graduates were awarded associate degrees in the applied science of nursing. The students comprised the first class to graduate from the CONHP evening program.



CMMC WEDDING -- Pamela Lynn Lafreniere and Barry George Hanson, seated, were married January 18 in a ceremony organized largely by impromptu CMMC wedding planners. Facing Barry's unexpected and devastating cancer diagnosis, the couple decided to accelerate their wedding plans and were married in a ceremony held in the first-floor Memorial Wing solarium. The wedding was covered not only by the Sun Journal, but by the area's three commercial television stations.

CMMC Spring Gala

Central Maine Medical Center's 16th Annual Spring Gala will be held March 24 at the Kora Temple in Lewiston. Proceeds from the event, entitled "Future Generations Begin Here", will benefit the CMMC Special Delivery Family Birthing Center.

Hosted by the CMMC Associates and the CMMC Woman's Hospital Association, the evening will include a social hour and a four-course dinner. The Jim Ciampi Band will provide the music. A photographer will be available to take pictures to commemorate the evening.

Reservations are required and should be made by March 9. For more information about the Gala or the CMMC Associates, call the CMMC Development Office at 795-2950 or email giving@cmmc.org

For Your Benefit

YouTube Videos on the Benefit Plans

Have you ever asked any of these questions:

- *What is a maintenance drug and how does the CMH Pharmacy work?*
- *Is the person I live with eligible to be on my medical insurance?*
- *What do I need to do for the Wellness Program?*
- *What is a Benny Card? Should I get one?*
- *How much Choice Time do I accrue each pay period?*

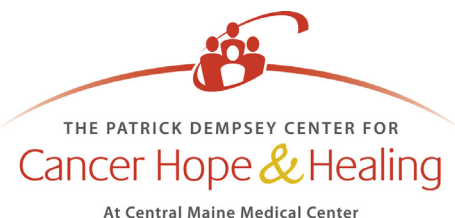
Well, we are happy to inform you that Human Resources and Healthy Decisions have prepared nearly twenty Powerpoint presentations to answer these and hundreds of other questions. Additionally the information is available in a YouTube format with a narrative explaining each plan.

Remember, you can view the Powerpoint and YouTube videos at www.cmmfhealthydecisions.com



DID YOU KNOW?

Many Dempsey Center workshops are available to anyone interested in attending! Check out these workshops taking place at CMMC!



Finding Health Information on the Web - Tuesday, Feb. 7 from Noon - 1 p.m. at CMMC, Conference Room H. CMMC Librarian Janet Bolduc will provide trusted sources for cancer and general health information.

Making Sense out of Wills and Living Wills - Tuesday, Feb. 14 from 1 - 2:30 p.m. at CMMC, Conference Room A/B/C. Skelton, Taintor & Abbott attorney Jill Checkoway will discuss ways you can prevent state law from making decisions on your behalf.

For a complete listing, please visit www.dempseycenter.org

Announcements



CURRENT ESEC EVENTS

CHECK OUT THE PORTAL FOR ALL OF OUR FLYERS UNDER THE SCROLLING EVENTS.

South Pacific at Merrill Auditorium - Saturday March 17, 2012 @ 2:00 pm ~ Corporate rate reserved tickets cost only \$61 each for Grand Tier section 4; only 40 seats available so hurry and contact Jen Jordan via e-mail at jordanj@cmhc.org.

Disney on Ice @ Cumberland County Civic Center (Ticket Only) ~ 02/11/12 - \$22.00- Deb Shennett @ 2522

Stars on Ice @ Cumberland County Civic Center (Ticket Only) ~ 03/16/12 - \$35.00 - Deb Shennett @ 2522

Harlem Globtrotters @ Cumberland County Civic Center (Ticket Only) ~ 03/18/12 - \$26.00 - Deb Shennett @ 2522

Ski Discounts:

Sunday River/Sugarloaf - Vouchers Available
Lost Valley - Tickets Available 12/1 \$23.00 - Deb Shennett @ 2522

Snow Park Discounts: - Sea Coast Snow Park in Windham - Save \$2 per ticket for up to 4 tickets - Sue Hedrick 2472

Sea World Parks ~ Coupons good for \$10 off a single day admission to Sea World, as well as similar discounts to other Sea World Parks including Aquatica, Busch Gardens, & Adventure Island. Please contact the Volunteer Office at 795-2470 or visit them on the 2nd floor near the Pharmacy to get your coupon.

New England Aquarium/IMAX Theater Discount Tickets ~\$6.95-\$21.95 (Savings of \$1.00-\$6.00) - Deb Shennett @ 2522

Alpine Tours ~ Check out their website at www.alpinetoursme.com to see their complete list of bus trips. Employees of CMMF will receive a 10% discount off of listed tour prices and may use payroll deduction (regular and part time employees only) for deposits and the trip cost. All bus trips include the employee discount except Casino trips to Foxwoods and Mohegan Sun. Contact Alpine Tours by calling Sue Berube at 786-7600. Deposits are non-refundable unless Alpine cancels the trip.



The Journey for Hope Begins with **YOU!**



THE DEMPSEY CHALLENGE presented by **AMGEN**

Oct. 13-14, 2012 • Lewiston, ME

Register by Jan. 31 and **SAVE \$10!** - dempseychallenge.org