



**Guest Speaker: Mary Dube, Practice Manager, Bariatrics**

Mary Dube (pictured right with Christine Bosse), gave a very informative presentation on Bariatrics here at Central Maine Medical Center. The department, led by Dr. Loggins, offers surgery options for the morbidly obese and those with related health issues. With obesity on the rise, CMMC's skilled bariatric team works with patients from evaluations and diagnoses all the way through surgery, recovery and life long support. The three types of surgeries that are performed at CMMC are Laparoscopic Gastric Banding, Laparoscopic Gastric Bypass and Laparoscopic Sleeve Gastrectomy. Information Sessions regarding Bariatric Surgery are FREE and open to the public the first Wednesday of every month from 6 p.m. to 8 p.m. call 207-795-5710 for more information



**Thanksgiving, after all,  
is a word of action.**

-W.J. Cameron

**NEXT MEETING  
December 10th at the Arbor House**

**2010 Updates & Upcoming Events**

**National Diabetes Month** ~ Learn more about Diabetes this month with CMMC's certified diabetes educators. Fliers with more information have been e-mailed to each Associate.

**27th Annual Tree of Love** ~ Lise passed out postcards and posters for this years WHA (Women's Hospital Association) Tree of Love fundraiser. Funds raised will benefit the Cancer Care Immediate Needs Fund. This fund helps cover some of the unexpected needs and costs associated with the diagnosis and treatment of CMMC's cancer patients, such as transportation and wigs. Please join them for the Tree Lighting Ceremony on Friday, December 10th at 4:00 p.m. at 60 High Street Mezzanine. For more information contact Nancy Wilkins - 783-6865

**Arbor House Angels** ~ The newly formed committee, with a primary focus of decorating the Arbor House for each holiday, needs your help! The Angels are also looking for gently used non-denominational decorations to fill each Arbor House apartment with holiday cheer. (no lights or anything requiring electricity please) Additionally, Ann Nadeau distributed an Arbor House "Wish List" Please post this list in your place of business with a collection box. All donations can then be brought to the next Associates meeting which will be held at the Arbor House on December 10th. The Arbor House relies on the work of the Angel's and the donations to help keep the Arbor House stocked with everyday food and toiletry staples. The Committee is working on other ideas to raise money to help the needs of the Arbor House year round.

**Save the Dates**

**Books Are Fun Fundraiser—November 15-17  
60 High Street Lobby  
To Benefit: The Special Delivery Memorial Garden  
&  
The Employee Financial Assistance Fund**