

January 20, 2020

WHAT'S HAPPENING

A newsletter for the Maine Medical Center family

Encouraging the Community to have a Healthy New Year



NEW YEAR, HEALTHIER YOU
WITH THE DIABETES PREVENTION PROGRAM

Free classes starting soon near you!

Sign up at MaineHealth.org/PreventDiabetes

MaineHealth

Upcoming Diabetes Prevention Program Classes in Greater Portland:

Scarborough, LRC
Begins Jan. 27

Scarborough, NorDx
Begins Jan. 31

Falmouth, LRC
Begins March 5

The MaineHealth Diabetes Prevention Program is an initiative developed to keep our communities healthy. Learn the skills to make healthier choices and get the long-term support you need to stick with the changes this year.

The MaineHealth Diabetes Prevention Program offers a year of support from a trained lifestyle instructor, as well as peer support within a group setting.

Find encouragement and assistance from individuals who are trying to live a

healthier lifestyle, just like you. The class meets weekly for 16 weeks, then once or twice per month for the rest of the year.

Change doesn't happen overnight, but with a little determination and a lot of teamwork, you too can be

come more active, lose weight and improve your overall health.

Learn more and sign up for a class near you at MaineHealth.org/PreventDiabetes.

PEOPLE NEWS

Sheila Parker, RN, Vice President of Patient Care Services for MMC, was honored with the Agnes E. Flaherty Leadership Award.

Each year, the American

Nurses Association – Maine presents this award to a Maine nurse leader each year at its annual meeting in the fall.

This award recognizes a registered nurse leader who demonstrates leadership, courage and dedication in their interactions with patients and families, staff and coworkers, the profession

and the community.

The award was established in 2004 in the name of Agnes Flaherty, RN, who served as Vice President of Nursing at Maine Medical Center for 10 years and Executive Director of the Maine State Board of Nursing.

In Sheila's nomination for

the award, she is described as a "strategic visionary thinker" and an inspirational mentor.

Marge Wiggins, RN, Chief Nursing Officer for MaineHealth, presented the award to Parker at a recent leadership meeting.

Congratulations, Sheila!

MMC Colleagues Share January Moments to Shine

Christopher Sawyer, MaineHealth ACO, received recognition from Lynne Siulinski for Excellence

Jim Carroll, Employee Health, received recognition from Thomas LeRoy for Ownership

I would like to recognize Chris for his acceptance and patience when I gave him a last minute mailing to do for our private PCP practices. Chris is always kind in his communication, and although this request was not part of his planned week, he accepted and got the job done.

Jim's level of commitment to his role is a tremendous asset. He has awareness of the big picture and is able to step in to fill gaps when staffing challenges present....and Jim does it with a positive attitude! Thanks for the dedication and ownership you bring to your role each and every day!

Nicole Swift, MMP Referrals, received recognition from Joann Cyr for Excellence

The Family Medicine Practice Referral Team always seem to have a large workload to complete daily. The number of referrals needing follow up seem to have increased greatly over the past couple of months, as the number of referrals entered recently have risen.

Recently, I had asked Nicole for assistance with my follow up as I was not able to complete. Nicole was able to complete mostly all the follow up in one of the workqueues, and in addition, completed all the follow up for the referrals that had been denied in one afternoon. I really appreciate her help and feel she is a great team player on our Family Medicine Team!

Heather Campbell, MMCRI, received recognition from Michaela Reagan for Ownership



Heather, you showed outstanding ownership, as well as excellence, in writing the majority of the NNE-CTR pilot grant that we just submitted. I so appreciate you helping not only do the science in the Reagan lab, but also plan for and think about the next steps for our work.

Thank you for your dedication, innovation and attention to detail, as shown by this outstanding application.

From left to right: Heather Campbell, Research Associate, MMCRI; Carolyn Falank, PhD, Research Navigator, MMC. and Sarah Peterson, MD, PhD, pictured in 2017.

Tanesha Riggs, Saco Pediatrics, received recognition from Lori Cote for Patient Centered

Tanesha, thank you from our Portland Family Medicine Team. Your assistance with coverage at our front desk was huge! With you here, we were able to complete today's work while providing exceptional service to our patients. Thank you for your willingness, flexibility and positive attitude.

Recognize your colleagues by sharing their accomplishments, initiatives and Moments to Shine! Email a write-up and photo to mmcnews@mmc.org with the subject line: What's Happening Moments to Shine.