March 5, 2018

What’s Happening
A newsletter for the Maine Medical Center family

MMC Remembers Marshall ‘Jack’ Gibson of the Gibson Pavilion

Marshall “Jack” Gibson, dear friend and benefactor of Maine Medical Center, passed away on February 24, 2018. He was 88 years old. Recognized and remembered by his friends and family as kind and generous, Jack lived his life by always putting others first and leading with a handshake and smile.

Many patients and MMC caregivers will recognize the Gibson name because excellent oncology care has been delivered at The Marshall L. and Susan Gibson Pavilion since 1998.

Jack, who made the pavilion’s naming gift in honor of his late wife, Susan, was a frequent visitor at MMC, where he visited with and supported cancer patients, typically on Sunday mornings.

Jack was known throughout Maine through his work as founder of a company that would become Commercial Paving & Recycling Co. in 1945. In 2010, Jack published an autobiography entitled “Getting Here from There.” The book’s Forward was written by MMC President and CEO Rich Petersen.

‘Remembering Jack Gibson’ Continued on Back

Over 50? Learn more about getting a colorectal cancer screening

Colorectal cancer is one of the few forms of cancer that is preventable, treatable and beatable. Adults 50 and older are most at risk, so if you are eligible for colorectal cancer screening, get tested, and encourage your friends and family members to do the same.

Most people with no symptoms or family history of colorectal cancer should first get tested at age 50. Some people may need to start screening earlier.

Knowing your family history, learning about risk factors, getting preventive screening and maintaining a healthy lifestyle can make a big difference in reducing your risk for developing colorectal cancer. A healthy lifestyle includes eating a healthy diet, staying active, maintaining a healthy weight and not using tobacco.

There are several screening options available for colorectal cancer, including simple take-home options. A Fecal Immunochemical Test (FIT) is a non-invasive screening test that you can do in the comfort of your own home.

Talk with your healthcare provider about when you should begin screening and which colorectal cancer screening test is best for you.


MARCH
COLORECTAL CANCER
AWARENESS MONTH
‘Remembering Jack Gibson’ From Front

In an excerpt from that Forward, Rich recalled how he first met Jack and shared what a difference he made in the lives of people he knew very well and others whom he had just met:

“… I first met Jack early one Sunday morning as he was about to push a piece of paper under my office door with a note of inspiration on it for the week ahead. He had a firm handshake and a broad smile. I quickly learned that grass doesn’t grow under his feet. This man gets things done. As he does most Sundays, he had already stopped by to visit the hospital cancer patients in a unit that bears his name and that of his late wife Susan. He checks in with the nurses and visits with patients who might enjoy a minute or two or 20 minutes to hear a tale that takes away the worries of the day for the moment. He didn’t want to take up too much of my time, but offered a quick joke that lifted my spirits and set out on his way to what was likely a day full of good deeds. As a hospital chief executive officer, I meet a lot of people, some during the most challenging times of their lives. Jack’s philanthropic spirit has made an extraordinary difference for cancer patients throughout our great state. ..”

The caregivers on the Gibson Pavilion who considered Jack family and all of us at Maine Medical Center extend our deepest sympathy to Jack’s wife, Ruth Anne, and his family. They are in our thoughts and prayers.

Think Spring! Fresh Start Farms CSA shares are available now

Sign up for a 2018 Fresh Start Farms CSA (farm share) at the Cultivating Community Website. Each week of the CSA, you’ll receive a variety of fresh vegetables and herbs, delivered right to MMC.

Choose the 16-week, full-season share and enjoy fresh vegetables from July through October, or an 8-week share for either summer or fall, in any of our three size options.

Fresh Start Farms’ vegetables are grown locally in Lisbon, Maine, and are 100 percent chemical, pesticide and herbicide free. Sliding scale options and automatic payment plans are available.

To learn more or sign up, go to www.cultivatingcommunity.org.

Questions? Contact Anna, fsf@cultivatingcommunity.org

International Board Certified Lactation Consultant Day

International Board Certified Lactation Consultant Day is March 7! Why see a lactation consultant? Women can be concerned about whether they’re making enough milk, they may have feeding challenges or they may need help making breastfeeding more comfortable. They also may need advice coming up with a plan to pump when they return to work.

Maine Medical Center has a team of 13 lactation consultants. All lactation consultants at MMC are International Board Certified Lactation Consultants certified by the International Board of Lactation Consultant Examiners (IBLCE). IBLCE establishes the highest standards in lactation and breastfeeding care worldwide and certifies individuals who meet these standards.

The lactation consultants at Maine Medical Center serve inpatient families during the day every day and also have outpatient appointments available. You can make an outpatient appointment with a lactation consultant at MMC, even if you didn’t deliver here.

To contact an MMC lactation consultant or to schedule an appointment, call 207-662-4555.

What’s Happening is published weekly by the Communications and Marketing Department

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