

WHAT'S HAPPENING

A newsletter for the Maine Medical Center family

Semi-finalists Named in MMC's Broccoli Food Fight

On Thursday, March 3, noon - 2 p.m., join us for a Food Fight at the Impressions Café on the Bramhall Campus to help choose MMC's best healthy broccoli recipe. There's no need to worry about getting your clothes messy – this Food Fight is about tasting food, not throwing it.

Over the past few weeks, hundreds of individuals from across the MaineHealth system have shared their favorite healthy recipes featuring local fruits and vegetables. Employees

from all over MMC submitted more than 50 delicious recipes featuring broccoli. Recipes ranged from salads and slaws to soups and casseroles. Some were created by the submitter, some were from cookbooks with an added twist, and some were family recipes passed down through generations.

A judging panel of five hospital leaders pored over the recipes looking for two that stood out as healthy, unique, and delicious. They narrowed it down, and now it's your turn to weigh in.



MMC's winning broccoli dish will compete against recipes made with other fruits and veggies, such as carrots, blueberries, cabbage, pumpkin, and beets, chosen by the other MaineHealth members.

At the Food Fight taste test, our Nutrition Services team *Continued on back*

Training Collaboration Helps Staff Prevent and Respond to Challenging Behaviors



MMC's Geriatric-Psychiatry Unit, MaineHealth Behavioral Healthcare, and MaineHealth Senior Living Collaborative nursing homes recently teamed up to train on "Geri-Care," specialized care for older adults and responses to challenging behaviors.

Unit often cares for patients who have dementia with behavioral disturbance. In addition to medical treatment, caregivers try to understand the triggers for challenging behaviors in these patients, such as agitation and resistance to care. To prevent triggers, they

The Geriatric-Psychiatry *Continued on back*

Pictured: Kristin Taylor and Colleen Robinson, Geriatric-Psychiatry Unit; Kevin Murphy, Quarry Hill; Cynthia Millar, Knox Center for Long Term Care; Diane Price and Michelle Howard, Sandy River Center; Bonnie Smith and Marci Yager, St. Joseph's Rehabilitation

*'Semi-finalists Named'
from front*

will prepare the following recipes for you to try:

- Baked Broccoli Tots – Submitted by Sarah Ireland, SCU Nursing Assistant
- Honey Roasted Broccoli – Submitted by Crystal Wadleigh, IS

You'll have the opportunity to sample both dishes and cast your vote. The broccoli dish with the most votes will then advance to the

final round to compete against the top recipes from other MaineHealth member organizations.

Hospitals across the MaineHealth system have made excellent progress toward helping patients, employees, and communities make healthier food choices in the cafeteria and throughout their daily lives. The MaineHealth Marketing and Communications team created the Food Fight as a fun way to get involved with our communities and one another across the MaineHealth system in

recognition of these important efforts.

"The Food Fight is a great opportunity for MMC to engage employees in healthier eating," says O'Connor. "We're always looking for new good-for-you recipes to add to our menu offerings, and this input and participation allows them ownership of their food choices."

The top recipes at each organization will be featured in a Food Fight recipe book, which will be distributed in April 2016.

*'Training Collaboration'
From front*

develop modifications to a patient's environment and to staff approach.

Geri-Care training teaches caregivers skills that can be helpful to that end; skills that can be employed both on the inpatient unit and in long-term care settings.

Each training participant is now a designated trainer, able to train additional staff in their areas. The participants also learned more about the other care settings and the people who work there, which could help smooth transitions from the hospital to these facilities.

"I have already established

relationships that are beneficial for safe patient transitions and care," says Kristen Taylor, R.N., Unit Based Educator, Inpatient Psychiatry. "I can't wait to see what the future holds, both from implementing this training and also from working more closely with outside facilities."

HIM Has Moved

Health Information Management
(medical records department) is now on the
ground floor, G302, across from the Pavilion Grill.

Questions? 662-2211


Maine Medical Center
MaineHealth

COMING UP AT MMC

Food Fight Taste Test
Thursday, March 3
Noon - 2 p.m.
Impressions Café

Nursing Grand Rounds
Wednesday, March 16
2 - 3 p.m.
Dana Auditorium

Research Seminar
Friday, March 11
9 - 10 a.m.
MMCRI, 81 Research Dr.
Scarborough

23rd Annual
Paul M. Cox Jr., M.D.,
Memorial Mud Season
Conference
Friday, April 1
8 a.m. - 3:45 p.m.
Dana Auditorium

Alexander Cairns
Symposium
Wednesday, April 20
8 a.m. - Noon
Dana Auditorium

*For details on these
and all upcoming
events, check out the
Calendar on the
MMC Intranet.*

WHAT'S HAPPENING IS PUBLISHED WEEKLY BY THE
COMMUNICATIONS AND MARKETING DEPARTMENT

Comments, questions, and story ideas:
Chelsea Miller, Communications Specialist
(207)662-4096 millec7@mmc.org