

# WHAT'S HAPPENING

A newsletter for the Maine Medical Center family

## MMC's *Let's Go!* Recognized by American Hospital Association

The American Hospital Association (AHA) announced last week that Maine Medical Center is one of five hospitals being honored with the 2014 NOVA Award for its collaborative efforts to improve community health. The award acknowledges *Let's Go!*, a nationally recognized childhood obesity prevention program of The Barbara Bush Children's Hospital.

The AHA NOVA Award recognizes hospitals and health systems for their collaborative efforts toward improving community health.

"We are pleased to honor

this year's AHA NOVA winners that through collaboration provide for the community through education, outreach, and so much more to improve health and wellness," says AHA President and CEO Rich Umbdenstock.

*Let's Go!* is committed to developing healthful eating and active living habits among children. Funded by health systems, hospitals, foundations, and businesses, *Let's Go!* initiatives are ongoing in childcare centers, schools, workplaces and community settings, as well as physicians' offices.

"Every third patient I saw had weight issues," says pe-

diatrician and *Let's Go!* Program Director Victoria Rogers, M.D., about why she decided to lead the effort to fight childhood obesity in Maine.

The program's signature initiative is its daily "5-2-1-0" message, which encourages children to have five or more fruits and vegetables, two hours or less of recreational screen time, one hour or more of physical activity, and zero sugary drinks.

The message has had an additional unforeseen benefit, Rogers says. "Providers told us the '5-2-1-0' message gave them a safety blanket to talk to young patients, because weight is

such a charged issue. The mnemonic changed the conversation from being about weight to being about healthful behaviors — and it translated easily to the schools."

*Let's Go!* began within 12 provider practices and now encompasses 171, addressing 80 percent of the state's children, Rogers says. It is now in all Maine counties.

"The uniqueness of Maine is that we are a physically large state, but really a small city in many ways," says MMC President and CEO Rich Petersen. "Collaboration might seem challenging, but it's just who we are and what we do."

## Summer Session Starts for Juniors at MMC

Emma Spies (right) of Scarborough helped out behind the hot food counter in the Impressions Café Wednesday morning, June 23.

Emma is one of the Volunteer Department's 144 "Juniors," teenagers aged 14 to 17, assisting in 27 locations around the hospital this summer. The teens may help with a variety of duties such as moving equipment, administrative tasks, or cus-

tomers service.

Emma says she likes volunteering for the fun and the experience.

"Junior Volunteers bring enthusiasm and an eagerness to learn," says Kathy Berube, CAVS, Director of Volunteer Services. "In return, they gain invaluable experience they can carry with them for life."



# PEOPLE NEWS



*F. Lincoln Avery, M.D.*

**F. Lincoln Avery, M.D.**, and Maine Medical Partners (MMP) have teamed up to launch MMP Orthopedics – Division of Sports Medicine. Dr. Avery comes to the organization from South Portland-based Advanced Orthopaedics & Sports Medicine, a practice he opened in 2008.

Dr. Avery has practiced or-

thopedic sports medicine in the Portland area since 1987, and has built strong relationships with a number of local schools and colleges. He received his medical degree from Dartmouth Medical School and completed two years of general surgery internship at Harvard before finishing his orthopedic residency at University of Rochester.

A former collegiate ski racer, Dr. Avery is a physician for the U.S. Ski Team, and has traveled extensively abroad with the men's and women's Alpine World Cup and Olympic teams. An avid cyclist, skier, and water skier, he resides in Cumberland.



*Christopher Motyl, D.O.*

**Christopher Motyl, D.O.**, has joined Maine Medical Center as a Pediatric Hospitalist at The Barbara Bush Children's Hospital. Dr. Motyl completed his residency here at MMC and was Chief Resident in Pediatrics.

Dr. Motyl graduated from Michigan State College of Osteopathic Medicine. His clinical interests include res-

ident education, patient safety, and advocacy. In his spare time Dr. Motyl enjoys college football, gourmet cooking, and visiting Maine's parks and beaches with his wife and two boys.

**Susan Reeder, M.S., R.N., CWCN**, Burn/Wound Resource Nurse, has been nominated for the 2014 Maine Hospital Association Caregiver of the Year Award.

This award honors a caregiver from an MHA-member institution who demonstrates extraordinary commitment to the delivery of care to patients and their families every day.

Each hospital CEO was allowed only one nominee, so being nominated truly is an honor, said MHA President Steven Michaud.

## MMC Collaborates with NECS and HSM For Better End-of-Life Care

A new collaborative model of care will begin on July 1 when Maine Medical Center's Palliative care team joins with New England Cancer Specialists (NECS; formerly known as Maine Center for Cancer Medicine) to provide medical services for patients at Hospice of Southern Maine (HSM). The new relationship will enhance continuum of care for patients in

the Greater Portland community and Southern Maine. HSM services include Gosnell Memorial Hospice House (HSM's 18 bed inpatient facility in Scarborough) and at home (patients' homes, nursing facilities, and assisted living communities).

The collaboration will enhance the patient experience during transition from

a hospital setting to HSM care for a number of reasons, including:

- Cohesive coverage by a consistent team of committed physicians.
- Continuous care by MMC/NECS providers from the hospital to HSM setting.
- More timely referrals and hospice usage.
- Stronger presence of physician care seven

days a week. HSM nurse practitioners will remain an integral part of the HSM medical care model. HSM providers will be precepting MMC Palliative Care and Geriatrics Fellows for more educational and research opportunities. Gosnell Memorial Hospice House will become a new hub of hospice training for medical students, interns, and residents.



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