

# WHAT'S HAPPENING

A newsletter for the Maine Medical Center family

## DAISY Awards To Recognize Extraordinary, Compassionate Nurses

The DAISY Awards are now at MMC. This national program honors nurses for the extraordinary and compassionate care they provide every day.

The not-for-profit DAISY Foundation was established by family members in memory of J. Patrick Barnes. Patrick died at the age of 33 in Seattle in 1999 from a little-known but not uncommon autoimmune disease. The care Patrick and his family received from nurses while he was ill inspired this unique means of thanking nurses for making a profound difference in the lives of their patients and patient families.

Each month, two nurses will be selected to receive The DAISY Award. The honorees each receive a certificate commending her or him for being an "Extraordinary Nurse," and a beautiful and meaningful sculpture called A Healer's

Touch, hand-carved by artists of the Shona Tribe in Africa.

Bonnie Barnes, President and Co-Founder of The DAISY Foundation says, "When Patrick was critically ill, our family experienced firsthand the remarkable skill and care nurses provide patients every day and night. Yet these unsung heroes are seldom recognized for the super-human work they do. The kind of work the nurses at Maine Medical Center are called on to do every day epitomizes the purpose of The DAISY Award."

Chief Nursing Officer Marge Wiggins says, "We are proud to be among the hospitals participating in the DAISY Award program. Nurses are heroes every day. It's important that our nurses know their work is highly valued, and The DAISY Award provides us one more way to do that."



*Left to Right: Marty Rieble, VP, Patient Care Services, Marge Wiggins, VP, Patient Care Services, Chief Nursing Officer, Tena Barnes-Carraber, DAISY Co-Founder, Sarah Peters, RN, and Sheila Parker, VP, Patient Care Services. Barnes-Carraber visited the medical center in June.*

Nominations are now being accepted and will be collected throughout the year. Our first DAISY Award celebrations will take place in October.

How to nominate an extraordinary nurse:

- Send an email to [DAISY@mmc.org](mailto:DAISY@mmc.org). Include the nurse's full name, unit/

department, and why she or he deserves the DAISY award.

- Find a paper nomination form, located in units around the hospital, and deliver to a charge nurse or send to: DAISY Award, MGB2.

## Screenings Help Shape MMC WOW! Council Programming

Dear fellow employees,

Every year the MMC WOW! (Works on Wellness) Council, a voluntary multidisciplinary team of MMC staff interested in

improving employee wellness, develops programs and opportunities to improve the health and well-being of MMC's employees, such as:

- Fit for Life Wellness Challenge
- Portland Symphony Orchestra Lunch and Listen
- Spring Into Health Fair
- Healthy Hospital Food Initiative
- Walking Path Maps
- Healthy Recipe Challenge

*Continued on back*

## Facebook Kudos

See what visitors are saying about us on Facebook ...

“We were in Maine for our son's wedding and my husband had an unexpected emergency and we are so grateful you were here to help us through. Thank you so much everyone from the Gibson Pavilion, 5th floor.”

“You are the best. The best doctors, best nurses, best employees, and best hospital!”

“The professionalism and human kindness I received from the staff from top to bottom is unmatched.”

*“WOW!” from front*

- Hula Hoop Challenges
- Boot Camp
- Farm Bus

The MMC WOW! Council uses the combined results collected through the WOW! Rewards Screening Program to evaluate the effectiveness of our programming and develop additional strategies to continue providing programs that are meaningful and beneficial to you. We don't see your personal information, just the aggregate results of the MMC participants (more than 4,300 employees in 2012). For example,

26 percent of us who completed the screening in 2012 had elevated blood glucose, 60 percent of us had body weight considered at risk. This year, the MMC WOW! Council has focused on physical activity, healthy eating, and stress reduction — the top risks identified from last year's screening.

WOW! Rewards Screening ends August 30. If you have yet to complete your screening, please consider doing so as soon as possible. We all want to lose those last few pounds before going, but please consider not delaying.

Visit WOW! Rewards on the MMC Intranet for more

information, including access to the online health assessment, screening locations and hours, forms, and FAQs.

Join us in the journey to better health. For those of you who have already completed your screening, thank you, and we look forward to our journey together.

Warmest Regards,  
Susan L. Hamel, MSB,  
FACHE

Debbie Hoch, DNP,  
CCRN, ACNP-BC

MMC WOW! Council  
Co-Chairs

*Remember, your WOW! screening consists of:*

- *Health screening at a screening location or your doctor's office and*
- *Health Quotient Health Assessment*

*Both steps must be taken by August 30.*

# COMING UP AT MMC

**Blood Drive**  
Monday, August 12  
9 a.m.—3 p.m.  
Dana Center

**Farm Bus**  
Mondays - Bramhall  
Wednesdays - Scarborough  
3:30 - 5:15 p.m.

**Harvard Pilgrim 5K  
Portland Corporate  
Road Race**  
Thursday, August 15  
Back Cove, Portland

**Maine Children's  
Cancer Program  
Night at the Sea Dogs**  
Tuesday, August 20  
Hadlock Field

**WOW! Rewards Screen-  
ing Period Ends**  
Friday, August 30

**Labor Day Holiday**  
Monday, September 2

*For details on all up-  
coming events, check  
out the Calendar on  
the MMC Intranet.*



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