

# WHAT'S HAPPENING

A newsletter for the Maine Medical Center family

## Tobacco-Free Policy Go-Live Highlights Tobacco Treatment Options

Maine Med launched its Tobacco-Free Policy on Friday, May 31, with events at five campuses to educate the public and offer a chance for employees and visitors to ask questions and learn more about the new guidelines for tobacco-free grounds.

Each event was hosted by members of the Tobacco-Free committee and some included a pharmacy representative who answered questions about nicotine replacement therapy. The Bramhall event featured opening remarks by MMC President and CEO Rich Petersen.

"I'm proud to lead Maine Medical Center in becoming tobacco free," says Petersen. "This is the right thing to do and absolutely the right time to do it."

The Tobacco-Free Policy is the final benchmark MMC achieved in order to receive the Gold Star Standard of Excellence from the Maine Tobacco Free Hospital Network. A committee of more than 50 employees has been working for over a year to

create and implement the policy. Led by Wendy Osgood, VP Adult Medicine, Barb Perry, NP, Program Manager, Center for Tobacco Independence, and Ann Naughton, Director of Operations Support, the group focused on a strong educational effort.

In addition to multiple communications with Maine Medical Center and Maine Medical Partners leadership, meetings with employees, and a host of other educational and informational outlets, Perry and Osgood have given about 75 presentations to nursing units, clinical teams, and other groups to educate employees about their role in treating tobacco users with compassion and support.

"Staff have been responsive to this approach," Perry says. "Hospitalization offers an excellent opportunity to educate tobacco users about treatment options and help them quit, if that's what they choose. We have a great support system which provides patients direct access to counseling by tobacco treatment specialists and



*Ann Naughton, Director of Operations Support, Wendy Osgood, VP Adult Medicine, Rich Petersen, MMC President and CEO, and Barb Perry, NP, Manager, Center for Tobacco Independence, at the Bramhall Tobacco-Free Policy Go-Live. All Maine Med campuses are now tobacco free.*

information about using nicotine replacement or other tobacco treatment medications."

As employees and visitors get use to the new rules, members from the MMC and MMP leadership teams will be rounding across campus grounds to educate tobacco users about the policy and offer them treatment and cessation resources. Environmental Services will also support the effort by picking up cigarette butts from hospital

grounds and surrounding neighborhoods.

Wendy says, "This effort has been very collaborative and has included staff from MMC, MMP, NorDx, and New England Rehab. We are proud of the excellent work of many to implement this new policy and to be a leader in our community to prevent chronic disease as we seek to help Maine become the healthiest state in the nation."

**WOW! Rewards for 2013 has begun. Complete your online health assessment, and get your fasting health screening done now to avoid the lines.**

## Nine Employees Added to Wall of Honor

The MMC Wall of Honor was unveiled on May 30 in an annual celebration recognizing staff who have worked at the hospital for 40, 45, and 50 years. Congratulations to the following employees who have been added to the wall.



**Linda Allen**  
**50 Years of Service**



**Beth Turner**  
**45 Years of Service**



**Sherry Allen**  
**40 Years of Service**



**George Blaisdell**  
**40 Years of Service**



**Danny Cummings**  
**40 Years of Service**



**Jeannie Gallant**  
**40 Years of Service**



**Donna Irish**  
**40 Years of Service**



**Lena Hawkins**  
**40 Years of Service**



**Bette Jean Pelletier**  
**40 Years of Service**

**COMING  
UP AT  
MMC**

**Honor Night 2013**  
**Friday, June 7**  
**Holiday Inn By The Bay**

**CORE Research Meeting**  
**Wednesday, June 12**  
**CORE Conference Room**  
**509 Forest Ave.**

**Women's Empowerment and Self-Protection Workshop**  
**Tuesday, June 18**  
**MMCRI Conference Rooms**

**The Salute with Friends:**  
**Italian Wine Tasting**  
**Wednesday, June 19**  
**Higgins Beach Inn, Scarborough**

**The Color Run To Benefit The Barbara Bush Children's Hospital**  
**Sunday, July 7**  
**SMCC, South Portland**

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