

WHAT'S HAPPENING

A newsletter for the Maine Medical Center family

Maine Medical Center Tobacco-Free Policy Go-Live Nears

In less than a month, for the health and safety of our patients, visitors, and employees, all campuses and facilities of Maine Medical Center will be tobacco free.

To celebrate the policy implementation, five MMC campuses will hold events on Friday, May 31 to spread the word about the policy and help educate the public. The events will have tools and educational resources for both employees and visitors.

Go-live event locations and times:

- Bramhall
7 a.m. – 3 p.m.
- Scarborough
9 a.m. – 1 p.m.
- Scarborough Surgery Center, 7 a.m. – Noon
- Brighton
7 a.m. – 2:30 p.m.
- Maine Medical Partners
7 – 10 a.m.

You can find helpful tools and resources online to educate yourself, your patients,

visitors, and your staff about the new policy. Go to the MMC Intranet home page and click on “Departments & Initiatives.” Then choose “Tobacco-Free: Treatment Resources and Policy Toolkits.” Materials include: a policy summary and fact sheet, tobacco treatment options for patients, leadership toolkit, tobacco treatment resources for employees, a patient/visitor brochure, and more.

The tobacco-free committee, hospital leadership, and employees have been working tirelessly for more than a year to educate employees and visitors about the benefits of going tobacco free.

“We’re really excited to be in the final stretch,” says Wendy Osgood, VP of Adult Medicine, and head of the Tobacco-Free Committee. “We’ve had wonderful support, and it’s great to see it all coming together.”

MMC History Book Receives Healthcare Advertising Award

The creators of the book *A Hospital for Maine: the History of Maine Medical Center* received a bronze Healthcare Advertising Award for their work.

The 327-page book was designed by Kirsten Schultz and written by Martha Fenton of K&M Advertising. The Healthcare Advertising Awards are sponsored by *Healthcare Marketing Report*, a leading industry publication; 2013 marks the competi-

tion’s 30th year.

A Hospital for Maine takes readers on a richly illustrated trip from Victorian times to the present, exploring the evolution of patient care, medical education, and research through the microcosm of Maine’s first and foremost general hospital.

The book *A Hospital for Maine* can be purchased at the Maine Medical Center Gift Shop and Boutique.



Be One of the First!
Get an early start on your WOW! Rewards.

MaineHealth
Works on Wellness

With WOW! Rewards, you can earn extra money, get a choice of health plans in 2014 and have a chance to pay less for coverage. To participate:

- 1 Get a fasting health screening

AND

- 2 complete the HealthQuotient Health Assessment by Aug. 30.

The Power of Your Choices

The 2013 WOW! Rewards eligibility period has begun!
To learn more and link to the Health Assessment, go to
www.mainehealth.org/wowrewards

Employee Appreciation Week

Sunday, May 5 – Friday, May 10

See back page for special employee appreciation event details.

Employee Appreciation Week Special Events

Sunday, May 5

Manager Welcome with Breakfast Items
6 - 7:30 a.m.
Bramhall – JK, PQ, RS Entrances

Monday, May 6

Manager Welcome with Breakfast Items
6 - 8:30 a.m.
Bramhall – JK, PQ, RS, and South Entrance

Allen Pollack presents “Waking Up Your Garden”
12:30 - 1:30 p.m.
Dana 3

Tuesday, May 7

Manager welcome with Breakfast Items

- Brighton, 8:15 - 9:5 a.m.
- MMCRI, 9 - 10:30 a.m.
- 100 Campus Drive, 7:15 - 8:15 a.m.
- Scarborough Surgery Center, 9 - 10:30 a.m.

Spring Into Health Fair
7 a.m. - 3:30 p.m.
Dana Lobby

Wednesday, May 8

Raffle Drawings for All MMC Employees

Allen Pollack presents “Container Gardening”
11:30 a.m. - 12:30 p.m.
Dana 7

Thursday, May 9

Nursing Excellence Awards
Dana Auditorium, 2:30 - 3:30 p.m.
Reception, 3:30 - 4:00 p.m.

Maine Medical Center
MaineHealth



Now's the time...

Monday, April 29 – Monday, May 13

Employee Engagement Survey

The sooner you fill out your survey, the better your chances are of winning an iPad.

Get started now at the MMC Intranet homepage.



Tell us what you think – your opinion matters.

Zumba Session

3 - 4 p.m.
Dana 7

Night Shift Human Resources Walkabout
11:30 p.m. - 6 a.m.

20 percent employee discount at Pavilion Grill, Kiosk, Gift Shop, The Boutique, The Flower Box

\$1 Roses Available at The Flower Box

Friday, May 10

Spring BBQ Special at the Impressions Café

- 10:30 a.m. - 2 p.m.
- 3:30 p.m. - 7:30 p.m.
- 12:30 a.m. - 2 a.m. (Saturday)

Featuring:

- Ruby red trout with wild rice and asparagus
- Turkey bourbon tips with wild rice and corn
- Pulled pork sandwich on whole wheat bun with sweet potato wedges and Caesar salad

Mindfulness Based Stress Reduction

12:30 p.m. - 1:30 p.m.
Dana 1

\$1 Roses Available at The Flower Box

What do you think?

The new, weekly What's Happening: do you like the new format? Are there any changes you'd like to see? Send your comments to Chelsea at the email below.