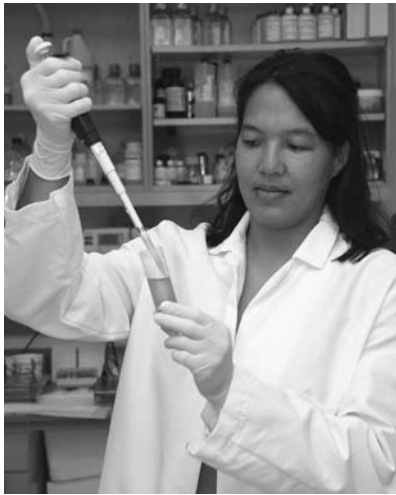


What's Happening

at Maine Medical Center

October 2009 | VOLUME 42, NUMBER 10

A Blood Test For Breast Cancer?



**Thanks to MMC
researchers, that
day may come
sooner than you
think.**

Researchers at MMC's Research Institute have developed a way to identify molecules secreted by breast cancer tumors and are working on what may someday be a blood test for breast cancer.

Some forms of cancer, including breast cancer, secrete molecules into the blood. One protein, called osteopontin, increases significantly in the blood of patients with metastatic breast cancer. Osteopontin molecules sometimes split into fragments, which seem

to indicate the progression of the disease. Lucy Liaw, PhD, a senior scientist at the Maine Medical Center Research Institute, is looking at the presence of osteopontin in the blood as a way to diagnose breast cancer. Dr. Liaw's laboratory team, including two graduate students from the University of Southern Maine and one from the University of Maine, began to develop a blood test which measures the amount of osteopontin and its fragments, and to link specific levels of these markers with specific categories of breast cancer.

In order to test her theory, Dr. Liaw needed to compare blood samples from women with cancer against a control group of those with no cancer. She turned Sue Miesfeldt, MD, an oncologist at the Maine Center for Cancer Medicine. Dr. Miesfeldt began identifying eligible patients and collecting samples. When the project is complete, 150 local women from four risk and disease categories will have taken part in this valuable contribution to medical science.

This research study has the potential to design a test which can detect cancer in early stages, and can describe the

aggressiveness of the tumor or predict the outcome of the disease progression. The goal is to standardize this assay so that it may be used clinically in breast cancer patients, and potentially other cancer patients. The investigators will continue to refine the test for greater sensitivity, and will publish their results when the study is complete.

In This Issue:

President's Message	2
Getting To Know...	3
HIM Team Honored	3
Spotlight On Nutrition	4
MMC Joins Study To Examine EEE Exposure	5
MMC - By The Numbers	6
Benefits Fairs for 2010	
Open Enrollment	7
People	8
Anniversaries	9
Marketplace	10
Looking Back	12


Maine Medical Center
MaineHealth

centered around you

www.mmc.org

President's Message



Help Stop the Spread of H1N1

The threat of H1N1 (swine flu) is dominating much of the news these days, and our medical center and

others around the world have been preparing for a possible pandemic for more than a year. When H1N1 began to spread last spring, we were ready. Our Incident Command Center team met daily. Staff and visitors became more diligent in our hand washing efforts. Good cough etiquette became the norm, and we increased our already-impressive emphasis on cleanliness. I think these behaviors went a long way to help manage the spread of H1N1.

As expected by many, a second wave of H1N1 is making its way around the nation. This is typical of a pandemic. Some argue that there's more hype than reality to the H1N1 threat, but we are taking it seriously by preparing for every possible scenario. And that takes a team effort.

Regardless of whether we're talking about the swine flu, seasonal flu, or common cold, we all play a role in preventing its spread — and keeping ourselves, our patients, and our families healthy.

First, remain diligent with your hand washing. We have installed additional gel stations around the medical center, including in hallways, food service locations, and patient areas. Washing your hands is the single most effective way to prevent the spread of germs.

My generation was incorrectly taught to cough or sneeze into our hands. That means we could transfer germs through a handshake or by touching a doorknob. Research now tells us the best way to sneeze or cough is into your sleeve. If you use a tissue, throw it away after, and then wash your hands.

Finally, consider receiving seasonal and H1N1 flu shots. Experts at the Centers for Disease Control, as well as our Infection Control team here at MMC, are confident these shots are safe and encourage people to roll up your sleeves and receive the vaccination. And, if you wear an MMC identification badge, the shots MMC provides to staff are free. That includes clinical and administrative staff, as well as volunteers.

At the time of this writing, Maine, like the rest of the nation, is experiencing a shortage of both seasonal and H1N1 flu shots. However, we've been assured that we will receive ample supply to vaccinate anyone who chooses to. Look to eNews and special flu emails for details as supplies become available.

With all the wonderful technology and medical advances available to us today, our success against the H1N1 and other viruses comes down to people, and as I've said many times, you won't find better staff than we have here at MMC.

Respectfully,

A handwritten signature in dark ink, appearing to read 'R. Petersen'.

Richard W. Petersen

President and Chief Executive Officer

Getting to know . . .

Mary Campbell, RN

**Position:**

Clinical Nurse

Years at MMC:

38 years

What does your job entail?

Pre-op admission for surgical patients coming through the Ambulatory Services Unit (ASU).

What people may not know is that:

I make a lot of traditional Polish dishes and I played the accordion for special events when I was a teenager.

If I could have lunch with anyone, it would be:

Pope Paul, so we could talk about our heritage.

I love working at MMC because:

I love my job and the people I work with. This job keeps me going. I enjoy coming to work and am amazed at the changes in nursing since I started in 1952.

HIM Team Honored

MMC's Health Information Management (HIM) department has been selected as the HIM Department of the Year by Advance Magazine for HIM Professionals.

The award is based upon several factors including recognition, credentialing, initiative, adaptability, teamwork, complexity — including the number of systems used — and overall knowledge.

The department will be recognized with a cover story in an upcoming issue, as well as

certificates for the staff.

John Avedian, Director of Health Information Management, will be videotaped at the upcoming American Health Information Management Association Conference in Dallas.

"I am thrilled and very proud of the department," says Avedian. "Maine Medical Center staff has earned many local and national awards, and we're honored to be added to the list of teams that is recognized for our contributions to the hospital."

Research Team Looks At Link Between Active Video Game, Family Health

Can a video game help kids move more and improve the health of their family? That's one of the questions Maine Medical Center researchers are asking. Ann Maloney, MD, and William Cook, PhD, from the Maine Medical Center's Research Institute (MMCRI) are analyzing the impact of active video games on overweight and obese children using the popular video game Dance Dance Revolution.

Past research has shown a link between the activity level of parents and that of their kids. The goal of the MMRCI study is to determine if family members motivate each other to be active, and the health impact of that connection.

Half of the participants in the 12-week study will use the video game Dance Dance Revolution with their families; the other half will use a pedometer as a comparison. "We will give a copy of the game and dance mats to all of the families participating," says Dr. Maloney.

All families will be asked to track their activity throughout the 12 weeks.

You can learn more about the study at www.mmcri.org/familyexergaming.

Spotlight On Nutrition Makes Your Food Choices Easier

You walk through the doors at the Impressions Café, determined to make a healthy choice for lunch. You look around and quickly find yourself overwhelmed with options. Entrée or sandwich? Soup or salad? You wonder which of the many options are healthy choices and which are not right for you.



Fortunately, help is on the way. Beginning in November, the Impressions Café will implement a color coding system to help you decide which choices might be best for you (see page 5 for color code descriptions).

The Spotlight On Nutrition program attaches a color designation to selected menu items, based on calories, fat, protein, and fiber. For example, baked haddock earns a Green code, based on its low calories and fat, and good protein offer. As a Green selection, it's an option that you can choose regularly.

On the other hand, a cheeseburger is labeled a Blue choice, because of its high fat content, and is best eaten only occasionally. "This isn't about telling people what they should or shouldn't eat," says Kathy Halpin, MS, RD, LD, Clinical Manager. "Our goal is to help employees and visitors make informed choices about their diet."

You'll find the color coding on the Impressions Café website (just click the "Menus" button on the Intranet homepage).

Colors Are Just The Beginning

In addition to the color coding, you'll see more Nutrition Services staff in the Impressions Café, answering your questions about the program, as well as food-related topics such as reading labels, proper portion sizes, and daily calorie requirements.

The Impressions Café will also feature a WOW! Meal from the Green category seven days a week. Price will vary by selection, and is not meant to be the discounted Value Meal, which the Impressions Café will continue to offer.

Finally, look for monthly specials, as well as a featured fruit or vegetable, complete with nutritional information and recipes.



Goal Is To Improve Diet, Reduce Obesity

Many employees have asked for more nutritional information and healthy food options. The Spotlight On Nutrition program helps answer that call, and also hopes to help our population become healthier. Obesity rates are climbing, both nationally and here in Maine.

A 2009 MaineHealth study found that:

- 28 percent of the respondents are obese
- 50 percent said they want to manage their weight within the next six months
- 43 percent want to change their dietary habits



"This program supports one of the Maine Health goals: 'To decrease the prevalence of obesity and overweight among Maine Health employees, patients, and visitors,'" says Kathy.



MMC Joins Study To Examine Harvested Deer For EEE Exposure

With the appearance this summer of eastern equine encephalitis (EEE) in Maine horses, pheasants, and a llama, Maine Medical Center is teaming with the Federal Centers for Disease Control and Prevention, and the Maine Center for Disease Control and Prevention to conduct a study during the deer hunting season to examine harvested deer for evidence of exposure to the EEE virus.

The study's goal is to better understand the distribution of EEE virus in Maine by testing deer blood for antibodies specific for this virus. Antibodies are produced by the immune system and can be detected in the blood for years following infection. Since deer reside in a relatively small home range, the detection of an antibody positive animal gives a fairly good indication of where the deer was infected.

Researchers will be examining blood from white-tailed deer brought to tagging stations beginning with the October 31 firearms season. They hope to use the survey as a way to map how prevalent the disease may be in the state. **CONTINUED ON PAGE 11**

A Guide To Healthy Food Choices

Colors designation will be based on calories, fat, protein, and fiber

Green - Best Choice

Less than 600 calories per serving and less than 30 percent calories from fat

Yellow - Good Choice

600-800 calories per serving and no more than 35 percent calories from fat

Blue - Choose Occasionally

Greater than 800 calories per serving and more than 35 percent calories from fat

Heart Healthy

Items rated Heart Healthy may change the color designation. For example, despite a high fat content, an item with healthy Omega 3s could move up to a Green rating (Omega 3s are healthy fats).

Great American Smokeout is November 19



WOW! Employee Tobacco Treatment Program Is Here To Help

- Thinking about quitting smoking or cutting down?
- Would you like some help?
- There has never been a better time.

To learn more or to make an appointment with our nurse practitioner, call Pam Craig at 662-7154.

MMC ... By The Numbers

1.2

In millions, the square footage of the Bramhall Campus.



Number of nurses at MMC.

2,025

2,630

The number of babies born last year at MMC.

1,725

Eggs, in dozens, sold at the MMC Bramhall Market since opening in September 2008.

22

Number of MMC employees with 40 or more years of service.

70,000

The number of patient transports performed each year by Central Services.

The number of applications received each year in Employment.

22,000

The number of steps taken in a day by Distribution's Pudgie Preston.

24,683



Benefits Fairs for 2010 Open Enrollment

Bramhall Campus

2nd Floor Bypass

Thursday, November 5, 7 a.m. – 4 p.m.

Brighton Campus

2nd Floor Conference Room

Wednesday, November 4, 11 a.m. – 1 p.m.

Gateway

Large Conference Room

Friday, November 16, 11 a.m. – 1 p.m.

MMCRI

Conference Room

Monday, November 9, 10:30 a.m. – 1:30 p.m.

NorDx Scarborough

100 Campus Drive

Thursday, November 12, 8 – 11 a.m.

Scarborough Surgery Center

Conference Rooms A & B

Thursday, November 12, 11 a.m. – 4 p.m.

Annual Enrollment For Our 2010 Benefits Ends November 23.

You must enroll if:

- You are making changes to your benefits
- Adding or dropping dependents
- Enrolling or re-enrolling in a Health or Dependent Care Reimbursement Account

Remember, enrollment must be completed online, using Lawson Service. Need help with Lawson? Visit HR Reception, Room 1665, or call x2107 to make an appointment. You can also enroll on-line at the Benefit Fairs.

A Show Of Hands



Former First Lady Barbara Bush signs her name on a poster that will hang in the inpatient unit of The Barbara Bush Children's Hospital. The poster contains handprints of many patients and staff on the unit. Mrs. Bush visited on October 1 and read to the children staying at the unit.



Mark Bundner

Mark Bundner has joined MMC as Director of Hospital Applications. Budner relocated to Maine from Wisconsin, where he served as the Director of Information Systems at Meriter Health Services for nearly 20 years. He holds a Bachelor of Science degree in Medical Technology, as well as an MBA, from the University of Wisconsin.

Cindy Bridgham, RN, CPHQ, has successfully passed the Certified Professional Healthcare Quality exam. CPHQ status recognizes professional and academic achievement in Quality Improvement, Quality Management, and Risk Management.

In Respiratory Care: **Roland Michel** was recognized as a Respiratory Care Practitioner III, meeting the criteria for advanced practice in the specialty of Pulmonary Function Testing. **Ashley Cain, Mathieu Dumond, Norma Hay, and Gretchen Ulrickson**, and all advanced to Respiratory Therapy II. Advancement within this program is offered to RCP's who have shown that they meet the qualifications, standards, and requirements of Pulmonary Division of the next level of practice.

Jan DeVinney, Deaf Services Access Coordinator, received the Clifton F. Rodgers Award — a lifetime achievement award — during a ceremony at the State House last month. DeVinney, former Director of the Division of Deafness, is a long-time advocate for the inclusion of individuals who are hard of hearing and late deafened.

Two New Radiologists Have Joined The MMC Team:

Joseph Cousins, PhD, MD, completed his doctoral work in biophysical chemistry and was involved in early research in NMR. His MRI expertise has already been an asset to our residents whom he has been tutoring for their physics boards. Dr. Cousins is a diagnostic radiologist with subspecialty expertise in neuroradiology having completed a fellowship in neuroradiology at the University of Wisconsin in 2007.

Chris Baker, MD, is returning to MMC having completed fellowships in interventional radiology and interventional neuroradiology at Stanford University. He will be working with others to restart the neurointerventional program.

The Following Graduated From MMC's School Of Surgical Technology:

- Tracie Young Carolin
 - Lauren A. Carter
 - Christopher J. Doughty*
 - Stephanie E. Doyle*
 - Melissa K. C. Gates
 - Susan C. Hallock
 - Brittany M. Powell
 - Christina E. Puiia
 - Janelle M. Roope
 - Lucy G. Stover*
 - Linda Van Kuren
 - Kristina D. Westbrook
 - Katherine C. Wrobel
- * Employed at MMC

Kudos To ...



Josh Frances, Director of Emergency Preparedness, **Sean Petone**, Electrician at Brighton (and an EMT), and **Barry Worthing, RN**, of the Emergency Department, who volunteered at an H1N1 vaccine clinic at Bates college earlier this month. More than 700 students received a vaccine during the six hour clinic.



Amanda Stevens, RN

Amanda Stevens, RN raised \$3,575 with the "Laura Vogel Memorial 5K — running through the bayside community" fundraising run. Stevens donated half of the proceeds to the Laura Vogel Fund for the Neonatal Intensive Care Unit, and the other half to the Bayside Community. The Run is held in conjunction with the Bayside Health Fair.

October Anniversaries



Mary Saucier, Communications and Marketing, 20 Years



Cindy Croteau, OBGYN, 35 Years

35 Years

Cynthia Croteau, OB/GYN
William Elgee, Psychiatry
Rachel Peavey, R7
Barbara Winship, R1

30 Years

Laurelei Babbidge, ACCU
Sheila Carmichael, Nutrition Services
Mary Foley, Dialysis Nursing
Nancy Fortier, Social Work
Gregory Gelinas, Unit Managers
Mary Morgan, Pre-Admission Brighton
Pamela Rowell, Labor & Delivery
Rhonda Vosmus, Asthma Health

25 Years

Susan Butler-McNamara, Physical Therapy
Denise Carpenter, EICU
Helen Cyr-Alves, NICU
Alleen Eastwood, R7
Thomas Fournier, Distribution
Lori Luebbert, Operating Room
Kenna Small, Operating Room

20 Years

Aleta Attleson, ASU
Gail Beals, Operating Room
Faith Fenderson, Patient Accounts
Susan Frank, Operating Room
Patricia Garrett, P3CD
Donna Gould, SCU
Philip Harmon, Gibson Pavilion
Deborah Hersey, Operating Room
Janet Hottinger, ACCU
Susan Lane, Cardiac Surgery
Mary Liberty, Psychiatry
Cheryl Mason, Pediatrics
Theresa Melanson, Health Information Management
Karen Metzger, P4C
Karen Sanborn, Diagnostic Exam Room
Mary Saucier, Communications and Marketing

Donna Sheedy, Pharmacy
Jennifer Sherwood, MRI
Lynn Staples, Nutrition Services
Dawn Turner, Financial Services
Gail Ward, R1
Debra Winch, Admitting

15 Years

Richard Deschambeault, Health Information Management
Tammy Hulst, Pre-Admission Brighton
Linda Kirk, First Care
Wendy Scott, SCU
Richard Spicer, Engineering
Tammy Theriault, Nutrition Services

10 Years

Melissa Allen, Nutrition Services
L Blais Jr, Pulmonary Medicine
Colombe Cote, SCU
Richard Esterl, Operating Room
Johanna Field, Pulmonary Medicine
Melissa Harris-Rioux, P3CD
Nancy Hoefflick, Environmental Services
Jonathan McGorrill, Central Supply
Cheryl Morrison, R7
Denise Murphy, Diagnostic Exam Room
Hazel Rodriguez, Environmental Services
Cheryl Tibbetts, Radiation Therapy
Daniel Yuska Sr, Painting

5 Years

Anne Balestrieri, Care Partners
Jovin Bayingana, Interpreter Services
Myra Brooker, R6
Marne Cawley, Labor & Delivery
Nancy Chandler-Conrey, MMCRI
Brian Chipman, SCU
Stacey Corsie, CICU
Happy Cote, NICU
Daniel Dolliver, Radiation Therapy
Debra Eaton, Anesthesia, Pain Management
Amy Edwards, SCU
Sandra Evans, CICU
Mary Foster, Mother-Baby Unit
Mary Genest, R1
Erin Gould, Post Anesthesia Care
Laura Kavesh, Psychiatry
Gina Kenny, Psychiatry
Michelle LaBerge, ASU
Joane Lloyd, PICC Line
Sarah Minott, Pediatrics
Stephanie Nicholson, Nursing Offices
Christopher Petrick, Operating Room
Lianne Smith, R3
Patricia St Pierre, SCU
David Tompkins, Vocational Services
Barbara White, R2

Marketplace

So that everyone has an opportunity to use the Marketplace, ads may be placed once. Repeats will be permitted only as space allows.
To submit an ad, email marketplace@mmc.org

THE DEADLINE FOR THE NEXT ISSUE IS THE FIRST FRIDAY OF THE MONTH.

FOR SALE

Bruins tickets: 3 tickets for all home games, 25th row. 662-7308 or 937-2544.

Four German Shephard puppies. Father is a white German Shepherd; mother is a sable (black & tan). We have two white and two black & tan puppies for sale. 787-4306 or 662-2306.

2000 Dodge Caravan, kiwi-colored, 126,700 mi. New tires, brakes & inspection sticker, runs great. \$2300. 767-3087.

Vito, B flat clarinet, \$200. 767-3087.

Husky Generator used only once, 5000 running watts. 6,250 starting watts. 4- 120 volt outlets & 1 240 volt outlet. Subaru engine. \$450 or BO. 756-5884.

Oreck air purifier & Malibu Pilates Chair (As Seen on TV) w/ 3 DVD. \$150 each or \$250 for both. OBO. 899-8576.

Diamondback 24 women's mountain bike-ex. cond. Front suspension. \$150 OBO paid \$300. E-mail for pictures. 229-0646 or higgiju@mmc.org.

Silver 99 Toyota Rav4, 4wd, w/ starter, new sticker, 153,000 miles. \$3,800 OBO. 653-2960.

5th Wheeler Camper: 2005 Holiday Rambler Alumascape 5th wheel. (New Michelin Tires) Excellent condition. \$25,000 or B/O. 599-6678.

2004 Dodge Ram 3500 Duel Turbo Diesel with 5th wheel Reese Hitch. 59,000 Mileage. Excellent condition. Asking \$29,500 or B/O Would like to sell it as a package deal for \$50,000 Firm. Already set up to go. Interested party only. 599-6678.

FOR RENT

Ptld, Stroudwater Village: 3 BR Cape on ½ private acre. Hdwd & frpl. Landscaped yard & above ground pool. \$1,650/mo. Furn. or unfurn.. Annual lease. Avail 11/1/2009. Sec Dep required. 591-7880.

Ptld, Deering: Sunny 3 BR Apt. Victorian. open LR/DR. Built-in china cabinet, frpl. Huge closets. Screened in porch. W/D hook-up. Near Back Cove & Baxter Woods. \$1175/mo + util. 2nd flr unit \$1200 + util. Lease. 617 784 5280.

Ptld:1 lg BR & 1 sm BR townhouse close to MMC & on bus line. Incl w/d, full b/m & heat. Pets considered w/ deposit, \$825/mo + electric. 400-1852.

Falmouth: 2nd flr 2 BR apt w/ hdwd, yard, parking, NS, NP, close to Route 1 restaurants/ shopping. \$900/mo + util. 774-4687

Ptld, Exeter St: Bright, sunny, 2 BR apt w/ hdwd, stained glass windows, large rooms, tiled BA, great location USM & MMC area. Owner-occupied seeking quiet tenants. \$975/mo + utils. NP, NS. 671-6424.

Westbrook, 12 Grant St: Newly renovated sunny studio apt. New doors, windows, stove fridge & floors. Quiet dead end st. w/lg backyard, W/D hook-up, OS pkg & enclosed back porch. \$800/mo incl heat, HW, elec., basic cable & wireless internet. 854-1742 or candlsmall@yahoo.com.

Ptld: 2 BR sunny, 3yr old duplex. Hdwd, microwave, DW, disposal, glass top range, hook-ups in full private bsmnt. Nice yard & porch. Owner occupied. NS, no dogs. Minutes to MMC, UNE, USM, 95 & 295. \$1200/mo incl Water/sewer/plowing/pkg. 831-5243.

Broadway - 2 units w/ 2 BR each in sunny Victorian. Parking for 2 per unit w/d hook-up. \$875 + util (natural gas heat). 829-6044.

Ptld, 22 Dow St: West End. 3rd flr 2 BR unit. Fresh paint, clean, hdwd, high ceilings. Large K, DR, large LR, Deck. On-street pkg. \$850/mo + util. New high efficiency on-dem& heat & hot water BAXI unit - Forced HW. 9 or 12 month lease. Sec dep, 1st month, references. Pets considered. 318-1948.

Biddeford, Off Pool St: 1 mile from UNE. 2 BR apt, separate entrance, patio outback, quiet neighborhood, strictly 2 people, W/D, elec refrig, stove, DW, open K/DR area & LR. \$850/mo + util. Sec dep. 571-9869.

Yarmouth Village, Main St: Beautiful 3 BR, 2.5 BA 1940 bungalow.

Screened porch overlooking private fenced-in backyard w/ gardens. Tenant responsible for yard care & snow blowing. \$1900/mo + util. \$2550/mo + util Furn. Min 1 yr lease. NP. Avail 1/15/10. 318-0498.

1st flr, 2 BR, 1 BA, sunny apt. Great neighborhood, hdwd, frpl, OS pkg for 2, W/D hookup. \$900/ mo+util. NS, NP. 854-1192.

Ptld, West End: 1 BR apt, pkg, & coin-op W/D, well maintained owner occupied building. Amazing renovation just finished. Hdwd, new K, BA, paint. NP, NS. \$1200/mo incl Heat, HW. 1 year lease. 871-9320.

Ptld, Old Port: 3 BR, 2 BA townhouse in federal Style brick building. Corner of Newbury St. at India St. Harbor view. Extra high ceilings & period details. OS pkg for 2. Pets OK. Private deck. Eat-in K w/ DW, disposal. Full size W/D.\$1800/mo incl heat & HW. 756-2903.

Ptld, Emery St: Lovely 1 BR apt in West End near Waynflete School. Wood floors, high ceilings, lg windows. Cat or small dog considered. NS. \$950/mo incl Heat, HW, OS pkg & Indry in bldg. Sec dep. 332-4050 or 650-0228.

Ptld, Hill St: Sunny 2nd flr1 BR apt 1 block from MMC. Hdwd, clawfoot tub, pkg. \$720/mo incl heat. Pets negotiable. 401-440-0838.

Windham: Beautiful, peaceful, contemporary 2+ BR, 2 BA, partially furn., \$1400/mo + util. swetts1@mmc.org.

2 apts, 1st & 2nd floor, half off Nov. rent. Both 2 BR, bright, quiet, lg. LR, DR, new kit, renovated, hdwds, DW, laundry, storage. \$895 incl. heat & HW, avail. now. 879-0643.

Very Sunny, Large 3 bedroom Apartment, East End. Washer/ Dryer Hook up, Off street parking, Deck and fenced in yard. Heat and Water included. \$1300/mo. Avail 12/1. 767-3219.

ROOMMATE

Seeking prof. quiet M/F for house (Cape) off Brighton Ave. \$600/ mo incl heat, electric, wireless internet, cable, OS pkg, shared BA, K, laundry. NS. 541-9277 (H) or 317-1222 (cell), leave a msg. I work night shift.

Are you in transition? Professional female (42) looking for short-term house mate to share my home w/ through the winter (& possibly longer). Furn., \$450/mo incl everything except phone. Outer Forest Ave on quiet dead end street. N/S, NP. cpernice@maine.rr.com.

Ptld: Room in nice clean house in Portland available for short-term rent. Close to MMC, off street parking. \$400/mo. 650-2262.

Looking for a roommate to share my 4 BR home in Standish. 15 minutes from Windham & 30 minutes from Ptld. Shared BA, K, LR & a two car garage. No pets. \$600/mo incl all util. 289-0992.

OOB: Dune Grass Golf Course at 1st hole. 3 BR, 3 BA, 2 floor townhouse w/basement in quiet community. Beautiful views from 3 decks. Private entrances, 1 car garage, full appliances. Gorgeous property, NS, NP. \$1500/mo +util. 317-6451.

REAL ESTATE FOR SALE

OOB: This condo is located w/ in walking distance to beautiful OOB, but in a quiet setting. 2 BR, 1 BA, eat-in K, frplce, skylights & cathedral ceilings w/ a Lg deck located off the LR. Pets & children ok. Seller is very motivated & this is priced to sell quickly at \$132,900. 934-0447.

Single-wide mobile home in small park in Alfred. Well maintained, with shed for workshop area. Convenient to Sanford and I-95. \$12,500.00, OBO. 432-4010.

To assist with the survey, hunters in interior and coastal York County, coastal Cumberland County, Kennebec, Waldo, and Penobscot Counties are asked to either collect the heart from their deer or leave the heart in the carcass before it is registered. Emphasis will be placed on stations near where EEE was detected in 2009. In particular, researchers will be sent to stations near Newport and Orrington (Penobscot County), Windsor and Benton (Kennebec County), Troy and Freedom (Waldo County), Acton and North Berwick (York County), and Gray and Bridgton (Cumberland County).

Hunters should be aware that:

- The presence of EEE antibodies in deer does not affect the meat of the animal and that finding EEE antibodies in any of the samples does not indicate an infectious deer, only that the deer was previously exposed to the EEE virus.
- Hunters should wear gloves when handling or skinning their deer and should thoroughly cook all meat.

EEE virus has affected numerous horses, several farmed pheasant flocks, and one llama in Maine this year, and can cause serious disease in humans. This virus is generally transmitted between birds and mosquitoes in swampy areas. When wetter than normal weather conditions create a favorable environment for large

mosquito populations, the virus can be picked up by mosquitoes that feed on animals as well as birds, leading to infection of horses and other animals, and rarely of humans. A greater awareness of the distribution of EEE virus in Maine will assist public health, agriculture, and wildlife officials in devising more effective surveillance, prevention, and control measures to reduce the risk of disease caused by EEE virus in humans and animals.

MMC Goes Green

MMC’s Engineering Services recently completed an energy upgrade at the Dana Center that will save 349,738 kilowatt hours of electricity and 17,421,000 cubic feet of natural gas (equal to 12,444 gallons of oil), and will reduce carbon dioxide emissions by 398,000 pounds per year, the equivalent of removing 16 passenger vehicles from the road. Total savings are \$64,237 per year.



ST/SEASONAL RENTAL

Ptld, Deering Ave. 3 BR duplex Furn., LR, DR, study, sunporches, large BR w/tub & shower, entryway w/coat closet, K, laundry, yard, driveway 2-3 cars. NS, pets ok. Avail Oct to Mar; \$1250/mo + oil heat & Elec.(in winter about \$300). 780-0183, cell 239-2642 or alicetweedie@hotmail.com.

Ptld: Open space loft w/ sep BA. Ideal for MMC resident or intern. New Rinnai gas heater, new appliances, OS pkg, courtyard, new flrs, Some furnishings (bed, couch, tables) may be provided. \$1200/mo incl hot water. 3-6 month lease. 329-2913 or jgirl63@msn.com.

Spend Christmas and/ or New Years in sunny Hawaii. 3 weeks avail. Dec.17 to Dec. 26th (9 nights) 2 BR fully furnished condo in Waikiki. Also 2 separate 1BR fully furn. condos avail. on the beach in Maui. Dec 26 to Jan 2. Rent all or one week. Each week is \$800. 799-4262 or ltanabe@maine.rr.com.

SERVICE

Dustfree floor sanding. Sand & refinish your old floors to look new w/out the dust. Free estimate 592-6297.

Architectural art of home or office. Preserve your investment, give as gift for the Holidays. Finely detailed pen & ink w/ cards & envelopes. www.geoffreyrestiles.com or 625-4245.

Snow Plowing in Greater Portland area. MMC, senior citizen, & neighborhood discounts. E & A Enterprise. 233-2937 or tapled@mmc.org.

FREE

Free cats to loving home: 1 male short hair tiger & 1 female long hair Maine coon calico. Both are 6 years old, very lovely, caught up on shots, indoor only. Can go to separate homes. Will email pics if interested. bluebutterfly_16@hotmail.com or 409-6510 after 4 p.m.

Medium size upright Morgan piano in fairly good condition. 772-3130.

Free to a good home: DP Fit For Life Trac 20 Exercise Machine pick-up in Falmouth. 317-0543 between 4 p.m. – 8 p.m.

WANTED

PCA/CNA needed to assist local outgoing cognitive aware 27 year-old female with basic needs (bathing, dressing, etc.) Weekend and nights. Flexible hours, relaxed atmosphere, great way to earn extra cash. Contact Megan, 899-0919.

Two gently used Chicco Key Fit infant car seat bases. 653-3939.

November Calendar

Cross Departmental Grand Rounds - Inpatient Glycemic Control

November 6
7 a.m. - noon
Dana Center

Contemporary Issues In Perioperative Nursing

November 7
7 a.m. - Noon
Dana Center
662-2397

Veterans Day, MMC Holiday

November 11

IBD: Education and Gaining Inspiration for Your Daily Life

November 14
9 a.m. - 3:30 p.m.
Dana Center
(800) 314-3459, ext. 21

Kjeldgaard Day Symposium Current Topics in the Diagnosis, Staging, and Treatment of Lung Cancer

November 21
7:30 a.m. - 1:30 p.m.
Dana Center
FMI: 885-7697 or 885-7681

Thanksgiving, MMC Holiday

November 26

Reminders

All employees are required to complete the online Annual Safety Training and Code of Ethical Behavior Compliance Awareness Training. FMI, see the MMC intranet home page.

The United Way campaign ends November 3. If you haven't done so, please return your pledge card today.

Looking Back . . .

Friends Celebrate 50th Anniversary



Photo courtesy Maine Medical Center Archives

The Friends of Maine Medical Center celebrates 50 years of service to the institution this year. The group of hospital volunteers, originally called the Maine Medical Center Auxiliary, was formed in April of 1959 at the request of the MMC Board of Trustees. The organization's title was changed to "Friends" in 1964. Over the years, members of the Friends have volunteered in virtually every area of the hospital and provided financial support for countless projects and programs.

With expert assistance from the MMC Carpentry staff, this group of Friends devoted much of their time in 1975 to the redecoration of the Emergency Division. This was part of a long-term project to brighten and improve the waiting areas of the hospital. That same year, the Friends developed a special take-home coloring book to tell children all about the hospital and alleviate some of the worries during their wait in Emergency.



centered around you

22 Bramhall Street
Portland, ME 04102-3175

What's Happening is published monthly at Maine Medical Center for members of the hospital community and for friends of the institution throughout Maine and northern New England.

Comments, questions and suggestions may be addressed to Communications & Marketing. (207) 662-2196
Editor: John Lamb