

What's Happening

at Maine Medical Center



September 2009 | VOLUME 42, NUMBER 9

MMC Again A Leader For United Way



Maine Medical Center has again joined hundreds of companies participating in the annual United Way campaign. The campaign raises money for a wide variety of local non-profit organizations that provide services for many of our friends and neighbors.

United Way of Greater Portland, and those in Androscoggin County, Mid-Coast Maine, York County, and other areas around

the state improve thousands of lives by focusing on the building blocks of a stronger community: education, income and health.

This year, Rich Petersen, MMC's President and CEO, is chair of the Greater Portland campaign. "The impact of United Way on our communities is huge," says Rich. "One person out of three is touched in some way by the United Way or a partner agency. Those agencies help people affected by natural disaster, victims of sexual assault, the homeless, families seeking eldercare or affordable childcare, people who are hearing or vision impaired — the list goes on." **CONTINUED ON PAGE 4**

Protect Patients, Coworkers, Family, Friends with Flu Shot

Although the H1N1 virus (Swine Flu) is getting most of the headlines, we can't overlook its cousin, the seasonal flu. Annually, more than 30,000 Americans die from complications associated with seasonal flu, which generally peaks during cold weather months.

This year, health officials are recommending the seasonal flu shot be administered earlier than in the past. The seasonal flu vaccine is not expected to specifically protect against H1N1, however, according to the Maine CDC, "with H1N1 and seasonal flu virus expected to be circulating, getting a seasonal flu vaccine early will help a person's overall protection against the flu. CDC recommends that

The best way to prevent the spread of germs is to clean your hands with either soap and water or a gel sanitizer, and to cough or sneeze into your sleeve.

people get vaccinated against seasonal flu as early as possible."

Once again, MMC's Employee Health department is offering a free flu shot to staff. There's no cost, and it only takes a few minutes. A flu shot is also an important patient safety measure, as research shows that health care providers can readily transmit flu to patients and coworkers.

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MaineHealth

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President's Message



Fiscal Year 2010 Strategic Planning Bridges Old with New

October begins a new fiscal year for the Medical Center, and with that new fiscal year comes a new budget, and a new set of yearly objectives

within the Annual Implementation Plan (or AIP).

The AIP is a very important planning document, helping to guide our efforts throughout the year and keeping us on track. The AIP contains a set of tactics that are directly linked to the medical center's future success. For each tactic in the plan, there are individuals responsible for achieving that particular initiative and a performance target to be reached. In this way, the AIP helps to build accountability and advance the principles of safe patient and family centered care throughout our organization. You'll hear and see more about the AIP in the coming months.

This yearly process of identifying our goals, assigning responsibility to individuals to reach those goals, and the follow-through to completion, has served the medical center well. We have been very successful and — over time — have elevated the medical center to one of the finest hospitals in the nation. During this yearly activity, we have also put together major planning efforts for a number of operational areas including: medical education; research; facilities; funding of clinical programs; finance; marketing; information systems; nursing; and human resources. And while each of these efforts has been successful on their own, we recognize that there continue to be opportunities for further integration.

So, given all this, what should we do? This exact question is being answered by the senior leadership team this year with the help of a consulting group called Noblis. Our objectives fall into four basic categories:

- Create a more unified institution-wide strategic planning process.
- Integrate our strategic planning with budgeting and annual goal setting.

- Ensure the Board of Trustees is appropriately engaged in the process.
- Integrate MMC's strategic planning process with MaineHealth's planning process.

Fiscal year 2010 will serve as a transition year to bridge the work of the Annual Implementation Plan with the development of this new strategic planning process. We will continue our focus on the AIP and continue our assignment of personal responsibility and accountability. In addition, we will further refine our strategic initiatives into a smaller group of initiatives with the greatest degree of impact.

Each and every one of us can play a role in achieving the goals as defined in the AIP. Whether that means ensuring our hand hygiene rates continue to improve; improving the transition of care from hospital to home; ensuring accurate medication administration and specimen management; or cooking and delivering a hot and delicious meal; each of us contributes greatly to the overall success of the medical center.

I would like to take this opportunity to thank you in advance for your dedication to fulfilling our role as the state's leading academic-based, research-oriented, regional referral center. At Maine Medical Center, we are fortunate to have an outstanding team that shares a commitment to providing the highest quality care to those who entrust their lives with us. And with the help of a thorough and purpose-driven planning and implementation process, we will continue to deliver on that commitment.

Respectfully,

Richard W. Petersen

President and Chief Executive Officer

Getting to know . . .

Jacqui Squires



Position:

Nutrition Services Associate

Years at MMC:

8 years

What does your job entail?

I work in the Impressions Cafe supervising on Sundays and catering the rest of the week, preparing carts and delivering food to the classrooms at the Dana Center and the East Tower. I also cater special functions like grand openings, retirement parties, and other special employee events.

What people may not know is that:

I received my Bachelor's Degree in Music Education from the University of Maine with a concentration in Piano and Voice. I opened a small studio in Portland teaching piano lessons to all ages. I recently purchased a new Yamaha baby grand piano for lessons, which is very similar to the one in the lobby at Maine Medical Center. I also work as the Music Director, Youth Choir Director, and Organist at Standish Congregational Church. I play the organ for weddings and funerals as well.

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

I would have loved to meet Felix Mendelssohn. He was a German composer, organist and conductor during the Romantic Period (early 1800s to early 1900s). Not only am I very interested in playing the organ and conducting others who are playing or singing his music, but I also love to listen to, and most of all, play his piano compositions. Some of his most popular piano pieces, which are my personal favorites, are from his *Lider ohne Worte* (Song without Words) which is a series of compositions written for solo piano. I would have loved to have lunch with him and ask him a million questions to try and understand what process/steps/thinking he went through to create and compose such incredible music.

I love working at MMC because:

I like that we are all here to take care of the people in our community. I know that the people who work here really make a difference in other people's lives. I like being a part of that. I also really enjoy the people I work with in catering and in the cafeteria. I have been very fortunate that my supervisors have been very flexible with my schedule throughout high school, college, and while I've been juggling my work at the Standish Congregational Church and teaching piano at my studio. I'm appreciative and thankful for what MMC has provided to me.

Cystic Fibrosis Clinic Honored

Maine Pediatric Specialty Group and Maine Medical Center has been selected as a 2009 recipient of the annual Cystic Fibrosis Foundation's Quality Care Award: Recognizing Outstanding QI Processes and Accomplishments.

The Cystic Fibrosis Foundation instituted the Quality Care Award in 2008. Selection criteria include:

- Using clinical outcomes data to identify opportunities for improvement and documents results of improvement efforts
- Aligning improvement efforts to result in measurable improvement in important clinical outcomes (process improvement tied to clinical outcomes with Key Drivers)
- Consistently and actively involving patients and families in identifying, designing, and implementing improvement efforts
- Employing innovative strategies to improve care processes and outcomes
- Implementing system changes that result in high reliability of care processes.

"This is an outstanding achievement for Drs. Ana Cairns, Jonathan Zuckerman and all of their team at the Cystic Fibrosis Clinic," says John Bancroft, MD, MMC's Chair of Pediatrics. "The CF Clinic has led the way at MMC in inclusion of patients and families in quality improvement and in transparency of quality improvement data. It's great to see that the CF Foundation also recognizes their outstanding work."

At MMC, our goal is to raise \$225,000 for the United Way, up from last year's campaign of \$223,000. "Maine Medical Center employees demonstrate compassion in their work everyday," says Josh Frances, Director of Emergency Preparedness, and Chair of MMC's employee campaign. "Given the tough economic times, the need for help is greater than ever, and we're hoping employees will answer the call by supporting the campaign."

The Greater Portland campaign is offering some terrific incentives to encourage participation. Prizes include a Subaru Impreza, Norwegian Cruise Line Caribbean Cruise, L.L. Bean gift cards, and more. Maine Medical Center is also providing incentive drawings for staff, including cash, covered parking, a day off, Portland Red Claws basketball tickets, a 42-inch plasma television, Hannaford Gift Cards, and Lunch with Rich. Visit the MMC employee website for details.

The campaign runs through November 4.

FLU SHOT CONTINUED FROM PAGE 1



"Every employee should consider getting a flu shot to protect against seasonal flu," says August Valenti, MD, MMC's Hospital Epidemiologist. "It's a very safe vaccine, and can help prevent you from becoming ill from the seasonal flu and spreading it to your friends, families, and patients."

We'll also have staff embedded throughout the campus, as well as a roaming cart overnight on the evening of November 5 (into Nov. 6). Check our intranet site for the list of units with embedded staff.

Remember — a flu shot is safe, painless, and helps protect you, your family and friends, as well as our patients. And because the virus used to make the vaccine has been killed, it cannot transmit the flu or make you sick.

The Centers for Disease Control and Prevention recommends flu shots for the following groups:

People who live with or care for those at high risk for complications from flu, including:

- Health care workers
- Household contacts of persons at high risk for complications from the flu
- Household contacts and out of home caregivers of children less than six months of age (these children are too young to be vaccinated)
- Children aged six months up to their 19th birthday
- Pregnant women
- People 50 years of age and older

- People of any age with certain chronic medical conditions
- People who live in nursing homes and other long-term care facilities.

The H1N1 vaccine is expected to be available in the next few weeks. MMC will also offer the H1N1 vaccine to employees.

For questions or more information, email FluVaccine@mmc.org.

**Check eNews,
NetNews, and
the MMC intranet
for the Flu Blitz
Schedule.**

Scholarships Help Nurses Continue Education

The Department of Nursing has a well established Scholarship Program available to provide financial assistance to MMC employees enrolled in accredited nursing programs.

Employees must meet eligibility criteria, which includes six months of service, support from their supervisor, and successful matriculation into an accredited program of education leading to a degree in nursing.

In all, 68 nurses from 58 departments received a scholarship in 2009, totaling over \$60,000 in support.

“It has always been my desire to continue my education,” says Pam Rowell, one of this year’s recipients. “When our youngest child headed off to college last year, I enrolled in the University of Southern Maine. We have three children in college now so the nursing scholarship money that I received this year is greatly appreciated.”

MMC staff that benefit from this program are enrolled in a range of degree programs from Associates Degrees in Nursing to Doctorates in Nursing Practice. Deadline for applications is mid June each year, and scholarships are awarded in late August at a ceremony and reception that welcomes co-workers, family, and friends.



A gift from Allagash Brewing Company created three Pediatric Nursing Scholarships to nurses pursuing additional nursing education with a focus on pediatrics. Pictured are Ann McPhee, Nursing Director for The Barbara Bush Children’s Hospital Inpatient Unit, Allagash President Rob Tod, and Pam Rowell, RN, recipient of a 2009 nursing scholarship.

MMC Chosen As Model Prostate Cancer Program

Maine Medical Center’s Cancer Institute is one of five programs in the nation selected to participate in the Association of Community Cancer Centers’ (ACCC) Prostate Cancer “Best Practices” Project. MMC was chosen as a model program for its multidisciplinary approach to prostate cancer care, open communication, and patient access to state-of-the-art treatment within the community.

Maine Medical Center Cancer Institute (MMCCI) was recognized because it empowers patients with information and knowledge about choices, matches the prostate cancer program to identified needs in the community, coordinates multidisciplinary services starting with diagnosis, and collects standardized treatment outcomes data. These components are

critical to the success of prostate-specific cancer care programs.

As part of ACCC’s Prostate Cancer “Best Practices” Project, information about the Maine Medical Center’s prostate cancer program will be shared with cancer centers across the country.

Experts predict prostate cancer will be one of the fastest growing cancers treated in the community setting in the next ten years. Increasingly, men diagnosed with prostate cancer are seeking out programs that provide disease-specific information regarding treatment options and focus on the unique issues surrounding the disease.

ACCC’s project will provide cancer centers across the country with a better understanding of the success factors necessary to develop a targeted prostate

cancer program in their community. The selection of Maine Medical Center’s prostate cancer program provides a model for other national cancer programs and serves as a resource for northern New England prostate cancer patients and their families.

In addition to Maine Medical Center, the other four model programs selected were: Allegheny General Hospital, Pittsburgh; Presbyterian Hospital, Charlotte, N.C.; Palo Alto Medical Foundation, Palo Alto, Calif.; and Regional Cancer Center, ProHealth Care, Waukesha, Wisc.

ACCC provides a national forum for addressing issues that affect community cancer programs, such as regulatory and legislative issues, measurements of the quality of care, and clinical research.



Philanthropic Support For MMC.TUSM Medical School Continues To Grow

The great leader Winston Churchill once said, “We make a living by what we get, but we make a life by

what we give.”

These words recently rang true here at Maine Medical Center as several of our physician leaders joined employees, foundations, businesses and community leaders by making significant contributions to the Maine Medical Center and Tufts University School of Medicine “Maine Track” Program.

Twenty of the undergraduate medical openings each year in the MMC.TUSM “Maine Track” Medical School Program are reserved for Mainers, who also receive scholarship support. The scholarships reduce what Maine students pay to an amount that’s comparable to in-state tuition for a medical school at a public university. That’s typically half of the out-of-state burden Maine students would face in another state — a savings of roughly \$100,000 over four years.

I am honored to recognize our medical staff and The Maine Surgical Care Group, both of whom pledged \$500,000 in endowment support for the MMC.TUSM program. Each endowment will fund a four year scholarship for one student in perpetuity.

The vision of both groups reflects leadership giving, and their commitment to this program reinforces MMC’s belief that the medical school partnership is critical to our state’s future. As health care leaders, we must work diligently to address a growing physician shortage and return our brightest and best to Maine to practice medicine.

The Medical Executive Committee is the physician leadership group of the hospital representing the 1,200 physician members of the medical staff. Physician members are elected by the members of the medical staff. For the scholarship gift, the Medical Executive Committee established a committee to focus on philanthropy from the medical staff. Its primary effort went towards scholarship support for the students entering “Maine Track” of the MMC.TUSM Medical School Program.

The resolution, created by the Medical Executive Committee and voted on by the medical staff at MMC clearly outlines why physician support for this program is so strong:

“We believe that our commitment to a healthy Maine is strongly aligned with the Maine Medical Center vision of creating a pipeline of well-educated Maine physicians. We should particularly focus on helping to break the financial barriers that contribute to the physician shortages hurting our state, especially our rural communities. No other initiative we undertake will have such a direct impact — statewide — on the access and quality of health care available to generations of Maine citizens. This will be a legacy, for the medical staff to join in this effort, in a leadership capacity, to support the education of MMC.TUSM Maine Track students.”

Jens Jorgensen, MD, of The Maine Surgical Care Group, echoed these sentiments in a statement on behalf of the physicians in his group: “This is a landmark event in the history of medicine in Maine — it should change the landscape forever. I cannot think of any other program that has been received with such widespread enthusiastic support from our office. When we were asked to contribute to the MMC.TUSM Medical School Scholarship program, it wasn't a question of if we would but how much we would. It was so gratifying to meet the person who was the recipient of our scholarship. We knew immediately that we had done the right thing.”

The Maine Surgical Care Group is comprised of a team of 11 surgeons who, with their staff, provide state-of-the-art vascular, general, oncologic, laparoscopic, and transplantation surgery in Portland.

It is critical that we give Maine students the opportunity to attend medical school without financial disadvantages. Until the “Maine Track” program was created, Maine was one of the few states in the country without an in-state allopathic medical school. This was leaving some of our best students with tough decisions, “Do I pay twice as much to attend an out-of-state medical school or do I choose another profession?” Unfortunately, many of these students chose to leave Maine and practice medicine elsewhere, or chose another profession altogether. Now, a new and refreshing opportunity exists.

While we’re best known for the care we provide to patients, Maine Medical Center is also a teaching hospital. A responsibility we take seriously is to educate the next generation of physicians, nurses, and other medical professionals. Our staff and faculty are exceptional, and they are truly committed to providing our learners a first-rate experience.

The medical school’s unique curriculum provides students with patient contact beginning in the first year. It also utilizes a network of clinical training sites, including in rural areas, where the physician shortage is greatest.

Thirty-one students, including 22 with ties to the Pine Tree State, were inducted into the first class of the new Maine Medical Center -Tufts University School of Medicine Medical School Program on August 3. I had the pleasure of meeting the new students, and I can tell you all that they are impressive and eager to begin their medical schooling. In short, the future of health care is in good hands if we can continue to attract these types of students to a career in medicine.

I look forward to congratulating the members of this historic first class when they graduate in 2013.

Respectfully,



Richard W. Petersen

President and Chief Executive Officer

2010 Benefits Open Enrollment Goes Online

Once again, it’s time to think about your benefit needs for 2010. Annual enrollment packets will be mailed to eligible employees in mid-October; open enrollment is October 26 - 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

As part of MMC’s efforts to “go green,” **online enrollment will be required** for all employees. You’ll make benefit plan selections for 2010 using the online Lawson Self-Service application. You can access Lawson from work or home.

Not familiar with Lawson Self-Service? Assistance will be provided by the Employee Benefits Office throughout the enrollment period. You’ll also be able to enroll on-line at the Benefit Fairs and in Human Resources.

Note: Employees who wish to enroll or re-enroll in the Adoption Assistance Program or the Transit Reimbursement Account must contact Employee Benefits, since these plans cannot be accessed on line.

Verify Full Time Students

If you have a 19 to 25 year old in full time college classes, please return verification forms to Anthem. Although you may complete and submit student information to Employee Benefits and to HRAdvance, MMC’s audit company, you still need to comply with Anthem’s document requests. Call or stop by Employee Benefits if you have any questions about your child’s student status or what documents are needed.

5 Tips For Better Nutrition

Summer's over, the kids are back in school, and between classes, sports, and activities, it's tough to ensure your family is eating a healthy diet. Nutrition Services' Kathy Halpin offers five tips to keep your family on the road to better health:



Portion Control

Overeating is one of the main reasons that people become overweight. The number of calories needed per day depends on age, height, physical activity as well as gender. The average women needs 2,000 calories per day to maintain her weight; the average man 2,500. But eating just 100 extra calories per day

can add 10 pounds a year to your frame. That's where managing your portions helps. For example, one portion of meat should be the size of a deck of cards, a medium potato is about the size of a computer mouse, a serving of fruit is the size of a tennis ball, and two servings of vegetables is about the size of your fist.

Countdown 5-3-2-1

Encourage your children to eat five fruits and vegetables per day, limit television and computer screen time to two hours, engage in one hour of physical activity, and consume zero sugar-sweetened beverages (select water and low fat milk instead).



Fat Intake

Limit total fat intake to less than 25 - 35 percent of your total calories each day, with no more than 7 percent from saturated fats.

Strive to eliminate trans fats, and increase your Omega 3 fatty acids, such as soybean oil, walnuts, oily fish.



Increase Whole Grains

Eat more whole grain breads, pasta, cereal, rice, etc.

Eat More Super Foods

Nutrient-rich foods like apples, berries, cinnamon, citrus fruit, cruciferous vegetables, eggs, nuts, oats, leafy vegetables, legumes, and more help ward off illness, boost your energy, and help keep you healthy.

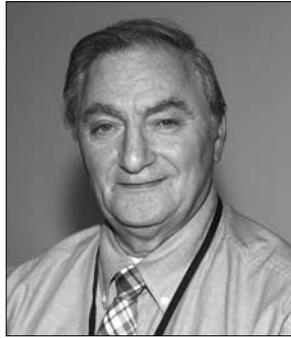
MMC Goes Green

Since converting our Brighton Medical Center from heating oil to natural gas last December, we've reduced our carbon dioxide emissions by 1.2 million pounds, the equivalent of taking 121 cars off the road. YTD savings approximately \$34,000.

September Anniversaries



Dottie Herrick, Radiology,
35 Years



John Romana, Nutrition Services,
45 Years

45 Years

Anita Marston, Family Center
John Romano, Nutrition Services

40 Years

Vicki Frost, Radiation Therapy
Natalie Twaddel, Prenatal Center

35 Years

Susan Brown, SCU
Rose Burnham, NICU
Dorothy Herrick, Radiology
Nancy Hersey, Radiology
Brian Moore, Pulmonary Medicine

30 Years

Elaine Clark, Family Center
Colleen Colbath, Patient Accounts
Sally Fitzgerald, NICU
Margaret Halpin, Pre-Admission
Linda Josti, SCU
John Meehan, Distribution
Kathleen Szatko, Pulmonary Medicine
Elizabeth Winchenbach, Emergency Department

25 Years

Olia Cobb, Dialysis Nursing
Christine Lord, CICU
James Lyden, Center For Performance
Improvement
Julie Newcomb, Pharmacy
Ancilla Parent, Radiology Transcription
Shirley Spiers, Cardiography ECGS

20 Years

Michelle Bell, R4
Matthew Casper, Clinical Engineering
Lorande Furey, Family Birth Center
Dianne Higgins, Prenatal Center
Jeanne Higgins, Central Supply
Claire King, EICU
John Mollica Jr, Vocational Services

Catherine Palleschi, R9
Rachel Pickus, Health Information Management
Coleen Simpson, SCU
Michele Weikel, Prenatal Center

15 Years

Caroline Baker, Digestive Disease
Lori Barron, Congestive Heart Failure
Thomas Eslinger, Emergency Department
Ruth Frydman, Psychiatry Adult O/P
Michael Harriman, Heart Cath Lab
Judith Harrington, Social Work
Edward Helmreich, Clinic - Pediatric
Patricia Napolitano, Health Information
Management
Lisa Prentiss, Cardiac Physician Extender

10 Years

Marcus Baker, Radiology
Patricia Briggs, Operating Room
Heidi Brown, Out Patient Registration
Bethany Drabik, Cardiothoracic ICU
Askalu Ezra, Nutrition Services
Jayne Heatley, Purchasing
Tammie Infantine, Operating Room
Nikki Ledbetter, EICU
Catherine McMahon, SCU
Susan Ryberg, Speech Therapy

5 Years

Derek Adams, MMCRI
Patricia Allen, Linen Processing
Tammy Bodwell, P6
Amy Boyington, Breast Care Center
Elizabeth Bridge-Koenigsberg, OCC Therapy
Lynn Connolly, Administration
Amy Cormier, R6
Lee-Ann Fiore, Radiation Therapy
Cathy Fougere, EICU
Cheryl Gurney, P6
Catherine Hickson, Care Coordination
Delina Hurder, SCU
Jessica Lane, Clinic - Pediatric
Roberta Lestage, Health Information Management
Karen Levesque-Porter, R6
Yintung Marple, Interpreter Services
Kelley McDaniel, NICU
Mahmad Nazir, Interpreter Services
Leonora New, Health Information Management
John Peters, Information Services
Stacy Ryan, MMCRI
Donald Saunders, Emergency Department
Carey Simoneau, Operating Room
Robert Skelton, Central Supply
Kristin Taylor, P6
Amanda Walker, So ME RRC
Mary Walker, Diagnostic Exam Room
Misty Weeman, Outpatient Clinic
Laura Weymouth, R5
Norma Winslow, Linen Processing

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

Baby Furniture: Matching crib, armoire and changing table/dresser, cherry finish, good cond.. \$300 OBO. LL Bean Jogging Stroller, great cond. \$75 Baby Trend pack n' play, navy blue, great cond. \$20 Babybjorn Infant Carrier, Active. Barely used. \$25. robbit@mmc.org or 576-5636.

Microsoft Inspirin 1525 laptop, 1yr old, Microsoft Office & Works program installed. Just got back from Dell for check-up service. Like new. \$500. 939-8511.

2003 Nordic track Eliptical for sale. Barely used, built in fan, several different programs. \$200. 749-0490.

1990 Mazda Miata, red w/ a new black convertible top, black/gray interior. New seats. No rust, stored in winters. 5 speed, w/ AM/FM Cassette. 112K miles. \$4500. 467-5734.

7 foot 10 inch Mike Doyle surfboard, brand new, green & white w/wood inlays. \$600/OB. 409-4594.

FOR RENT

So Freeport: 3 BR, 2 BA w/ view of Casco Bay. Large private yard. Dogs OK. 2300 sq ft. Fully furn. Avail 09/09 to 05/10, ST or LT. 5 minutes from 295. Monitor heater. \$1200/mo + util. 865-2156 or maineliane@yahoo.com.

Ptld, 176 Grant Street Apt #1: 3 BR, 1 BA 1st fl apt 2 blocks from MMC. OS for 1 w/ extra spaces for snow bans. Renovated Owner is a new MMC intern and lives at the location. \$1200/mo + util. 619-961-7950.

Ptld: 2 BR apt close to Hospitals and USM, shopping and bus lines. Great for single or couple. OS prk. \$700/mo incl heat & electric. 904-540-9940.

Ptld, West End: 3 BR, 2 BA flat incl storage & pkg in a 3 unit bldg. \$1595/mo incl heat, water, sewer. 272-0574 or rentinthewestend@yahoo.com

Ptld: 3 BR, 3 BA, formal DR, eat-in K, full appliances, pkg for 3, NS, Pets OK. \$1895/mo incl heat, water, sewer, maint. 272-0574 or rentinthewestend@yahoo.com

Ptld, West End: Garden condo, hdwd, eat-in K, full appliances, ST or LT lease. NS, pets considered. \$1275/mo. 272-0574 or rentinthewestend@yahoo.com.

Kettle Cove Beach and Crescent Beach: 3 BR, 1 BA, LR, hdwd, eat-in K, DW, W/D, large yard, Rent incl storage, pkg, heat, hot water, sewer, landscaping, plowing. ST or LT lease. 272-0574 or rentinthewestend@yahoo.com.

Scarborough, Willowood Lane: 2 BR condo, 2 BA, attached garage, 1170 Sq Ft, quiet community living, near Willowood Golf Course. \$1150/mo + util, 1 yr lease, sec dep, NS, NP. 883-8231 or 740-0651.

West End Duplex: small 1 + BR w/ full bsmt w/ W/d. st. park, pets welcomed. Walk to work, on bus-line. \$775/mo + util. 400-1852.

Yarmouth home owner has a sm room w/ a ¾ BA. Frig, microwave, toaster oven (no K), TV, furn. or unfurn. No phone. Private entrance. \$550/mo incl. util. 846-9216.

Ptld: Beautiful 3200sq ft 4 BR house for rent 2.0 miles from MMC. Completely remodeled and highly efficient gas heating. NP, NS. \$2100/mo+util. 978-549-5002.

Biddeford: 2nd Fl; Lg 2 BR, Office, Sun room, (radiant heat) W/D hook up. Good Neighborhood, near Mayfield Park. OS pkg, Lg yard. NS/ NP. \$850/mo + heat and util. 590-9711.

Biddeford: Lg 3rd Fl Loft. Newly renovated, wood and tile floors. Good Neighborhood, near Mayfield Park. OS pkg, Lg yard. NS/NP. \$850/mo incl heat, hot water, electric and cable. 590-9177.

Ptld, Deering Ave: 2-3 BR, 2 BA 2nd fl apt. Galley K w/ W/D hookup, hdwd in DR. LR w/ bay window and built in cabinet private side entrance and yard. Pkg for 1-2. NS, cat O.K. Avail 10/10 \$1,200/mo incl heat. Sec Dep & renters insurance req. martha@marthamarques.com or 518-8770.

Scarborough near MMC campus, rooms in 6 BR house, W/D and parking, quiet neighborhood, \$450/mo incl util. 396-8143.

Cape Elizabeth: Room to rent \$535/mo incl util. Share C.E. home w/ large K, 2.5 BA, LR, DR, and 2 FRs. Some storage avail. Walk to ocean and trails. rally1953@yahoo.com or 671- 8903.

Ptld, 295 Allen Ave: 2nd floor of house. 2 BR. One large front BR, smaller second BR, incl W/D in pantry, large porch, OS pkg, separate entry, 1 mile from UNE, close to shopping center, on bus line. \$ 895/mo + util. 615-8373 or 273-3747.

Cumberland Center: Light, cozy 1 Br apt., owner-occupied home. Wooded area, great for running an biking. Shared laundry, OS pkg. \$800/mo incl heat and all util. 829-9380.

Ptld, North Deering: Updated 3 BR, 2 BA, Cape. Attached 1 car garage, detached 2 car garage/workshop. Easy access to Ptld Trails and downtown. Well-behaved pets considered. NS. \$1475/mo + util. 797-0991 or email lbarter1@minsd.spring.com.

Ptld Historical District: 4 BR, 3 BA condo. 3000 Sq Ft. Master BA w/ Jacuzzi Tub. Hdwd SS appl. Sun room. Formal Dr.'s Office. Private yard and decks. OS pkg. Full bsmt. NS, pets welcome. \$3200/mo. All included. Rent negotiable. 272-0574 or reintinthewestend@yahoo.com.

Ptld, 215 Vaughan St: Beautiful condo 2 BR, 2 BA in a new brown stone. Private bsmt/ garage/Indry, gorgeous hdwd, open concept w/ windows galore. \$1200/mo incl H/HW, sewer, water & condo fees. 255-6794 or bruss_sarah@yahoo.com.

Ptld, USM area, 89 Washburn Ave: 2 BR, beautiful, spacious 1st fl, OS parking for 2 cars, W/D, NS, NP. \$1200/mo incl heat & electric. 751-2897.

Ptld: 1 BR w/ study, deck, tall ceilings, wood floors, OS pkg, W/D. NP, NS. Eastern Prom one block away. Avail October. \$875/mo + util. 749-8385.

Falmouth: Completely renovated 3 BR, 2 BA home. Two miles to Portland. \$1200/mo + util. Email hous-xhtnt-1359019851@craigslist.org.

Ptld, Deering Highlands Duplex: Flexible apt can be rented as a 2 BR or 1 BR unit. 1st fl has porch, DR, LR w/ Fireplace. 2nd fl has 2 large BR and BA. Shared deck and yard. OS pkg. W/D hook-up. 2 BR is \$1040/mo + util. 1 BR is \$925/mo + util. 791-2848 or northwin@hotmail.com

ROOMMATE

Room for rent w/in quiet, smoke-free residence near Willard Beach on 2nd fl w/ full BA. Private entrance, off-street parking, microwave & dorm fridge available. \$430/mo incl util & wireless service. 767-3716. Female preferred.

Falmouth: Sunny comfortable, quiet house near ocean, large BR, oak fls, organic gardens, canoe, gentle dog (non-shedding), friendly neighborhood, \$650/mo incl util. 3 minutes from Ptld. email: davidapop@myfairpoint.net.

REAL ESTATE FOR SALE

Ptld: Ranch Style home located on a quiet cul de sac. 3 BR, 1.5 BA Two car detached garage w/ sunroom. New siding, windows and exterior doors. Newly renovated K. Close to schools, hospitals, shopping. \$269,900. 318-5487.

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 \$138,000. 934-0447.

ST/SEASONAL RENTAL

Willard Beach Cottage: Furn. 2 BR, 2 BA cottage on quiet dead end st. Finished walk out basement. Garage and OS pkg. Avail 9/1 to 5/31. \$1200/mo + util. 450-8903.

Lady Lake, FL: 2BR, 2 BA, fully furn. MH. Close to Orlando area theme parks. Monthly or long term. Avail Sept - Dec. 2009, May on 2010. One member age 55. Very reasonable. 803-2005.

So Freeport: 3 BR, 2 BA w/ view of Casco Bay. Large private yard. Dogs OK. 2300 sq ft. Fully furn. Avail 09/09 to 05/10, ST or LT. 5 minutes from 295. Monitor heater. \$1200/mo + util. 865-2156 or maineliane@yahoo.com.

SERVICE

Family seeks mature, reliable driver/companion for healthy, active elderly women in Cumberland. 3 hrs/day. 4-5d/ wk. No personal care needed. 508-245-2709.

Piano Lessons for all ages and levels. Muskie St. So Ptld. Call 799-6217 to schedule your lessons w/ an experienced and very dedicated teacher.

Fall Aeration, Slice seeding, cleanups and organic compost applications. 221-6732.

People



*Kathy Hale, RN, BSN,
MS, NE-BC*

Kathy Hale, RN, BSN, MS, NE-BC, has been voted the 2010 President-elect for The Association of Women's Health, Obstetric and Neonatal Nurses (AWHONN). Hale is MMC's Associate Vice President of Nursing and currently serves as AWHONN's Secretary-Treasurer.

Gwen Rogers, RN, MBA, CIC, has been promoted to the Director of Infection Prevention and Hospital Epidemiology. A 16-year MMC employee, Gwen is nationally recognized for her expertise and edits the definitive textbook on infection control in ambulatory settings. In addition to her many accomplishments at the medical center, Gwen was one of the founders of the Maine Health Infection Control Consortium.



*Gwen Rogers, RN, MBA,
CIC*

Reverend Catherine (Kitty) Garlid has joined the MMC family as our new Director of Pastoral Services. Reverend Garlid comes to MMC from Greenwich Hospital in Connecticut, where she was Director of Spiritual Care and Pastoral Education for 27 years. Previously, she was a Parish Intern in Seattle, Washington, and a Chaplain Resident at Memorial Sloan Kettering and New York Hospital in New York.

Jo Linder, MD, was voted President-elect of the Maine Medical Association. Dr. Linder works in Emergency at Brighton.



*Reverend Catherine
(Kitty) Garlid*

Betsy St. Germain, MS, RN, is the recipient of this year's Maine Breast Health Leadership Award. She was nominated by the Maine Breast Nurses Network and will be recognized on September 30 at the Blaine House by First Lady Karen Baldacci.

Susan Gosselin, MS, RN, has successfully passed both the Oncology Certified Nurse (OCN) and Certified Breast Care Nurse exam (CBCN) offered through the Oncology Nursing Certification Corporation.

Eleven employees from Registration passed the National Association of Healthcare Access Management's Certified Healthcare Access Associate (CHAA) or Certified Healthcare Access Manager (CHAM) exam. The exams cover patient rights and responsibilities, customer service, insurance and financial information, and regulations that affect patient access services:



Jo Linder, MD

Dianne Breggia
Outpatient Coordinator, CHAA

Heidi Brown
Outpatient Coordinator, CHAA

Lisa Cox
Supervisor Admitting Registration,
CHAM

Lisa DeCesere
Emergency Coordinator, CHAA

Rita Dorazio
Outpatient Coordinator, CHAA

Katie Johnson
Supervisor of Quality
& Special Projects, CHAA

Patty Johnson
Supervisor Emergency Registration,
CHAM

Kathy Maddin
Denials Coordinator, CHAA

Connie Nichols
Emergency Coordinator, CHAA

Tina Ramsay
Supervisor Outpatient Registration,
CHAM

Sherry Rodney
Admitting Coordinator, CHAA



*Betsy St. Germain, MS,
RN*

October Calendar

Respirator Fitting Class

October 2

FMI: Lisa @ x2513

Respirator Fitting Class "Train the Trainer"

October 16

FMI: Lisa @ x2513

Performance Improvement Fair

October 21

8 AM - 5 PM

P2A By-Pass Corridor

Paul Cox, Jr., MD Memorial Awards

October 27

11 AM - Noon

Dana Auditorium

Portland Pirates "Pink at the Rink"

Breast Cancer Awareness Night

October 30

\$3 out of \$13 ticket benefit

MMC Cancer Institute's Breast

Care Center

828-4665 ext. 317

Craft Fair to Benefit BBCH

October 31

9 AM - 2 PM

Scarborough Campus

FMI: 662-4173

Looking Back . . .

Early Days of Dialysis



Photo courtesy Maine Medical Center Archives

The first machine for hemodialysis in Maine was given to MMC in 1960 by the Maine State Department of Health and Welfare. William Austin, MD, a former intern and resident at MMC, spent a year at Sloan Kettering Institute with a team of specialists, becoming proficient in its use. At that time, use of the machine was confined to treating temporary conditions of the kidney — such as overdoses, poisonings, and accidents — rather than chronic disorders. Earlier machines were developed during the late 1940s and had been in use in other New England hospitals for about a decade. The artificial kidney was available to all Maine residents on referral from their physicians. Today, MMC provides approximately 400 individual dialysis treatments each month.



Maine Medical Center
MaineHealth

centered around you

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