

What's Happening

at Maine Medical Center



July 2009 | VOLUME 47, NUMBER 7

Time magazine Shares PIER Story

Time, one of the nation's most read and respected publications, put our PIER program on the national stage with a story in its June 22 issue.

In "Staying Sane May Be Easier Than You Think" reporter John Cloud writes about early detection programs such as PIER, which works with youths at risk for developing schizophrenia: "The most exciting research in mental health today involves not how to treat mental illness but how to prevent it in the first place. Hundreds of studies that have appeared in just the past decade collectively suggest that the brain isn't so different from, say, the arm: it doesn't simply break on its own. In fact, many mental illnesses – even those like schizophrenia that have demonstrable genetic origins – can be stopped or at least contained before they start."

Calling William McFarlane, MD, Director of the PIER Program, a "Prevention Pioneer", Cloud's article tells readers that Dr. McFarlane

began his work in early intervention while a student at the Albert Einstein College of Medicine in New York City, and later began working with youths' family members as part of the treatment. His family-based approach is a foundation of today's MMC PIER program.



The article says "The Robert Wood Johnson Foundation is so impressed with McFarlane's program that it has devoted \$16.9 million to its national expansion. It is the Foundation's single largest mental health initiative."

"The PIER program's success is the result of our whole community pulling together to try a new approach to mental illness – it takes a whole catchment area to prevent severe mental illness," says Dr. McFarlane.

A link to the article can be found on the Maine Medical Center website, www.mmc.org.

In This Issue:

President's Message	2
Getting To Know	3
New Chief Of Critical Care	4
New Director Of MMCRI	4
Patient Journals ... Continued	5
Anniversaries	7
People	9
Marketplace	10
Looking Back	12


Maine Medical Center
MaineHealth

centered around you

www.mmc.org

President's Message



Positioning Ourselves For Health Care Reform

In a recent survey of area residents conducted by MaineHealth, respondents were asked about the single most concerning issue in health care today.

The answer? Costs.

Far and away, the cost of health care is creating a level of anxiety that is resonating throughout all levels of our society. Why? It's because people are being affected directly. It doesn't matter whether you have insurance or not, the cost of health care is an ever-growing concern. If you don't have health insurance, you worry about how you're going to pay the bill. If you do have health insurance, you're seeing higher and higher deductibles and co-pays, as employers are being forced to shift more and more of the cost of health care to their employees.

Add to this President Obama's push to change the health care system in our nation, and you have an environment that is charged for reform. That's why you're seeing so many headlines and media reports today about what health care reform means, what the intended outcomes are, and how much those reform initiatives are going to cost.

So, what does all this mean for Maine Medical Center? All in all, there is a great deal of uncertainty surrounding the health care reform debate today. In my opinion, no one really knows where health care reform will lead us. But there

is one area of certainty on which I believe we can focus our efforts regardless of the form that any future health care reform system might take — and that's providing high quality health care to our communities at the lowest cost possible.

As the state's largest hospital and leading referral center for Northern New England, Maine Medical Center must lead the effort in providing high quality health care at an affordable cost. We must continue to find ways to reduce our re-admission rates (an indicator of quality), reduce our patients' length of stay (an indicator of costs), reduce duplicative testing, and further standardize the delivery system for certain categories of care. These and many other initiatives help to drive quality and lower costs.

Providing high quality health care at an affordable cost is not new for the medical center. We have been working on this and similar issues for quite a long time. And we are fairly well positioned for what the future health care system might look like. In a recent report issued by the Dartmouth Institute — the Dartmouth Atlas, which reports on variability in health care delivery across the nation — the greater Portland region is one of the highest quality, lowest utilization (lowest cost) regions in the country.

And while we can be proud of our current status, we must stay vigilant: driving for that next positive quality indicator; pushing to reduce waste and duplication; standardizing care delivery. High quality and efficient delivery will win the day, and that will differentiate the "great" hospitals from the "good" hospitals.

Let's continue to move Maine Medical Center from a "very good" hospital to a "great" hospital.

Respectfully,

A handwritten signature in dark ink, appearing to read "Richard W. Petersen".

Richard W. Petersen

President and Chief Executive Officer

Getting to know . . .

Josh Frances, MPH



Position:

Director of Emergency Preparedness

Years at MMC:

Just over 3 years

What does your job entail?

I spend much of my time coordinating planning efforts between departments at MMC...all who play vital roles in the planning, response, and recovery stages of a disaster. I am also the point person for outside disaster planning efforts in the community, representing Maine Medical Center. I also work to ensure MMC is compliant with all of the newly-formed Joint Commission Emergency Management Standards. They were updated this year with emphasis on back-up communications and surge capacity.

What people may not know is that:

I have a real affection for many music genres (in order of Jam, Jazz, and Funk), and even more for people who can play musical instruments. I got this affection from my father, who exposed me to music my entire life, and

was an avid musician. It always amazes me how music has the power to bring people together from all cultures and walks of life.

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

I have a few on my list (H.Kissinger, T.Anastasio) but would probably choose The Wright Brothers. Did you know that without any formal education they taught themselves the basics of physics and engineering and were the first to successfully fly an airplane? I am fascinated by flight, so I would have plenty of questions to ask them!

I love working at MMC because:

I love working at MMC because I feel like my position is an important "piece of the pie" for successful operations. I am humbled daily by the outstanding people I work with, the dedication MMC has to its staff and patients, and I feel like I am part of a team. This must bring me back to my football days.

Climbers Reach Top, Fundraising Goal

On the morning of July 1, at approximately 6:30 AM, 17 climbers from the Maine fundraising expedition Climb for Cancer Care stood atop Mt. Rainier, the tallest point in Washington state.

This marked the third visit to 14,410-foot Mt. Rainier for the group, which raises money for the Marshall L. and Susan Gibson Pavilion at MMC. The founder of Climb for Cancer Care, Pat Connolly, organized the expeditions to honor his late uncle, who passed away at the Gibson Pavilion in 2005.

This year's climb raised \$31,500, bringing the three-year total to more than \$60,000.

According to Connolly's post on the Climb's website, "100 percent success for any climbing expedition is quite rare on a peak that turns its back on 50 percent of all suitors vying for the summit. The fact that these were 17 amateurs of varying experience, climbing as a vehicle for raising funds and awareness for cancer patients at the Marshall L. and Susan Gibson Pavilion at Maine Medical Center in Portland, ME, made the achievement all that more staggering."



Stephen Mette Named Chief Of Critical Care

Stephen (Steppe) Mette, MD, has been appointed MMC's new Chief of Critical Care, effective July 1.

"Steppe is well known around the hospital and brings significant clinical expertise, a proven record of collaboration, and confident, measured leadership that will serve him well in his new position," says Peter Bates, MD, Vice President of Medical and Academic Affairs.

Dr. Mette came to MMC in 1995 and has served as the Director of the Division of Pulmonary and Critical Care Medicine at MMC since 1997. In October of 2007, he was named President of the Medical Staff. He is also a Clinical Associate Professor of Medicine at the Tufts University School of Medicine, and has received numerous teaching awards during his tenure at MMC.

"The care of critically ill patients is excellent at Maine Medical Center, and that's a reflection of the exceptional individuals we have working here," says Dr. Mette. "They provide care in often difficult situations, and make it look easy. I'm looking forward to working with all those on the Critical Care teams and building on this strong tradition of excellent collaborative care."

"We have benefitted greatly from Steppe's knowledge and enthusiasm and I am confident he will be a highly effective and inspirational leader for Critical Care Services," says Dr. Bates.

Dr. Mette will transition into his new role over the next six months.



Steppe Mette, MD

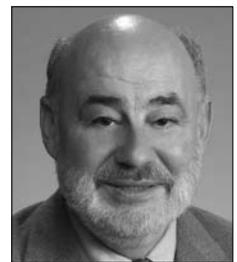
New Director Takes Helm At MMCRI

Donald St. Germain, MD, has joined Maine Medical Center as its Associate Vice President of Research and Director of the Maine Medical Center Research Institute (MMCRI).

A graduate of Johns Hopkins School of Medicine, Dr. St. Germain completed his residency in Internal Medicine and fellowship training in Endocrinology at University Hospitals of Cleveland and Dartmouth-Hitchcock Medical Center in New Hampshire (DHMC). He was most recently a Professor of Medicine and Physiology at Dartmouth Medical School, where he also served as Program Director of the Endocrinology and Metabolism Fellowship and Acting Chair of the Department of Medicine from 2001-2003.

Dr. St. Germain is widely recognized as a leader in the field of thyroid hormone metabolism and has received continuous National Institutes of Health (NIH) funding for his molecular endocrinology research since 1982. He has been published in numerous peer-reviewed medical journals and texts and has lectured extensively both nationally and internationally. In addition to his considerable academic and educational pursuits, Dr. St. Germain has also maintained an active and highly regarded consultative endocrinology practice focused on diseases of the thyroid.

"This is an important position for the medical center," says Peter Bates, MD, Vice President of Medical and Academic Affairs. "The work at our Research Institute is recognized as world-class, and Dr. St. Germain's background brings the right combination of research and clinical experience to lead our research team into the future."



Donald St. Germain, MD

Patient Journals ... Continued

By Jane Cleaves, RN, and Peggy Doliner, RN

Maine Medical Center is committed to advancing the practice of safe patient and family centered care. While preparing for National Patient Safety Month in 2007, the Safe Patient and Family Centered Care committee proposed piloting a research project entitled "An Inpatient Trial of My Medical Journal".

The team reviewed research-based articles detailing patient journals used to improve patient and family communication with the physician and health care team.

The proposal outlined a plan to provide journals to patients admitted to the R7 Medical Telemetry and R3 Surgical units. The journal includes space to write questions and personal feelings, a pocket-size medication record, and a section to hold business cards from the health care team.

Nurses presented the journals to patients and their families, and highlighted the journal's potential as a tool for communication with the health care team.

Good Feedback

Prior to discharge, patients who received a journal were given a survey to determine if the journal was helpful in communicating with the health care team, and which portion of the journal was most useful.

The survey also asked if the journal would be used again if the patient returned to Maine Medical Center.

Overall, survey responses to the journal were positive. The journal helped increase communication with the health care team. Written comments focused on the journal's use to record discussions with the health care team that could be reviewed with the rest of the family members. One person commented "I wish I'd had this journal when I was hospitalized ... I would write down all my questions for my doctor so I don't forget to ask. I would also point out when I get different answers to the same questions and ask for explanations. It really helps me understand (my plan of care)".

Suggestions, including enlarging the journal and providing a sturdier pen, were implemented.



Nurses and physicians were surveyed for their feedback, too. Their responses were also positive, and many commented on the increased communication between the patient, family, and health care team.

Phase two of the project will be rolled out this summer to patients who will be hospitalized longer than 48 hours with a medical/surgical need, but not in a critical care area: R1, R2, R3, R4, R5, R6, R7, R9, P3CD, Gibson, and Barbara Bush Children's Hospital.

Phase three of this project will include all in-patient and out-patient populations. We'll continue to collect and analyze survey data from patients and families, facilitating improved communication and increasing patient and family satisfaction.

Take Me Out To The Ballgame



Dave Clark, MD (far right), traded his scalpel and scrubs for a microphone and baseball cap as he and "The Grateful Dads" sang the national anthem at Fenway Park last month. The group performs closer to home at a Portland Sea Dogs game on July 24.

•••

DID YOU KNOW?

MMC saved 1,088 trees last year by recycling 64 tons of cardboard last year.

•••

Registration Works To Boost Teamwork, Relationships

Employees in our Registration Department recently attended a seminar geared at strengthening working relationships and building morale.

“We’re a very large department, and although we work very well as a unit, it’s important to always be on the lookout for ways to improve,” says Joan Couture, Director.

Shawn T. Lane, a leadership consultant, joined the group for a presentation on boosting motivation and morale. Some of his tips:

- Personality profiling is okay. In fact, it’s critical. Using a tool like the Myers-Briggs Type Indicator (MBTI), or another suitable personality inventory, can be crucial to lowering turnover by ensuring you have the right people in the right positions. For example, introverted, analytical individuals may be a good fit for accounting/finance positions, but may not be ideal for a customer service role where empathy is more important.
- Educating employees on the differences that exist between generations in the workplace, particularly in regard to values, perceptions, and expectations, can go a long way in building effective teams within a diverse workforce.
- Effective goal setting on a campus, department, and individual level is vital to achieving success on all the same levels. It’s tough to get everyone moving in the right direction if they don’t know where they’re going.
- Retaining good employees is less about pay, and more about taking care of people. Employees who feel valued, and important to the mission, are more loyal to the organization.

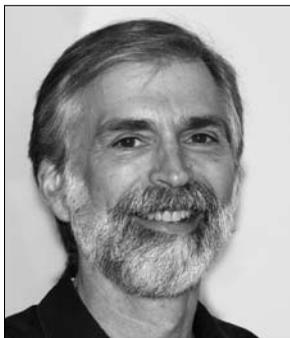
Email Tips

Whether you think email is the best thing since sliced bread or a pesky interruption, it’s an important part of our work. A few tips help make you a pro:

- Be clear and concise. Get to your point quickly, starting with your most important information and following with details and background.
- A well-worded subject line draws a reader’s attention, and makes it easier to search messages.
- People reading at a computer generally skim, rather than read verbatim, so break up text and catch their eye with bullets, headlines, and paragraphs when possible.
- Use active words and place them at the start of a sentence. For example, "Save money by signing up for WOW! Rewards by August 31" is more effective than "The deadline to sign up for WOW! Rewards is August 31".
- Rather than attaching a memo, paste text into the body of the email.
- When forwarding messages — especially beyond MMC — make sure there’s no sensitive material in the original message.
- Don’t “Reply To All” unless necessary.
- Sending a message to a large group? Use BCC to protect the names and email addresses of recipients. It also prevents a “Reply To All” mess.
- Check spelling before sending.



July Anniversaries



Richard Balser, Vocational Services, 40 Years

Clifford Hoover, Pulmonary Medicine, 40 Years

40 Years

Richard Balser, Vocational Services
Clifford Hoover, Pulmonary Medicine

35 Years

Eric Anderson, Information Services
Linda Boucher, Emergency Department
Teresa Champagne, Brighton PreAdmission
Barbara Clancy, Admitting
Patricia Faulk, ASU
Jeanne Savage, R4

30 Years

James Bright, Carpentry
Merrill Cox, Central Supply
Gloria Dunsmoor, Patient Accounts

25 Years

Gail Ayre, Pediatrics
Kristi Bennett, NICU
Joel Botler, Family Medicine
Roxanne Knowles, ASU
Claudette Mimeault, Emergency Department
Joseph O'Malley, Central Supply
Debra Traugh, NICU

20 Years

Susan Brume, R6
Sabin Burnham, Patient Accounts
Thomas Cryan, Patient Accounts
Mark Earnshaw, Emergency Department
Karen Greenlaw, Pediatrics
Olga Higuera, R5
Charlene Leone, Volunteer Services
Katherine Murray, Continuing Care Nursery
Daniel Oppenheim, Endoscopy Clinic
Julie Schirmer, Family Medicine

15 Years

Barbara Chamberlain, Switchboard
Mary Lou Chambers, Ambulatory Cardiology Unit
Brenda Comolli, Psychiatry
Caroline Diamon, Radiology
Patricia MacDonald, P4C

10 Years

Jonathan Allen, IS Medical Information Systems
Peter Amann, Scarborough Family Practice
Katrina Anderson, Operating Room
Pamela Brown, SCU
Laura Burton, R7
John Chapin, Security
Sarah Dow, SCU
Richard Gouette, IS Computer Technology
Debbie Hall, Medical Affairs
Karen Hamilton, SCU
Rosalie Hicks, Health Information Management
Diane Higgins, Diagnostic Exam Room
Constance Korda, Social Work
Erik Kurlanska, IS Computer Technology
Julie Osgood, Patient Services
Ronald Reynolds, Security
Julie-Ann Robert, Gibson Pavilion
Diana Stather, Diagnostic Exam Room
Phuong Truong, Linen Processing
Jane Weed, Operating Room
Carol Zechman, Access to Care

5 Years

Charlotte Bailey-McPherson, Center For Performance Improvement
Danielle Brady, R5
David Ciraulo, Surgery
Pam Dietz, Ambulatory Clinic
Rachel Driscoll, R4
John Duguay, Distribution
Jennifer Geistert, Family Center
Abdirahmaan Hersi, Interpreter Services
Christine Hodgdon, Birth Center
Tina Inman, Emergency Department
Sarah Keller, R5
Judith Kerr, Surgery
Barry Larman, MMCRI
William Leeman, Distribution
Kimberly Moody, CICU
Lindsey Moses, Operating Room
Tomasz Nowak, Environmental Services
Tara O'Connor, Purchasing
Paula Portlock, Nursing Floats
Scott Richardson, Purchasing
Jami Smith, Operating Room
Elizabeth Thompson, Heart Catheterization Lab
Elizabeth West, R5
Hannah Williams, R6

Save \$260 On Your Health Insurance Premiums Next Year

Want to save \$10 bi-weekly on your 2010 health insurance premium? It's easy. Just complete the 2009 WOW! Rewards program by August 31.

Go to www.mainehealth.org/wow to get started.

Sign in, or register if you're a first time user. Once you've logged in, take your HealthQuotient (HQ) Health Risk Assessment.

After completing the HQ, confirm that you:

- Obtained three of the seven required preventive screenings, such as a blood pressure check or mammogram
- Are a non-smoker or have enrolled in a smoking cessation program
- Are willing to participate in Care Management (if invited)
- Spoke with a 24/7 WOW! Health Coach at 1-888-318-2282 between January 1 and August 31, 2009

Questions? The WOW! Rewards Checklist can help get you started, or check out the online Frequently Asked Questions page. You can also call 1-866-WOW-6090, or contact MMC 's Employee Benefits Office at 662-2310.



**Final Call For
SUPERHEROES!**

MaineHealth
Works on Wellness
www.mainehealth.org/wow

Visit www.mainehealth.org/wow
before August 31st to complete your
Health Risk Assessment and WOW Requirements
in order to save \$260 off your
health insurance premiums in 2010!

Need Help?
Contact Employee Benefits Office,
WOW Hotline x: 6007 for personal assistance

Maine Medical Center
MaineHealth

Having A Baby? Check Out The Healthy Pregnancy & Newborn Toolkit

At MaineHealth, a healthy pregnancy is a priority for our mothers-to-be. Our Healthy Pregnancy & Newborn Toolkit is a one-stop guide to help you navigate the road to delivery and beyond. Go to www.mainehealth.org/wow to access this essential online toolkit.

For MaineHealth health plan members - Future Moms

MaineHealth's health plan members enjoy a variety of benefits through the Future Moms program, including:

- Your own personal health coach specializing in pre and postnatal care
- The best-selling book, Your Pregnancy Week by Week, free
- Access to a registered nurse line 24/7
- Educational materials
- Health counseling
- Postpartum support and more!

For all employees & family members

Be healthy and informed throughout your pregnancy and beyond. Detailed descriptions are available online.

- Childbirth education classes
- Learning Resource Centers
- Maternity leave, Disability & benefits
- LifeBalance Employee Assistance Program
- Smoking cessation & pregnancy
- Pregnancy & newborns
- Healthy parenting
- WebMD-pregnancy
- Interactive tool- fetal Development
- 529 Harold Alfond College Challenge Grant
- Poison Control Center
- Raising Readers
- From the First Tooth



Maria Savic, PharmD

Josh Barnes-Livermore, MBA, has accepted the newly-created position of Urology Program Manager. Barnes-Livermore was previously Project Manager in the Department of Surgery.

Marizela Savic, PharmD, accepted the position of Nephrology/Transplant Clinical Pharmacy Specialist. Savic was previously a Clinical Pharmacist.

Erin Corica, PharmD, has accepted the position of Clinical Pharmacist. She was previously a PGY1 Pharmacy Practice Resident.

Roger Boyington has earned the designation of Certified Healthcare Facility Manager from the American Hospital Association. Boyington is Director of Plant Engineering.



Roger Boyington

Robert S. Frank, Esq., is joining MaineHealth in the newly-created position of Deputy General Counsel. Frank joins MaineHealth from the Portland law firm of Harvey & Frank, which he co-founded in 1995. Frank regularly provided legal representation to MaineHealth and its members on regulatory, litigation, and legislative matters. He also represented physicians and other health care providers in professional liability, privilege and credentialing, licensing, business and employment litigation, and strategic planning matters.

The following were honored at the Maine Hospital Association's 19th annual Allied Recognition Luncheon:

Cindy Bridgham, RN, Risk Management Coordinator, Distinguished Member Award, presented by the Maine Association for Healthcare Quality.

Dina McKelvy, Librarian for Automation & Planning, Eleanor C. Cairns, Distinguished Librarian Award, presented by the Health Science Library & Information Consortium of Maine.

JoAnn Barstow, Manager of Volunteer Services, D.O.V.E. Award - Director of Volunteer Excellence, presented by the Maine Society of Directors of Healthcare Volunteer Services.

State's Only Specialist In Oncology Nutrition Helps Patients Find The Right Diet

Diet plays an important role in the treatment of cancer. Eating the right kinds of foods before, during, and after treatment can help patients feel better and stronger.

That's where **Karen Schilling, MS, RD, CSO**, comes in. Schilling works at MMC's Cancer Institute and is the only board-certified oncology dietitian practicing in Maine.

"My role at Maine Medical Center Cancer Institute is to help patients maintain good nutrition during their cancer treatments," says Schilling.

Cancer treatments, such as surgery, chemotherapy, and radiation, can cause side effects that impact

a patient's ability to eat.

The right nutrition plan

helps patients better cope with side effects by

minimizing treatment breaks

and enhancing their quality of life. Since each person is different, Schilling works with patients individually to assess their personal needs.

In order to become board certified by the Commission on Dietetic Registration (CDR), the credentialing agency for the American Dietetic Association, a registered dietitian must meet rigorous specialty practice requirements and pass an examination.



Karen Schilling, MS, RD, CSO

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

2004 Suzuki Katana. 13K miles. \$4,500 or BO. 600cc. Great starter bike. 854-8282.

Brand new 4 Konig After Burner rims. 18". Balanced and mounted on 4 Dunlop sport SST tires. 245/40R Bolt pattern 5X114.3. \$1000. 854-8282.

2004 Saab 9-3 turbo, Metallic gray with gray leather, alloy wheels, sunroof, CD player, very well maintained, excellent condition - just inspected, 102K miles, one owner, 4 snow tires included. \$7000 or BO. 899-4938.

LR set for sale; double recliner couch, brown microsuede, with matching recliner/rocker chair. Only 1yr old, just like new but doesn't fit in my new apartment. \$450 each or \$850 for the set, or BO. Email gawd@mmc.org, or 431-4438.

Maui Hawaiian 2009 2-week vacation. 9/19-9/26 and 9/26-10/3, all amenities, fully equipped, sleeps 6, ocean view. 934-9356.

Hand made greeting cards (birthday, holidays, special occasions) \$10 for 12 cards. 653-2795.

Ladies Fashion Seal white uniform pants size XS average length. Front slash pockets and side leg pockets. Never worn ordered wrong size unable to return. \$10/ea or BO. 650-2371.

FOR RENT

Ptld, Park St: 2 BR apt, sunny, private, 2 car OS pkg, quiet court yard, 1st flr, large K office, wood flrs, gas heat and appl, Indry + storage in bsmnt. Charming backyard. Four blocks to downtown. Avail Aug. 1, \$1000/mo+util, NS, NP. Lease and ref req. fleisc@mmc.org.

Ptld, Executive Furnished Condo: Panoramic views.10th flr - balcony. 24 hr. security. Heated pkg. Storage. High-speed Elevators. SS Appl and Plasma/LCD TVS. Small pets OK with Board Approval. \$1995/mo. Turn-key winter or LT (6-12 mo.) or \$2500-\$3000/mo Summer. Incl H, AC, All Util, Basic Cable, DSL. Email: hous-qaqgn-1224466081@craigslist.org.

Yarmouth: Room in owner's home with private entrance, shower, no kitchen though, microwave and toaster oven provided. Can be furnished or unfurnished. \$550/mo incl all util except phone. Females only. NS. Avail 9/1. 846-9216.

2 BR Large serene Victoria with water & city views. \$1225/mo. LR, DR, small office, N/S, H/HW, W/D available, driveway parking. Shared painting studio in bsmnt. Owner occupied. 828-1785.

Ptld, Washington Ave: 2 BR, condo hdwd flrs in LR & DR, K has lost of counter and cupboard space, SS appl. BRs and BA on 2nd flr. W/D in bsmnt, plenty of storage 24-hour maintenance and parking. \$1250/mo plus util. 775-2325 x 211.

Ptld, Eastern Prom: 2 BR 1st flr apt, hdwd flrs in LR and BRs, galley K, small back porch and a large back yard. Coin op laundry and storage. \$865/mo plus util. Call 775-2325 x 211.

Ptld, Deering/Woodfords 2 Sunny, charming 3 BR apts. New K, hdwd flrs, open LR/DR with built-in china cabinet, huge closets! Garage, garden. W/D hookup in bsmnt. 2nd flr apt with screened porch. Baxter Woods nearby. 1st flr: \$1175/mo + util. 2nd flr: \$1200/mo + util. Email jazzsendsme3@yahoo.com or 617-784-5280.

Falmouth: Comfortable furnished (if needed) BR with large closet in attractive home with 2 full BA, lg family room, LR, nice back yard, OS parking, 8 minutes to Ptld. NS, no dogs, \$600/mo incl all util, cable & WIFI. References, sec dep. 831-3498.

So Ptld, 44 Berkeley, St: 2 BR apt in lovely home in desirable Deering Highlands. \$1250/mo plus util. NS building. OS parking, one car garage. Efficient gas/steam heat. 774-3392.

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.

Gray: 2 BR, 2nd flr apt, Lg master BR with a spacious walk-in closet. Large yard, space for personal gardening, Private deck. Free parking, trash pick up, and landlord maintained property. Cats OK/dogs negotiable, N/S, W/D hookup, \$900/mo incl H/HW; first and last month in advance. Contact gysylvester@yahoo.com or 657-5482.

Peaks Island: unfurnished apt, 2 BR, 1.5 BA, four years old, hdwd and tile flrs, big mudroom, open K/DR/LR, facing woods, pets okay, no smoking. DW, W/D hookup. Efficient monitor heater, 150 gallons for winter. Enter a new lease through 6/30/10. \$950/mo. 766-3323 or email cie@rwl.com.

Ptld, 1 Crescent St: 1 BR +(office space 9x15) open concept LR and DR. , wood floors, W/D in bsmnt, multiple closets. 3rd flr with vaulted ceilings \$875/mo incl H/HW if you want to pay your own hot water I will lower rent. Cats and fish allowed. 838-1724(c) or 729-0914 (h). Email steveftr@yahoo.com

Buxton, 374 Buxton Rd: Room for rent. Bright, clean, large, with hdwd flrs and private full bath, large walk-in closet. 6 year old colonial on 3 acres, lg deck. NS, NP, I have 3 indoor-outdoor cats. \$ 500/mo incl util, a/c. Male or female. Call 866-502-8585 or email farinc@securspeed.us.

Ptld, 311 Brackett St: Sunny 1st floor studio apt with separate K and BA, OS parking, \$650/mo incl heat & water Avail August 1, 2009. 878-0507.

So Ptld: 2- 3 BR single family home in nice family neighborhood. Updated K and BA. Gas stove, D/W, W/D. Pets considered. Short walk to schools, K-8. \$1150/mo +util, lease, pet dep, security dep. 233-7331 or 318-1793.

Scarborough: 1 BR apt, Completely furnished, including all utilities, cable & basic Road Runner. 10 minutes to MMC Portland. 1 mile to Higgins Beach. Quiet neighborhood, sliding glass doors open to side yard from BR and dining area. \$625/mo. 885-2281.

Ptld: 2 BR apt in 3 family house. \$950/mo heat incl. Fresh paint/New carpet, windows and kitchen. Quiet/convenient neighborhood. Coin-op W/D. OS pkg. Lots of storage, with yard. 415-2092.

Ptld: Lg sunny, furnished room for rent. Shared K and BA, OS pkg, NS, no drinking or loud music. \$400 /mo incl util + cable (excluding phone), Internet avail. Looking for someone who is interested in a peaceful, quiet life, but understanding of my 3 dogs. 772-1462.

Ptld, Woodfords/Highlands: Sunny, lg 2 BR apt in owner occupied 2 family home. Deck, OS pkg, dogs Ok, NS, full-size K, wood flrs, DR w/built in china cabinet, W/D hookup in bsmnt. \$1100/mo plus util, \$600 sec dep, Neutered/spayed animals are fine. Dogs welcome with an additional sec dep. Dogs on premises. 774-2163.

Cape Elizabeth: Ex. cond., energy efficient 3 BR ranch, open dining/K area, lg bright LR, garage. Lg yard in quiet residential neighborhood. \$1,300 /mo + util. 799-2581.

Naples Harbor, FL: Boat Lovers Dream. Waterfront, furnished condo, 2 BR, 2 full BA, W/D, lg closets, 2nd for end unit, windows all around, comes with 26' boat dock, pool, minutes from beaches, no bridges to the Gulf. One member age 55. Cherrystone Ct. at Blue Point Rd. Vacation rental \$2500/mo or long term \$1200/mo. Email fleisc@mmc.org.

North Windham: Room for rent private residence, \$450/mo. Shared BA, all utilities, cable for TV, house privileges. Prefer clean quiet person. Avail Sept. 632-8307.

Ptld, Bailey Ave: Furnished 1/2 BR apartment updated kitchen w/ new appliances. \$1100/mo incl all util. 807-7370.

Furnished 3 BR apartment -available 9/13. \$1400/mo incl all util--cable/internet/heat. 807-7370.

Ptld: 1 BR easily converted to 2 BR, 2 car OS pkg. Sunny office, DR, W/D, DW, cable, storage. Avail Sept or Oct, \$1250/mo. 212-242-2275.

Ptld, Ellsworth St: 2 apts in a 4 unit bldg in quiet West End. Rent includes heat and hot water. Walking distance to all Ptld locations. Pets negotiable with deposit. Avail now. 2 BR apt - \$995/mo. Studio apt. \$50/mo. 216-1200.

Cape Elizabeth: Charming 2 BR in Oakhurst Neighborhood. Finished bsmnt office, and bsmnt garage. Other features include screened porch, updated BA, hdwd flrs, Jotel fireplace insert, and large yard. Neighborhood rights to Casino Beach and walking distance to Fort Williams. \$1295/mo. 767-5888.

Ptld: Two 3 BR apts in quaint Victorian. New K and appl. Hdwd flrs, open LR/DR, garage, garden, W/D hookup. 1st flr: \$1175 plus util. 2nd flr: \$1200 plus util. 617 784-5280 Email: jazzsendsme3@yahoo.com.

ROOMMATE

So Ptld Condo: Female roommate wanted to share excellent, quiet, safe and secure condo in So. Portland with an active, fun, pleasant, mature woman. Own BR w/ storage closet. Share K, DR, BA and LR1st floor, OS pkg, pool Need happy, neat and honest, reliable with good references and financially stable. First, last and sec dep. \$655/mo plus ½ util. Avail 9/1. 939-3990.

Ptld, Back Bay: Restored Victorian furnished BR with attached BA, small study, share K, LR, DR. Deck, patio, OS parking. W/D, DW, AC. Sorry, no pets - well adjusted cat already in residence. \$575/mo incl util. Email: mcarthur28@gwi.net.

4 BR House to share in Stoneham, ME. Located 20 min.south of Bethel and 10 min. Looking for housemates to share my home. Located on a pond in the Lakes region, 10 min. to Kezar lake, 25 min to Sunday River. \$550/mo incl heat and plowing. 1 commute to MMC M-F 1st shift, so commuting is possible. W/D. Wood stove in LR. Email Bergls1@mmc.org.

REAL ESTATE FOR SALE

Brunswick, 64 Moody Road: 2.2 acres, across from a conservation trust. 2700+ finished sf, walkout daylight bsmnt, room to finish above garage, 4 BR. It will be freshly painted with a flooring credit to refinish the wood floors and replace carpets. \$407,500. 443-3333 or 1-800-247-6758.

OOB: This condo is located w/in walking distance to beautiful OOB, but in a quiet setting away from the hustle & bustle of the summer crowds. Sweet 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.

Ptld, Stroudwater: 3 BR, 2 BA, Cape. Beautifully landscaped ½ acre lot on quiet street with cul-de-sac. \$395,000. 253-3170.

Portland - 20 Wordsworth street, 2 unit, 2 bedrooms each unit, separate entrances/ utilities \$189,999. Call 807-7370. dkilmartin@msn.com. Portland--74 Euclid Street, Cape, 3 BR, finished basement, Priced to sell \$170,000 or BO. dkilmartin@msn.com or 807-7370. Portland—land. 22 Bailey Avenue, 0.17 acre. \$74,999. Call 807-7370 Portland-22 Bailey Ave: 2 unit 3/2 BR-separate entrances/ utilities \$294,999 dkilmartin@msn.com or 807-7370. Westbrook - Commerical-House 220 ft. frontage-highway services. Priced to sell \$249,999 dkilmartin@msn.com or call 807-7370.

ST/SEASONAL RENTAL

Scarborough, 21 Driftwood Lane: Pine Point. 15 min to Ptld. From mid-September to end of May. Fully furnished with 3 BR, 2 BA, W/D, DW. Fully equipped K. NS/ NP. Photos available upon request. Call 883-4404. E-mail Tookorino@aol.com. \$950/mo plus util. References and sec dep required.

WANTED

Nanny wanted: Seeking experienced in-home nanny for 2 infants. Come to our house in Cape Elizabeth. Light housework as time allows. 40 hours a week starting in Sept. Salary negotiable based on experience. Email: abbygreenfield@gmail.com or call 899-1659.



Three Days, 180 Miles, And Two Wheels

The MaineHealth cycling team - 71 members strong - raised \$44,757 for the American Lung Association of Maine during last month's Trek Across Maine fundraiser. Pictured are team captains Judy Gilman (Family Medicine), Julie Osgood (MaineHealth), and Sally Nason (Volunteer Services).

August Calendar

Caring For An Aging Family Member

August 3

5:30 - 7 PM

The Geriatric Center

66 Bramhall St., Lower Level

Contact Karen, 662-3157

September Calendar

Labor Day

September 7

MMC Holiday

Overweight & Obesity: Evidence and Insights from the Front Lines

September 17

7:45 AM Registration and
Breakfast

Harraseket Inn, Freeport

3:30 PM Adjournment

Clinical & Translational Research Course

September 23

8 AM - 4 PM

Continental breakfast
and lunch provided

MMCRI - Scarborough Campus

Registration Deadline:

August 29

Contact Deb Palmer, 396-8242

Looking Back . . .

A Family Tradition



Photo courtesy Maine Medical Center Archives

Madeline Howard Cunningham was a member of the class of 1937 of the Maine General Hospital School of Nursing. She worked for many years as a staff nurse at MGH/MMC and in private duty nursing. Mrs. Cunningham and her daughter, Deb Osborn, RN CCM, Care Coordinator here at MMC, were kind enough to permit the duplication of this and other photographs for the MMC Archives. Sadly, Mrs. Cunningham passed away shortly after, on July 13. At the time of her death, she may have been the oldest living graduate of the School of Nursing.



Maine Medical Center
MaineHealth

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