

What's Happening

at Maine Medical Center



January 2009 | VOLUME 42, NUMBER 1

MMC Turning Green In Past Decade

MMC, and specifically the Bramhall Campus, has become more green in the past decade, as the medical center continues to boost its energy efficiency and reduce our environmental impact through enhancements to our facilities.

These interesting facts and figures come courtesy of Engineering's Roger Boyington:

- In 1999, we used 677,403 gallons of fuel oil. By increasing our use of cleaner-burning and cheaper natural gas, we reduced oil consumption to just 5,480 gallons last year. In terms of overall energy, that's a 25 percent reduction, and a savings of \$632,391.
- Better yet, by reducing our level of fuel consumption and changing our fuel type, we saw a 36 percent reduction of carbon dioxide emissions. These changes prevented the annual discharge of 4,802 tons of carbon dioxide into the atmosphere, the equivalent

of taking 960 vehicles off the road or planting 1,345 acres of trees.

- While electricity usage in health care facilities has increased by approximately 5 percent annually, our conservation efforts have helped hold our increases to less than 3 percent. If the Bramhall Campus' electrical demand had grown at the typical rate for our industry, our electricity consumption would have increased an additional 4,625,572 kilowatt hours, at a cost of \$551,830 in 2008.
- We've also curbed our use of water, eliminating the consumption of 35,481,380 gallons of water and the generation of 38,281,892 gallons of wastewater to the environment, enough to fill 45 Olympic-size swimming pools. Operational savings? More than \$415,000.

In summary, "if we had stood pat, done nothing, and continued to consume energy and resources at

the same rate we had ten years ago, we would have spent an additional \$1,600,000 in 2008," says Boyington. "This is only a comparison of 1999 to 2008, the cumulative savings are much greater."

MMC GOES GREEN CONTINUED ON PAGE 11



Collin Alexander Duplissis naps in the arms of his mother, Jillian, a day after he became the first baby born in Maine this year. Collin entered the world at 12:36 a.m. on January 1, weighing 8 pounds, 14 ounces. Proud dad Jonathan poses with Mom and Collin in their East Tower room. Last year, 2,474 babies were born at MMC.

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MaineHealth

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President's Message

Health Care and Our Economy



You can't pick up a newspaper, watch the evening news, or surf the internet without running across a piece of negative news about our economy. Some call this the worst downturn in 50 years, while others compare components of the economy — such as job losses — to the Great Depression. The good news? The drop in prices of gasoline and fuel oil prevented a difficult situation from becoming much, much worse.

The struggling economy affects us all in one way or another. I know this is on the minds of our employees here at Maine Medical Center, and I want you to know we're keeping a sharp eye on the economy's impact on our operations.

The health care industry is not immune from the present economic downturn. Although some argue that people require health care regardless of external conditions, a number of important factors — such as the economy — certainly do impact hospitals. Let me provide some specifics.

We rely on both operating and non-operating income to run our organization. Operating revenue is derived from payments we receive — from patients, private insurance, Medicare, and Medicaid — for the care we render. Non-operating revenue is money earned primarily through the interest on investments, similar to what you may earn if you have money in stocks or certificates of deposit at a bank.

Slower economic times have an impact on our operating income as patients often defer elective care. At the same time, we see an increase in charity care and bad debts — unpaid bills — as more people lose their jobs and their health insurance. This means that we are incurring the expense of caring for patients but are not reimbursed for these services.

On the non-operating income side, we rely heavily on income from our investments, and have seen losses of 15 percent to 25 percent during this dramatic stock market decline.

This perfect storm of declining operating and non-operating income is a concern for all hospitals in Maine and across the country, including Maine Medical Center.

MESSAGE CONTINUED ON PAGE 11

Waldo County Healthcare Joins MaineHealth System

The New Year brought an addition to Northern New England's largest health care system, as Waldo County Healthcare joined the MaineHealth family as a member hospital.

The Waldo County Healthcare Board of Directors unanimously endorsed entry into the MaineHealth system after nearly two years of study, according to its Executive Director, Mark Biscone. Entry into the MaineHealth system became official at the end of last month.

"The Board felt this was the time and the best way to work together to improve the care provided to the community while keeping costs as low as possible," says Biscone. "With the national health care system in crisis and the growing numbers of uninsured and an increasing elderly population, it just makes sense for us to work more closely together."

MaineHealth is the parent organization of Maine Medical Center. In addition to its hospitals, the MaineHealth family includes home care agencies, physicians, and long-term care facilities, as well as professionals in public health and health administration, clinical support providers, including laboratory services, and administrative support such as group purchasing.

WALDO CONTINUED ON PAGE 11

Getting to know . . .

Kelly Bowden

Position: Perinatal Outreach Nurse Educator

Years at MMC: 25 years

What does your job entail? I provide education to hospital and community based health care providers around Maine on topics related to pregnancy, labor and delivery, and newborn care. In the past two years, I have made presentations at the majority of birthing hospitals between Fort Kent and York. Presentations have included *Perinatal Substance Abuse: Impact on Mother and Baby*, *Electronic Fetal Monitoring*, and *Shaken Baby Prevention: The Period of PURPLE crying*. In addition, I work with state public health officials on health prevention initiatives, such as smoking cessation and shaken baby syndrome prevention. Four times per year I coordinate a meeting of the perinatal nurse managers from around the state. These sessions provide an opportunity for the managers to learn about changes within the state, to network, and to discuss and problem solve challenges specific to the perinatal specialty.

What people may not know is that: I am president of the March of Dimes Maine Chapter, an organization dedicated to the health and well being of mothers and babies.

If I could have lunch with anyone it would be: The next Secretary of Health and Human Services. I'd like to discuss views on health care and opportunities and ideas for preventing some of the poor outcomes of pregnancies.

I love working at MMC because: I work with a wide range of people on a variety of issues. The open environment allows me to discuss new ideas, opportunities, and challenges with the leadership team. Last, but not least, the resources, such as the library, that I have available to me and my work. ■



MaineHealth Announces Two Real Estate Development Projects

MMC's parent company, MaineHealth, is planning two expansion projects, one in Portland, and the other in Scarborough.

In Scarborough, MaineHealth has purchased the 16-acre Orion Center on Route 1, just south of Oak Hill. Long-time residents will remember the Center as the location of the Mammoth Mart department store, next to the twin drive in. The two office buildings on the lot offer a combined 92,000 square-feet of space.

Plans call for the NorDx Diagnostic Laboratory to move from its current location at MMC's Scarborough Campus to a larger facility at the Orion Center. Our Cancer Institute will expand into the vacated space at the MMC Scarborough Campus.

NorDx will be joined at the Orion Center by some of Maine Medical Partner's operational and office staff.

The plans call for occupancy in the spring.

In addition, MaineHealth and United Way of Greater Portland are joining forces to build a \$40 million office in Portland's Bayside neighborhood. The eight-story office building would include a 700-space parking garage. Both MaineHealth and United Way would move into the facility next year.

The Bayside project is made possible with the assistance of state and federal grants and new market tax incentives. ■

Search for Next Medical Center CEO on Track

The Board of Trustees of Maine Medical Center appointed a search committee of the Board – chaired by David Warren – to conduct a national search for the next President and Chief Executive Officer of Maine Medical Center. This twelve-member search committee is comprised of trustees, physicians, community leaders and other stakeholders, committed to a transparent and thoughtful process for selecting the next chief executive for the state's premier medical center.

As a first step, the committee engaged an executive search firm to assist the committee in conducting a successful search. The committee reviewed the qualifications of a number of search firms and, after careful deliberation to narrow the field, selected Witt Kieffer, a nationally prominent firm with extensive experience assisting hospitals and other health care providers in conducting executive searches.

With Witt Kieffer's assistance, the search committee has developed a process for selection that includes extensive interviews with key stakeholders – both within the Medical Center and in the community at large – with an eye toward the creation of an exhaustive position description for use in conducting the actual candidate search on a national level. Once the position description is complete and approved by the search committee, Witt Kieffer will begin to identify potential candidates for the committee's consideration. The entire process is expected to conclude by the summer of 2009.

Richard Petersen was named the Interim President and Chief Executive Officer in June 2008, and the Board of Trustees has encouraged Rich to submit his candidacy for the position.

As the search committee of the Maine Medical Center Board of Trustees provides updates on this important search, the staff of *What's Happening* will pass along that progress. ■

Debra Matson, Administrator at the Maine Children's Cancer Program, poses with Slugger, mascot of the Portland Sea Dogs. The two were at the Sea Dogs' Hot Stove Dinner, held in South Portland earlier this month. Red Sox pitcher and former Sea Dog Justin Masterson headlined the event, but the real winner was the Maine Children's Cancer Program (MCCP). The Dinner benefitted MCCP, which provides care and treatment for infants, children, and adolescents with cancer and blood disorders.



Ault Retires



Best wishes to **Kenneth Ault**, MD, who has retired from the Maine Medical Center Research Institute (MMCRI).

A 21-year veteran of the medical center, Dr. Ault was most recently Director of MMCRI, guiding it through a period of unprecedented growth, including the opening of a \$12 million expansion in December.

In a letter to employees Dr. Ault said, "There is more passion for research and teaching today at MMC than there has ever been before. In every clinical department, in administration, in supportive departments . . . everyone knows that we can do these things and do them well. This bodes very well for the future of MMC, and is a source of pride for everyone. This enthusiasm and confidence compliments the excellence we have always known we had in patient care. I am confident that the future of MMC is bright and I am looking forward to watching as you all continue to grow and contribute to improving people's lives through patient care, teaching, and research." ■

MMC Among Best Places For Nurses

If you're a nurse working at Maine Medical Center, you've made a great choice, according to *Nursing Professionals* magazine.

The magazine released its "Top 100 Hospitals to Work For" issue, and includes MMC on its list.

The ratings are based on a survey that measured job satisfaction of 25,000 randomly-selected hospital nurses throughout the country.

Survey questions included

- How well does your hospital manage personal training and development?
- Is your hospital a family-friendly employer?
- Does your hospital offer flexible working arrangements?
- Does your hospital promote equality and diversity in your nursing workforce?
- How strong is the nursing voice within your hospital on a scale of 1 through 10?



Jessica Stevenson, Nurse Manager on P3CD



Colleen Robinson, Unit-Based Educator for ED Psychology

"This is a tribute to the caliber of people we have at the medical center and their ability to work as a team," says Marge Wiggins, Vice President of Nursing and Chief Nursing Officer. "When you have terrific people doing outstanding work, the bar is set high, attracting the very best." ■

MMCRI Researcher Honored



The American Society of Hematology (ASH) has awarded a 2008 Scholar Award to Zack Wang, PhD, of MMC's Research Institute and Center of Excellence in Stem Cell Biology & Regenerative Medicine.

The program is designed to support hematologists who have chosen a career in research by providing partial salary or other support during that critical period required for completion of training and achievement of status as an independent investigator.

Dr. Wang's research focus includes building on our understanding of the molecular mechanisms that regulate stem cell self-renewal.

"I'm felt very honored and humbled when I learned of the Scholar Award," says Dr. Wang. "I'm grateful that the American Society of Hematology values my research, and that I have the opportunity to continue my work."

The American Society of Hematology is the world's largest professional society concerned with the causes and treatment of blood disorders. ■

9 Ways To Stay Healthy In 2009

The new year is here, and for many it brings resolutions. Regardless of your goals for 2009, here are a few tips to help you along the road to a healthier lifestyle.



Sing Happy Birthday

“Practicing good hand hygiene is the single most effective way to prevent the spread of germs and the diseases they carry,” says Infection Control’s Gwen Rogers, RN. When using soap and water, take 15 seconds, or the time it takes to sing Happy Birthday, to scrub the germs away. When using a gel, rub hands until dry.

Forget “No Pain, No Gain”

“Exercise safely,” says Susan Butler-McNamara, Senior Physical Therapist. “Be realistic in your expectations and pick an activity you like — not something you think you should do.” Warm up with gentle stretching, ease into your workout, and cool down at the end. If you ache the day after, it’s probably your body’s way of saying that you did too much. Take a day off.

Too much on your plate?

Trying to improve your diet? Take a hard look at the volume of food you eat, says Kathy Halpin, RD, Manager of Nutrition Services. “When we counsel people, we don’t tell them what they can’t eat, but to look at the portion sizes of what they are eating,” says Halpin. It’s okay to have a piece of cake, but limit yourself to a single serving, and skip seconds. Better yet, look for healthier dessert options, such as fruit.

Butt out

“If you smoke, the most important thing you can do for your health is to quit,” says Barbara Perry, Program Manager at MMC’s Tobacco Treatment Program. According to Perry, quitting can add up to 14 years to your life and greatly reduces your risk of lung cancer and stroke. “It can improve the quality of each day by giving you more control over your life, getting rid of cravings, helping you breath better, exercise better, and generally have more energy.” And pack-a-day smokers will save up to \$185 a month.



Count sheep

Many people don't get the six to eight hours of sleep they need each night, and that can impact how you function during the day, says Deneice Tarbox, Interim Supervisor of the Maine Sleep Institute. Not



enough shut eye can lead to memory problems, difficulty speaking coherently, falling asleep at inappropriate times, and even weight gain. Trouble falling asleep? Tarbox says to “wind down an hour before you're ready to go to sleep, set the thermostat at a comfortable temperature, and avoid alcohol before bed.”

Let go

Ask someone if they're feeling stressed, and you'll likely hear a resounding “Yes”. That's not surprising, given the economy

and other external factors, but don't get caught up worrying about what you can't control, says Susan Lichtman, PhD, of Integrated Behavioral Healthcare, part of Spring Harbor Community Services. “People often experience anxiety because they focus on things that are out of their control,” she says. “This can lead to catastrophic thinking. Instead, see what you can take charge of. If you feel you can do something positive, stress often decreases.” Still feeling stressed? Dr. Lichtman says the best medicine is found in some of self-care tips you just read about — sleep, exercise, and stay in touch with friends and family that make up your social network.

Watch your head

Far too many kids come to MMC's Emergency Department with head injuries that might have been prevented. If your kids (or you) are skating, skiing, or sledding, make sure they wear a helmet. In most cases, a bike helmet will do the job, says Michael Gibbs, MD, Chief of Emergency Medicine, who notes that the proper head protection “does a lot to avert tragedy.” Another culprit during winter months, slippery walking conditions, also lead to “ground-level head injuries,” especially with the elderly, vision impaired people, or those with gait instability.



Introduce your family to E.D.I.T.H.

“The last thing anyone wants to think about is a fire in their home, but the hard truth is that fires do happen,” says Wally Garroway, MMC's Safety Inspector, who encourages every household to practice E.D.I.T.H. — Exit Drills In The Home. First, draw a floor plan of your home with escape routes and an outside location for the family to meet. Make sure everyone is aware of the routes, then hold fire drills to practice your escape a couple of times each year. Make the drills realistic by pretending doors or windows are blocked by fire. And remember to change the battery in your smoke detectors yearly.

Track your bucks

The financial pressures brought on by the economy are keeping many of us awake at night. “People often find themselves living paycheck-to-paycheck and can't explain where their money goes,” says Al Swallow, Associate Vice President of Finance. Begin by tracking all of your expenses for a month. This will give you an idea of where your money is going — and where you can cut back on spending. ■

People

Lori Swasey, BA, BSN, MS, has joined Maine Medical Center as our new Director of Accreditation and Regulatory Affairs. Swasey will lead our efforts to adhere to the complex array of health care standards and maintain continuous survey readiness. She recently held the Director of Accreditation position at Exeter Hospital in New Hampshire.

Tom Stilkey, RN, has obtained his certification as a Certified Neuroscience Registered Nurse (CNRN). He is the first RN at MMC to earn this certification.

From the Maine Medical Research Institute (MMCRI):

Clifford Rosen, MD, Director of the Center for Clinical and Translational Research at MMCRI, has been appointed to an Institute of Medicine (IOM) committee on dietary reference intake for vitamin D and calcium.

Nananda Col, MD, Director of the Center for Outcomes Research and Evaluation at MMCRI, has been appointed to an IOM committee on Women's Health Research. The Institute of Medicine was established by the National Academy of Sciences and is recognized as a national resource for independent, scientifically informed analysis and recommendations on issues related to human health. ■



Anniversaries

Beginning this month, What's Happening will publish names of employees celebrating significant service anniversaries at Maine Medical Center. If you see the name of someone you know, take a moment to congratulate them.

45 Years

Margaret Goodwin, Food Services

35 Years

Bette Pelletier, R6

30 Years

Robert Dalpee, Painting
Mary Dowey, Environmental Services
Cynthia Ferland, Diag Exam Room
Jaclyn Gilbert, ASU
Sheila Nichols, Radiology Transcription
Theresa Peterson, ER Nursing

25 Years

Patricia Bruce, IS Medical Information Systems
Donna Crozier, Operating Room
C Kilbride-Johnson, R6
Dianne Stephenson, Family Center
Diana Watts, R1
Bonnie Witham, Care Partners

20 Years

Judith Booker, Care Coordination
Leonard Courchaine, IS Medical Information Systems
Diane King, Operating Room
Catherine Peabody, Physical Therapy

15 Years

Rhonda Diphilippo, P3CD
Kathryn Eliscu, HR/LOA
Theresa Fortin, Cafeteria
Maryanne Lamont, Library
Deborah McCarthy, Public Information
Robert Narsiff, Cafeteria
Gwen Rogers, Epidemiology & Infection Prevention

10 Years

Robert Friesel, MMCRI
Lorraine Gallant, Radiology - Records
Carol Hughes, Ped/BBCH
Lucy Liaw, MMCRI
Lee Staples Jr., Communications
Tracy Young, Food Services

HR Corner

MMC has partnered with “The Work Number,” a service of the TALX Corporation, to provide employees with a fast and secure way to verify your employment and salary. The service, which provides verification within minutes, can be used for mortgage applications, reference checks, loan applications, and apartment leases — anything that requires proof of employment.

Log on to www.theworknumber.com, enter MMC’s code number (13319), and follow the step by step instructions to provide your lender, etc., with information about your employment and income. A link to the Work Number has been placed under the “My Benefits” tab within Lawson SEA

You may also contact The Work Number by telephone, 1-800-367-5690. ■

Nursing Award Recognizes Excellence

Nursing Excellence Awards recognize MMC nurses who demonstrate a commitment to safe patient and family centered care and quality; participate in professional activities; and collaborate with others. Recipients are announced during MMC’s Nursing Staff Recognition Week, May 4-8. For details, visit the Nursing Department’s section of the MMC intranet home page. ■

5 Years

Soeurn Am, Environmental Services
Chantal Bedard, Gibson Pavilion
Sarah Brown, R7
Quentin Chapman, Environmental Services
Arianne Fazila, Environmental Services
Grazyna Gallot, Physical Therapy
Susan Gay, Food Services
David Gray, Building & Grounds
Cynthia Howison, Diag Exam Room
Lucille Hutchinson, Psych I/P Social Work
Jean Johnson, Clinical Engineering
Richard Kennedy, General Mechanical
Jeremy Libby, P3CD

Thomas Morrill, Electrical Maintenance
Sarah Peters, CICU
Jeri Ricci, R7
Michele Twombly, Birth Center
Brian Vogel, SCU
Tammy Wyman, Health Information Management ■



*Margaret Goodwin
45 Years*

2009 Junior Volunteer Program Looking For ... Volunteers

We’re still in January, but MMC’s Volunteer Services is already gearing up for the busy summer months.

A big part of the department’s work centers around the Junior Volunteer Program, which brings students to the medical center for a few hours each week, where they help with tasks that range from running errands to greeting patients.

Last summer, MMC was joined by 101 Junior Volunteers, and we expect to have about the same number again this year.

This year’s program begins Monday, June 22, and runs through Friday, August 14, and Volunteers Services is looking for more great students to join the program. Interviews will be held during February school vacation (February 16-20) and after school the weeks prior to and following vacation week.

Students must be 14 by July 1 and entering their freshman year of high school in the fall. Eighteen-year-olds entering their senior year in the fall may also participate.

If you know of a teen who would like to participate, call the Volunteer Office at 662-2205 to request an information packet. ■

Marketplace

So that everyone has an opportunity to use the Marketplace, ads may be placed once. Repeats will be permitted only as space permits.

FOR SALE

2002 Audi A4 Quattro: Tiptronic transmission. 62K miles, dealer maintained. Many features. Asking \$10,500 OBO. 632-5556 or jsgould@gmail.com

FOR RENT

Breakwater: 1BR Condo Beautiful views of Portland Harbor & skyline 24 hr security ample free parking Call 408-3921 to schedule appointment.

Saco Maine: 3 BR/1BA ½ Duplex-on quiet dead end street. Efficient monitor heat. W/D hookups. N/S, no dogs. \$1000/mo. first and last month's rent & sec. deposit due at signing-1 yr. lease. Available 3/09. Call 283-4570.

Freeport: 1, 2 or 3 BR, handicap accessible. Short or long rents and completely furnished including cable TV, stocked kitchen, bedding and towels. Ideal location on quiet street, walk to town, near highway. Call 865-3973.

Maine Med area: 1/2 BR apt Perfect for couple or single person. Off street Parking/Near bus line. Available Jan/09. \$700/mo. E-Mail Mikeld33@yahoo.com.

Cape Elizabeth: 3 + BR/3 BA furn. home (sleeps 7). Granite K opens to DR and LR. Family room, deck overlooking stream, W/D, Wifi and cable included. Available 08/09 \$4,200. Contact: mainece@gmail.com

2 BR town-house pets ok, free laundry & heat \$950/mo. & lease & security Call 400-1852

Windham: 3 BR, 2 BA, LR, DR. Sunroom, Many Features inc.the Winner Of The 2006 Energy Star Contest w/ \$40,000. In Home Heat & Energy Improvements.) 1 yr. Lease - \$1400. Month plus Util. & Security Deposit. Cats & Dogs

Negotiable. (Lower Rent Amount for Longer Lease.) Call 831-4628.

West St: 1 BR apt. 1+ blocks from W. Prom and MMC, historic John Calvin Stevens home, owner occ. w/ private entry, heat inc: \$900 + security. Call 653-5965.

Several 1 and 2 BR apartments available now or February 1, which include heat and hot water starting at \$755 and up within walking distance to the hospital, downtown or the Old Port. Call 797-4549 for details.

Portland: Wonderful Two-Story 5-6 BR Apt Spacious, bright 5-6 BR apartment for rent, walking distance to USM and Maine Medical Center. Second floor has three BR, dining room or office (or guest BR), double living room, eat-in kitchen, BA. Third floor has two additional BR, BA, and two living areas. \$1750 + util. W/D hookups. Pets possible. Call 207-332-1165 to see or for further info.

Dartmouth St.: Sunny & Spacious 2nd floor apt. 2 1/2 BR, LR,DR/ Hdwd. W/D hookup. \$950.00 + sec + utilities. 699-6274, 899-8875 or 831-3204.

REAL ESTATE FOR SALE

Portland, West End. 1 BR condo in quiet, prof. building. OS parking, Hdwd & tile, private entrance w/ deck. \$159,000. Call 632-5556 or jsgould@gmail.com.

2005 Pinegrove double-wide(24x56) home in Friendly Village, Gorham, ME. 3 BR, 2 BA, FDR, Ant. white hearth kitchen, fireplace, whirlpool tub, cathedral ceilings, oversized lot, \$85,500. Please call 839-3303 or 642-3274.

Walker Street in Portland: Beautiful 2 BR condo. Completely remodeled, many features including uses 87 gallons of oil per year for

heat. Coin laundry. Possible rent to own. Please call 266-5544 or email kennedyal@yahoo.com .

ST/SEASONAL RENTAL

1-3 BR timeshares \$650 - \$1,500 per week depending upon size, fees & week. Call 252-7123 or email ridgej6@aol.com.

SERVICE

Available for PT/FT or occasional companionship. Very flexible hours, available 7 days a wk & overnights. Excellent References and resume upon request. Please call 899-9442.■

MMC Savings Store Opens For Business

Looking for discounts on many everyday grocery products? MMC employees can now purchase select food items at discounted prices through the Impressions Cafe.

The area in the Cafe directly behind the cash registers will be open on Tuesdays and Fridays from 3 - 5:30 p.m. Items include milk, bread, sliced meats, Ensure, soda, salad mixes, peanut butter, coffee, spaghetti and sauce, cereal, and more. You'll save time and gas by shopping at the MMC Savings Store, and payroll deduction is available, too. Note: please bring your own shopping bags, as we are not able to supply them. Or, you can purchase a reuseable cloth bag for \$1. ■

As revenues decline, we must all be especially vigilant regarding how we expend the medical center's resources. All patients must continue to receive all the care they need, but not for a dollar more or a day longer than is necessary.

That said, our senior leadership team has worked hard to prepare the medical center for the economic downturn we're witnessing now and may continue to experience in the future. MMC's volumes and financial performance, in general, remained strong through the end of 2008. We are closely monitoring the economic and financial environment, and continue to develop responses that will keep our organization strong, even during the most difficult times.

As one of Maine's largest and most stable employers, Maine Medical Center must continue to anticipate and make the right decisions at the right time to remain the state's leading provider of high-quality, cost-effective care. Since 1874, our strength has been our incredibly committed staff. Together we will navigate through these turbulent waters in a thoughtful and effective manner. ■



Belfast-based Waldo County Healthcare serves the health care needs of residents through Waldo County General Hospital, five rural health centers, home health and hospice services, public health nursing, physicians' offices and educational programs. Penobscot Shores, an independent living retirement community, is also an affiliate.

The purchasing power of MaineHealth will save Waldo County Healthcare more than \$1 million in annual operations. Discounts on the purchase of major pieces of equipment could reach \$500,000 annually. Its Board of Directors continues to maintain local control of the day-to-day operations.

"This is an important addition to the MaineHealth family," says Bill Caron, President of MaineHealth. "Waldo County Healthcare has a long history of exceptional care, and like the current members of the MaineHealth system, is committed to working in

partnership with other health care organizations for the benefit of all of our patients."

MaineHealth is a family of leading, high-quality providers and other health care organizations dedicated to ensuring their communities are among the healthiest in America. Ranked among the nation's top 40 integrated health care delivery networks, MaineHealth's member organizations include Maine Medical Center, Miles Memorial Hospital, St. Andrews Hospital, Stephens Memorial Hospital, Spring Harbor Hospital, Waldo County General Hospital, HomeHealth Visiting Nurses, NorDx, Synernet, and Maine Physician Hospital Organization. Affiliates of MaineHealth include MaineGeneral Medical Center, Mid Coast Hospital, Southern Maine Medical Center, St. Mary's Regional Medical Center, Penobscot Bay Medical Center, and Waldo County Healthcare. ■

"These efforts are an important aspect of our institutional commitment to be 'green' and to do the right thing for our environment, as well as to be good stewards of scarce health care dollars," says Mike Ryan, Vice President of Operations.

More savings ahead
2008 brought the opening of our

new Central Utility Plant, that provides steam for the entire 1.2 million square-foot campus, chilled water for most of the of campus, as well as emergency power. The \$20 million plant, MMC's largest green investment, is already exceeding our savings estimates. ■

Calendar

403(b) Informational Sessions

March 3, 4 p.m.,
Dana Center 11

April 7, 4 p.m.,
Dana Center 11

Or, for individual appointments, Jenny Billings, Lincoln Alliance, 774-1113.

Student Nurse Employment Program (SNEP) Summer 2009

Application deadline: Feb. 15
www.mmc.jobs.

Colorectal Cancer: Awareness and Options

March 5, 6 - 8 p.m.
Dana Center
1-866-609-5183

Safeguard Their Tomorrows - Infant Abduction Talk

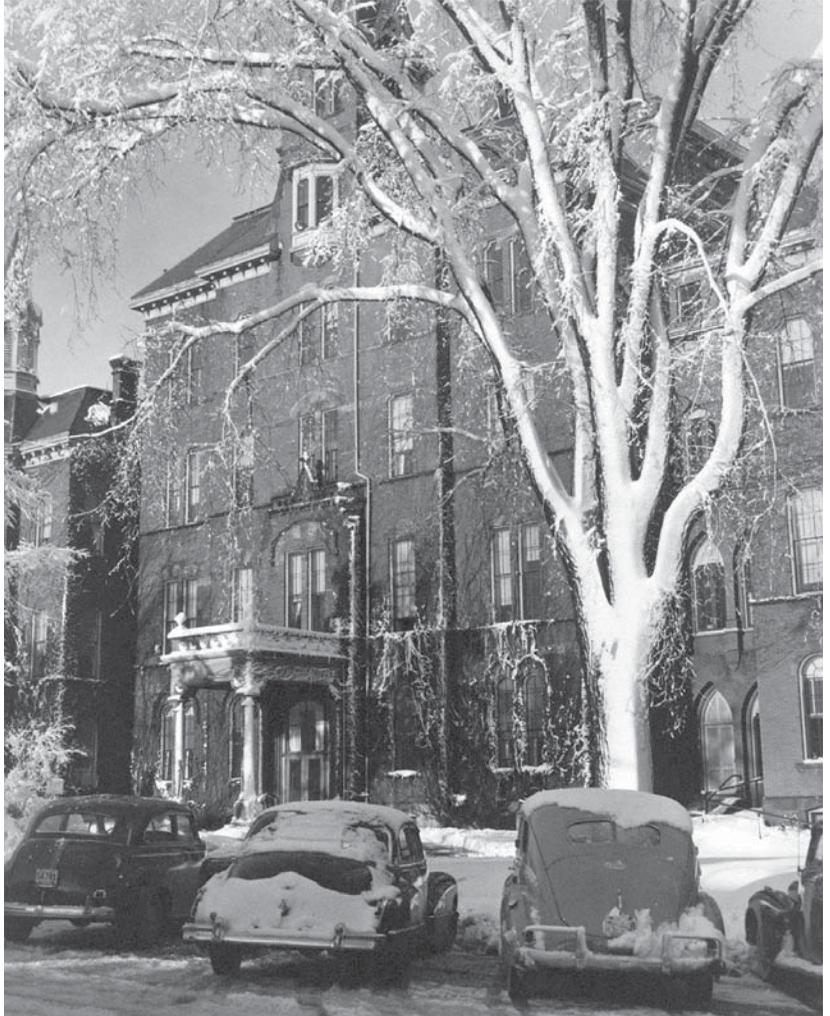
March 11, Dana Auditorium
turneb@mmc.org or 662-2696

CNA Spring Workshop: "Communication in a Safe Care Environment"

April 29, 7 - 11 p.m., Dana 7
To register: walkep@mmc.org,
or 662-2397 ■

Looking Back . . .

A Familiar Face



The entrance, trees, and cars in front may look very different, but there's no mistaking MMC's Maine General Building, the oldest section of the medical center. This photo, taken in 1943, shows the main entrance of what was called the Central Building of Maine General Hospital. Note the ivy on the side of the building. The cars are parked in front of a snow-covered lawn that's now the location of the Dana Center.

Photo courtesy of the Maine Medical Center Archives


Maine Medical Center
MaineHealth

centered around you

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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

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