

# What's Happening



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## MMC Chosen As One Of 40 National Study Centers In Largest Longitudinal Study Of Children's Health

Maine Medical Center joined a prestigious group of other high quality academic medical centers as one of 40 centers in the nation selected to conduct the country's largest longitudinal study of children's health.

The National Children's Study – developed by the National Institutes of Health (NIH) – will examine the effects of environmental influences on the health and development of more than 100,000 children across the United States, following them from before birth until age 21. The ultimate goal of the study is to improve the health and well being of children.

The \$15.3 million contract over the first five years of the study is the result of a community partnership among many stakeholders throughout Cumberland County and was lead by Principal Investigator John Bancroft, MD, Chair of Pediatrics at MMC, and Lead Location Investigator Nananda Col, MD, MPH, FACP, Director of the Center for Outcomes Research and Evaluation at the Maine Medical Center Research Institute.

Maine Medical Center is the only provider north of Massachusetts to participate in the study, and just one of four in New England.

CHILDREN'S STUDY CONTINUED ON PAGE 3

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Nananda Col, MD, MPH, FACP, Director of the Center for Outcomes Research and Evaluation at the Maine Medical Center Research Institute, answers a reporter's question as John Bancroft, MD, Chair of Pediatrics at Maine Medical Center, looks on.



Ellen Hathaway gives a flu shot to MMC Volunteer Marilyn Powers at the MMC-Brighton Campus. After stops at MMC's Scarborough Campus and Westbrook Laundry, the Flu Blitz is at the Bramhall Campus. See the story on page 4 for details.

  
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*centered around you*

[www.mmc.org](http://www.mmc.org)

# New Fiscal Year Brings New Opportunities, New Challenges



As many of you already know, October begins a new fiscal year for the Medical Center. And with that new fiscal year comes a new budget, and a new opportunity to achieve our yearly objectives within the Annual Implementation Plan (AIP).

The AIP is a very important document, and contains a set of tactics that are directly linked to the medical center's strategic plan. For each, there is a person responsible for achieving that tactic and a performance target to be reached. In this way, the AIP helps to guide our efforts throughout the year and keeps us on track. It also helps us advance the principles of safe-patient and family-centered care and continue to imbed this philosophy throughout our organization

In the new budget year beginning this month, the AIP takes on a heightened level of importance due to the number of extremely large and complex tasks on our "to do" list. Some of those tasks include:

- ∞ A full year of operation in the new East Tower
- ∞ Fully operating all 10 surgery suites at the Scarborough Surgery Center
- ∞ Opening the expanded Emergency Department
- ∞ Completing the R2 and B2 renovation and opening those units to patient care
- ∞ The opening of the new addition to the Research Institute
- ∞ Beginning the new medical school program with Tufts
- ∞ The Research Strategic Plan and Medical Education Strategic Plan continues
- ∞ Furthering the program development in Neurosciences, Oncology, and Urology

And the list goes on and on.

In the ten years I have been at Maine Medical Center, I cannot remember another year with the scope and complexity of the projects in this new fiscal year. Yet, in traditional Maine Medical Center style, we will tackle each of these challenges head on. And only after very deliberate and thorough planning, will we ensure the successful implementation of these projects.

At Maine Medical Center, we are fortunate to have a group of outstanding individuals that comes together as a team, sharing a commitment to provide the highest quality care to those who entrust their lives with us. And only through a thoughtful and purpose-driven planning and implementation process — with the AIP at the core — can we continue to deliver on that commitment.

Respectfully,

Richard W. Petersen  
Interim President and Chief Executive Officer

# Maine Medical Center Receives Consumer Choice Award

Maine Medical Center has been named one of the "most-preferred" hospitals in the nation, according to a survey of health care consumers.

The National Research Corporation's (NRC) annual Consumer Choice Award identifies those hospitals that health care consumers have chosen as having the highest quality and image throughout the United States.

During the selection process, NRC looks at hospitals in over 250 U.S. markets and surveys more than 200,000 households — representing over 400,000 consumers — in the 48 contiguous states and the District of Columbia.

The winners, named in Modern Healthcare magazine, are selected from the nation's most comprehensive, nationwide consumer health care profile, the NRC Healthcare Market Guide.

"The Maine Medical Center team is especially honored to receive this award because it's based on feedback of health care consumers," says Rich Petersen, the hospital's Interim President and CEO. "It's gratifying to learn that our efforts in patient- and family-centered care are both appreciated and being recognized."

"As care options multiply and consumer perception of

CHOICE AWARD CONTINUED ON PAGE 5

“For many common health problems like autism, asthma, diabetes, or attention deficit disorder, we have little understanding of the causes and the ways environmental exposures, nutrition, genetics, and social or geographic factors interact resulting in the disease,” said Dr. Bancroft. “The National Children’s Study is designed to help scientists identify important influences that affect children’s health and to share those discoveries as they are identified.”

The study defines environment broadly and will take a number of issues into account, including: natural and man-made environmental factors, biological and chemical factors, physical surroundings, social factors, behavioral influences and outcomes, genetics, cultural and family influences, and geographic locations. Researchers will analyze how these elements interact with each other and what helpful or harmful effects they might have on the health of children. Study volunteers will be recruited throughout the United States, from rural, urban, and suburban areas, from all income and educational levels, and from all racial groups. The study will investigate factors influencing the development of such conditions as autism, cerebral palsy, learning disabilities, birth defects, diabetes, asthma, and obesity.

“The study has the ability to pinpoint the root causes of many of today’s major childhood diseases and disorders,” said Dr. Col. “It will allow researchers to determine not only which aspects of the environment are harmful, but also which are harmless or even helpful to children’s health and development. This is the first time a study of this magnitude has been conducted nationally in partnership with local communities.”

Some of the questions the study will seek to answer are:

- ∞ In what ways are exposures to pesticides – before birth – linked to an increased risk for learning and developmental disabilities?
- ∞ How do viral infections in early childhood influence development of asthma?
- ∞ How do chemical exposures and social factors interact to affect child development?
- ∞ How do environmental factors interact with certain genes in children and young adults?

Authorized by Congress in the Children’s Health Act of 2000, the National Children’s Study is being conducted by a consortium of federal agencies. This includes two NIH institutes, the Eunice Kennedy Shriver National Institute of Child Health and Human Development and the National Institute of Environmental Health Sciences, the Centers for Disease Control and Prevention, and the U.S. Environmental Protection Agency.

The Study can be expected to provide information through the participants’ 21st year, and some findings will become available

## MMC Honored for Organ Donations

Maine Medical Center is among a select group of hospitals, transplant centers, and organ procurement organizations to be honored by the U.S. Department of Health and Human Services this month.

Maine Medical Center will receive the 2008 HHS Medal of Honor for Organ Donations, presented annually to hospitals that have achieved and sustained a donation rate of 75 percent or more of eligible donors.

Elizabeth M. Duke, Administrator of the Department of Health & Human Services, said in a letter that, “While the national goal of 75 percent is a challenging one, your hospital has proven it is possible to reach or even exceed it. You and your staff have demonstrated compassion and professionalism in saving so many additional lives and in providing extraordinary end-of-life care to your patients and families.”

The award was presented at the National Learning Congress, October 23-24. ■

# Flu Blitz This Month

With flu season fast approaching, it's time to get your yearly immunization. MMC is offering flu shots for employees again this year. There's no cost, and it only takes a few minutes.



Better yet, employees who participate in the Flu Blitz are entered to win prizes, including gas cards, movie tickets, MMC merchandise, and more.

This year's Flu Blitz schedule:

October 27 – 30, from 7 a.m. - 1 p.m.

November 4 – 6, from 3 - 7 p.m.

The first day of our Flu Blitz will be on P2A; the remainder of days will be held at P1A.

We'll also have staff embedded throughout the campus, as well as a roaming cart on November 6 for overnight 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 6 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.

For questions or more information, contact Jason Acoin 662-4011. ■

# Wireless Upgrade Underway

In its continuing effort to provide the very best information technology systems and solutions, our Information Services team is upgrading MMC's wireless network infrastructure at the Bramhall Campus. The work will enhance the performance and coverage of our existing wireless network — and is essential for implementing the applications needed to provide for safe patient care.

The upgrade to the wireless network will also help us meet one of the 2009 Annual Implementation Plan (AIP) strategic initiatives – the Closed Loop Medication Management System.

The performance target is to implement the Veriscan medication administration system in three to-be-determined clinical areas. Veriscan contains a robust bedside barcode medication system, which has been shown to dramatically reduce errors. In the future, Veriscan will also be used for specimen collection/labeling.

Along with the wireless upgrade, we will be enhancing our wireless security system. This system detects intrusions and prevents attacks which could disrupt services delivered via the wireless network. Enhanced security of data and patient information flowing over the wireless network is critical to our operations and maintaining the privacy of our patients.

So what does this mean to you? You'll see workers opening hallway ceiling grids, pulling cables, and installing/replacing

UPGRADE CONTINUED ON PAGE 7

# Phishing — Don't Phall Phor It

In recent months, MMC employees have seen an increase in email-based phishing attacks designed to steal personal information.

**Phishing** — pronounced “fishing” — is a scam to trick people into revealing personal or financial information. Phishers use phony websites or email messages that appear to be from trusted businesses to steal personal information such as credit card numbers, social security numbers, user IDs, passwords, and birth dates.

Phishing scams create a sense of urgency with a plausible premise that often requires a quick response. They generally instruct you to act by clicking a button or an internet link, or replying to an email.

Exercise caution when receiving an email containing:

- Notification of "Internal Accounting Errors", requesting your cooperation
- Warnings that your account will be closed if action is not taken
- Requests to update your account or profile
- Notices from your Internet Service Provider (ISP) or help desk informing you of problems generated by your PC
- Legal exchanges, such as subpoenas
- Notifications of a large inheritance or lottery winning.

Recent phishing messages received at Maine Medical Center claim to originate from the "MMC.ORG Support Team," "Webmaster", or from another source inside the hospital. The subject lines may say, "Verify your MMC.ORG account" or "Confirm Your Account" and includes a request to respond with information such as username, password, or date of birth.

**Do not** respond to, open attachments from, or click on internet links of email messages that ask you to provide or verify your personal information. Do not follow any directions contained in such messages.

Financial institutions and other legitimate businesses, including Maine Medical Center, don't send email messages requesting this type of information.

Legitimate MMC messages regarding access to information technology resources provide contact information should you have questions. Legitimate message would also include details regarding access. The Maine Medical Center Information Services department provides as much notice as possible about outages or changes to your account for IS-based systems.

If you receive a suspicious email, please forward it to our spam vendor for analysis (enter “spam” in the email’s “To” field). You will not receive any acknowledgment that your email has been received, but the information you provide helps prevent similar emails from being delivered. ■



Nicole Demers of the Red Cross check on Jerry Hamilton during a recent Blood Drive at the Dana Center. Jerry, a biomedical equipment technician in Clinical Engineering, was one of 32 people (including four first-timers) who rolled up their sleeves to donate much-needed blood. If you're interested in donating blood, please contact the American Red Cross or the Maine Blood Center.

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## Shuttle Changes

Employees riding the MMC shuttle bus will now be picked up and dropped off at the South Entrance (old Main Entrance). Also, there will be no employee pick-up or drop-off at the new Main Entrance. ■

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**CHOICE AWARD CONTINUED FROM PAGE 2**

quality grows in importance, dedication to providing a high level of quality health care becomes essential for hospitals,” says Ginny Martin, President of NRC’s Healthcare Market Guide Division. “These Consumer Choice award winners exemplify the dedication it takes to provide quality health care to their communities, and we are pleased to honor them through the eyes of their patients.” ■

# Ethics: Doing The Right Thing Is Always The Right Thing To Do

We all want to make the right decisions, and we all want to follow the rules, but sometimes making the right choice is complicated by co-workers, work scheduling, timelines, or personal conflicts.

Courage plays a big part in ethics and in making the right choices. It takes courage to stand up to your principles, beliefs and convictions, and it takes courage to say something when you know it might be met with disapproval.

Let's take a look at two different ethical issues:

## Ethical Issue #1

I have a deadline to meet and I still don't have all the information needed to submit my report on time. Should I falsify figures and sign off on the report to make the deadline?

We all know that lying is wrong. The accurate reporting of figures is vital to our financial and regulatory data, and could affect institutional decisions. You could also be in violation of the False Claims Act, where accurate reporting to the government is essential.

## Ethical Issue #2

You receive a very expensive bouquet of flowers, as a thank you from a patient's family. You're not sure if you should accept the gift, but you don't want to be disrespectful to the patient.

Generally, you shouldn't accept gifts greater than \$50 or accept gifts that may influence decision making.

When judging whether or not your actions are ethical, ask yourself the following questions:

- ∞ Is what I am about to do legal?
- ∞ Does this follow the standards described in MMC's Code of Ethical Conduct, and Ethics at the Center, and does it meet our organizational values?
- ∞ Would I be ashamed if my actions were on the news?

We are each responsible to know and choose to do the right thing. Unsure of the rules? Talk with your supervisor. Or call MMC's Clinical Ethicist or MMC's Helpline at 662-4646 when faced with an ethical dilemma or when you encounter unethical conduct in the workplace. ■

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# Elder Life Program Needs Yarn, Shirts

MMC's Elder Life Program is looking for yarn and long-sleeve, button-down shirts. All of the program's services are provided by volunteers, and supplies come solely from donations. Items are used with the elderly in-patients who are at risk for delirium or who have dementia. Volunteers knit afghans with the yarn, and the shirts prevent patients from pulling at IV lines.

If you have either yarn or long-sleeve button-down shirts that you'd like to donate, leave them at the Main Desk with a note that they're for Cara Chasse at the Elder Life Program, or drop them off at Cara's office in the Maine General Building, Room 4618. ■

# MMC Recognized for Outstanding Care for Stroke Patients

Maine Medical Center has received the American Stroke Association's Get With The Guidelines – Stroke (GWTG–Stroke) Bronze Performance Achievement Award, in recognition of our success implementing a higher standard of stroke care by ensuring that patients receive treatment according to nationally accepted standards.

MMC developed a comprehensive system for rapid diagnosis and treatment of stroke patients admitted to our Emergency Department. This includes always being equipped to provide brain imaging scans, having neurologists available to conduct patient evaluations, and using clot-busting medications when appropriate.

“With a stroke, time lost is brain lost, and the GWTG–Stroke Bronze Performance Achievement Award addresses the important element of time,” said neurologist John Belden, MD, Medical Director of the Stroke Program.

To receive the GWTG–Stroke Bronze Performance Achievement Award, Maine Medical Center consistently followed the treatment guidelines in the GWTG–Stroke program for 90 days, including aggressive use of medications, antithrombotics,

STROKE AWARD CONTINUED ON PAGE 9

# Help Tighten The Chain Of Survival For STEMI Patients

An estimated 600,000 people in the nation suffer their first heart attack — myocardial infarction, or MI — each year, and another 320,000 experience a recurrent attack.

Through MaineHealth's AMI/PCI Improvement Program, area hospital Emergency Departments and Maine Medical Center's Cardiology Department are working closely together to ensure that patients receive the highest quality of care — and achieve the best possible outcomes — when experiencing an ST-Elevation MI, regardless of where they enter the health system.

Unfortunately, many people fail to recognize the signs and symptoms of a heart attack or the need to call for emergency medical service. A recent study found that only 12 percent of Mainers can correctly identify the warning signs of a heart attack and the need to call 9-1-1 immediately.

We can all play an important role in increasing the percent of Mainers with this knowledge. Join the chain of survival by discussing the signs and symptoms of a heart attack and the importance of using emergency medical services with your patients, as well as family and friends.

Some key messages:

∞ Someone experiencing the symptoms of a heart attack should call 9-1-1, and not “go to the ER”

Urgent diagnosis and treatment begins in the ambulance.

Paramedics are now trained to conduct and interpret a 12-lead and will be able to recognize a STEMI

Know the symptoms of a heart attack, which include:

- ∞ Chest pain or discomfort
- ∞ Pain or discomfort in the jaw, neck or back
- ∞ Feeling weak, lightheaded, faint or sweaty
- ∞ Pain or discomfort in the arms or shoulders
- ∞ Shortness of breath

MaineHealth offers patient education tools that can help spread the word, including a pair of brochures: *Cardiovascular Health*, which focuses on reducing CVD risk factors; and *Heart Attack: What you should know*, which highlights the signs and symptoms are of a heart attack and the importance of calling 9-1-1.

These and other resources on chronic conditions are available at no cost to practices in the MaineHealth service area. Please contact Elizabeth Lambert ([lambee@mmc.org](mailto:lambee@mmc.org)) for more information or go directly to MaineHealth's ordering site ([http://jsmccarthy.myprintdesk.com/login.php?rw\\_brand=MAINEHEALTH](http://jsmccarthy.myprintdesk.com/login.php?rw_brand=MAINEHEALTH)). ■

# Pediatric Conference Looks At Preventative Care

The Owen W. Wells Pediatric Conference is Friday, November 14, at the Holiday Inn by the Bay in Portland. This year's theme, Taking Care of Children: Topics in Pediatric Preventative Care, features a keynote address by Barry S. Zuckerman, MD.

Dr. Zuckerman, The Joel and Barbara Alpert Professor of Pediatrics at Boston University School of Medicine and Chief of Pediatrics at Boston Medical Center, will speak on Prevention in Early Childhood.

Registration is online at: [www.mmc.org/owenwellsconference](http://www.mmc.org/owenwellsconference). Questions? Email [owenwellsconference@mmc.org](mailto:owenwellsconference@mmc.org). ■

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## UPGRADE CONTINUED FROM PAGE 4

access points. These crews will be in operation from 6 a.m. to 2 a.m. Monday through Saturday. Work, done in containment units to prevent particle contamination, will comply with MMC's safety standards and has been reviewed with and approved by our Epidemiology, Engineering, Security, and Safety departments. When the work is complete, you'll notice new wireless access points located on the ceiling.

Similar work will be done at the Scarborough Surgery Center and the Brighton Campus in the future.

If you have any questions or concerns during this process, please contact the Help Desk at 662-6400. ■

# People

**Valerie Fuller**, DNP, FNP-BC, recently completed her doctorate in nursing practice at the MGH Institute of Health Professions. She is a nurse practitioner in MMC's Department of Surgery.



**William McFarlane**, MD, Director of the Center for Psychiatric Research at MMC and Spring Harbor Hospital, was honored with the Johnson and Korda Innovation Award from Shalom House this month. Dr. McFarlane is the Director and Chief Principal Investigator for the Portland Identification and Early Referral (PIER), a program that detects schizophrenia in young people between the ages of 12 - 25 and helps determine an early intervention treatment plan that has been shown to relieve many of the devastating effects of the illness.

**Jens Eldrup-Jorgensen**, MD, was elected President of the New England Society for Vascular Surgery. Dr. Eldrup-Jorgensen joined Maine Medical Center in 1988 and became Director of Vascular Surgery in 1990. In addition, he is Medical Director of MMC's Vascular Center, President and Managing Partner of The Maine Surgical Care Group, and Clinical Professor of Surgery on the faculty of the University of Vermont College of Medicine. Dr. Eldrup-Jorgensen takes office in October, 2009.

**Lisa Rutstein**, MD, received the 2008 Medical Care and Research Award from the Maine Cancer Foundation in October. Dr. Rutstein, a General Surgeon, was honored for "going above and beyond the call of duty to make a positive contribution to and difference in the treatment of breast cancer." The award called her a "leader in the field, and exceptional caregiver to patients, and a wonderful teacher whose impact on breast health is truly inspiring."



**Vanesa Saric**, a Nutrition Care Representative in Nutrition Services, is working as a Loaned Executive for the United Way of Greater Portland's annual campaign. Saric is one of 11 people from local companies that is "loaned" to United Way by their organizations to work on the annual fundraiser. **Mia Millefogle** of HomeHealth Visiting Nurses is also a Loaned Executive. ■

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## Tobacco Treatment Services Expanded

The tobacco treatment benefit through MaineHealth's Works on Wellness program is now more convenient for many people, thanks to the addition of a second location at the Cardiac Rehabilitation Center in Scarborough.

Employees and their dependents are eligible for free confidential guidance and counseling with a Tobacco Treatment Specialist, whether you want to quit smoking or just talk about how to get through the day.

"Employees will quickly find that this is a place where they are respected and supported as they pursue their own health goals," says Maura McDonald, one of the program's nurse practitioners. "We don't preach or try to convince people why they should quit – that just isn't helpful. But we can offer tools and suggestions that might be helpful."

Tobacco treatment medications – both over-the-counter and prescription – are covered at no charge with MaineHealth's insurance.

Call Pam Craig at 662-7154 for more information or to make an appointment.

MMC Location  
Employee Health Services  
Maine Medical Center  
7 Bramhall Street, Portland  
Thursday, noon - 3:30 p.m.

Scarborough Location  
Turning Point  
(Cardiac Rehabilitation Center)  
Lower level, 96 Campus Drive, Scarborough  
Tuesday, 8 a.m - noon ■



# HR Corner

## Annual Enrollment Season Is Here

It's time think about your benefit needs for 2009. Enrollment packets are being mailed to MMC benefit-eligible employees this month in time for open enrollment, October 27 - November 17.

Employees will make benefit plan selections online using Lawson Self-Service, either from home or at work. More information on access will be included in your annual enrollment packet.

You must enroll online if:

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

These benefits **do not** roll over from year to year. Since this is an IRS rule, there can be no exceptions. Please remember to enroll or re-enroll on line, and be sure to print and keep your Lawson SEA 2009 benefit confirmation sheet.

Employees who wish to enroll in either the Adoption Assistance or Transit Reimbursement Program for 2009 must contact the Employee Benefits office, since these plans are not available for online enrollment online at this time.

## Employee Benefit Fairs

**Monday, Nov. 3**

8 - 11 a.m.

Scarborough Surgical Center  
Conference Room

**Tuesday, Nov. 4**

8 a.m. - noon

MMC, 2nd Floor Bypass Corridor

**Wednesday, Nov. 5**

11 a.m. - 3 p.m.

MMC, 2nd Floor Bypass Corridor

**Thursday, Nov. 6**

10 a.m. - 1p.m.

355 Brighton Ave.

2nd Floor Conference Room

**Friday, Nov. 7**

11 a.m. - 1 p.m.

Gateway  
Conference Room

**Wednesday, Nov. 12**

9 - 11 a.m.

MMC Research Institute  
Conference Room

**Thursday, Nov. 13**

8:30 - 11 a.m.

Joint Fair with Nordx at  
100 Campus Drive

## Upcoming Events:

403(b) Informational Sessions:

Call Jenny Billings, Lincoln Rep,  
to arrange an appointment,  
774-1113. Or, come on:

**November 25,**

11 a.m. - 4 p.m.,

Dana Center, Room 11

**December 16,**

11 a.m. - 4 p.m.,

Dana Center, Room 11 ■

## Responding To Fire Begins With R.A.C.E.

**Rescue** anyone in immediate danger. Turn off oxygen or flammable gas in the room if possible.

**Alarm** - Pull nearest fire alarm. Call the emergency "CODE" phone number, x2345, give exact location, status, and type of fire. If there is a Fire Alarm System malfunction a call to x2345 will ensure that the Fire Department will be called by the switchboard.

**Contain** the fire and smoke, close all doors and windows.

**Extinguish** fire. Use correct extinguisher. Pull, Aim, Squeeze, Sweep.

*Remember, the code for fire is "Doctor Red". ■*

## STROKE AWARD FROM PAGE 6

anticoagulation therapy, DVT prophylaxis, cholesterol reducing drugs, and smoking cessation.

"We've always looked at ways to improve care for stroke patients and this award is recognition of our constant vigilance. Maine Medical Center is focused on improving the quality of stroke care by implementing GWTG—Stroke," said Dr. Belden.

Maine Medical Center was the first hospital in Maine to be certified as a Primary Stroke center by the Joint Commission in 2007. This certification recognizes MMC's adherence to best practices in delivering integrated and coordinated care for stroke patients. ■

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

34' Sail Boat: 1980 C & C, Diesel, sleeps 6, good condition. \$25,000 OBO. Call 846-3507 or saucij@mmc.org.

## FOR RENT

Cape Elizabeth / Fort Williams Park: private single, NS accommodations. Avail weekly or w/e. \$90/night or \$400/ 5 nights. Only cash / traveller's checks. Call 857 234 2274.

Ptld, 227 Brackett St: 2nd flr, 1 BR with galley K, hdwd flrs. Avail 12/11/2008. \$950/mo incl hot wtr. Util extra. Efficient Rinnai heater. 1 yr lease+sec dep req. Pkg is on street but avail during winter parking bans. NS/NP. Call 871-5064.

Scarborough, Millbrook: 3 BR, 2 car garage, 1.5 BA. Great neighborhood. Lg deck. \$1500/mo + util. 1st mo. sec.dep. Call 807-2502.

Cape Elizabeth, Shore Rd: 1 BR apt, 1 BA, Lg LR/DR, K. 100 yds from the water. \$750/ mo incl util. OS pkg. Call 799-5748 or 772-0582.

So Portland: 1 BR for rent as of Nov 1. Right over the bridge on the bus line. The room has cable t.v. and would be shared BR and K. Call 767-2987.

Ptld, Washington Ave: 2 BR condo, 1.5 BA, New paint/new flrs. LR, DR, K and 1/2 bath on 1st flr. Deck. Full Bsmnt W/D hook up. Furn or unfurn. Heated by a Monitor or electric., NS, NP. \$1000/mo, LT (over 6 mo.), ST negotiable. Call 766-5895 or email [raftman@aol.com](mailto:raftman@aol.com)

Ptld, Brackett St: 2 BR apt, LR, Eat-in K, Lg, BA, Mud Room, Hdwd flrs, Sunny. \$950/mo incl H, Avail 2/1/2009. Email [refreshers@gwi.net](mailto:refreshers@gwi.net).

So Ptld, Williard Beach.: 3BR, 2 full BA apt, 3 BR, 2 BA on 2 flrs. W/D, DW. Hdwd flrs. OS pkg. Length of lease negotiable. \$1350/ mo incl heat. Available now. Call 799-9991 or 592-3487.

So Ptld, near Williard Beach: 1st flr 1BR apt. Nice details such as crown molding, designer colors and

hdwd flrs. W/D, DW. OS pkg, garage. Avail Nov 1st. Sec dep and 1 year lease. 950/mo incl heat & hot water. Call 799-9991 or 592-3487.

Ptld, Baxter Boulevard: Furnished 2 BR, 1 BA condo, 1st floor. Wonderful walking trail around the cove. Bus transportation within short walking distance. Pkg for two cars. \$1600/mo incl heat, electricity, internet and cable. Will entertain ST rental. NS,NP Unit is also for sale. Call 766-5950.

So Ptld: 3-4 BR house, 1 BA; Eat in K, Hdwd floors 1st fl; carpeting 2nd fl; dry basement; OS pkg; close to Greenbelt & Mill Creek Park; 10 min from MMC; new siding, replacement windows, new roof & deck; oil heat; \$1,250/mo plus heat & util. Call 799-6801.

## REAL ESTATE FOR SALE

Mesa AZ: Las Palmas Grand, luxury manufactured home in elegant land lease community. 2 BR, 2 BA, island kitchen, formal DR, open LR, sun room/patio, carport \$135,000 Call 1-480-361-9036.

Naples ME: Colonial, very desirable neighborhood, 3 BR, 2.5 BA, 2-car garage, bonus room w/cathedral ceiling. \$249,978. Call 603-732-3400.

Florida, Orlando Timeshare: Westgate Lakes Resort and Spa, week 18 every year lake 3 BR lockout unit. Can be used as 2 separate weeks. 1 week for 2 BR unit (sleeps 8); with full Kit., W/D, LR/DR area Jacuzzi in master BR, screened in balcony. Also 1 week for studio unit (sleeps 4) Fully deeded. \$18,900. Call 878-5839.

## ST/SEASONAL RENTAL

New Hampshire, Attitash: 3 BR, 2BA family townhouse with three levels that can easily accommodate two families. Entertainment center-tv/dvd/vcr, foosball table, washer/dryer, and woodstove. Near major ski areas. Winter W/E-\$600. Holiday W/E-\$700. XMAS & Feb vac weeks-\$1,800. Email [bmaillou@maine.rr.com](mailto:bmaillou@maine.rr.com).

Sugarloaf Condo - Gondola Village. Half-seasonal rental. Sleeps 5-7, 1 BR, 1 BA. New BA w/ Jacuzzi tub. New floors, paint & furniture. Childcare ctr in bldg. Perfect for

family w/ kids or retired couple. Call for rates: 767-2328.

## SERVICES

Carpenter available with 35 years experience. No job too small. Very reasonable rates. Call 799-7956.

Scarborough 8th grader who has taken Red Cross babysitting course available to babysit. Mom works as CNA on R9. Call 839-8674.

Discount Greater Portland Plowing. Cheap rates for MMC employees. On-call preference and light snow call-off. Call 233-2937. Email [tdavid1@maine.rr.com](mailto:tdavid1@maine.rr.com) or email [rapled@mmc.org](mailto:rapled@mmc.org).

Spa manicures and pedicures; full acrylic overlays, and pink & whites. Tiffany's Salon, 222 St. John Street, Portland. Call 773-4122 x5.

Piano Lessons for all ages! Call 799-6217 (Muskie Street, South Portland) to schedule your lessons with a very experienced and dedicated piano teacher.

Regain Wholeness~Restore Well-being~Release Holding Patterns~Rediscover Joy~Revitalize Spirit. LCSW is an Anthem Health care provider in Portland, ME providing client-centered individual counseling. Please learn more about my approach by visiting [www.kimberlycoville.com](http://www.kimberlycoville.com). Call 772-6111. ■

within 2 to 3 years after the Study is launched. Throughout the Study's duration, intermittent results will allow for continued insights, including information on disorders and conditions of early life.

"The National Children's Study will encompass a nationally representative sample, designed to be a composite of the U.S. population," said Duane Alexander, M.D., Director of the Eunice Kennedy Shriver National Institute of Child Health and Human Development. "It will include children throughout the United States, from rural, urban, and suburban areas, from all income and educational levels, and from all racial groups."

Maine Medical Center will recruit participants from Cumberland County collecting genetic, biological, and environmental samples, and compiling statistical information for study analyses, investigating how genetic and environmental factors influence health and disease.

The hospital will continue to work closely with its community partners including the University of Southern Maine and the National Opinion Research Center at the University of Chicago. Those organizations, in conjunction with dozens of community partners including local hospitals, health departments, community organizations, and municipal governments have contributed to the planning process and will be essential the research success.

At the briefing today, Maine Medical Center and NIH officials stated that the study would yield health information throughout its 25 year span. Within just a few years, the study would provide information on disorders of pregnancy and birth. Since women would be recruited before they give birth, and in some instances even before they become pregnant, the study would provide insight into the causes and contributors of preterm birth. (More than 500,000 premature infants are born each year in the United States. Infants born prematurely are at risk for early death and a variety of health problems, such as cerebral palsy, mental retardation, and learning disabilities. Health care costs for preterm infants total \$26 billion per year.)

"As a scientist, a pediatrician, a father, and a resident of Maine, I am proud to be a part of the National Children's Study," said Dr. Bancroft. "Together, we can help doctors and other health care providers improve the treatment and prevention of environmentally related health problems, we can help local leaders make better environmental and health policies, and we can build healthier communities."

Additional information about the National Children's Study is available at: <http://www.nationalchildrensstudy.gov>. ■

## Shop The MMC Savings Store For Discounts, Convenience

Visit the MMC Savings Store for great deals on everyday grocery products.

Located in the Impressions Café, the MMC Savings Store is open on Tuesdays and Fridays from 3 - 5:30 p.m. Employees can save on many items, such as 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. ■

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## 2008 Holiday Reception Schedule

Tuesday, December 9  
Brighton Cafeteria  
11:30 a.m. – 6 p.m.

Wednesday, December 10  
Impressions Café  
10:30 a.m. – 6 p.m.

Thursday, December 11  
Café at the Atrium  
2 – 4 p.m.

Special 3rd Shift Reception

Thursday, December 11  
Impressions Café  
Midnight – 2 a.m. ■

# Calendar of Events

## Flu Shot Blitz

October 27 – 30 (7 a.m. – 1 p.m.)

November 4 – 6 (3 – 7 p.m.)

## Reiki I Certification

November 1, 9 – 4 p.m.

Falmouth Campus

pkbodywork@hotmail.com or

240-9974

## Kiwanis Gala Ball and Auction to Benefit Maine Children's Cancer Program,

November 1, 6 - 11 p.m.,

Wynham Hotel, South Portland.

\$45 ([www.mmc.org/mccp](http://www.mmc.org/mccp) or 883-2775).

## Caring for an Aging Family Member

November 3, 5:30 - 7:00 p.m.

Geriatric Center, 66 Bramhall Street

## Alexander Cairns Symposium

November 5, 8 a.m. – noon,

662-2951 or [morser@mmc.org](mailto:morser@mmc.org)

## Lung Cancer, Considering Effective Options

November 6, 6:30 - 8 p.m.

Learning Resource Center, Scarborough

## Veteran's Day/MMC Holiday

November 11

## Maine Committee on Trauma Conference

November 12

Samoset Resort, Rockport ■

# Open House for CNA Program

Maine Medical Center, in conjunction with Portland Adult Education, offers a Certified Nursing Assistant (CNA) Training program. The next session begins in mid-March.

Those interested can learn more and apply for admission at an Informational Session on Monday, November 17, at 6:30 p.m., in the Dana Center Auditorium.

Details regarding the CNA Training program can be found on the Maine Medical Center website ([www.mmc.org](http://www.mmc.org)). Click the Careers link, located on the left navigation bar. There you'll find details about the program and the Information Session, as well as an application for the CNA class.

Questions? Contact Beth Turner, 662-2734. ■

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## GIDEON: MMC Library's Newest Clinical Database For Infectious Disease and Epidemiology

MMC has a new resource for infectious disease and epidemiology. The Global Infectious Disease and Epidemiology Network (*GIDEON*) is the premier global Infectious Diseases database. This point-of-care clinical decision support system provides a current, evidence-based resource for the diagnosis, treatment, and teaching in the fields of Tropical & Infectious Diseases, Epidemiology and Microbiology.

The database includes information on 231 countries with supporting graphs and images. Try out this unique new resource. If you'd like additional information or help getting started, contact the MMC Library at [library@mmc.org](mailto:library@mmc.org) or 662-2202. ■



Maine Medical Center

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The MaineHealth Family

*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.

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