

# What's Happening



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## Hundreds Gather for Opening of Maine Medical Center's East Tower

The community had its first look at the future of mother-baby care on September 6, as Maine Medical Center opened its new 190,000-square-foot East Tower. Barbara Bush, former first lady, and Governor John Baldacci were on hand for the event, which included tours of the new Prenatal, Labor/Delivery/Recovery, Neonatal Intensive Care, and Mother Baby units.

"This is a very exciting time for all of us at Maine Medical Center," said Richard Petersen, the hospital's Interim President and Chief Executive Officer. "Legendary football coach Vince Lombardi said 'The achievements of an organization are the results of the combined effort of each individual', and this has never been more true than with this project. The combined efforts of each individual — thousands of them — are indeed what made this East Tower a reality." Petersen went on to thank those involved in the project, from "carpenters to contractors, architects to artists, electricians to engineers, and many others."

The East Tower, the new home of the hospital's women and infants services and the future location of an expanded Emergency Department, represents the latest piece of the hospital's master facilities expansion, which includes its newly-opened main entrance and lobby, central utility plant, helipad, and 480-space parking garage.

More than 500 employees from women and infants services and the Emergency Department will work in the East Tower.

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Former first lady Barbara Bush reads to a group of children at the Barbara Bush Children's Hospital. Mrs. Bush stopped by to read and visit with the young patients on September 18. This year marks the 100<sup>th</sup> anniversary of a children's hospital at MMC, and the tenth anniversary of the inpatient unit (6<sup>th</sup> floor) of the Barbara Bush Children's Hospital at Maine Medical Center. Although the inpatient unit is perhaps the most recognizable section of the Barbara Bush Children's Hospital, any area or department that cares for children — such as our neonatal intensive care unit or pediatric emergency department — is considered part of the Barbara Bush Children's Hospital.

## Celtics Visit BBCH

Members of the Boston Celtics brought their championship trophy to the Barbara Bush Children's Hospital recently.

CELTICS CONTINUED ON PAGE 7

  
**Maine Medical Center**  
*centered around you*

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

# Economic Assistance Aids Our MMC Family



In my last message to you, I stated that our medical center is truly blessed with outstanding individuals who come together as a team to deliver high quality, safe patient and family centered care. And I know this outstanding level of commitment to our patients does not come without some sacrifices ... and often personal sacrifices.

The late nights and early mornings; a child's missed hockey game or dance recital; postponed or shortened vacations – all to ensure our patients receive the best we can offer. And with the economy as it stands today with high gas prices, skyrocketing home heating fuel costs, and grocery bills that are creeping up – making ends meet for many of our employees is getting tougher and tougher.

Senior leadership at Maine Medical Center recognizes the sacrifices that we all make, and understands the added stress and hardship our lackluster economy has on our associates. So, we did something about it.

A group of people from many departments throughout the medical center put their heads together and tried to answer one simple question .... “what can we do to make it easier on our employees during these difficult economic times?” And you know what? In true Maine Medical Center style, these people came up with some pretty good ideas (see page 3 for more on these new programs).

In some cases, we've partnered with other agencies in our community – leveraging their expertise and supporting those efforts. In others, we tapped the ingenuity and creative drive of our own employees to establish new assistance programs. All in all, the sole and singular focus was on finding new and innovative approaches to assist our employees in ways that are meaningful and sustainable. I encourage you to take advantage of these opportunities. And we want to hear your suggestions. Call our suggestion hotline, 662-4423.

Families often recognize when a member is in need, and without asking, step up and assist wherever and whenever possible. And there have been many in our organization who tell me the medical center feels like a very big family.

It is my hope that these assistance programs will help a great number of our employees – our family.

Respectfully,

Richard W. Petersen  
Interim President and Chief Executive Officer

OPENING CONTINUED FROM  
FRONT PAGE

“Maine Medical Center is a true community partner, dedicated to patient-focused care,” said Governor Baldacci. “We value that Maine Medical Center has worked to advance the State Health Plan goals of improving the efficiency and effectiveness of health care to keep costs affordable.”

The ceremony concluded with Mrs. Bush and six-year-old twins Meaghan and Riley McBreairty “cutting” a 70-pound, 130-foot ribbon wrapped around the front of the East Tower. The McBreairty girls were born early and spent several months in MMC's Neonatal Intensive Care Unit at the hospital. The entire family participated in the ceremony.

“This time is extra special for our family,” said the twins' father, Shawn McBreairty, who along with his wife, Patti, provided feedback and suggestions to the hospital during the East Tower planning process. “Just this week, our girls went to their first day of kindergarten and they will celebrate their sixth birthday next weekend. We are truly blessed to have them in our lives.”

The East Tower is unique in its focus on making the birth experience much more patient- and family-centered, with spacious, private rooms, featuring a sleeper sofa for the father or other family member, music, a whirlpool tub, wireless access, and more.

OPENING CONTINUED ON PAGE 5

# MMC Helping Employees Navigate Through Tough Economy

Anyone who manages a family budget knows how challenging it can be these days, with high gas prices, rising costs of food and other items, as well as the uncertain economy.

MMC is offering programs — and looking into other options — to help you manage your finances and save money.

## Workshop Provides Tips to Reduce Your Energy Costs

MMC's Engineering Department, in collaboration with Maine's Department of Energy, is offering a workshop that provides practical tips for reducing energy costs at home. All sessions are in the Dana Center Auditorium.

In addition, you can pick up a copy of the Department of Energy's Energy Saver's booklet, a step-by-step guide to reducing energy costs, which will be available in your departments.

**October 14**

4 - 5 a.m.

Noon - 1 p.m.

5 - 6 p.m.

## Lunch or Dinner Is Just \$2.50 With New Value Meal

The Impressions Cafe is helping you stretch your dollars further by offering a Value Meal for just \$2.50.

Value Meal selections — such as soup & sandwich or chicken pot pie & a veggie — change daily, and are offered seven days a week.

The \$2.50 price is for MMC staff only. Sorry, no additional employee discount or substitutions.

## 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. ■

# Get On Board to Beat High Commuting Cost

A survey conducted after last spring's successful *Commute Another Way Week* told us that employees want to lower their commuting costs while helping the environment.

MMC is responding. Our *Get On Board* program provides alternative transportation tools and information for employees who'd like to try carpooling, biking, walking, or riding the bus.

## Share a ride

Want to car pool? We've partnered with GO MAINE, a state-sponsored commuter services program that promotes alternative transportation by providing carpool ridematching, and offers information about transit, biking, and walking.

GO MAINE's sophisticated computer matching system connects you with other riders in your area. If you carpool with just one person, just two days a week, you'll cut your gas costs by 20 percent, plus you'll enjoy preferential VIP parking in the MMC garage.

Even better, GO MAINE offers a no-cost Emergency Ride Home Program to all registered participants. Think of it as commuter insurance.

Riding the bus? Registered participants can buy discounted passes at the Impressions Cafe for most bus services.

With gas prices near record levels, we all want to commute smarter. To learn more about the *Get On Board* program, look for the link on the MMC Intranet homepage, or if you don't have computer access, call the Parking Office at 662-PARK (662-7275). ■

# Be Ready When the Unexpected Happens

Life is unpredictable. That's why it's so important to be prepared, says Josh Frances, MMC's Director of Emergency Preparedness. Whether speaking to a group or a coworker in a hallway conversation, he encourages people to be ready for those times when life tosses us a curve, whether we're faced with a major snowstorm, hurricane, pandemic, or something man-made, such as the terrorist attack we saw on September 11.

In his role here at MMC, Frances works to ensure the hospital is prepared for situations that may arise down the road — something that's especially critical for a medical center. It's equally important, he notes, for employees to prepare their home and families.

September is National Emergency Preparedness Month, a time to think about what we can do to plan for the unexpected. Those of us who lived in Maine during the ice storm of 1998 know how disruptive Mother Nature can be. Fallen power lines left thousands of homes without electricity for days — even weeks — forcing people to find alternative ways to stay warm, eat, shower, or communicate with others.

“A little planning and preparation can go a long way when something happens,” says Frances. For example, do you have extra batteries for your flashlight and radio? Have you had a fire drill and designated a meeting place for your family in case of emergency? Is there enough food and water in your home for at least a week if a

major snowstorm makes roads impassable? Does your car have an emergency kit?

“Because disasters happen infrequently, they're generally not on people's minds. That's why you see a rush at the grocery store before a really big snowstorm hits,” says Frances. “Unfortunately, the odds are good that an event will happen that doesn't give you time to react. That's why planning ahead is so important.”

Maine Medical Center has made a

commitment to providing timely and important information on personal preparedness to its employees. In September we launched a mandatory E-Learn program focusing on employee preparedness at MMC. You can also get more information to share with your family and coworkers by accessing *Preparing for the Unexpected: All Hazards Employee Preparedness Handbook* on the MMC intranet (click *Emergency Procedures* in the left column). ■

## 5 Ways To Get Started

Preparing for an emergency can be overwhelming, so we asked Emergency Preparedness Director Josh Frances to share five things that should be among the first steps you should take.

- ∞ Stock enough water and food in your house for five to seven days. The recommendation is one gallon of water per person, per day. This does not include water for your pets.
- ∞ Develop an emergency plan (which includes an evacuation plan) and discuss it with your kids. Don't forget to include plans for elderly family members, infants and even pets who may require special care.
- ∞ Be a list keeper. Keep a list of all medications for each family member, as well as everyone's contact information (cell numbers, Mom and Dad's office number, kids' school/daycare, doctors' offices, etc.). We often rely too much on electronic devices which are not useful during an extended power outage. Purchasing a small, hand-crank radio can provide you and your family access to valuable information during a loss of power.
- ∞ Place a first aid kit at home and in every car and boat, and ensure it is stocked and updated regularly. Each kit should be modified to fit its location. For example, the car kit should include an emergency blanket, while the home kit should have plenty of bandages for bumps and bruises.
- ∞ Be proactive. Think about what might happen, and ask questions. Many great resources exist at MMC as well as in your community. For example, if you live near a river, are you in a flood zone? Is there a chance your street might not be plowed in a major snowstorm? What if your road lost power for an extended period? ■

# Jacquelyn Cawley Named Senior Medical Director at MaineHealth



Jacquelyn Cawley, DO, is joining MaineHealth Clinical Integration as Senior Medical Director for Ambulatory and Preventive Care, beginning in late October.

Dr. Cawley comes to MaineHealth from her alma mater, the University of New England, where she served as Vice President for Clinical Affairs, and prior

to that as Interim Dean of the College of Osteopathic Medicine and Vice President for University Health Services.

A familiar face to many at Maine Medical Center, Dr. Cawley served as president of the MMC Medical Staff from 2005 – 2007. Her resume includes nearly a decade at MMC's Department of Family Medicine, where she served as Assistant Chief in the Department of Family Practice, and Medical Director of the Family Practice Centers.

In her new position Dr. Cawley will be responsible for leading the successful development, implementation, and ongoing evaluation of Clinical Integration programs across the MaineHealth system.

“Dr. Cawley brings extensive experience to this new position as a clinician, physician leader, teacher, and executive,” says Vance Brown, MD, Chief Medical Officer at MaineHealth. ■

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## OPENING CONTINUED FROM PAGE 2

The state's largest hospital, MMC delivers approximately 2,500 babies each year; 70 percent of all low-birth-weight babies born in Maine are cared for at MMC's Level III Neonatal Intensive Care Unit.

An estimated 55,000 patients are treated in the medical center's Emergency Department each year. Its 25,000-square-foot expansion into the basement of the East Tower is slated to open next year.

The first phase – within

the basement level of the East Tower – will be completed in November. After Emergency Services moves into the new space, renovation work will begin in the current space. Once that second phase is complete, in mid-2009, the Emergency Department will expand back into that newly renovated area, ultimately doubling its size.

The new mother-baby units opened for patient care on September 16. ■

# Julie Wooden Named AVP of Information Services



Julie Wooden has been promoted to Associate Vice President of Information Services (IS) at Maine Medical Center.

“Throughout Julie's many years of service she has demonstrated outstanding performance and commitment to the advancement of technology here at MMC, and an unflinching commitment to customer service,” says Barry Blumenfeld, MD, Chief Information Officer for MaineHealth and Maine Medical Center. “Over the past several months Julie has served in the capacity of Interim Associate Vice President of Information Services and in that capacity has continued to advance IS projects throughout MMC.”

Wooden joined MMC in 1975. Her career has included positions in HR, Administration, and Information Services, most recently as Director of Project Management/Customer Services. ■

# MMC's Technology Assessment Committee: An Evidence-based Approach to Adopting New Healthcare Technology

"Patients count on us to do it right," says Michael Gibbs, MD, Chief of Emergency Medicine, referring to how – and when – Maine Medical Center adopts new technology to improve patient care. "That's why we formed the Technology Assessment Committee."

The Technology Assessment Committee (TAC) is co-chaired by Dr. Gibbs and MMC's Vice President of Operations, Miriam Leonard, and composed of 24 physician, nursing, and administrative members and staff.

"We have three primary objectives," Dr. Gibbs continues. "The first is to objectively identify new and emerging technologies – to scan the horizon for important advances. The second is to prioritize these technologies in concert with MMC's goals, mission, budget constraints, and strategic initiatives. And the third is to educate MMC staff regarding the importance of, and need to, evaluate technology in a rational, evidence-based way."

## **An objective and transparent process**

"In the past, we frequently would have individuals champion a particular technology, believing it was the next best thing and that MMC should adopt it," explains Leonard. "We needed a better, more objective and transparent way to evaluate and plan for advances in technology."

To help establish a well-thought-out technology assessment process – which was identified as one of MMC's strategic goals in 2007 – the medical center engaged the ECRI Institute, a nonprofit organization that brings the discipline of applied scientific research to discover which medical procedures, devices, drugs and processes are best in order to improve patient care.

"They helped us figure out the best process for MMC, based on their experience with other large medical centers," Leonard notes. "With this new committee in place, we have what we think is a very sound, objective and evidence-based process. We go through all the technical and medical literature, and from that we draw conclusions. We're also able to be much more strategic, not just about whether to adopt a new technology, but also when."

Dr. Gibbs also points out that the committee plays an objective advisory role and makes recommendations to the MMC system; it does not make final decisions about technology investments.

## **How to submit a proposal for consideration**

The committee meets monthly to "horizon scan" new technologies and review proposals from MMC departments or individuals. Standardized forms have been developed to facilitate the proposal process and are available electronically on the shared K Drive, under "Technology

Assessment Committee," or they can be requested from Paul Labbe, director of clinical engineering, who staffs the committee.

These forms along with other TAC-related information will soon be posted on a dedicated TAC intranet site which is currently under development. The completed forms are then submitted to either Dr. Gibbs or Leonard, who will screen them for appropriateness prior to presentation to the full committee.

"We will routinely meet with the author to help him or her prepare for presenting their proposal to the committee," Dr. Gibbs. "We want to have these proposals as refined as possible so the committee has all the information necessary to make an informed recommendation."

## **What the TAC considers**

Technology is defined as new devices (capital and consumable), procedures and biotechnologies relating to clinical care (pharmaceuticals and information technology remain with the Pharmacy & Therapeutics and Information Systems committees, respectively). The TAC focuses on significant new technologies (generally those with a capital expense of \$25,000 or more) or consumables that would cost at least \$2,000 per case or have a total budget impact of \$50,000 per year or more.

In addition, the TAC evaluates new and emerging technologies

**EVIDENCE-BASED CONTINUED ON PAGE 7**

# Special What's Happening Insert

## East Tower Drawing Rave Reviews

"Wow!" was a common response from patients upon seeing their room in the East Tower for the first time. After years of planning and construction, the new home of women and infants' services welcomed its first patients on September 16, and the reviews have been overwhelming favorable.

The spacious, private rooms feature a sleeper sofa for Dad or other family member, music, a whirlpool tub, wireless access, and more. The beautiful rooms led one new

mother to comment, "I wish I could stay here. What a view. It's awesome."

While the comforts of the rooms are quite a change, patients receive the same great care at the East Tower. Women and infants' services provides care for all ranges and types of pregnancies and deliveries, from one with no complications, to those requiring more attention, such as a C-section, high-risk pregnancy, or a premature baby cared for in our Neonatal Intensive Care Unit.

In addition, education and family support services on the first floor include: three classrooms; a MaineHealth Learning Resource Center with books, videos, and internet access for patients and families; a Boutique that offers specialized maternity items, as well as mother and infant products (such as breast pumps, and clothing and other items for premature babies); and a flower shop.

The East Tower was truly a team effort. It was designed with input from patients and families, as well as MMC staff. Twenty-five percent of the total building cost came from donations, ranging from \$25 to \$3 million. Former first lady Barbara Bush served as honorary chair of the fundraising campaign. ■



The move was coordinated through a Command Center on the ground floor, which was staffed with representatives from a wide range of departments.



This T-shirt, worn by staff, says it all.



A baby from our Neonatal Intensive Care Unit is moved to the East Tower. These were among the most delicate and challenging of patient moves.

# A Day of Celebration

*Despite the threat of heavy rain, hundreds of employees, family, friends, community leaders, and business partners joined us for the opening of our East Tower. “We had a great turnout to help celebrate the opening of the new East Tower,” says Communications & Marketing Director Abby Greenfield, who spearheaded the event planning. “It rained hard early in the day, but then the sky cleared, and by the start of the program, we filled all the seats and had many, many people standing.” After the ceremony refreshments and tours were offered inside the new East Tower.*

*In case you missed it, here are a few photos from the day.*



Former first lady Barbara Bush joins the McBreairty twins, Meaghan and Riley, in the ceremonial ribbon cutting.



The McBreairty family provided one of the ceremony's most touching moments. Twins Meaghan and Riley, born prematurely six years ago, spent several months in our Neonatal Intensive Care Unit (NICU); parents Shawn and Patti were among those former patients and community representatives who were involved in the planning of the East Tower.



A 130-foot ribbon was wrapped around the front of the East Tower.





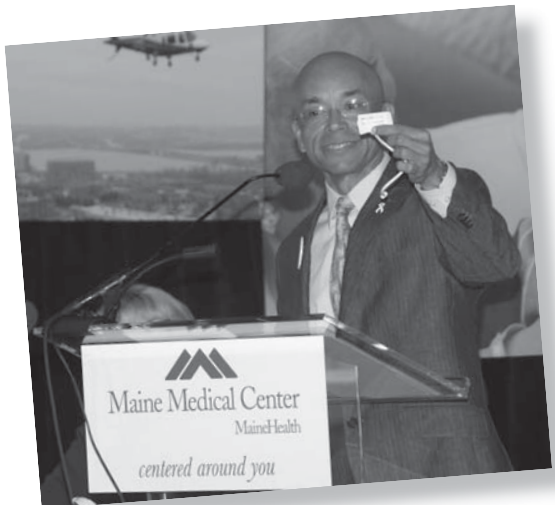
Interim President and CEO Rich Petersen reflected on MMC's growth through the years. "Although the hospital has seen tremendous change since those early days, one steadfast constant has been the special quality of our people. Those of us who work for this organization observe acts of kindness and teamwork on a daily basis."



Maine Governor John Baldacci called Maine Medical Center "a true community partner, dedicated to patient-focused care." Mrs. Bush, lower right, looks on in agreement.



Mrs. Bush looks at an incubator, which holds some of MMC's tiniest and most fragile patients in our NICU.



Hector Tarraza, MD, Chief of Obstetrics and Gynecology, holds up a tiny blood pressure cuff that's used on our smallest patients in the NICU.

# Moving Day

Fifty-eight patients, including four critically ill infants, made the trip to the East Tower during the morning-long move, with a different patient transfer every three to four minutes. A Canadian company that specializes in hospital moves helped coordinate the complicated process, which was completed within one minute of schedule.

The first birth — twins — took place that night. ■



The East Tower's first delivery, and it's ... twins!  
A girl AND a boy.



A long-term prenatal care patient enjoys her larger and more comfortable room in the East Tower.



A mother and father pose with their newborn son in their room on the Mother-Baby unit.



Dad and Mom check in on one of our smallest patients in the East Tower's Neonatal Intensive Care Unit.

## New Additions

Crews are now working in our Emergency Department's planned expansion into the East Tower basement, scheduled to open next year. When finished, it will double the size of the current space.

Work is also underway on the second floor units that formerly housed the Family Birth Center. That area is being converted for future patient care areas. ■

with the potential for improving patient care, not investigational devices or procedures still in the research phase. For example, some of the technologies that the ECRI Institute identified – and which the committee is or will be evaluating – include breast MR, new surgical robotics, atrial fibrillation ablation therapy, blue light imaging and total artificial hearts.

### A real process change

“We’re not here to advocate for someone’s pet project,” Dr. Gibbs stresses. “We’re here to provide an objective assessment to determine what’s best for the institution and the patients we serve. It’s a real process change for the hospital. But it’s one that promises to help keep MMC on the cutting edge.”

Want to know more? Contact either Dr. Gibbs at 662-7040, or Miriam Leonard at 662-2343. ■

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### CELTICS CONTINUED FROM FRONT PAGE

Players, team dancers, and Lucky the Leprechaun mascot spoke to the delighted patients and posed for photos before heading to the Portland Expo for a public rally.

The team was invited to Maine by Governor John Baldacci, who hosted the visit. A spokesman for the governor told us that both he and the Celtics were very pleased with the visit. ■

## *MMC Technology Assessment Committee*

**Co-Chairs:** Michael Gibbs, MD,  
Chief of Emergency Medicine

Miriam Leonard, Vice President, Operations

### **Members:**

Jeffrey Aalberg, MD, MaineHealth Supply Chain

John Allyn, MD, Chief, Anesthesia

John Curran, Director, Planned Giving & Grants

Brad Cushing, MD, Chief, Surgery

Rajiv Desai, MD, NeuroSciences

Paul Gray, Vice President, Planning

Charles Grimes, MD, Chief, Radiology

Robert Groom, Director, Cardiopulmonary Perfusion

Thomas Guare, Director, Supply Chain Management

Jacqueline Hedlund, MD, Oncology

John Heye, Vice President, Finance

Michael Jones, MD, Chair, CSSP

Mirle Kellett, MD, Chief, Cardiology

Marty Riehle, RN, AVP, Nursing

Parker Roberts, MD, President-elect, Medical Staff

Michael Roy, MD, Interim Chief, Medicine

Doug Salvador, MD,  
Chair, Value Analysis Steering Committee

Robert Trowbridge, MD,  
Chair, Pharmacy & Therapeutics Committee

### **Staff:**

Paul Labbe, Director, Clinical Engineering, Coordinator

Don Lewis, Purchasing

Rich Linehan, Planning

Dan Forgues, Finance

# People

**Barbara Schuler** will join MMC as Director of Training and Organizational Development (T&OD). She brings an extensive background in T&OD, including experience in health care and a strong focus on leadership development.



**Sue Doliner**, FAHP, has been named Vice Chair of the Association for Healthcare Philanthropy (AHP). MMC's Associate Vice President of Development, Sue has served on the AHP Board as Secretary/Treasurer, Vice Chair for Marketing and Communications, and Vice Chair for Membership.

Sue Doliner

**Rhonda Vosmus**, RRT-NPS, AE-C, is one of the first health care professionals in Maine to attain national certification as an asthma educator. Vosmus, an Asthma Education Specialist with the AH! Asthma Health Program at MMC, plays a critical role in the design and implementation of American Lung Association (ALA) Asthma Educator Institutes throughout New England. These sessions train health care professionals to be effective asthma educators. Rhonda is also involved in the ALA national review of the Asthma Educators Institute.

**Roland Michel** has earned his Registered Pulmonary Function Technologist credential from the National Board For Respiratory Care. He was a member of the first Respiratory class at Southern Maine Community College in 1976. He has been chair of the Employee Facilitation Group for the past year. ■

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## New Hours for South Entrance

MMC's South Entrance (the old main entrance) will have new hours of operation. This is part of the hospital's effort to redirect patient and visitor traffic to the new Main Entrance and Lobby.

The South Entrance will be open Monday - Friday, 6 a.m. to 8 p.m. It will be closed all other times, including weekends. Signage will redirect foot traffic to the new Main Entrance and Lobby.

If you give directions to patients/visitors that include the South Entrance, please make note of this change. Discharges from P3CD, Short Stay Unit, and ACCU should be through the new Main Entrance.

If you have questions or concerns, please contact either Charlie Papa, 662-2271, or Abby Greenfield, 662-2196. ■

## MMCRI Receives \$10 Million Grant

Maine Medical Center Research Institute (MMCRI) has been awarded a \$10 million grant from The National Institutes of Health for stem cell research.

This is the latest in an impressive string of awards for MMCRI's world-class biomedical research. This grant, called a Center of Biomedical Research Excellence (COBRE), follows an \$11 million award in 2003. COBRE grants are designed to help an institution like MMCRI develop a critical mass of collaborative research around a common theme – in this case stem and progenitor cell research – and covers equipment, supplies, salaries, and education. The principal investigator for the grant and director of the stem and progenitor cell research program is Dr. Don Wojchowski. MMCRI currently has seven investigators in the stem cell program.

The grant will help MMCRI develop a better understanding of how stem cells function, particularly how they develop into the cells that become organs, and then to translate those findings into better tests and therapies for patients. Research scientists at MMCRI will focus on specific cells with the potential to treat kidney injury and illness, anemia, vascular disease, skeletal, and neuro-muscular disorders.

“Our basic research has always been among the best in the country,” notes Dr. Kenneth Ault, the Associate Vice

**MMCRI RECEIVES  
CONTINUED ON BACK PAGE**

# HR Corner

## October Seminars Focus on Retirement

Are you starting to think about retirement? Are you wondering about different benefits that may be available? If so, check out these informative overviews on MMC's retirement benefits. Email HRTraining to register for any of the sessions.

### MMC Pension Planning 101

Learn the basics about the Maine Medical Center Pension Plan, Retiree Health Insurance, and 403(b) options, as well as a brief overview of Social Security and Medicare.

October 7, 3 - 5 p.m., Dana 3

October 8, 7 - 9 a.m., Dana 4

October 22, 5 - 7 p.m., Dana 9

### Social Security and Medicare

This session will include detailed information concerning Social Security and Medicare, presented by a representative from SSA.

October 14, 4 - 6 p.m., Dana 4

### What About My 403(b) Now That I Am Retiring?

You have several options available regarding your 403(b) account when you retire. Lincoln Alliance will discuss these options to help you decide which is best for you.

October 21, 4 - 6 p.m., Dana 4

### Annual Benefits Enrollment Nears

It's time to think about your benefit needs for 2009. Open enrollment begins on October 27 and continues through November 17. Enrollment

packets will be mailed to eligible employees in mid-October.

Once again, you'll make your benefit plan selections on-line using Lawson Self-Service, either from home or work. Instructions will be included in your enrollment packet.

If you are making changes to your benefits, adding or dropping dependents, enrolling or re-enrolling in a Health, Dependent Care, or the new Transit Reimbursement Account for 2009, then you must enroll online. 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 or re-enroll in the Adoption Assistance Program for 2009 must contact the Employee Benefits office, since this plan cannot be accessed for enrollment on line.

2009 Employee Benefit Fairs will be held the first two weeks in November, and more communications will follow over MMC email with dates and details. ■

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## MMC Employees Donate PTO Funds to Earthquake Victims

More than \$9,000 dollars from employee-donated PTO time is on its way to help the victims of the spring earthquake in China.

After the March quake, many employees expressed a desire to help the millions affected by the disaster. As we did following Hurricane Katrina, the 911 attacks, and the 2004 Tsunami in the Indian Ocean, the hospital implemented a program to allow employees to donate PTO time to the American Red Cross International Response Fund.

Last month, MMC sent a check for \$9,138.69 to the Red Cross. Thanks to all who helped. ■



Environmental Services' Mary Dowey, pictured right, with Interim President Rich Petersen, was again the state's top fundraiser for the annual March of Dimes March for Babies Walkathon. Mary raised \$3,745 this year, bringing her 10 year total to over \$19,000.

# 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

Graco play pen- (used)great shape \$40. Graco swing- never used, 6 spd, 15 songs, w/ mobile (Winnie-the-pooh design) \$90. Graco car seat/stroller combo- never used, (Winnie-the-pooh design) \$180. Wooden changing table w/ drawer and shelves \$40. Summer infant bathtub- never used \$15. 2 Graco booster seats w/ slide out cup holders -Used \$5/ea. Call 662-4450/688-4613 or email [vinces@mmc.org](mailto:vinces@mmc.org).

1994 SeaRay Signature 200 w/ 5.0 L Mercruiser, Alpha One Outdrive, 1998 EZ Loader Trailer, integrated swim platform, VHF Marine radio, Depth Gauge and stereo. Well maintained. Sleeps 2. Mainly used in fresh water and put in salt water only a few times per season. Call 839.2108 or 318.0565. \$8500.

## FOR RENT

Westbrook: Suite for rent in an antique home -includes two rooms (one huge), pumpkin pine floors and ¾ BA. Quiet professional seeking same. Call 878-4160 or <http://maine.craigslist.org/roo/780758824.html> \$750/mo+1/3 H&E. Ref Req.

So Freeport waterfront: 3 BR, 2 BA, frplc. Pets negotiable. Fully furn. Avail Jan-May 2009. \$1750/mo+util. Email [mainewaters@suscom-maine.net](mailto:mainewaters@suscom-maine.net). Call 865-1475.

Cumberland: Middle Rd: 15 minutes to MMC. 3-4 BR, 2 BA, newly remodeled house on 2 acres, quiet neighborhood w/ocean nearby - open K/LR/DR, W/D, pets negotiable, NS \$1700/mo + util & sec dep/last. Call 939-9493.

Cape Elizabeth: Cape, 2 BR, 2 BA, Oil heat, gas frplc. Open concept LR, DR, K. Quiet neighborhood on a 1/4 acre lot w/ garage. \$1200/mo+util. Avail Oct thru April. Call 807-7723.

Portland: 3 BR + loft, 2 frplcs, WD, pkg, library space, Victorian style, hdwd floors, granite counters & tile flrs in K and BA, near USM. NP, NS. \$1400/mo + util Call 780-6557 or email [jwuest@maine.rr.com](mailto:jwuest@maine.rr.com)

Westbrook: Spacious, two flr duplex, 3 BR, 2 BA. \$1,575/mo incl heat, hot water, cable, laundry and electric. Located on quiet, dead end street, access to shopping, Turnpike. Call 632-7475.

Gorham: 4 BR, 2 1/2 BA, DR, LR w/ gas frplc, laundry room, K w/ Breakfst rm, 2 car garage, and large yard. \$2,000 a month. A must see!! Call 831-3947.

Ptld, Neal St: West End 2<sup>nd</sup> flr Townhouse, 10 rooms, hdwd flrs, gas frplc, new efficient gas furnace, OS pkg, cats welcome; sm dogs considered, 1<sup>st</sup> and last mo rent plus sec dep required. \$1595/mo. Call 831-2839 or email [princ@maine.rr.com](mailto:princ@maine.rr.com).

Cape Elizabeth: 2 story cape, 2 BR, 2 BA, gas frplc, garage, furnished, NS. \$1200/mo plus util. Avail Oct thru April. Call 807-7723 or email [anndaggett@comcast.net](mailto:anndaggett@comcast.net).

Falmouth Foreside: 2 BR, 1.5 BA, Garage. Walk to beach. Water views. \$1850/mo+util. 1 mo rent plus sec dep req. Call 781-9993 or 232-4089

Westbrook: charming 3 BR 2 BA, with lg yd, two-car garage, W/D on 1<sup>st</sup> flr and wood stove included. Quiet, child friendly neighborhood with easy commute to Ptld and S. Ptld. NS, pets neg. \$1350/mo + util. 1 yr lease. avail Oct 1st. Call 856-7033 or 662-6745

Ptld, North Deering: 3 BR with hdwd and tile throughout, SS appliances, W/D. 1 3/4 BA with master BA off of the master suite. Lg closet space and plenty of storage. 1500/mo + util. NP, NS. Ref and sec dep req. Email [gregtosi@hotmail.com](mailto:gregtosi@hotmail.com) [gregtosi@hotmail.com](mailto:gregtosi@hotmail.com)

Portland, near Morrill's Corner: A spacious 3-4 BR apartment. Pkg. NS, pets negotiable. \$1500/mo. Incl W/D, heat & hot water Avail. Oct. 15. Call 272-8802.

## ROOMMATE

West Cumberland: Single F looking for a roommate. 14 X 20 room with private 3/4 BA, private entry, OS parking. Shared K. \$475/mo incl util. Sec dep + 1 mo req. Call 829-3332 after 6 PM.

Cape Elizabeth: Prof F looking for NS adult to share lg seaside home. Access to two beaches. Lg yard. Pets negotiable. \$1000/mo plus heat. Call 799-2723

Portland, Deering Ctr: Large 2nd floor BR, W/D, internet, hot tub. Share BA, whole house w/ M nursing student (50's; Dec. grad). NP, NS. \$575/mo incl all util, Lease. Avail 9/08. Call 232-7740.

Ptld: Beautiful house 3 blocks from MMC. 3 BR, 1.5 BA, new K and BA w/ jacuzzi. OS pkg, brick patio + fenced in yard. NP, NS. \$1300+util. Call 967-4703 or 408-1411

Saco: Great location. 2 BR unit in Academy Place. 1<sup>st</sup> flr. Secure building. NS, NP. Call 603-472-9099.

## REAL ESTATE FOR SALE

Ptld, West End: The George E. Philbrick House built in 1892. 3<sup>rd</sup> flr features newly renovated master BR suite and BA. 2<sup>nd</sup> flr: 3 BR and 2 BA. 1<sup>st</sup> flr has front parlor, new K, and lg sunny family room which opens to deck, patio and lg yard. OS pkg for 2. \$890,000. Call 775-0999.

## ST/SEASONAL RENTAL

Ptld, Tyng St: Furnished efficiency - Lg room with separate kitchen. Offered for short term rentals. (It's a 13 minute walk to MMC.). \$675/mo. email is [betsybeecher@gmail.com](mailto:betsybeecher@gmail.com) or call 767-3016.

## SERVICE

Horseback Riding lessons - all ages welcome! Dressage and/or Jumping. Great prices and discounts. Indoor and Outdoor arenas w/heated viewing area. Call 229-1402.

Private Therapeutic Yoga Instruction and Yoga Therapy. Highly experienced and professional. Visit [www.pranah heals.com](http://www.pranah heals.com)

## WANTED

Family of elderly woman with Alzheimers seeks 40+F to do 2/3 weekend overnights a week. Person seeking position should be local

(c/o winter and travel time), non smoker, can commit to at least 6 months, caring and respectful. Email resume, 2 work ref, rates and FMI to [homecare87@yahoo.com](mailto:homecare87@yahoo.com) or 899-9442

### FREE

To a loving home – Very pretty Blue Point Siamese cat, 10 years old. Excellent health & up to date on shots. Low maintenance pet...call 934-0447 eves. ■

## Rehabilitation Clinical Documentation Link Moving

MMC Rehabilitation Clinical Documentation can now be found in SCM under the Clinical Summary tab. The physical therapy, occupational therapy, and speech language pathology initial evaluation and daily therapy note will be located in SCM and written in a narrative format. ■

## Symposium Looks At Ethics

David Giansiracusa, MD, of Palliative Care, will be the keynote speaker at this year's Alexander B. Cairns Symposium, November 5, from 8 a.m. - noon, in the Dana Center Auditorium. His topic is "Just because we can, should we?"

The Symposium is named for the former MMC Director of Pastoral Services, who died tragically in 1999. Topics traditionally address health, faith, and ethics issues. Admission is free to those connected to MMC; others pay \$20. ■

## Trauma Program Needs Volunteers

The Trauma Intervention Program of Portland is seeking adult and teen volunteers to help people in distress from a traumatic event.

Volunteers are called to emergency scenes to assist those who may be despondent, victims of crime, family members of suicide or sudden death, disoriented older persons, or those in other crisis situations. Our new team of teens will work in tandem with an adult volunteer to support other teens and children who have been involved in an accident or lost a loved one to suicide.

Volunteer Training Academy begins on October 16. No experience necessary. To register or for more information, contact Community Counseling Center at 874-1030 or 874-1043 (TTY) or email [ajenkins@commcc.org](mailto:ajenkins@commcc.org). ■



A 23,000-square-foot expansion at the Maine Medical Center Research Institute (MMCRI) in Scarborough is scheduled to open in December. This photo, taken in late August, shows the addition, which will house the first dedicated clinical research facility at MMC, with a patient-friendly entrance, examination and infusion room, nutrition station, and space for nurse research coordinators and clinical investigators. The \$12 million project is part of MMCRI's five-year plan to double the number of scientist investigators and add more clinical researchers.

# Calendar

## Kjeldgaard Day Symposium “Neurocritical Care”

October 15  
Dana Center  
662-2770 or searlp@mmc.org

## Performance Improvement Fair

October 21

## Flu Shot Blitz

Oct 27 - 30 and Nov 4 - 6

## 403(b) Informational Session

October 7, 9 a.m. - 4 p.m.,  
Dana 4  
November 25, 11 a.m. - 4 p.m.,  
Dana 11

## Benefits Open Enrollment

October 27 – November 17

## Alexander B. Cairns Symposium

November 5  
Keynote:  
David Giansiracusa, MD

## Veterans Day/MMC Holiday

November 11

## Company Store On-Site

November 14 ■

# Flu Shot Blitz Coming in October

Flu season is just around the corner. A flu shot is safe, painless, and helps protect you, your family and friends, as well as our patients. MMC is offering flu shots to employees again this year. There's no cost, and it only takes a few minutes. Plus, you'll be entered to win one of several prizes.

This year's Flu Blitz is slated for October 27 – 30 (7 a.m. – 1 p.m.) and November 4 – 6 (2 – 7 p.m.). The first day of our Flu Blitz will be on P2A; the remainder of days will be held at P1A.

Can't get away? We'll also have staff embedded throughout the campus, as well as a roaming cart for overnight staff. Stay tuned for details in October. ■

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### MMCRI RECEIVES CONTINUED FROM PAGE 8

President of Research at Maine Medical Center “What we all find exciting about this next phase of the COBRE is the sharp focus on translational research. Our work is all about ultimately bringing better treatments to

patients, and this grant will help us continue to do that for the next five years. These grants are highly competitive and this achievement is a strong testimony to the quality of our science and scientists”. ■

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MMC employees and volunteers come in all shapes and sizes — and even breeds. Puggy and Sissy, a pair of Pugs, visit the hospital each week, bringing smiles to both patients and staff. The bandanas, which read “Maine Medical Center Therapy Dogs,” were sewn by women at the Maine Correctional Center, and purchased with a donation from IDEXX to our Therapy Dog Program. Puggy and Sissy are accompanied on their rounds by owner Lori Sirois, another MMC volunteer.



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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