



What's Happening

Barbara Bush Helps Maine Medical Center Celebrate the Groundbreaking for New Facilities at its Bramhall Campus

On September 14, Barbara Bush helped Maine Medical Center mark the start of an exciting expansion project that will help us meet the growing needs of our local community. Mrs. Bush was introduced at the event by her husband, President George H.W. Bush.

"To every volunteer in the hospital, to every doctor, to every nurse, let me simply say how great the respect is that Barbara and I, our whole family, have for the work you do, day in and day out," said President Bush. "It's unbelievable."

"Truly for me, one of the best things to happen was the great honor you gave me when you put my name on your children's hospital," said Mrs. Bush. "The doctors and nurses, the staff members and volunteers, and everyone in our community who support the hospital – all of you who have made this such a special place – you make me so proud every single day to be a part of your team. I really cannot go anywhere without someone coming up to me and thanking me for the great work that YOU do."

The groundbreaking for the Charles Street Project will

include a new women and infants building, a parking garage, a helipad, improved access and wayfinding, and a central utility plant. It also encompasses the renewal of facilities for intermediate care and routine and critical care patient services. MMC will also renovate and expand the existing Emergency Department. The project is being done to accommodate the growing healthcare needs of the Portland community, as well as the rest of the state.

At the event, Vincent S. Conti, President and Chief Executive Officer of MMC, thanked those who have played crucial roles in the fundraising and planning efforts for these projects: leadership donors, our Congressional delegation, State and City officials, and caregivers. He also thanked Mrs. Bush for her leadership as the honorary chair of MMC's Capital Campaign, which continues to seek support for these vital projects.

"As I reflect about what today really represents," he said, "I think it's important to

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MMC Employees Step Up to Aid in Hurricane Relief

Employees from Maine Medical Center are helping victims of Hurricane Katrina in more ways than one.

Maria Cushing, a certified nursing assistant (CNA) on R4, was among four MMC CNAs who left earlier this month to work at a temporary medical facility an hour from New Orleans. Cushing helped doctors and nurses, take vital signs, and comfort people displaced since Hurricane Katrina hit early in September.

"It is so hard just to watch," said Cushing as she prepared to board an early morning flight at Portland International Jetport. "I feel somebody needs to do something. That we need to help."

Once in Louisiana, the MMC contingent—Cushing; Joseph Makonnen, P6; Jenny Howitt, Employee Health; and Michael McKay, Brighton FirstCare—joined other CNA volunteers from Maine who traveled on separate flights that same day from Eastern Maine Medical Center in Bangor, Knox Center for Long-term Care in Rockland, and Goodall Hospital in Sanford. The group was the first major

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MMC Receives State Approval for New Outpatient Surgery Center

Maine Medical Center received state approval this month to build a \$25 million outpatient surgery center on its Scarborough Campus.

The project, with 10 operating rooms and a six-bed unit for overnight stays, will help MMC meet the increasing demand for surgical services. It will also promote efficiency by consolidating outpatient surgery now performed at the Bramhall and Brighton campuses. Maine Medical Center expects to break ground on the site either in the fall or spring, with construction taking about 18 months.

"This is very good news for our patients and for the surgeons who do their work at Maine Medical Center," says Vincent S. Conti, MMC President and CEO. "We started this project because our operating rooms are running at capacity, and the need for surgical services at MMC continues to rise with no end in sight. We are responding to the needs of people who want to have their care here. And we're responding to surgeons who are acutely aware that we need more capacity. The Scarborough ASC is the most cost-effective way to do that. Further delay in starting this project will only exacerbate the frustration being experienced by our patients, our staff, and our surgeons. We're grateful that the Commissioner has given due consideration to the objections that have been raised, and that in the end he made the correct decision for the people of Maine."

Maine Medical Center developed a proposal to consolidate outpatient surgeries in part because current operating rooms are at more than 90 percent capacity. This reflects a 33 percent increase in surgical cases from 1996 to 2003.

The project will increase the number of operating rooms from 26 to 31. Moving the bulk of day surgeries to Scarborough will also create availability at the Bramhall Campus for complex inpatient surgeries, as well as reduce the delays and cancellations experienced when emergencies disrupt the operating room schedule. Further, space at the Brighton campus will be freed up for endoscopic exams, which involve viewing the inside of a body cavity using fiber optics.

Due to the size and scope of the proposed project, Maine Medical Center had to submit an application for approval through the state's Certificate of Need process. MMC received approval in late September.

The proposed 40,000-square-foot center would sit toward the back of the 50-acre campus, away from Route 1. The project is awaiting permits from the state Department of Environmental Protection and the town of Scarborough. ▀

RELIEF, CONTINUED FROM PAGE 1

delegation of civilian health workers from Maine. It is not clear whether more health professionals from Maine will be needed, but Maine Medical Center employees are ready to respond if needed.

"We have had more than 250 employees indicate a willingness to volunteer," says Jason Elliott, Associate Vice President, Human Resources. "At this point, we have not had any further requests for assistance from the Maine Emergency Management Agency (MEMA). If the call comes, however, we will be ready to answer."

Makonnen said he's happy to be able to go there and help the hurricane victims. "After watching the news like everybody else, I felt heartbroken."

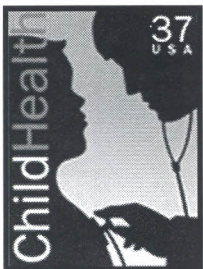
The volunteers who traveled to assist with the hurricane relief efforts will continue to receive their regular salaries from Maine Medical Center. The hospital also made sure those employees had updated shots for tetanus and Hepatitis B.

David Kissin, respiratory therapist, Pulmonary Medicine, is currently participating in his second Hurricane Katrina relief mission in the Gulf states as part of a Disaster Medical Assistance Team within the Federal Emergency Management Agency. Along with other MMC medical specialists who are part of the Disaster Team, Kissin spent his first trip in Biloxi and Gulfport, Mississippi where the team was deployed days before Hurricane Katrina made landfall. Kissin left again, days after returning from the first trip, for Louisiana where he is currently participating in medical relief. Watch for a feature article

RELIEF, CONTINUED ON PAGE 3

US Postal Service and Maine Medical Center Hold Child Health Stamp Event

Earlier this month patients of the Barbara Bush Children's Hospital at Maine Medical Center helped introduce the new Child Health Stamp, left, issued by the US Postal Service on September 7 in Philadelphia.



Portland Postmaster Mike Fortunato presented an enlargement of the new Child Health stamp to MMC President and CEO Vince Conti. Meanwhile, children designed their own stamps on coloring pages and wrote postcards to friends and family. They affixed the new stamp to their postcards and

watched a postal clerk cancel it with a special Barbara Bush Children's Hospital postmark created just for the occasion. The kids, their families, and hospital staff then placed the postcards in a special "mailbox" for mailing later that day.

The same day, this postal operation moved to the hospital's Admitting Lobby so staff, patients, visitors, stamp collectors, and the general public could have an opportunity to purchase and use the new stamp with the special postmark. In all, 142 items were mailed, 1,340 stamps were purchased, and employees, families and patients had three hours of postage fun! The special postmark was available for 30 days for philatelists to use their usual procedure to obtain a cancelled special stamp. ▀

New Laundry Facility to Debut in May

When noting the cutting-edge technology at Maine Medical Center, many highlight the frontline efforts, like the robotic surgical system that assists physicians performing prostate and heart surgery, or the new brachytherapy, an evolutionary radiation treatment for certain types of cancer. But what about the high-tech operations that are performed behind the scenes to support the day-to-day function of this leading hospital?

Beginning in May 2006, laundry from all Maine Medical Center locations will be processed at a new, high-tech facility on Karen Drive in Westbrook, across from the Offsite Distribution Center. The new space occupies 23,000 square feet on 3.2 acres and nearly triples the space of the current laundry site in the basement of the Maine General Building.

This new facility will not only boost production, but also will save money in the long run—an estimated \$200,000 per year in production costs due to the conservation of energy and labor and the efficiency of the process. The technology that supports these savings is high-tech, mechanically operated, and highly automated.

The move to the new facility will also improve working conditions for staff as there will be more room to move around and less hands-on work. Instead of laundry being handled by staff eleven times throughout the processing of linen from the soiled to

RELIEF, CONTINUED FROM PAGE 2

detailing Kissin's experience with hurricane relief in a future issue of *What's Happening*.

MMC employees have been helping in other ways too. Similar to the September 11 and tsunami disasters, MMC has enabled employees to donate their earned time off to go toward disaster relief efforts through the Red Cross. So far, more than 350 employees have donated a portion of their paid time off. The Human Resources Department only

expects this number to continue to rise. MMC has also pledged \$25,000 to the VHA, which is a national association of nonprofit hospitals. VHA has set up a Relief Fund on behalf of hospital staff in the devastated area.

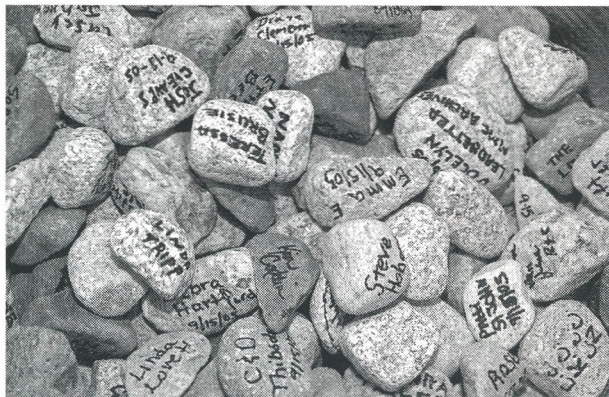
There have also been other employees who have gone to the Gulf Coast area as part of emergency efforts separate from MEMA. *What's Happening* will report on those stories in upcoming issues. ▀

LAUNDRY, CONTINUED ON PAGE 8

MMC Nurses Join Governor Baldacci in March of Dimes Benefit

Kelley Bowden, Perinatal Outreach Education, and Cindy Bridgham, Risk Management, joined Governor John Baldacci at the Fox Ridge Golf Course in Auburn early in September. The tournament was a benefit for the March of Dimes Maine Chapter. The March of Dimes' current campaign is to raise public awareness that prematurity is a serious public health issue. Preterm birth rates continue to rise and the causes for half of these births are unknown. Maine's First Lady Karen Baldacci is honorary chair of the Prematurity Committee in Maine. Michael Pinette, MD, Maternal Fetal Medicine at MMC, chairs this committee. Maine Medical Center will soon benefit directly from a March of Dimes project. In January of 2006, a Neonatal Intensive Care Unit Family Support Worker will be hired to help families during their stay in the NICU. If you are interested in volunteering or sharing a preterm birth story, please contact the local March of Dimes chapter at 878-1199 or e-mail ssschulberger@marchofdimes.com. If you are interested in volunteering with the MMC March of Dimes Walk team, please contact Cindy Bridgham at 662-4887. ▀

Signed stones to be incorporated into new women and infants building



During the September 14 groundbreaking ceremony for the MMC Charles Street Project, all attendees and MMC staff were invited to sign their names to the stones, above, that will be placed into the foundation of the new facilities, enabling them to both literally and symbolically have a hand in putting a new foundation under the hospital. Before the stone signing started, Hector Tarraza, MD, Chief of OB/GYN and Campaign Co-Chair, read the following poem, written by his wife, Marianne.

Stones

*Yet unknown are those who will Know this place
Birth, hope, future and faith shall commence on this ground
Needs determined, then realized will transform on these stones
Beginnings of promise in the essence of creation*

*Stone of commitment for future nameless pleas
Determined to bring hope when life offers unforeseen trials
Poised by an unwavering devotion to humanity
Endorsed in care by a community gathered here*

*A bond of human spirit drives the hope
The strength of these stones, the foundation of life
Bears the depth of human comfort and distinction
Held together by a mortar of excellence in care*

*As life moves forward, as destiny changes
These stones....Perpetually inspire the answers to human need
Enduring signatures harkens back to this call
Lasting endorsement whispers our passion to heal*

*As this edifice takes shape and each stone is arranged
Care and concern radiate....while hands build hope
For the stones of life will grow in this place
Long after the last stone is laid ▀*

"Best Practices in the Care of the Vascular Patient"

An all day nursing conference, Friday, October 14, 2005

The Vascular Center at MMC and the Vascular Nursing Committee are pleased to present "Best Practices in the Care of the Vascular Patient", a full day conference taking place on October 14. Approved for 7.0 contact hours, the event is being planned with assistance from the Outreach Education Council at MMC. Nurses from all corners of the state are expected to attend.

Jens Eldrup-Jorgensen, MD, Director of the Division of Vascular Surgery at Maine Medical Center and the Medical Director of the Vascular Center will be the keynote speaker. He will also participate in a panel presentation with Dr. Robert Hawkins and Michael Tranfaglia, PA-C, entitled "Decisions in Patient Care: Clinical Case Studies." Also highlighting the agenda will be presentations by Melinda Zimmer-Rankin, MS, CCRN, University of Maine College of Nursing and Health Professions.

Planned for nurses, by nurses, the conference focus is specific to nursing care of the vascular patient. An impressive line-up of medical and nursing staff will present seven workshops over three concurrent sessions. Topics include "Look, Listen, Feel! The A&P of Vascular Assessment", "Interventional Radiology Approaches to Vascular Emergencies", "Post-operative Emergencies and Complications", "Critical Indicators in the assessment of Post-Operative Vascular-Surgical Patients", and "Charting the Course: Documentation and Related Legal Implications". As an added feature of the conference, handouts for all seven concurrent sessions will be provided to those registering by October 5.

This event is open to all who are interested. For more information contact the OEC office at 662-2290 or email Anne Bowdoin at bowdoa@mmc.org. ▸

Medical Education Program Accredited for Five Years

MMC's institutional site visit by the Accreditation Council on Graduate Medical Education was in the Fall of 2004. MMC recently learned that it received a Favorable Decision by the Council and a five year accreditation cycle. This is the highest accreditation an institution can receive. MMC's is one of the few programs in the country to receive a 5-year cycle for three consecutive cycles. ▸

Used Bikes Needed

The Bike Shop, located in Kennedy Park Public Housing in Portland, is looking for used bikes for kids. The Shop provides bikes and helmets to neighborhood boys and girls, ages 8 through 17, and they do weekend long-distance rides. Kids also learn how to repair their own bikes. The Shop has been a huge success in this low income neighborhood, attracting kids of all ages and cultures in large numbers. Both the Housing Authority and the Portland Police Department credit the Shop with a reduction in petty crime in the neighborhood and being a positive influence on kids' self esteem.

With the growth in popularity of the program has come a big need for used bikes. The Shop has an immediate need of approximately 10 bikes a week until December. Boys' mountain bikes, 20-26 inches, are the greatest immediate need, but contributions of girls' bikes would be welcome, too. Bikes should be in good, but not perfect, condition; bikes needing minor repairs are fine. Drop offs or pick ups of contributed bikes can be arranged. For more information, contact Deb Deatrick at MaineHealth, 541-7505 or deatrd@mmc.org. ▸

Stationary Needed

Do you have extra notecards or stationary to share? If so, they would be of use to our patients. Donations may be left in the Volunteer Services office. Thank you! ▸

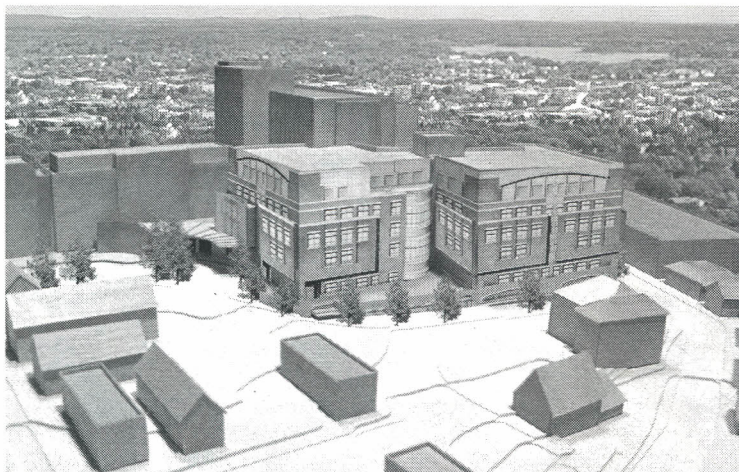
GROUNDBREAKING, CONTINUED FROM PAGE 1

recall the very fundamental vision that guided our Board, medical staff, and senior management some seven years ago when we began putting together a long-term plan for the facilities of the Maine Medical Center and of the Barbara Bush Children's Hospital, the first phases of which we celebrate today.

"That vision was a deceptively simple one," Conti continued, "to assure that our physical facilities are maintained and regularly and meaningfully renewed to meet patients' evolving clinical and human needs, and to do everything we can to have those facilities match and complement the exceptional skills of the physicians who practice here at Maine Med and of all our staff.

"Maine Medical Center is building on its strengths for a stronger community," Conti said. "People in Greater Portland and across Maine look to Maine Medical Center for a depth and breadth of services that simply cannot be found elsewhere in the state, and they are looking to us in increasing numbers. Along with the finest professionals and the latest equipment, the medical center must offer facilities that truly reflect a contemporary view of the nature of healing. Patients and families expect comfort as well as competence, privacy as well as pills, tenderness as well as technology."

In his remarks, Conti noted the efforts of Maine's Congressional delegation in Washington, which helped MMC secure \$1 million in federal appropriations from the Federal Department of Transportation to support streetscapes, roadways, and access around the new facilities. He recognized



An architect's rendering of MMC's new women and infants building.

Governor John Baldacci and Maine's legislators, and City of Portland officials for their diligence in reviewing our plans to best serve and care for people in southern Maine.

Conti also announced that the Hatch Pavilion name, which has been associated with MMC's birthing unit for the past two decades, will move to the second floor of the new women and infants building. The second floor will be the home of the family birthing center, newborn delivery, and operating rooms for c-sections.

"Many individuals, corporations and foundations have already made significant commitments to these projects, and employees and members of our medical staff have contributed at unprecedented levels," Conti said. "One extraordinary contribution was made very early in the campaign in honor of President and Mrs. Bush. MBNA has made a contribution of \$3 million, which is the largest single gift to this campaign, and the largest corporate contribution in the history of the hospital."

"This is the first milestone in the renewal of our facilities,

which will be constructed over the next two years," said Peter L. Haynes, Chairman of MMC's Board of Trustees. "Projects of this magnitude take leadership, input, and ideas from hundreds of people, including the patients and families cared for at Maine Medical Center and a team of extraordinary professionals who make it all come together."

"There will be many improvements made for patients in a number of important areas. An exciting part of this project is that we will greatly improve access to the hospital. Ease of getting around and knowing where to go will give people a very simple way to get to any point in the hospital from the new main entrance."

"In my work as a surgeon," said Hector Tarraza, MD, Chief of OB/GYN and Campaign Co-Chair, "I have the opportunity to see first hand the skills of our caregivers and to know how important knowledge, technology, research, and state-of-the-art facilities are to our caregivers and most importantly, our patients. In these new projects, there is something for everyone. Whether a patient is starting a family, in



Mrs. Bush signed her name to one of the thousands of handpicked stones that will become a part of the foundation of MMC's new facilities.

still wouldn't be enough. [Dawn and I] know that with the construction of the new building, it can only get better for all of the future families who don't yet know how much this facility will impact their lives."

The Lorrello daughters then picked up shovels along with Mrs. Bush for the ground-breaking, and joined her in signing special stones that will become part of the foundation of the new building project.

All attendees and MMC staff were invited to sign their names to the stones that will be placed into the foundation of the new facilities, enabling them to both literally and symbolically have a hand in putting a new foundation under the hospital, expanding its reach and promising to deliver the very best care in our region. ▀

need of the highest level of emergency care, needs to be transported to MMC by helicopter in a life and death circumstance, or just needs a convenient place to park and find their way around Maine's largest hospital, the improvements we're celebrating today will make a difference."

Also participating in the day's program were Frank and Dawn Lorrello, parents of twin daughters born at Maine Medical Center in 2001. Their story of courage, compassion, and love is like those taking place every day in MMC's Neonatal Intensive Care Unit.

"To this day, we can honestly say that there isn't a day that goes by when we don't thank everyone in the NICU for what they have done for our family," said Frank Lorrello. "They taught us the lesson well of how not to take our children for granted for their lives are a miracle to us. We can say thank you 10,000 times but it



Maureen and Dilyse Lorrello joined President Bush, Mrs. Bush, and MMC officials in breaking ground for MMC's new facilities. Long after the soil was turned, the twins continued to shovel – just for fun!

Physical Activity Across the MaineHealth System

MaineHealth's Works on Wellness Program (WOW!) is sponsoring the *Maine in Motion* physical activity campaign this fall for all employees and families of MaineHealth member organizations. *Maine in Motion* is a program developed by the Governor's Council on Physical Fitness, Sports, Health, and Wellness. This physical activity campaign is designed to motivate employees and their families to get more physical activity each day.

This month, MaineHealth kicked off the 12-week, pedometer-optional physical activity program at the following MaineHealth member locations: HomeHealth, the MaineHealth corporate offices, Maine Medical Center, Miles Healthcare, NorDx, Practice Partners, Synernet, St. Andrew's Hospital, Spring Harbor Hospital, and Western Maine Health.

There will be no participation cost to employees and their family members, unless they would like to purchase a pedometer for \$5. You will receive weekly physical activity AND nutrition tips and incentive prizes to keep you motivated!

Each location has designated team captains. To learn more about this program, please contact your captain below.

MaineHealth Corporate: Emily Smith - smithem@mmc.org

MMC, Bramhall Campus:

Meredith Wood-Masteka - woodmm@mmc.org

Lorraine Jordan - jordal1@mmc.org

Steve Trockman - trocks@mmc.org

MMC, Brighton Campus: Allison Perry - perrya1@mmc.org

MMC, Scarborough Campus: Emily Smith - smithem@mmc.org

NorDx: Lynne Dehetre - dehetl@mmc.org and Marsha Waterman - waterm@mmc.org

Practice Partners: Janet MacLeod - maclej5@mmc.org ▶

LAUNDRY, CONTINUED FROM PAGE 3

clean stages, the new system will only require staff to handle the laundry twice. The layout of the facility will also restrict soiled laundry from traveling through the same area as clean laundry.

The new laundry site will process four-million pounds of laundry annually, but will have the capacity to handle eight-million pounds based on shift staffing. It will process materials from over 27 different sites, including the Bramhall, Brighton, Spring Harbor, Scarborough, and Falmouth campuses, with

the addition of more in the future.

How will the laundry be processed from each site? There will be a clean linen room for storage and there will be a staging area to keep soiled materials awaiting transport to the new laundry facility.

Once the laundry processing is transferred to Westbrook, old equipment will be removed from the laundry's current location and ways will be explored to best use the vacant space. ▶

Nurse Advancement Program Seeking Experienced Clinical Bedside Nurses

If you are an experienced bedside registered nurse with at least three years of clinical experience and one year of employment at MMC, you may be one of the candidates we are looking for!

The Clinical Nurse Advancement Program (CNAP) is working to promote excellence in Nursing by recognizing staff nurses who demonstrate their expertise in daily practice. We want you to be aware of the career advancement opportunities that may be right for you. Consider applying for the Clinical Nurse Advancement Program today!

Information is available from your Nurse Manager, through Nursing Resources, and on the MMC Intranet (just go to my.mmc.org and search for clinical nurse advancement). There is an e-learn available as well as resources from within the CNAP Committee. Applications are reviewed monthly by our CNAP Committee.

Not quite sure if you are ready? The Clinical Nurse Advancement Program is right for you if you:

- enjoy bedside nursing,
- are considered a unit resource,
- perform leadership responsibilities in your practice, and
- actively participate in unit or hospital quality initiatives or research.

In the past three years, 58 nurses have advanced from CN2 to CN3 and 13 from CN3 to CN4. Each advanced nurse has received formal and financial recognition for his/her advancement. Congratulations to all our advanced Nurses at MMC! ▶

HR Corner

Employee Benefit News

2006 Annual Open Enrollment

Once again Annual Open Enrollment is around the corner! This year, Open Enrollment will take place from October 31 through November 21. Employees will be able to add or drop dependents, change health plans, or make any other changes that they wish to their employee benefits to be effective January 1, 2006. Watch for posters which will announce benefit fair dates at all campuses! Employees will use the Lawson Self-Service on-line enrollment system to make their changes for 2006.

Employee Benefit Plan Review

As we enter the last quarter of 2005, you may wish to review your current benefit plans to determine whether you can take advantage of any last minute tax-savings for 2005, as well as getting any claims in order, which need to be submitted to any of the benefit plans. Some questions to ask yourself:

- Can I take advantage of putting more pre-tax money into my 403(b) plan?
- Do I need to increase federal or state tax withholding for the last quarter of the year in order to minimize potential tax liability for 2005?
- Do I have receipts for expenses which need to be submitted to Combined Services for health or dependent reimbursement plans; or outstanding Anthem or Delta Dental expenses which need to be filed with those insurance carriers?

It is also time to begin thinking about your benefit plan selections for 2006 and how you can make the most out of your employee benefit program at MMC.

Retirement Planning Information Series

The Employee Benefits Office is sponsoring a series of three two-hour informative overviews on the retirement benefits available to MMC employees. You may attend one or all three of the workshops to be held during October in the Dana Center. Subjects to be covered include basics about the MMC Pension Plan, Social Security and Medicare, and 403(b) options available upon retirement. The series will be held on the following dates. To register e-mail "HRTraining."

Session I – Offered Twice

Instructor: Sandy Cushman,
HR Pension Analyst

October 10
3 to 5 pm – Dana #7

October 12
7 to 9 am – Dana #2

Session II

Instructor: Representative
from Social Security

October 17
3 to 5 pm – Dana #7

Session III

Instructor: Jenny Billings,
Lincoln Alliance

October 24
3 to 5 pm – Dana #7

403(b) Retirement Plan

If you are not currently participating in the 403(b) Retirement Plan, you are missing out on a great opportunity to tax-shelter some income, as well as to receive a matching contribution of .50 on the dollar from MMC. MMC will match 50% of any employee's contribution to the 403(b) program up to a total match of 2% for a 4% of pay contribution.

New employees and employees who are not-so-new are welcome to attend the 403(b) presentation/informational sessions on October 19 from 8-9 a.m. and November 16 from 1-2 p.m. in the Dana Center to review plan fund options, details of how the plan works, and more. Our Lincoln Rep, Jenny Billings, is also available to meet with you individually. To schedule a time, just call her at 774-1113. ▀

MMC's Breast Care Center Opens its Doors to the Community

In recognition of breast cancer, GYN cancer and Healthy Lung months, you are invited to an early evening of education, pampering, and fun on **Wednesday, October 12 from 4:00-6:30 p.m. at 100 Campus Drive in Scarborough.** Talk with local healthcare professionals and organizations as they provide information and exhibits to inspire you to take charge of your health. For more information, call 885-8570. ▀

Marketplace

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

Child Care

FT nanny avail Mon-Fri, 35 yrs exp, reliable car & refs avail. Call 468-9381 or 283-3035.

16-20 hrs/wk in Yarmouth w/ some flex. Energetic, reliable, & fun. Refs required. Call 846-6892.

For Rent

Lg, renovated 3BR, S Ptl'd. LR/DR, office, storage, built-ins, hdwd, porch, yrd & gardens. Quiet area, pkg, laundry, NS, NP. \$1350/mo incl utils. Call 799-2566.

2BR, 2BA, office, LR, DR, terrace. Storage, W/D on site, hdwd, near MMC. Pets OK. \$1350/mo. Call 232-8880.

Modern 2BR, 2BA. Quiet, near USM & MMC, NP. \$850/mo incl H2O+ utils & dep. Call 615-5849.

Near USM, quiet 2BR. 3rd fl, deck, NS, NP. \$900/mo+ utils. Call 780-0172.

Quiet 3BR, NS, NP. \$1100 incl H/HW. Call 329-5408.

Walk to MMC. Quiet, 1BR condo, fplc, granite, hdwd, stainless appl, open concept, W/D, pkg. \$1000/mo incl heat. Call 741-2009.

1st floor, furn, 2BR near MMC. Hdwd, new windows, fenced yard, deck, pkg, owner occ. \$1300/mo+ utils. Call 228-2056 or khorton21@earthlink.net.

1BR on 2nd floor. LR, K, pkg, laundry, NS, no dogs. Owner occu bldg. \$795/mo H/HW incl. Avail 11/1. Call 761 1743.

West End, sunny, 1BR in 3 unit bldg. Quiet, hdwd, pkg, owner occu, walk to work, cat ok. \$850/mo incl heat, gas, water. Call 899-5611.

Pleasant Ave, Victorian. 1st floor in owner occu 2 family. 2BR, 1000sqft, D/W, W/D, storage, deck, yd, pets nego. \$950/mo. Call 761-4389.

Lg, renovated 2BR, sky lights, tile, bay windows. Pets nego, near MMC. \$1200/mo heat incl. Call 450-0235.

Weekly, 3BR house on Martha's Vineyard. Sleeps 8, pool access, tennis & priv town beach. Fall rental, \$1800/wk. Call 508-693-9603.

Scarborough cottage, Broadturn Rd. 2BR, 2 acres, 15 min to MMC, pets nego. \$1175/mo (nego) & lease. Call 409-0711 or pardez@yahoo.com.

Forest Ave, Riverton School area. 3BR house, 2.5BA, garage, W/D, cable. Quiet, safe area, NP, NS. \$1500/mo. Call 523-1419 or 603-969-4409.

Lg 3BR, Ocean Ave. Pkg, no pets. \$1100/mo. 2BR house, Ocean Ave. Lg yard, no pets. \$1100/month. Call 773-1017.

Bright 1BR, West End. 2 levels, hdwd, pkg, laundry onsite, quiet building, no dogs. \$750/mo, H/HW incl. Avail 10/15. Call 761-6505.

Dunstan area, 2BR duplex. Quiet, deck, yard, easy commute, near beach, NS, no dogs. \$825/mo+ utils. Avail 10/1. Call 885-8673.

Ptl'd, Munjoy Hill area. 1150sqft, updated 3BR, 1BA, hdwd, pkg, W/D hook up, bay views. NP, NS, avail 10/1. \$1300/mo, incl heat. Call 450-0267.

Winter rental, Peaks Island. 3BR, oil heat, elec H2O, 5 min walk to ferry. \$650/mo+ utils & dep. Avail 9/15-6/15. Call 203-560-3533.

Furn 2BR, 1.5BA, fplc, garage, lg lot, 10 min to Ptl'd. \$1200/mo. Call 829-3672.

1/2 duplex in priv setting, avail 10/05. 1000sqft, 2BR ranch w/ garage. W/D, oil heat, bsmt, small pets OK. \$1100/mo+ utils. Call 838-7622.

North Deering, Ptl'd. 2BR, DR, updated K & BA. Hdwd, W/D hookup, pkg, quiet area, 10 min to MMC, NP. \$850/mo+ utils. Call 893-2662.

Deering area, Portland. Lg 3BR, hdwd, LR, DR, BA, pkg, laundry, porch, lg rooms. \$1350/mo+ dep. Call 653-3442.

Valley St efficiency to sublet. Dec-May 15. \$550/mo+ utils, pkg. Call 761-0567.

Biddeford, sunny 1/2BR. Deck, priv entrance, storage, NS, NP. \$750/mo incl. H/HW, elec. Call 671-0471.

Walk to USM. Quiet 2BR, 2nd fl, newly renovated, D/W, full BA, tile, pkg. \$1100/mo, H/HW incl. Call 775-5600.

2BR quiet duplex, near USM. Hdwd, deck, W/D hookup. \$965/mo+ utils, dep. Call 885-5862.

Summerfield, Fla. 2BR, 2BA, furn, dblwide on 1/4 acre. 4mth min, nice area, near Lake & town. 1 1/2 hr to Orlando. NS, pets nego. \$1300/mo+

dep, utils incl. Call 892-9286.

1BR cottage, Forest Lake, Gray. NS, pets nego. \$725/mo+ utils. Call 657-4638.

Commercial Space, 200 Vaughan Street. Bsmt level, glass door, 1000sqft, 2/3 offices, kitchenette, BA, front room foyer. \$950/mo incl utils. Call 772-1119 or melissa.knoll@gmail.com.

Sunny studio, in quiet West End house. Perfect for one, NS, owner occu. bldg. \$500/mo incl utils + refs, dep & lease. Call 773-1169.

Free

B/W male cat, neutered, prefers indoors, declawed front paws, affectionate, great w/ kids. Call 892-2320 or iaconp@mmc.org.

Roomates

Windham house to share w/ mature, NS. D/W, W/D, cable, phone. \$500/mo utils incl. Call 632-8307.

Room w/ BA, K priv, W/D, pkg. NP, NS, near USM. NP, NS. \$400/mo electricity & heat. \$400 a month. Call 772-7138.

Furn BR w/ BA & den in Victorian house, Back Bay. Avail 9/05-6/06. Share K, LR, DR, W/D, garage. Call 899-3262.

2BR condo in Gray to share. Quiet, easy commute, W/D, deck, pkg. \$450/mo+ heat. Call 662-4983 or 657-6963.

Real Estate for Sale

2 unit, near Law School. Lg 2 & 2+BR, hdwd, decks. \$389,000. Call 885-5862.

S Ptl'd, 1/2 y/o home. 4+BR, 4000 sqft + daylight bsmt, 1/2 acre lot, hdwd, deck, fplc, garage, many extras. \$659,000. Call 879-4241 or phodge@maine.rr.com.

Timeshare, floating week. Embassy Suites Resort, Kaanapali Beach, Lahaina, Hawaii. 1BR, sleeps 4, ocean view. Exchange for anywhere. \$10,000. Call 727-5997.

2.5 acre lot, New Gloucester. Flat, wooded, soil tested & surveyed. Dead end, quiet street off Rte 100. Call 926-5063.

Open concept 2BR, 1.5BA condo. Back Bay area, 1150sqft, bsmt, new tile in BA, Pergo & Berber carpet, pkg, deck, garden. \$179,900. Call 541-4934.

3BR Condo, High St, Portland. Library, LR, DR, new appl, updated BA, hdwd, many closets. \$325,000. Call 761-1739.

Services

Need photos for you special event or a cake for a special occasion. Call 799-9117 or vanhod@mmc.org.

Yard work help avail at 767-5418.

Wanted

Car pool from N Windham to Monument Sq, Ptld. Mon-Fri, early morning & late afternoon (can be flexible). Share gas. Call 541-7533 or lambec@mmc.org.

Looking for Wicker furniture, free or low price. Email ijshananhan@adelphia.net.

CNA or PCA for awake overnight, to assist ALS patient. Up to 4 nites/wk, 10pm-7am, Cape Eliz, \$15/hr. Call 799-4507.

Merchandise for Sale

Rally, 3 wheel elec scooter. Used 3 times. \$1650 new, selling for \$825. Call 771-0359.

Beige floor mats for 2003 4dr Honda Accord LX. Never used. \$30. Call 934 9356.

Calif King mattress, orthopedic. \$300/BO. King size waterbed frame w/ draws. Fits regular or Calif King mattress. \$50/BO. Multi color couch w/ bed & mattress. \$50/BO. Email VANHOD@MMC.ORG.

John Deer tractor w/ mower & plow. Twin eng & 17hp. Call 799-6370 or 831-4923. 0 OR CELL 831-4923

Rectangular, above ground pool. 13'x26'x 4', 2004 pump, ladder, propane water heater. \$3,000. Call 727-5997.

Takara 10 spd racer, black, good cond. \$100/BO. Call 603-539-4964.

K/Q bed frame \$35; twin bed frame \$25; twin headboard \$20; stowaway weight bench \$75; weight set \$45. Call 772-7193.

2 snow tires, P205/75R15, winter radials. Exc cond. \$100/both. Call 878-5154.

DR hutch, green w/ med stain, hdwd, 2 drawers. New cond. \$199. Oak 46" round pedestal table. \$235. Call 885-5862.

Vehicles for Sale

2003 Hyundai Elantra, 34k mi, one owner. Cruise, AC, power windows. \$8500. Call 662-6094 or 934-9321 pm.

1991 Volvo sedan. 215k mi, new exhaust, 4 new tires, no rust. \$1250. Call 240-8822.

1997 Dodge Grand Caravan, SE. Exc cond, well maintained, 1 owner, 67k mi. \$5950. Call 780-1762 or mfixit2@maine.rr.com

1998 Honda Civic EX, black, 2 dr coupe, 5 spd, 60k mi. Moonroof, CD, A/C. \$7500. Call 854-1196.

1994 Oldsmobile Ciera, 75k mi, great mechanical shape, new sticker, new brakes. \$2400/BO. Call 662-4763 or 799-2183.

97 Dodge 3/4 ton, 4X4, ext cab pickup & 8' Fisher Plow. Loaded, 67k mi, \$11,000/BO. 02 Polaris Sportman 400, 4x4, loaded, 750 mi. \$4,500. 02 Polaris Scrambler 500, 4x4, 750 mi, \$4,000. 03 Polaris Scrambler 500, 4x4, 50 mi. \$5,500. 04 Quad-Pro3 Place, 4-Wheeler, Alum trailer. 75mi, ramp on ea side, \$1,650. Call 675-3178 x1.

1998, Maxum 20 ft, bow rider, boat & trailer. 130hp Mercruiser I\O, new carburetor, custom made cover, fresh H2O only. \$3,000. Call 727-5997.

02 Pontiac Grand Prix, SE, 3.8L V6, 18/28 mileage, auto, front air bags, ABS brakes, CD. 72k mi, \$8,500. Call 767-1692 x103.

1994 Cadillac Deville, 76k mi, tan, black faux convertible roof, 1 owner. \$4599/BO. Call 773-5675.

1998 Nissan, Maxima. From New Mexico, 94k mi, auto, 4dr, a/c. Runs great. \$5000/BO. Call 799 8308.

Early Detection is Your Best Protection

Sponsored by the Maine-Health Learning Resource Centers, MMC's Oncology Program, and the American Cancer Society, the following lectures are aimed at arming you with information to prevent or detect cancer early. Knowing about cancer and how it can be prevented or detected early can save your life. These sessions are free and open to the public. For more information, please call 885-8570 or 781-1730.

Ovarian Cancer

Did you know ovarian cancer is the fifth most common cancer in women? It's diagnosed in more than 25,000 women in the United States each year. Join Laurie Small, MD, as she discusses early detection of ovarian cancer, current treatment practices, and the newest technologies available. **Wednesday, October 19, 6:30-8:00 p.m.** at the Maine-Health Learning Resource Center, Scarborough Campus.

Lung Cancer

Every year over 170,000 Americans die from lung cancer. Over half of these deaths occur in people who have never smoked or are former smokers. Lung cancer accounts for more cancer deaths than breast, colon, and prostate cancers combined. Join the lung cancer specialists from MMC's Thoracic Oncology Center to discuss the latest information regarding risk, prevention and screening, as well as innovative therapies offering new hope in the treatment of lung cancer. **Wednesday, November 16, 6:30-8:30 p.m.** at the MaineHealth Learning Resource Center, Scarborough Campus. ▀

The deadline for the next newsletter is the third Wednesday of the month. To submit an item, sent it by interoffice mail to the Public Information Department, by e-mail to marketplace@mmc.org, or by fax to 662-4094.

Look for Marketplace on the Intranet under Quick Links.

Calendar

October 12

Breast Care Center Open House
See p. 9

October 14

Best Practices in the Care
of the Vascular Patient
See p. 5

October 15

OctoberQuest Conference
Dana Center
FMI: 662-6203

October 19

Ovarian Cancer Lecture
See p. 11

October 22

7th Annual Craft Fair to Benefit
the Barbara Bush Children's
Hospital
at Maine Medical Center
100 Campus Drive, Scarborough
9:00 a.m. – 3:00 p.m.
FMI: 662-2101

October 25 & 26

Best Practices in
Clinical Teaching
Eastland Park Hotel
FMI: 662-2290

October 28

Owen W. Wells
Annual Pediatric Conference
Dana Center
FMI: 662-6914

November 3

Cancer Connections Conference
See this page

November 16

Lung Cancer Lecture
See p. 11

About People

Do you have anything to share? Whether it's a professional accomplishment, an award for your department, a paper presented, or some other noteworthy item, we'd be happy to report it in What's Happening. Just email the information to Abby Greenfield at greena@mmc.org, or fax it to her at 662-4094.

- On September 19, friends and co-workers said good bye to **Shellie Hanrahan, Outpatient Registration**, and her husband, Steve, as they prepared to leave Maine and become Floridians.

During Hanrahan's 21 years at MMC she worked in Food Services, Health Information Management and for the past six years held the position of Supervisor of Outpatient Registration, Precertification and Verification. While managing the department that produces over 80,000 "blue cards" a year, Hanrahan worked closely with all point-of-service areas, outside agencies, physicians' offices and thousands of patients and families. These customers, and others described Hanrahan as always being "helpful", "knowledgeable", "friendly" and "caring".

Hanrahan will especially be missed by the registration team. Please join us in wishing her the very best in life. ▀



CANCER CONNECTIONS CONFERENCE

MMC is a major sponsor of the 6th Annual Cancer Connections Conference, a conference that brings patients and healthcare providers of Cumberland and York counties together for a daylong educational workshop. The conference is free for cancer patients and caregivers. Participants will learn about the latest in medical interventions, integrative medicine, tools for good decision-making, and a variety of community resources. The conference will be on **Thursday, November 3, from 8 a.m. to 4:00 p.m. at the South Portland Sheraton Hotel**. For more information, go to: www.cancerconnectionsmaine.org or call (800) 315-0143. ▀

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The Maine Health[®] Family

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