

What's Happening?

A NEWSLETTER

FOR THE MAINE MEDICAL CENTER FAMILY

Avatar Employee Satisfaction Survey

Your Opinion Matters!

In May, you'll have the opportunity to speak your mind! From May 11 to May 31, all employees will be asked to take about 20 minutes to complete the Avatar Employee Satisfaction Survey online. Employees will be able to take the survey on any of MMC's existing PCs or at one of the additional PC stations that will be made available. This will allow everyone easy computer access.

Survey responses will be completely confidential. Results will be sent directly to Avatar, the same independent surveying company that handles our patient satisfaction surveys.

This is our chance to identify things that are working well in the workplace, as well as areas that need improvement. 100 percent participation is our goal! This includes all shifts on all campuses. Details about special incentives for participation will be announced soon. The 2002 Employee Opinion Survey resulted in many changes as outlined in the Organizational Retention Plan released last month.

What we think does matter. After all, We are MMC.

News you can use -- In a flash

This month, all Maine Medical Center employees will be introduced to *NetNews* - a fast, easy way to stay informed and in touch. *NetNews* is an interactive screensaver that will link directly to the Intranet, your guide to what's happening at MMC. *NetNews* will bring you important announcements, including breaking industry news, construction/traffic updates, patient safety alerts, balanced scorecard info, and much, much more! You simply click on the screen to link to more information. You'll get all the news you can use - in a flash. To comment on *NetNews*, go to my.mmc.org, and click on the feedback button on the left-hand navigation bar.

MMC participates in Cover the Uninsured Week

Cover the Uninsured Week is a nationwide effort to increase access to affordable health coverage for all Americans. MMC will have an information table in the main bypass hallway at MMC's Bramhall Campus, Wednesday, May 12, 1000 to 1500 hours. The table will be staffed by a representative from CarePartners, who will be able to offer information and application assistance to individuals and families who may be eligible for CarePartners or MaineCare coverage. The national weeklong campaign will be May 10 - 16.

56th Annual Honor Night

Be part of An Evening of Stars - A Masquerade Ball



Maine Medical Center will celebrate An Evening of Stars at the 56th Annual Honor Night on Friday, June 4. Employees with five years or more of service are invited to join the celebration at the Holiday Inn By the Bay in Portland. This year, 3,259 employees are eligible to attend and will have received invitations at their homes.

The evening begins at 1700 hours with dinner at 1730 hours. Guests are invited to join employees for dancing after the awards ceremony, at around 2000 hours. This year's theme is **An Evening of Stars - A Masquerade Ball**. Masques will be provided, but feel free to bring your own if you have a favorite! Formal attire is optional.

Music for your dancing pleasure will be provided by The Bob Charest Band, playing everything from Swing to Rock and from Oldies to Contemporary. This nine-piece group features premier vocalists and rhythm and horn sections. With their great sound and presentation they're sure to keep the dance floor filled. For more information about The Bob Charest Band look them up at www.bobcharestmusic.com.

Employees who were invited to Honor Night but will be working and unable to attend will have a special

HONORNIGHT, SEE PAGE 3

Maine's newest hospital marks fifth anniversary with near-record census & more

A 60-month period of incremental successes, culminating in the recent opening of a new hospital in Westbrook, was celebrated March 31 by the staff of southern Maine's only psychiatric treatment center. Now located at 123 Andover Road, the 100-bed Spring Harbor Hospital celebrates its fifth year of service to the community.

"It has been quite an amazing journey," says Spring Harbor CEO Dennis P. King, who also serves as immediate past president of the National Association of Psychiatric Healthcare Systems. "Five years ago, it was not possible for us to envision our future here in this beautiful new building because there were far too many more immediate needs facing us."

Since opening its doors earlier in March, the new Spring Harbor Hospital is seeing a near-record volume of patients. Occupancy has been in the 90-percent range for most of the month. "Though March is typically a high-census month," King notes, "since we opened our doors, census is definitely up, even above our typical seasonal highs."

Spring Harbor was established in March 1999. By the end of that year, the hospital's annual patient admissions stood at 1,300; by the conclusion of the following year, admissions had more than doubled, making Spring Harbor the most-visited psychiatric hospital in Maine.

Other successes soon followed, including the opening of a new 12-bed unit for adults, the creation of a single point of entry for the mental health programs of Spring Harbor and Maine Medical Center, two positive triennial

reviews by the Joint Commission on the Accreditation of Healthcare Organizations and the State's Bureau of Licensing, and continued increases in admissions.

"Our primary goal from the beginning was improving access to hospital care for people in need," says Spring Harbor Board Chairman Richard Aronson. Toward that end, Spring Harbor has successfully decreased average length of patient stays from 25 days in 1999 to 8 this year, which greatly increases the number of patients the hospital can serve.

Spring Harbor also has worked with its largest referral source, MMC's Emergency Department, to reduce wait time in the ED for patients in psychiatric crisis. Back in 2001, the ED wait time for learning whether a patient could be admitted to Spring Harbor averaged more than 12 hours. Improvements since then include a 59 percent decrease in average wait time in 2003, despite a 25 percent increase in psychiatric admissions each month between 2001 and 2003. The National Institute for Healthcare Improvement recently honored the hospital's efforts in reducing their wait time.

Among those who have witnessed the five-year evolution of Spring Harbor from fledgling new hospital to solid treatment and recovery center in a new therapeutic setting is Amy Juneau. A psychiatric nurse with thirteen years of service at Spring Harbor and its predecessor organization, Juneau says, "It is so gratifying to hear that patients are choosing to come to our hospital now, not only for our clinical expertise, but also because of our new, more patient-friendly care

MMC Research Forum 2004 showcased advancements

MMC Research Forum 2004 showcased wide-ranging research performed throughout Maine Medical Center. Samantha Timmons, MD, won the award for best scientific oral presentation for "A pilot study of trauma screening in the Somali population in Portland, Maine." The \$1,000 first place award goes toward attendance at a scientific conference. The competitive plenary session featured residents, research fellows, graduate students, nurses, and others selected to represent the best research from each MMC department that participated.

This year's Forum "was the largest and most successful in the history of MMC" and involved "a very broad range of clinical and basic science participants" said Kenneth Ault, MD, Associate Vice President for Research and Director of Maine Medical Center Research Institute. Research topics were drawn from areas such as emergency medicine, obstetrics and gynecology, nursing, family practice, psychiatry, stem cell basic science research, radiology, anesthesia, and pediatrics.

This represented "an astounding variety of investigations" observed Carl Bredenberg, MD, Chief of Surgery, illustrating that "research is the creative part of our job. It deepens our understanding of our craft. It is a way to teach young trainees creative thinking, methodological rigor, and intellectual honesty."

Scientific investigators who often work behind the scenes were in the spotlight during the week of activities

HONOR NIGHT, FROM PAGE 1

dinner in Impressions Café at MMC and the Cafeteria at the Brighton Campus. Evening shift employees at MMC will dine between 1600 and 1900 hours, and evening shift staff at Brighton will have dinner between 1630 and 1830 hours.

Night shift employees at MMC only will be served from midnight to 0200 hours. Tickets for these meals will be available through department supervisors.

Free parking will be provided at three Holiday Inn parking lots. There is limited parking in the garage at the Holiday Inn. There is a Holiday Inn parking lot on Free Street, and a small lot on Pleasant Street. There will be additional free parking in the Anthem Blue Cross & Blue Shield lot, which is located next to the Holiday Inn. This lot can only be entered between 1650 and 1850 hours. After those hours, there will not be an attendant present to let cars enter. Employees need only say they are attending an MMC event to gain access to the garage. Anthem Blue Cross & Blue Shield provides this parking at no cost to MMC.

Many departments celebrate Honor Night together. Make plans with your co-workers and friends to have fun, dance the night away, and be celebrated for your service at MMC!



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For the latest MaineHealth Learning Resource Center catalog of offerings, call 781-1730. Or go to www.mainehealth.com, where you can even register on line!

An MMC nurse receives AHA honor....again

Cindy Wyatt, RN, OR, is the 2004 recipient of the American Heart Association Cardiovascular Nursing Excellence Award for the New England Region. This honor acknowledges excellence in practice regardless of role or practice setting. Cathy Prouty, Carol Parcher, Wendy Haskell, Jane Kane, Clair Berg, and Lori Barron are MMC nurses who are past recipients of this honor.

Wyatt was selected based on demonstration of leadership in visioning, communication, challenging the status quo, enabling others, continuous learning, and managing change through interdisciplinary teamwork; coordination of resources and services, promotion of professional accountability and facilitation of problem solving; and for innovation in care or practice demonstrating unique and enduring approaches to individual, group, and institutional needs.

A graduate of the Newport Hospital School of Nursing, Newport, Rhode Island, and Nova University in Davie, Florida, Wyatt is currently enrolled in a master's program at the University of Massachusetts. She came to MMC in January 1999 as an OR staff nurse, and is currently Cluster Leader, Cardiovascular Surgery. Previously, she was Coordinator of General Surgery at Rhode Island Hospital in Providence and Nurse Manager in the Surgical Intensive Care Units at Hollywood Memorial Hospital in Hollywood, Florida.

Another MMC "Shining Light"

Here's another heartwarming and inspirational example of an employee's commitment to providing not just the clinical care our patients expect, but the compassion and dignity they need.

If you have a heartwarming story to share, please send it to Tracy Armitage at armitt@mmc.org. You can view all Shining Lights stories on the Intranet.



Linda Farrow deserves to be commended highly for her consistent and extremely caring support for one of our very long-term inpatients and his mom.

We had a patient who virtually lived here on R5 for the last few months of his life. He recently died. His mom is elderly, quite frail, and pretty much alone in this world. She essentially stayed here on R5 whenever her son was admitted. Over the years she had come to know many, many MMC staff folks. She viewed everyone here as her "family". Linda had befriended her and assisted her on many occasions with a variety of things ranging from something as simple as getting her a towel, to providing her with transportation outside for errands, helping her with her laundry, etc. Linda often came to simply sit with her for support whenever her son's condition worsened.

When it became apparent that the patient would soon die, Linda was the one who was able to calm and console this extremely distraught mom. And when he died around 1:30am on a Sunday, it was Linda who came in, gave her a ride home, and then came back here to MMC to work her regular shift.

It is people like Linda who exemplify the Customer Service Standards as developed from the Service at the Center endeavor. How fortunate we are here at MMC to see the respect standards being demonstrated in such a touching manner.

Please acknowledge Linda's actions and know that all of us on R5 are grateful for all she did to assist a very needy family in their time of crisis.

Sincerely,

Rita Menard, Nurse Manager, R5

RESEARCH, FROM PAGE 2

from Friday, April 2, through Thursday, April 8. The plenary session on the last day capped a week of 32 research presentations in Grand Rounds given in nine different departments throughout the hospital. The outstanding research talks at the plenary session were chosen from more than 60 abstracts submitted for consideration. A Poster Session on Thursday afternoon presented 42 research projects.

At the close of the plenary session, a panel of judges worked to choose the winner while the participants enjoyed a reception. Robert Friesel, PhD, Scientific Director of MMCRI, who served as one of the judges, commented that "the scientific papers were the best they have ever been! There were really outstanding basic and clinical scientific projects." He sees the Research Forum as encouraging more translational research and increasing collaborations between clinicians and basic scientists.

Dr. Timmons, a Fellow in the Department of Internal Medicine, performed the winning study. Her research uncovered a universal experience of trauma among the Somali patients she interviewed. Susan Swartz, MD, a co-chair of the Planning Committee, commended Dr. Timmons' work as "fascinating socially relevant research conducted in a rigorous and ethical way." These findings highlight the difficulties faced by MMC in delivering high quality healthcare to the diverse Portland community and may point the way to improving future care.

It took Dr. Timmons about two years to perform her study, starting with an idea during her second year as a resident in Internal Medicine. Her research was supported by a grant from the Maine Medical Center Research Committee and by mentoring from more experienced researchers, such as

Kathleen Fairfield, MD, DrPH, in the Center for Outcomes Research. Timmons said the results of her study have significance for all types of people who interact with immigrants in the southern Maine area, including police, aid workers for immigrants, mental health professionals, and medical care providers. She hopes getting the word out to many groups who work in cross-cultural settings will raise awareness of the trauma that most Somali immigrants have experienced, so they can be supported and their needs can be better met.

Research Forum is planned to continue as an annual event to emphasize the importance of research as one of MMC's three central missions, and to encourage young researchers. Jan Trott, Director of the Office of Research Administration, and a co-chair of this year's event, commented that "wonderful research is taking place at MMC and the level of professionalism is very high. The presenters should all be proud, as the scoring for the prize was very close."

MMC celebrates National EMS Week

May 16-22

EMS Kids Day!

Friday, May 21,
1400-1900 hrs

13 Charles Street

Representatives from Safe Kids will check car and booster seats, providing replacements if needed.

Bike helmet giveaways, with fitting and safety tips for all kids.

See Portland fire trucks, MMC's Angel One ambulance, the Crash Test Dummies, and more!

Protein Alley comes to Impressions Café

As trends in food and cooking change, Impressions Café is changing to meet customer needs. Fueled by staff requests for increased variety, enhanced recipes, and current interest in popular diets, the Café has begun to make improvements — one station at a time. If you've been to the salad bar lately, you've noticed a plethora of new mouth-watering options.

Protein Alley, dubbed as such by Café staff, features a variety of high-protein salad fixings that, starting in May, will rotate on a three-week schedule. This is an effort to offer more selections to customers, while still maintaining healthy standards. New items will include: dry tuna (no mayo), roasted/marinated veggies, mixed fruit, flavored tofu, hard cooked egg (no mayo), raisins, sliced almonds, walnuts, cubed meats and cheese, and much more! Enticing? Come check it out!

The folks in Nutrition Services hope everyone will enjoy these changes and are happy to be able to accommodate their customers' changing needs and tastes. Please continue to send comments to Nutrition Services via their departmental Intranet site.

Look for more changes coming to Impressions Café! In the meantime, check out the menu on line, at <http://my.mmc.org>. Look for the pink

A note of thanks

I want to express thanks to all who supported my family and me in our time of loss. Your kind words and gift were very much appreciated.

Real Lizotte



Employee Benefit News

Employee Benefit Web Site

Employees can now access important information related to their benefit plans by going to the MMC Intranet home page and clicking on the HR/Benefits link. Summary Plan Descriptions, forms, general information, and the 2004 Employee Discount Brochure all appear on the benefits web site. This site will be maintained with up-to-date information as amendments or changes occur.

Anthem Health Partners HMO

Employees on the Health Partners plan will soon receive a notice from Anthem that Rheumatology Associates, P.A., is continuing as an in-network provider with Anthem. Employees will be able to continue using, without interruption, the services of RA as a participating provider in the HMO Health Partners network. Any specific questions concerning coverage should be directed to Anthem at 822-5172 or 1-800-622-0797.

Combined Services, LLC

Employees who submit reimbursement requests to Combined Services for orthodontic expenses will need to provide a copy of the initial treatment plan showing anticipated dates of service and charges. A copy of a single receipt will not be considered sufficient documentation for reimbursement.

Anthemprescription.com

If you use the anthemprescription.com web site to submit refill requests for mail order prescriptions, please take note: beginning April 16, new privacy safeguards will require some users to obtain a new user name and password for access to online pharmacy services. If your user name and

password will be affected by these changes, you will be notified via the email address submitted when you registered for the online pharmacy feature. If you choose to use the online pharmacy service for the first time, you may still register online, however, you may be contacted to make changes to your user name and password if you have registered at any time prior to April 16, 2004. If you have already registered, you may still log in to access online pharmacy services.

The online pharmacy feature allows you to review benefit and prescription information, search your drug lists and formularies, review prescription history, find pharmacies in your network, and manage your prescription orders.

2004 Employee Discount Program

We are sorry to report that TGI Friday's is unable to continue their participation in the Employee Discount Program, however, there are still many fabulous restaurants in the program. Please contact the Employee Benefits Office if you have any questions. Updated discount brochures are still available in the Human Resources area at each MMC campus. Pick up your copy to see how the program has expanded. One of the newest additions is Peinado Hairworks, 50 Market Street, South Portland, with a 10% discount on services.

HR CORNER, SEE PAGE 8

The Outreach Education Council in partnership with The MMC Antimicrobial Stewardship Program

presents

Infectious Disease 2004

Issues and Controversies

Friday, June 11, 2004

Dana Education Center

Featured Faculty to Include

John McGowan, MD, Emory University • Phillip Barie, MD, Cornell University
Dale Gerding, MD, Hines VA, Chicago • George Drusano, MD, Albany Medical Center
Louis Rice, MD, Case Western • Tobi Karchmer, MD, Wake Forest University, NC
George Eliopoulos, MD, Beth Israel Deaconess Medical Center

Content Highlights

Host Defenses in Infectious Diseases • Economic Impact of Antibiotic Resistance

Antimicrobial Resistance and Its Management in

- Gram-negative Bacteria

- Gram-positive Bacteria

New Treatment Methods for Acute Bacterial Sinusitis

Limiting the Duration of Antimicrobial Therapy • C. difficile Disease

Infection Control Issues

6.5 Hours Category 1 CME Credit; 8.0 Contact Hours

FMI call 871-2290

Complete brochure may be found at www.mmc.org

Click on Infectious Disease 2004 under "What's New at MMC" heading

Laboratory professionals work with you for better health

You often hear: "We're waiting for lab results." You rarely get to the lab and only know the voice at the other end of the phone. Just who are these lab professionals?

The clinical laboratory is staffed by various categories of professionals. Medical technologists, medical laboratory technicians, cytotechnologists, histotechnologists, and histology technicians have the education and skills to unlock important medical information that is pivotal to the diagnosis, treatment, and prevention of disease. Phlebotomists and specimen processors are trained in the very important job of ensuring quality specimens are collected from patients and are handled appropriately to provide accurate test results. All are key members of the healthcare team.

Every day, nurses, physicians, and other caregivers depend on laboratory professionals to perform tests on blood and other body fluids, interpret the results, and help provide a complete picture of a patient's health. Using modern biochemical equipment and complicated analysis, laboratories can detect the presence of cancer, identify infectious viruses and bacteria, determine which antibiotics might best treat an infection, measure glucose, cholesterol, or drug levels in blood, and select proper blood components for transfusion. Without this precise and valuable information, medicine would be guesswork.

We are currently facing a national, critical shortage of laboratory

professionals. There are approximately 300,000 clinical laboratory science (CLS) practitioners in the US. The U.S. Bureau of Labor Statistics has predicted a need for about 93,000 CLS positions in the next four years.

Clinical laboratory scientists working in the laboratory today hold the minimum of an associate degree and are board certified by national certification agencies. Many hold baccalaureate or masters degrees, and may hold an advanced board certification in a specific discipline such as microbiology, chemistry, hematology, immunology, cytotechnology, or blood banking.

Many of Maine's community colleges and NorDx offer a Phlebotomy Certificate program. Central Maine Community College, University of Maine - Augusta, and University of Maine - Presque Isle offer Associate Degree programs in Clinical Laboratory Science. The University of Maine offers a baccalaureate Medical Technology program. NorDx also offers Medical Technologist and Histology Technologist Apprenticeship programs for applicants with the appropriate college degrees.

In honor of National Laboratory Week, April 18-24, congratulations to clinical laboratory scientists, phlebotomists, specimen processors, and laboratory support staff for their continued dedication and the vital contributions they make to healthcare as part of NorDx and the MaineHealth family.

SPRING HARBOR, FROM PAGE 2

environment. It is a tribute to staff dedication to the proper treatment of people with psychiatric illness."

"None of our success over the past five years, and especially our latest transformation, would have been possible without our employees' support, loyalty, expertise, and dedication to our patients," King notes.

Spring Harbor is southern Maine's only psychiatric hospital serving persons of all ages and the state's only resource for short-term inpatient treatment for youth with both mental illness and developmental disorders. Founded in 1999, the nonprofit hospital partners with more than 2,600 individuals each year in their recovery from serious mental illness and chemical dependency. At its new location, Spring Harbor Hospital features twice as many private rooms, expanded therapeutic space, indoor and outdoor recreational facilities, community meeting room space, and residency-training and mental health research facilities.

Supporting, Promoting & Maintaining Breastfeeding

*with pediatrician
and breastfeeding expert*

Dr. Jack Newman

Toronto, Canada

Friday, May 21 0800 - 1530 hours

Reception (RSVP required)

1700-1800 hours

followed by

"Jaundice & Hypoglycemia"

1800-1900 hours

MMC Dana Center

For brochure, contact Carole Tubbs, Lactation Consultant, 871-4555 or 693-4678, or the Center for Professional Development, 871-2319.

Don't know who to call?

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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

English bulldog pups. 2 F avail. Born on Leap Day. Ready to go now. Great with children. \$1,400. Call 329-6025 or 856-2804.

1YO 8,000 BTU air conditioner, never used, \$75. Contact cicress@mmc.org

TROYBUILT rototiller, 8HP. Exc. Cond. Asking \$800 or BO. Call 929-6826.

Wedding gown: Size 10, sleeveless, frontal beadwork, long train, petticoat, veil. Asking \$250. Call 282-0702.

Wedding gown: Size 22, short sleeves, frontal beadwork, train, veil. Asking \$200. Call 934-7710.

Canoe: \$200.00 or BO. Call 797-3739, leave message.

Queen sleep sofa: \$475; 3 wrought iron tables: \$175; Gn recliner: \$275; white dresser w/mirror: \$175. Call 892-6819.

Ptld: Walk to work! One-of-a-kind condo in lovely Victorian. Orig. moldings, wood floors, tin ceilings, two fplc, coal stove, pocket doors, custom K cabinets, cement countertops, onyx island. Condo fee: \$100/mo, pkg. \$207,000. View at www.helpusell.com Call 839-7736.

Yarmouth/Blueberry Cove condo: waterview, 3 BR, 3.5 BA. Renovated. Hdwd, granite, tile. Tennis and heated pool. \$435,000. Call 846-8860.

Ptld: Condo townhouse, Stoneledge Drive (near corner of Brighton Ave & Stevens Ave). 3 min. from Brighton Campus. 2 BR, den, 2 BA, garage, patio, fplc, sunny, quiet, private. \$235,000. Call 797-4568.

S.Ptld/Willard Beach: beautiful, big 7 rm house near beach! Deck, fplc, huge BA w/Jacuzzi tub, wood floors, garden, W/D, pkg. Option to buy. \$2000/mo. Avail now. Call 207-450-8324.

1992 Nissan Stanza 5-speed. 135K mi. Runs great! Needs tires, minor work. \$800 firm. Call 767-2666.

1994 Ford Aspire, 5 speed on the floor, 42,950 orig. miles. Asking \$2100 or BO. Call 727-4089 or x4758.

1999 Porsche Boxter. Blue on gray leather and top. 51K mi, 5 speed, power windows/locks, traction control, CD, 18" turbo wheels. Call 985-8542.

2001 Lincoln Navigator: Navy blue with gray leather. 64K mi, 7 passenger with captains' chairs, rear A/C and heat, tow pkg, moon roof. Serviced by dealer. Must sell, payoff \$27,900. Call 650-1603 or 671-0735.

1994 Nissan Sentra: Tan, 4dr, A/C, auto, 145K mi, well maintained. Asking \$1600 or BO. Call 807-7352, leave message.

FOR RENT

Kennebunkport: Nicely furn., fully equipped, 1 BR apt. Walk to town & beaches. Incl. all utils and cable TV. NS/NP. Avail now. \$850.00 mo. Call 207-967-8433.

Kennebunkport: Brand new, furn, 1 BR garage apt. Walk to town & beaches. NS/NP. Avail now. \$950.00 mo. Call 207-967-8433.

Portland (Longfellow Square, Maine Medical Center): Spacious 4 BR, LR, DR, lg K, pantry. Hdwd floors, carpeting, pkg. \$1300 + utils. Call 774-1040.

Avail beginning June. Gorham, 14 Lawn Ave. 3 BR ranch on quiet neighborhood street. Fplc, hdwd floors, garage, fenced yard. Fresh paint, updated K & BA. W/D. \$1100/mo + utils. Call 207-846-9963.

Avail mid August. Yarmouth, 33 Bates St. 2 BR ranch plus den in village. Hdwd floors, fresh paint, new BA & K appliances. W/D. \$1100/mo + utils. Call 207-846-9963.

Waterfront camp: 3 BR, BA, screened porch. 1hr 20 min from Ptld. \$600/wk. Call 799-1256.

Chebeague Island, oceanfront sandy beach. Division Point. Call 846-8860.

2 BR apt avail end of May. Great space with priv entrance. Pkg, storage space. West end near MMC and Mercy. \$875/mo, heat & hw incl. Non or outside smokers only. Call 879-0634.

Charming furn 1 BR, Morning St, Ptld's East End. Ocean views. Gas fplc. W/D. NS/NP. Sec Dep. \$975/mo. Utils incl. Call 780-6557. Available now.

Morning St off Eastern Prom, near Ft Allen Park. Renovated 2 BR unfurn apt with ocean views. Hdwd floors, tiled bath, fplc, W/D. NS/NP. Sec Dep. \$1200/mo + utils. Call 780-6557. Avail May or June. Multi year lease possible.

1st floor apt avail May 15. 2 BR, hdwd floors, renovated, W/D, pkg avail, utils not incl. NS. \$925/mo. Call 450-9462 or e-mail cgoltz2@yahoo.com.

1 BR, S.Ptld. NS/NP. \$500/mo + utils. Call 799-9750.

Cumberland Ave. 2 min walk to MMC, owner occupied, 2 BR, LR, DR, updated K, W/D hook up, 1 car pkg. NS, lease, \$875/mo. Avail May 1. Call 773-7768.

Condo townhouse: Ptld, Stoneledge Dr (near corner of Brighton Ave & Stevens Ave) 3 minutes from Brighton Campus. 2 BR, 2 BA, garage, patio, fplc, finished attic, sunny, quiet, private setting. NS/NP. Refs req. \$1375/mo. Call 797-4568.

Sunny West End 1 BR apt. Safe, quiet neighborhood. Hdwd floors, nice K, deck entrance, private yard, pkg. \$700/mo + utils. Call 879-2404.

N. Yarmouth: All utils & cable incl, private entrance to 1 rm w/BA. No K, but has sm refrigerator; microwave or hotplate welcome. Furnace in room. \$375/mo. Avail now. Call 829-3381.

Willard Beach area, S.Ptld. Lg, sunny, quiet 2 BR duplex. Hdwd floors, pkg, deck, W/D hookup, basement storage. NS/NP, avail May 1. \$1100.00/mo + utils. Call 767-5092 or jnicole@msn.com

Condo, Ptld, West End: renovated, beautiful & spacious. 1 BR w/lg, custom eat-in K, custom BA, hdwd floors. 2nd floor unit in quiet neighborhood. Walk to hospital, arts district, restaurants. Storage & pkg. Economical gas heat and elec not incl. Pets OK, NS. Avail now. \$900/mo.

Call 771-0833 days.

Recently renovated 3BR raised ranch, quiet dead end street w/association beach and nice yard. Easy commute to MMC. NS/NP. \$1500/mo. Call 892-6819.

2 BR West End condo: currently being renovated, near MMC, lease with option, \$1400/mo + dep. Call 777-1896 after 6 PM or Ggagnon207@aol.com

2 rms w/BA, K privs, elec, heat, water, W/D, pkg. NP/NS. Near USM. \$500/mo. Call 772-7138.

The deadline for the next newsletter is the first Wednesday of the month. To submit an item, sent it by interoffice mail to the Public Information Department, by e-mail to davolm@mmc.org, or by fax to 871-4094.

Look for Marketplace on the Intranet under Quick Links.

2 BR, 2 BA, Harborside condo. Fully furn, 1200 sq ft, corner unit in the Portland House. Avail yr round, 3-mo. min. NS/NP, \$2500/mo + utils. Call 415-309-8474.

East End 2 BR apt w/deck, water views, flower gardens. Easy access to in town and MMC. Quiet, owner occupied bldg. Laundry & storage in basement. Pkg for 1 car. NS/NP. \$850/mo incl heat/hot water. Avail now, lease & sec dep req. Call 775-2012.

N. Saco (8 mi from Mall/Exit 6a), optionally furn. 3 BR, 1.5 BA, eat-in center island K, DR, lg LR, upstairs laundry, full basement, lg 2-level deck, 2 car garage, yard, quiet prof. subdivision. NS/NP. \$1600/mo + utils, req 1st/last month rent + sec dep, 1 year lease. Call 450-6501.

ROOMMATE WANTED

Prof F to share 2 BR, 1 BA apt on East End. Lg K, LR, DR, great deck, 1 block off Prom. \$375/mo, heat & hot water incl. NS/NP preferred. Call 874-6629.

Scarborough: F, quiet, to share 2 BR, 1 BA townhouse. 7 min. to Ptld, pkg avail, nice quiet area, 6 month -12 month lease, avail 5/1. Patio, small dog present, \$600/mo. incl all utils. Call 774-2381 or 883-6382 after 5:30.

FOUND

In employee parking garage: college pin with initials J.M.B. 1973. Call x6204.

SERVICES

Spring cleaning: Painting of houses/offices, interior/exterior, also trim. Yard cleanups, incl trash removal. Exc refs/free est. Call 749-6811.

Custom watercolor or photo gift certificates. Purchased from auction and won't use. \$50 or BO, will donate proceeds. Call 637-3199, leave message.

CHILD CARE

Native Mainer w/10+ yrs prof nanny experience (and mature 4 YO daughter) seeks summer position. Exc cook. Hours and living arrangements flexible. Impeccable refs avail. Operates small Caribbean inn during winter. Email harborlights@anguillanet.com or call 1-264-497-4435.

WANTED

Incoming fellow seeks 1-2BR apt. for June or July availability. In or out of town OK. Call 603-353-9097.

Queen size mattress & box spring. Call 675-3488.

3 BR, 2 BA cottage on beach, 5/21-28 or 31. Dates flexible. Email shelligreenfield@hotmail.com.

What's Happening?

at Maine Medical Center

- All month** Healthviews. Cable Channel 4, Thurs., 1400 & 2000 hrs; Fri., 0200 & 0800 hrs.
- May 1** Women's Wellness Day, S. Portland Sheraton. FMI: MaineHealth Learning Resource Center, 781-1730 or 885-8570.
- May 3 & 5** Skin screenings. Call 885-8517.
- May 16** Southern Maine Heart Walk, Back Cove.
- May 20** United Way Day of Caring 2004. FMI: bridgc@mmc.org.
- May 21** EMS Kids Day. *See p.4*
Supporting, Promoting & Maintaining Breastfeeding. FMI, 871-4555. *See p.6*
- May 31** Memorial Day
- June 4** Honor Night
- June 11** Infectious Disease Issues & Controversies. FMI: 871-2290.

Nursing scholarship available

MMC's Department of Nursing Scholarship Committee will soon consider grants for the 2004-05 school year.

MMC employees who are enrolled in or accepted to an accredited nursing program (MS, BS, AD, Diploma, LPN, CNA) are eligible and invited to apply. The committee considers grants for both the fall and spring semesters at the same time, so applicants should anticipate their needs for the full year.

Applications are available in the office of the Vice President of Nursing/Chief Nursing Officer or by calling Priscilla at 871-2336. They may also be obtained from the Department of Nursing website on MMC's intranet homepage. The application deadline is July 1. For further information, contact committee chair Suneela Nayak, MSN, RN, in Staff Development, 871-4588, or nayaks@mmc.org.

The MaineHealth® Family

35th Annual Spring Surgical Symposium

Thursday, May 13 0800-1500 hours Dana Center

The Isaac M. Webber Lecture

Colon Cancer: The Management of Hepatic Metastases

David L. Bartlett, MD, FACS

Assoc. Professor of Surgery, Chief, Division of Surgical Oncology,
Univ. of Pittsburgh Medical Center

FMI contact Kim Whitney, 871-2934. Please register by May 7.

HR CORNER, FROM PAGE 5

403(b) Retirement Plan

Three new investment funds have been added to the MMC 403(b) Plan: the Franklin Income A, American Funds AMCAP A, and Evergreen Special Val A funds. As we told you last month, the AIM Premier Equity, Janus Balanced, and Van Kampen Emerging Growth funds have been discontinued as investment options. In addition, those participants who have elected a "lifestyle allocation model" must re-elect a revised lifestyle model. If a new lifestyle model is not elected, then your account will default to funds selected by Lincoln.

Please contact the Employee Benefits Office or your local Lincoln representative, Jenny Billings (774-1113), if you have any questions concerning the new funds or lifestyle allocation models. Employees may also contact Lincoln Alliance's national office at (800) 234-3500.

New employees may wish to schedule some time to attend the 403(b) presentation/information sessions held monthly in the Dana Center to review plan fund options, details of how the plan works, etc. The next information sessions are:

Monday, May 17, 1400-1500 hours, Dana Classroom 3

Wednesday, June 16, 1000-1100 hours, Dana Classroom 2

Are you sure it's just a freckle? Skin Screenings - May 3, May 5

If you have freckles, sunburn easily, notice a change in a mole, or have a family history of skin cancer, this screening is an important step in protecting your health. You'll receive a thorough visual exam from a qualified health professional, and learn important tips to help you avoid skin cancer. All screenings will be held at MMC's Bramhall Campus. Appointments will be made for times between 1800-2100 hours. Space is limited - time slots are reserved for MMC employees. Reservations required. Call 885-8517 to schedule your appointment. Sponsored by the Maine Medical Center Oncology Program and Greater Portland Area Dermatologists.

What's Happening? is published the third week of the month at Maine Medical Center for members of the hospital community and for friends of the institution throughout Maine and northern New England. Comments, questions, and suggestions may be addressed to the Office of Public Information, MMC, 22 Bramhall Street, Portland, Maine 04102-3175. (207) 871-2196. Editor: Wayne L. Clark.