

WHAT'S HAPPENING

A newsletter for the Maine Medical Center family

October is Prime Time for Tick Bites

Resources help Mainers plan for safe outdoor activities

Lyme disease researchers at the Maine Medical Center Research Institute (MMCRI) want to alert the public that the peak of adult deer tick season occurs in October – on average, half or more ticks may be infected with the Lyme bacterium, or other disease pathogens. It is estimated that as

many as 13,000 people contracted Lyme disease in Maine in 2014.

“The great outdoors is what Maine is all about. Just remember to always do your tick check,” said Dr. Peter Rand, senior investigator at the MMCRI Vector-borne Disease Lab.

This time of year, with dog ticks in hibernation, any tick found in southern Maine will almost certainly be a deer tick. Feeding ticks should be removed immediately. Advice specific to Maine and Mainers can be found on the MMCRI “Tick Lab” website ticksinmaine.com, launched last

summer, based on the lab’s 26 years of research on ticks, their hosts, habitats, and disease transmission. Information is also available on the University of Maine Cooperative Extension at extension.umaine.edu/ipm/tickid.

It’s Time to Enroll in 2016 Benefits

Open Enrollment is going on now through Monday, November 16. Visit the MaineHealth Benefits Portal at mainehealth.bswift.com to review the details of your MaineHealth benefits and

enroll online. You must choose your 2016 benefits by the deadline, or you will not have MaineHealth benefits next year.

Need help selecting bene-

fits? “Ask Emma” is a new interactive tool available through the MaineHealth Benefits Portal that offers personalized cost comparisons, models future health scenarios, and translates

jargon into easy-to-understand language.

Remember: You must re-enroll in benefits every year to maintain coverage.

Healthcare Heroes Honored

Almost one year ago, a retired physician vacationing in Maine experienced a heart issue and ended up at MMC. The patient recently reached out to the Philanthropy Department (formerly Development) and made a gift to MMC in honor of his many Healthcare Heroes.

On Thursday, October 22, the CTICU’s Donna Forgues, R.N., and Ann Marie McNeil, C.N.A., were

the first of the grateful patient’s caregivers to be presented with Healthcare Hero recognition. Here is just a small piece of his thankful letter: “Their efficient no-nonsense command of the situation along with their explanation put me at ease ... I associated their care of me with the morning and daylight, following the nights of hallucinations, alarms, and terror.... They did everything right.”



CTICU’s Ann Marie McNeil, C.N.A., left, and Donna Forgues, R.N., are recognized for excellent patient care.

PEOPLE NEWS



Heidi M. Golden, M.D.

Heidi M. Golden, M.D., has joined Maine Medical Partners – Endocrinology and Diabetes Center. Dr. Golden is fellowship-trained in Endocrinology and will be specializing in general endocrinology, diabetes, thyroid and parathyroid disease, osteoporosis, pituitary disease, and adrenal disease. Dr. Golden received her medical degree

from SUNY Downstate School of Medicine. She completed her residency at New York Hospital Weill Cornell Med Center and her fellowship at NYU School of Medicine where she received the Endocrinology Fellow of the Year award.

Christine Kleinman, D.O., has joined Maine Medical Partners – Hospital Medicine. She received her medical degree from University of New England College of Osteopathic Medicine and completed her Family Medicine residency at Brown Memorial Hospital of Rhode Island. Dr. Kleinman will work at both MMC and Stephen's Memorial Hospital as well as spending part of her time on the Family Medicine



Christine Kleinman, D.O.

teaching service. Her clinical interests include working with medically complex adult patients in the acute setting.

In her spare time, Dr. Kleinman enjoys spending time with her husband Dr. Michael Kleinman, Neurology, and their two young children in the Maine outdoors.

COMING UP AT MMC

Bag Sale
Monday, October 26
9 a.m. - 4 p.m.
Dana Lobby

United Way Info Booths
At the Bramhall and Brighton Cafés
Tuesday, October 27
11 a.m. - 1 p.m.
Thursday, October 29
11 a.m. - 1 p.m.

Book Fair at Brighton
Benefits BBCH
Wednesday, October 28
9 a.m. - 5 p.m.
Third Floor Conf. Room

Women's Empowerment
And Self-Protection
Workshop
Monday, November 2
6 - 8:30 p.m.
81 Research Drive
Scarborough

CNA Informational
Session
Thursday, November 5
6 p.m.
Dana Auditorium

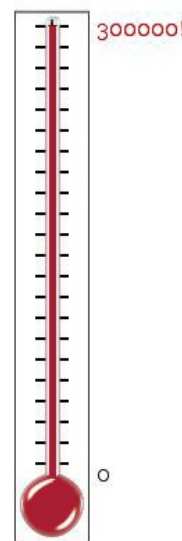
For details on these and all upcoming events, check out the Calendar on the MMC Intranet.

We Did It!

Thanks to everyone who gave, we met our
MaineHealth United Way 2015
campaign goal of \$300,000.

There's still time to be entered to win an iPad mini or a Gilman Garage Parking Spot. Look for an email from epledge@unitedway.org with your personal pledge link.

Give It Forward. Get It Back.




Maine Medical Center
MaineHealth

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Comments, questions, and story ideas:
Chelsea Miller, Communications Specialist
(207)662-4096 millec7@mmc.org