



# BRIGHTON Rounds

OCTOBER 1992

VOLUME: 1:10

## Brighton Softball Team Caps Off A Great Season



Team members front row (l to r) Steve Wojtysiak, Rick Dambrie, Lisa DePrez, Ron Cavellaro, Peter Rodriquez, Mike Britting, Brad Palmer, Back Row (l to r) Charlie Caruso, Scott Heatley, Wayne Hutto, Todd Baston, Mike Goyet, Rick Dahms -Absent: Jim Donovan, Terri Doire, Ann Darling, Linda Wallace, Terry Grant, Bob Cloutier, Mark Maners, Tony Stewart & Dave Gagnon.

The Brighton Medical Center's 1992 Softball team capped off a great season with a 24-17 victory over the National Weather Service. The win was Brighton's ninth victory against just two losses. Brighton Softball Coach Rick Dambrie adds: "The emphasis and philosophy of the team was for total participation and to have fun, and if we won a few games that would be a bonus." This successful initiative will be repeated next summer .. watch for details in the late spring.

## Marlene Baxter Honored by U.S. Air Force

Marlene Baxter of Medical Education is pictured with the plaque that she was presented by the United States Air Force in recognition of her outstanding efforts in working with the Air Force in the area of physician recruitment. Marlene was one of only 4 individuals nationally to receive this prestigious distinction. Marlene was instrumental to helping Tim Taylor, D.O. (a graduate of last years Intern class) to land a physician position in the Air Force.



Marlene Baxter

### Winners of the Facilities Management Open House

1st Prize: Jackie Collins, OBS - Vacuum  
2nd Prize: Mark Dunton, Food & Nutrition Services  
4 Red Sox Tickets

# MEET THE BOARD OF TRUSTEES

By Barbara Gill

Community Relations Committee where he presently

This is the Seventh in a series of articles highlighting the Brighton Medical Board of Trustees. This month we visit with STANLEY W. SONTZ.

Stanley W. Sontz is a technical consultant in the fields of heating, air conditioning and ventilation systems. He also consults with contractors on construction projects including air and water balancing systems. Stan began this career with his father and brothers in Massachusetts before moving to Maine in 1974 to manage a subsidiary.



*Stanley W. Sontz*

He is a member of the American Society of Heating, Refrigeration and Air Conditioning Engineers. He also serves as an arbitrator for the American Arbitration Association for Alternative Dispute Claims.

Stan is an active Member of the Board of Directors of The Cedars Nursing Care Center, a 99 Bed facility built in 1991, where he also serves as Chairman of the Planning Committee and the New Facilities Committee.

Stan is a member of the Cape Elizabeth Police/Fire Unit where he assists at accidents, storms or other emergencies.

A Member of Brighton Medical Center's Board since 1978, Stan has served on a number of committees, including the Building and Grounds Committee and the

serves as Chairman. "So many positive changes have taken place in the years I have served on the Board".

" Brighton Medical Center has continued to review its goals and mission in order to meet the needs of the community through enhanced services". In his three years as Chairman of the Community Relations, he said, " I have seen the integration of M.D.'s from the community with our own Osteopathic physicians. We have responded to areas of need brought to our attention through community focus groups, The Lifeline Emergency Response System and the Respite care beds which allow care givers an opportunity for a rest or vacation."

Stan acted as BMC delegate to the Maine Hospital Association Trustee Advisory Group, where as a member of the Education Committee, he developed and encouraged educational programs for Trustees. " Board of Trustees have become more informed through the years, with a better understanding of the challenges of health care in the community, state and nationally."

Stan and his wife Marlene have been married for 30 years. They are the parents of two children, a daughter Danielle, a senior nursing student at University of New England and a son, Mark. Mark and his wife Mary, are the parents of their grandchildren, Andrew and Elizabeth. Stan spoke of the high esteem and appreciation he holds for the nurses at Brighton from both his Board experience and the personal experiences of his family while they were patients. That experience may also have contributed to his daughter Danielle 's choice of career in nursing.

## Brighton Welcomes New Department Directors

A warm welcome to two new department directors who recently joined Brighton's management team.

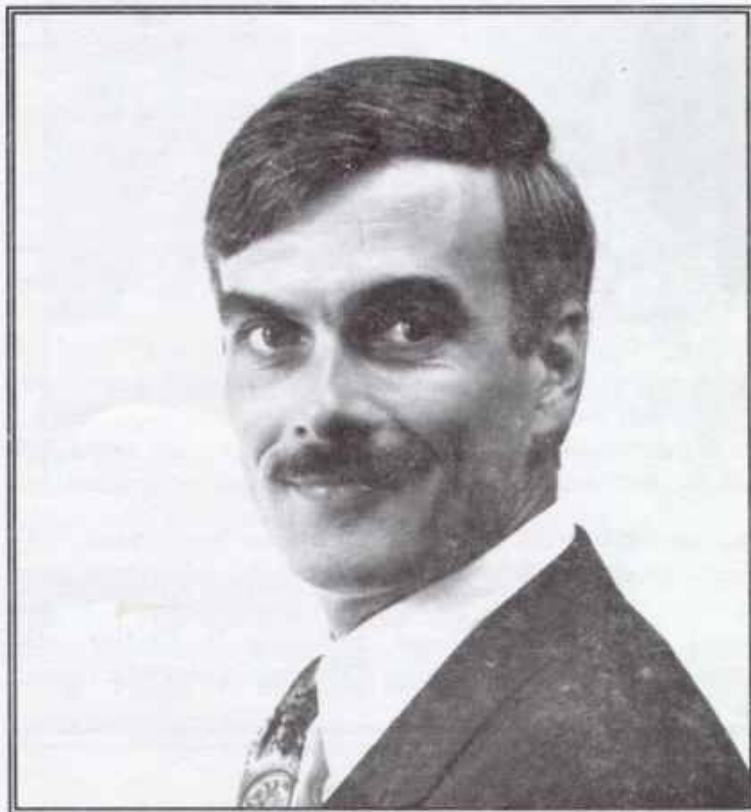
David Macisso, CLS, MT, Brighton's new Director of Laboratory Services, came to Brighton with over 20 years of clinical laboratory experience, most recently as Chief Medical Technologist at Northern Diagnostic Laboratory (NorDx) in South Portland which is a affiliate of Maine Medical Center. Dave is a graduate of the University of Maine at Orono where he received his Bachelor of Science in Microbiology. He also is a graduate of the University of Southern Maine where he received his Master of Business Administration.



David Macisso, CLS, MT

Dave has already met many Brighton Employees and looks forward to getting to know everyone. He replaced Carol Male, who was recently named to manage Brighton's newest affiliate, Diagnostic Imaging Services located at 1250 Forest Avenue in Portland.

John Taylor, Director of Food and Nutrition Services came to Brighton from the Portsmouth (NH) Regional Hospital where he was interim Director of Food Services. Prior to his duties in Portsmouth, John served as



John Taylor

Asst. Professor and Department Chairperson at Morrisville College (an affiliate of State University of New York) where he oversaw the Restaurant Management, Dietetic Technician, Nutrition and Travel & Tourism Programs. He has a Bachelor of Science in Hotel Administration from the University of New Hampshire and a Master of Business Administration from Plymouth State College.

John replaces Donna DePietro who left Brighton as she is getting married and moving back to Pennsylvania.

# BMC HOSTS UNITED WAY TELETHON



On September 23, 1992, BMC hosted the United Way Small Business Telethon. Community volunteers from banking, retail and health care organizations helped solicit 600 small business, resulting in \$3,150 total corporate contributions to all BMC employees who helped us.

## Hilda Gothrow of the Business Office celebrates 77th Birthday!



Hilda Gothrow (center of photo with corsage) celebrates her recent birthday with the help of her co-workers in the Business Office. Hilda is Brighton's most senior female employee. Rev. Maurice Allaire is Brighton's most senior employee by celebrating his 78th birthday in June.

## Brighton Employees Walk For United Way of Greater Portland

72 Brighton employees were among the 6000 participants in the United Way of Greater Portland's Kickoff Walk as a show of community support for the program. As Rounds goes to press, Brighton was nearly at our goal of raising \$15,000. Special Thanks to all Brighton employees who donated to this deserving cause.



*Brighton Employees enjoying Walk!*

## GREAT Program in Transition

Effective November 1st 1992 the department of Human Resources will be assuming the administration of Brighton's two employee recognition programs. The GREAT Employee Award Program (employee of the month) and the Someone Thinks You're GREAT cards and meal passes will continue as before, however all GREAT card requests should be forwarded to Human Resources.

As a reminder, please submit your GREAT Employee Award (employee of the month) nominations on the nomination form available at the Information Desk and in Human Resources. Do not utilize the GREAT Employee Award nomination forms for people that you want to receive a Someone Thinks You're GREAT card and meal pass. To send a Someone Thinks your GREAT card simply call Human Resources at Ext. 8065 or send a OA message to Human Resources (Cary Lamson or Rebecca Anderson).

## Physician News

8 Physicians were granted privileges to the Brighton Medical Center Staff at the September Board of Trustee meeting.

**Elisabeth M. Del Prete, D.O.**, Active Staff membership with clinical privileges in Emergency Medicine and membership in the section of Emergency Medicine.

**John S. Dyhrberg, M.D.**, Active Staff membership with clinical privileges in Urology and membership in the section of General Surgery.

**Stephen P. Fox, M.D.**, Active Staff membership with clinical privileges in Plastic and Reconstructive Surgery and membership in the section of General Surgery.

**James C. Wasserman, M.D.**, Active Staff membership with clinical privileges in Internal Medicine and Nephrology and membership in the section of Internal Medicine.

**Donald F. Yorkey, D.O.**, Active Staff membership without clinical privileges and membership in the Section of General Practice.

**Elissa J. Charbonneau, D.O.**, Courtesy Staff membership with clinical privileges in physical and rehabilitative medicine and membership in the Department of Medicine.

**Joseph Py, D.O.**, Courtesy Staff membership with clinical privileges in General Practice and Addiction Medicine and membership in the Department of Medicine.

**Robert D. Sansonetti, M.D.**, Courtesy Staff membership with clinical privileges in Obstetrics and Gynecology and membership in the Department of Surgery.

### Up Coming Fair

The Women's Health and Pediatrics Marketing Committee is participating in the Family Fun Fair Sunday, October 18th in the Millcreek Park, So. Portland (if it rains it will be held in the So. Portland Armory). We will have a booth so stop by and see us.



## Brighton Welcomes Lisa Gouldsbrough, D.O.

Brighton Medical Center welcomes Lisa Gouldsbrough, D.O. who will be providing Pediatric services to patients here at Brighton, as well as, in her office located on 616 Forest Avenue in Portland. She has joined Maile Roper, D.O. at that location to form Primary Care Associates offering family practice, obstetric and pediatric services. Dr. Gouldsbrough is pleased to be back in Maine as she is a graduate of Brighton's Intern Class of 1987-88. She has recently returned to Maine after completing her pediatric residency in New Jersey. All Brighton employees should take a minute to welcome Dr. Gouldsbrough back to Brighton!



*Lisa Gouldsbrough, D.O.*

### RESPONSE TO "RESPITE CARE" SATISFACTION SURVEY

I brought my Dad to the Respite Care Unit directly from a flight from Florida. He was in a wheelchair, very confused, incontinent, weak and had a loss of appetite. My hope was to find a Nursing Home as soon as possible, and place him in their care. In ten days, he walked out of the Unit (with a walker), alert, continent and came home to live with me. We had a wonderful summer together until his death that fall. Thank you - the staff and Dr. Brewer for the time you gave us together.

# GREAT UPDATE

From the Office of Guest Relations

## Arthur Thibodeau of Food & Nutrition Services is October's GREAT Employee Winner



Congratulations to Arthur Thibodeau, Dietician Tech Assistant of Food & Nutrition Services who was selected as October's GREAT Employee Award recipient!

Arthur has been employed at Brighton since January of 1984. He was nominated by eight Brighton employees who felt he exhibits outstanding guest relation skills and abilities. Here is a summary of the comments that appeared on the nomination forms.

"Arthur is truly a provider of quality service. He is always willing to offer assistance to patients and family members and provides the extra touches that mean so much. He displays deep caring and concern for those patients he interacts with and they often compliment his service style."

Arthur understands that the meals the patient receives mean so much more to them that he is always there to offer alternative items if needed. He always attempts to provide their favorite foods to improve their nutritional status as well as make their hospital stay a little more pleasurable."

As Brighton's GREAT Employee Award Recipient, Arthur received a framed GREAT Employee Certificate, a silver GREAT lapel pin, an engraved name plate on the GREAT Employee plaque in the main lobby, 20 free lunch passes to the cafeteria and a reserved parking space in the physicians' row near the front of the hospital.

If you know a hospital employee who demonstrates guest relations excellence day in and day out, send in a GREAT Employee Nomination Form so that we can recognize them. Forms are available at the Information Desk and Human Resources.

## "Someone Thinks You're GREAT Recipients"

### ASU

Sue Dennison

### BUSINESS OFFICE

Claudia Foster (2)  
Sandy Colbath

### CENTRAL REGISTRATION

Auna Kozney

### EMERGENCY SERVICES

Donna DeSimio  
Cathy Pride  
Sharon Olson (2)  
Terry Swift  
Julie Welling  
Linda Richards  
Amy Levesque  
Jessica LaPlante

### EXECUTIVE OFFICE

Jim Donovan

### FACILITIES MANAGEMENT

Mercedes Wheeler  
Becky Graffam  
Barbara Davis  
Tessie Adams  
Marie Hammond  
John Carr  
Debbie Barrett  
Ron Cavallaro  
Chris Coyle  
Kathy Cressney  
Shirley Buzzell (2)

### Rick Binette (3)

Dave Esposito  
Pete Rodriguez  
Wally Hanson  
Steve Parker  
Bunny Butterfield  
Steve Johnson  
Mike Harkins  
Steve Wojtyniak

### FOOD AND NUTRITION

Mike Tardiff (3)  
Dawn Symbol  
Roalie Tredwell (2)  
Sandra Burnham  
Kim Norbert  
Barbara Pederson  
Steve Anderson (2)

### HUMAN RESOURCES

Rebecca Anderson

### INFORMATION SERVICES

Cindi Albert  
Jo-Ann Gilbert

### LAB

Peggy Plapis  
Dru Pedro  
Connie Muller  
Pam Jordan

### MARKETING

Dennise Whitley

### MATERIALS MANAGEMENT

Kelley Harkins  
Brian Bragdon  
Dan Kelleher

### MEDICAL ADMINISTRATION

Cheryl Schilke

### MEDICAL RECORDS

Shelia Keen  
Lois Lowe  
Linda Kimball  
Lisa Deeprez

### MEDICAL STAFF

Laureen Biczak, D.O.  
Bryan Beck, D.O.

### NURSING RESOURCES

Gail Crocker

### OBS

Clorida Brooks  
Ginny Baston  
Regina Chaisson (2)  
Kathy Dalma  
Kathy Orr  
Jackie Fournier  
Terry Doire  
Maxey Hevey  
Jodie Widor  
Janet Nutter

### IBRIGHTON

Terri Sanborn-Garnett

### ICARE

Janet McHugh  
Nancy Frazee  
Carol Wentworth

### PEDIATRICS

Lucille Caron

### PHARMACY

Mark Maners  
Vicki Downs  
Larry Pierce

### PILOT

Steve Johnson

### QUALITY/RISK MANAGEMENT

Carol Cherry

### RADIOLOGY

Patty Roberts  
Cindy McLellan  
Jeanine Helmer

### SCU

Catherine Whinery  
Celine Roux

### STUDENT INTERN

Lenny Stillman

### SURGERY

Sandra Simmonds  
Peggy Paucek  
Phyllis Kimball

### TELECOMMUNICATIONS

Marty Carew (2)  
Ginny Souviney

### 2 NORTH

Debbie Leeman

### 2 SOUTH

Cindy Pellerin  
Melina Crockett  
Janae Gallant  
Lisa Cote  
Melissa Wesscott  
Lois Lefebvre

### WOMEN'S HEALTH

Nancy Skapinski  
Beattie Graham

All of the above employees were "caught in the act" by one of their co-workers for going out of their way for one of our guests. Each of them received a special card of recognition for their deed, as well as a ticket for a free meal in the cafeteria.

If you observe an employee doing something truly GREAT, call the office of Guest Relations at Ext. 8035 or send a message on OA to Margaret Smith.

# Nurses' Ink

News and Information from the Division of Nursing

## GUSTO Research Study

By Jan Stanley

Brighton Medical Center will be participating in a world-wide myocardial reperfusion study effective in October. All patients who present to VMC with a myocardial infarction (who have consenting physicians) will be given the opportunity to participate in this program if they meet the enrollment criteria. Initiation of the study will occur wither in the Emergency Department of the Special Care Unit where initial myocardial infarction care will begin.

The advantages offered by the GUSTO study are free GUSTO medications to our present patients and valuable research conclusions to all future patients. Suzanne R. Mrowka, RN, Clinical Nurse Educator and Gail Crocker, RN, Clinical Nurse Educator will be preparing both the Emergency Department and the Special Care nurses for the study. Larry Pierce, R.Ph. and Ellen Kehoe, D.O. will be inservicing the participating physicians.

## Congratulations!!

Congratulation to the following new registered nurses:

Dawn Bernard, R.N.  
Nancy Dyer, R.N.  
Barbara Brennan Gochi, R.N.  
Joanna Godwin, R.N.  
Carol Lane, R.N.  
Linda Sawyer, R.N.

We look forward to the exciting and challenging contributions you will make to the nursing practice at Brighton Medical Center.

Celebrate  
Patient  
Education Week -  
November 1-7, 1992

During the first week of November, health care professionals world-wide will be celebrating the wonders of patient education and how it enhances lives everyday. The theme is: *Patient Education - Building Healthy Partnerships*. Watch for our display and join the Patient Resources Committee in celebrating everyone's accomplishments as we continue to make a difference.

## BMC Interdisciplinary Team participates in Institute on Aging Conference

"Assessment in the elderly consists, above all, of functional assessment. Although the economic, physical, and psychological spheres of geriatric care must be individually considered. It all boils down to function. Because maintaining function in the elderly patients necessitates interaction with a large number of other disciplines, interdisciplinary communication and collaborative care is the name of the game" Dr. William Hazzard

The second annual summer institute on aging was recently held on the UNE Campus in August and focused on the key points in the above quote by Dr. Hazzard. The objectives of this

three - day conference integrated new knowledge, ideas and practices related to assessment, maximizing function and mobility issues for all health professionals providing care for older adults. Brighton Medical Center had it own inter-disciplinary team participation in a panel discussion on "Case Studies on Mobility Issues from an interdisciplinary perspective." Those participating were Kathy Hegerty, RN.; Pamela Mey, RN., BSN; Chase Rand, D.O.; Carol Graham-Upton, RN, BSN; and James Varnecky, RPT. Other sponsors and participants in the Aging Institute with BMC were the University of New England Office of Continuing Education, UNE College of Osteopathic Medicine, The Harvard Geriatric Education Center, Maine Statewide AHEC, The Southern Maine Area Aging Agency on Aging, Maine Medical Center, York Hospital and Goodall Hospital.

Promotion:  
Bonnie Champagne  
Stewart, RN III to RN IV  
  
Lori Baxter, RN, III to RN  
IV



# Departmental Profile

## RESPIRATORY CARE/SPECIAL SERVICES

By Andrea Baillargeon

The Special Services and Respiratory Therapy departments are comprised of several specialties that are provided by R.N.'s, L.P.N.'s, Respiratory Therapists, Respiratory Technicians, Cardiology Technicians and EEG Technicians. Although each is licensed or certified in their particular field, some hold dual credentialing and/or dual education and experience to provide several different types of services.

The Respiratory Care department is staffed 24 hours a day - seven days a week, providing diagnostic and therapeutic treatment modalities. The patient population consists of both inpatients and outpatients.

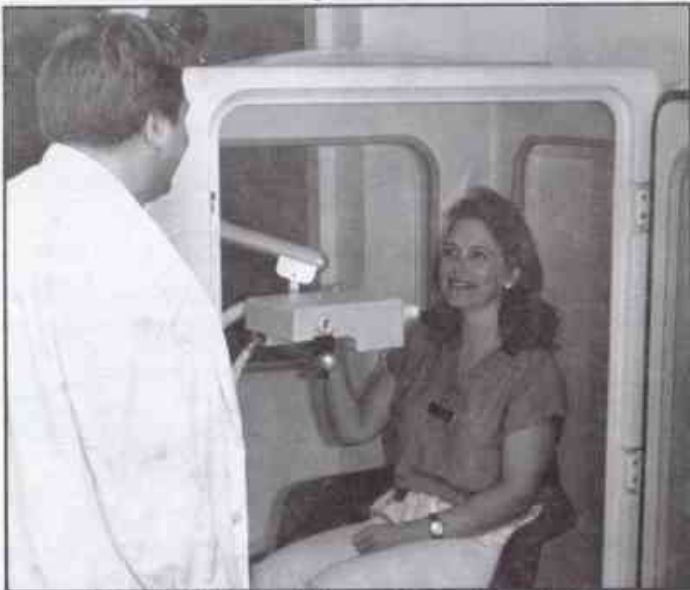
The Pulmonary Function department has added two new testing functions to its regime over the past year. The first is called a "body box" or technically speaking "plethysmography." This test is a more efficient way of measuring lung volumes, especially in those patients with severe lung disease. The other is a metabolic cart. This machine measures energy expenditures and helps to determine nutritional requirements for the patient tested.



*Jim Mita conducts a blood gas analysis*

Endoscopy, Cardiology, Neurology, and Pain Control. These services are provided by various personnel who are cross trained in each of these areas.

Endoscopy is a service that provides diagnostic, therapeutic and interventional therapy to the Gastrointestinal system. This is done through the use of scopes that have been upgraded to the current technology allowing for video images rather than through an eye piece on the scope. This allows all assisting the physician to view the procedure. The area of Exam and Treatment, in addition to Endoscopy, also performs Bronchoscopy procedures that allow for visualization as well as diagnostic and therapeutic intervention to the lungs.



*Roland Michel and Sarah McCracking display the new plethysmography unit in Respiratory Therapy.*

The Pulmonary Laboratory is run primarily by Roland Michel who has a great deal of experience and expertise in pulmonary function testing. The metabolic cart is his next learning adventure and should be up and running by January 1993.

The Respiratory Therapy department has had several employees - Anne Read, Pat Smith and Jayne Boulos who completed the Registry exam for Respiratory. This is a credit to them and an asset to the department.

The Special Services department is comprised of



*Cindy Ferland of Special Services performs an Echocardiogram*



Cardiology is an everchanging field with new technology added frequently. This year we have had the addition of persantine stress testing in conjunction with the Nuclear Medicine department. The equipment for stress testing has been updated to provide various reports for the physicians performing the tests.

The Echocardiology department will be updating its services in the coming year to provide technology capable of better images of the heart through the use of a small scope inserted through the esophagus that will allow for a look of the heart through the back. We will also be looking at the beginning of stress echo's - a look at the heart during exercise or stress through the use of medication. Over the past 3-4 years, Donna Moore, RN, the supervisor of the department, has cross trained Norma Willis, RN and Cindy Ferland, LPN to perform 2D echocardiograms.

EEG has added the capability of ambulatory EEG's which means that a patient can have their brain wave activity monitored for a 24 hour period. Over the past 1 1/2 years Harry Vokey, who has been a cardiology technician for many years, has been trained in performing EEG's. He has done an outstanding job and has made it possible for the hospital to utilize his time rather than contracting the service.



*Lois Randall (l) and Norma Willis prepare equipment for a sigmoidoscopy procedure*

**Susan Brassard, RRT, Supervisor:** Sue joined the Respiratory department in March of this year. She has implemented and initiated many changes that have been beneficial to all departments in enhancing patient care.

Each of the departments have made great strides in education and technology over the last few years. It is impossible to mention them all, although each deserves honorable mention.

**Andrea Baillargeon** is the Department Director of

Special Services and Respiratory Care.

## RESPIRATORY STAFF

James Mita, RRT	Pat Smith, RRT
Jayne Boulos, RRT	Roland Michel, RRT
Sarah McCracking, RRT	Philip Oliver, CRRT
Anne Read, RRT	Robert Goudreau, RRT
William Wickham, CRRT*	Norm Lobley, CRRT*
Lester Darrigan, RRT*	Jacqueline Royles, RRT*
Robert Emerson, RRT*	

## SPECIAL SERVICES

Donna Moore, RN, Supervisor	Lois Randall, LPN
Cindy Ferland, LPN	Elaine Hanson, LPN
Martha Mita, RN	Norma Willis, RN
Harry Vokey, EKG/EEG	Judy McCarthy, EEG
Holly Hopkins	Iris Perkins
Karyl Perry	Julie Stackpole
Mary Keen, EKG	Laurie Walker
Roz Rhoades*	Ella Couch, LPN*

\*Indicates per diem staff

## SQI

*By Cheryl Merrill*

All of us at BMC are an important part of the Service Quality Improvement process. There will be many opportunities to give input into the development of systems or suggest ways to improve the ones we already have. The SQI Steering Committee is one to do this. The Committee which has been meeting since September guides, monitors, and supports the Service Quality Improvement process.

Our first major activity is reviewing all the opportunities that employees have suggested during the summer SQI classes. Teams will be established to develop action plans for many of the opportunities.

If anyone is interested on being involved in an interdisciplinary team to address one of these opportunities please call Cheryl Merrill at ext. 8084. If you have any questions or suggestions for the Steering Committee please see any of us.

**Chair:** Cheryl Merrill, Assistant Vice President, Quality Improvement

**Vice Chair:** Doug Libby, Director of Pharmacy

Janice Gibson, Business Office

Rosie Powers, PACU

Ken Guilbault, Executive Vice President

K.C. Morrell, Lab

Mike McLaughlin, Director Information Services

Rick Dambrie, Director Physician Relations

Jane McPhillips, Quality/Risk Management Services

Steve Wojtysiak, Facilities Management

Jean Small, Director 2 South

Sue McNeil, Human Resources

Vicki Cray, Pediatrics

Frederick Meyerhoeffer, M.D., Vice Pres. Medical Affairs

Carol Wentworth, 1 Care

# Human Resources Update

By Janice Scott

## Welcome New Employees

Susan Shea	-Resident, Medical Education
Jane Glass, D.O.	-Physician, CHP
David Macisso	-Laboratory
Rose Royal	-Laboratory
Betsy Kidwell	-Laboratory
Mathew Baillargeon	-Medical Records
Sarah McGowen	-Nursing, 2-South
Charles Sweet	-Physician, CHP
Gloria Fisher	-Facilities Management
Stephen Ham	-Food & Nutrition Services
Derrick Russo	-Food & Nutrition Services
Mary Huntington	-Nursing, 2-North
Nancy Pickelhaupt	-Nursing, 2-South
Stephanie Dow	-Nursing, Emergency Services
Mary Takach	-Nursing, Emergency Services
Cheryl Dion	-Nursing, Emergency Services

### 1 YEAR

David Gagnon	-Facilities Management
Peter Jones	-Surgery
Susan Lizotte	-Surgery
Joyce Marin	-Facilities Management
Penny Valliere	-Nursing, 1-Brighton

### 5 YEARS

Vicki DePaolo	-Surgery
Cathleen Dickenson	-Nursing, OBS
Terry Doire	-Nursing, OBS
Pamela Mey	-Nursing, 1-Brighton
Beverly Miller	-Patient Education
Nina Miller	-Nursing, Recovery

### 10 YEARS

Roland Gagne	-Materials Management
Jo-Anne Gillette	-Information Services
Cynthia Marro	-Laboratory
Susan Walker	-Nursing, OBS

### 15 YEARS

Florida Brooks	-Nursing, OBS
Judith Caldwell	-Pharmacy
Rebecca Googins	-Nursing, Emergency Services
Barbara Joyce	-Nursing, Emergency Services
Eva Stewart	-Laboratory

AVAILABLE IN HUMAN RESOURCES - PORTLAND DINE AROUND CARDS \$25 (price may increase November 1st) METRO BUS PASSES \$32 FOR MONTHLY PASS. CONTACT REBECCA IN HUMAN RESOURCES.

## Wellness at BMC

By Sue McNeil

The Wellness Program at BMC is off to a healthy start! Over 110 employees participated in our Wellness Fair by taking advantage of the health screenings that were offered on Sept. 3rd. Many employees are also beginning to record exercise on their activity logs which will be used to help them qualify for many incentives.

Nancy Gary, Joan McPhail, Kim Girard, Mary Jane Woodside and Cindy Marro were employees who made the Health Fair possible by conducting the screenings throughout the day. A special thanks to them for their help. We would also like to thank Gold's Gym, World Gym, Women's Fitness Studio and Racquetball International Fitness Center who graciously donated free memberships for our Wellness prize drawings.

As a result of the screening we found only one employee to have high blood pressure but 45% of the employees who participated in the cholesterol screening were found to have a cholesterol level outside the normal range. Just a reminder that a Wellness Meal is provided every day in our cafeteria. This is just one way to improve our overall health.

The Health Fair was just a beginning. The Wellness Committee has already begun to plan activities for this fall. We will be promoting the Great American Smokeout on Nov. 19th. As the holidays approach and our stress increases the Wellness Committee will be hosting Norm Boslo, a stress humorist, to provide us with a "stress inoculation" on Nov. 24th from 12-1 in the Board Room. Our final fall program is called "Weigh To Go" and is designed to assist us in managing our weight through the holidays. Be sure to watch for more information coming soon.

Just a reminder that the Wellness incentive prizes and reimbursement are BMC benefits and are available to only those employees who are benefit eligible. Any Wellness Committee sponsored at BMC is open to all employees

To provide a central resource center for Wellness here at BMC we have designated a bulletin board outside the Human Resources Office as our official information center. The bulletin board will be filled with lots of information regarding Wellness events going on at BMC or in the community. Be sure to stop by and check it out.



Nancy Gary (l) of CHP performs a blood pressure screen on Nancy Shibles of the Lab.