



# Lobestergram



## 2014 Board Members:



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**PRESIDENT ELECT:** Daren Rainey  
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## Become a Member!

Why wait to become a member of your professional organization?

Go to [www.aarc.org](http://www.aarc.org) and join today!

The AARC now offers a digital subscription for just **\$78.50** for renewing members. New members pay an additional processing fee of \$12.50.

**Did you know you automatically become a member of the MeSRC when you join the AARC? You will help support respiratory therapists in Maine by joining!**

**Why is the AARC so important?** Without the AARC, there would be no respiratory care departments; no respiratory care educational programs; no nationally recognized NBRC credentials: the Federal Government would not have drafted the new Conditions of Participation allowing respiratory care practitioners to take verbal orders and administer medication such as oxygen and aerosols; there would not be the recognition and respect given to us by our medical sponsors; and there would be no legal recognition nor efforts towards increased legal recognition.



\*Unfortunately, as of May 2013 the MeSRC is unable to process memberships. \*  
We apologize for the inconvenience.

## SAVE THE DATE !!!

*Plan Now for the Maine Event*

**May 13 & 14, 2015**

**Hollywood Casino**

**Bangor, Maine**

Questions  
Amanda S. Albee, RRT  
Educational Comm. Chair  
[amandaalbee@gmail.com](mailto:amandaalbee@gmail.com)

[www.mesrc.org](http://www.mesrc.org)  
[www.hollywoodcasinobangor.com](http://www.hollywoodcasinobangor.com)



The MeSRC would like to graciously thank our 2014  
Platinum Partner for their outstanding support.

**Monaghan Medical Corporation is a leader in the development and manufacturing of aerosol drug delivery devices and asthma management products. They are also a supplier to major pharmaceutical companies involved with respiratory medicine in the United States.**

**Some of their product lines include:**

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- ***AeroVent®***
- ***AeroEclipse®***
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## American Lung Association Update

**Asthma Camp**  
for kids ages 8-12  
August 17-22, 2014  
Camp Spinnaker  
Center Tuftonboro, NH

Contact us: Astrid Wielens, Zebra Crossings  
61 Locust Street, Dover, NH 03820  
Phone: 603-312-2052  
E-mail: [info@zebra-crossings.org](mailto:info@zebra-crossings.org)  
[www.zebra-crossings.org](http://www.zebra-crossings.org)



### COPD Educator Institute

**Thursday, September 18**  
**Friday, September 19**

Frisbie Memorial Hospital  
Rochester, NH  
Sponsored by the ALANE

FMI: Email Lee Gilman at [lgilman@lungne.org](mailto:lgilman@lungne.org)

**March 2015**

### Maine COPD Educator Institute

Southern Maine Community College  
77 Fort Road, South Portland, Maine

FMI: Email Lee Gilman at [lgilman@lungne.org](mailto:lgilman@lungne.org)

For information about other training for health professionals be sure to check the ALANE's website as dates are finalized and posted!

<http://www.lung.org/associations/charters/northeast/programs/health-professionals-training/>

## 2014 Trek Across Maine



Dear Friends, Family and Colleagues:

I want to thank you for your generous financial support for the TREK Across Maine. There were over 2,000 trekkers and we raised over 2 million dollars. The American Lung Association is a wonderful organization supporting lung health through education, advocacy and policy. There a new campaign called Lung Force. Please check out the website [www.lungforce.org](http://www.lungforce.org) . Lung cancer is the #1 cancer killer in women.

I also want to thank you for your belief in me. As you all know, I am not really a biker! I kept thinking this is 'mind over matter'. I know I can complete this. Friday it rained, poured! At least 50 of the 70 miles were in pouring rain. I had many things running through my head and across my body! I drank very little water and realized it was because I was drinking it off my own body as it dripped and blew in my face. Saturday presented a bit of rain, however I accomplished the 60 miles in 5 hours. Sunday I ran into a snag, got a flat tire. I completed the 50 miles in just less than 6 hours. Once again, I credit Cycle Mania for saving me!

One thing that repeatedly resonated with and thru me on this TREK was 'mind over matter'. Last year I prayed to my higher power during the TREK and asked for clarity in my life; and I promised to open my mind and heart to hear the messages. I think I honored that request and God also honored His..... This year I hope the repeated message of "mind over matter" will stay with me and help keep my sense of determination and goal setting in the forefront. I am blessed with many things: great health, great relationships and a wonderful career.

Thank you from the bottom of my heart and lungs, deep in my gluteus maximus and thigh muscles and a few other sensitive areas. Yes, I signed up for the 31<sup>st</sup> TREK Across Maine and will be a proud member of the L.L. Bean Team.

Peace,  
Rhonda Vosmus, RRT, NPS, AE-C



## Become a Member!

### Membership Benefits and Services

These benefits and services are available to all AARC members.

Support your Profession: Become Member!  
Becoming a member has lots and lots of benefits.

### Did you know the AARC has a new online learning site?



Check it out by clicking the AARC University link on the AARC main page.

- Browse by course category: Adult Critical Care, Clinical Practice, Neonatal-Pediatrics, PFT's, Management and more.

- If you are an AE-C you will find lots of specific Credits towards your recertification.

### News, Information and Resources

AARC is your source for authoritative, up-to-date information.

### Connections and Communications

We're advocates and champions for the respiratory therapist.

### Professional Development

Enhance your knowledge and grow professionally with networking and meeting opportunities.

### Lifelong Learning @ AARC

Earn continuing education credits online at significant member discounts.

### Program and Product Discounts

Save or earn money with special programs through national companies—often enough to equal or exceed your membership premiums!

### Career Assistance

Identify career opportunities and get help with your job search skills through AARC's career site.

### Personal Insurance Programs

Check out professional liability, automobile, life, health and disability income insurance. Plan for the future with Major Medical Catastrophe and Long Term Care insurance plans.

Norma Hay RRT, AE-C  
Membership Chair MeSRC



### LOBESTERGRAM INFO



If anyone is interested in submitting an article for an upcoming addition of the Lobestergram, please contact me at [roberta.crockett@sjhhealth.com](mailto:roberta.crockett@sjhhealth.com). Please provide me with an email address and I will send the newsletter to you electronically and save postage.



### KVCC News



Eleven graduates attended graduation on May 17th. Congratulations to the following 2014 graduates for earning both the CRT and RRT credentials:

KayLee Ashland, Jaime Farag, Ryan Larrivee, Casey Rackliff, Cari Roderick, and Lisa Webber. Hans Bryant, Tabitha Coulombe, and Eric Martinez have earned the CRT credential. Erin Evans class of 2011 has earned the RRT credential.

May 17th was a busy day. Several members of the Respiratory Therapy Club participated in the Great Strides CF Walk in Bangor. The club raised \$1200 for the Cystic Fibrosis Foundation of Northern New England during this event.

Fall will be here before we know it. Classes start on August 25th. Fourteen new students will start and thirteen second year students will be returning.

Barbara Larsson, M.Ed., RRT

## SMCC News



The Southern Maine Community College Respiratory Therapy Program graduated another strong class on May 18, 2014. We would like to congratulate Mary Faron-French RRT, Lauren Jordan RRT, Jessie Lawford RRT, Timothy Pollick RRT, David Wall RRT, Christine Young RRT, Mark Doyle CRT, Cedric Mason CRT, Maria Nodarse, Alex Reynolds and Jamie Vosmus. The class of 2015 continues to do very well and will complete their summer clinical education on August 15<sup>th</sup> before returning to class on August 25<sup>th</sup>! Thank you to all of our clinical affiliates for your continued and strong support of student education and professional development. Many thanks to; Central Maine Medical Center, Maine General Medical Center, Maine Medical Center, Mercy Health System, Mid Coast Medical Center, St. Mary's Regional Medical Center, and Southern Maine Health Care managers and staff.

Respectfully submitted,  
Karen McDonald MS, RRT-NPS, RPFT  
SMCC Respiratory Therapy Program Director



## Maine Society for Respiratory Care's Sputum Bowl

2014 Sputum Bowl Winning team "Pull my Tube"



Congratulations to Alex Dickinson, Erin Healey and Brittany Cook who took home the grand prize of \$100.00 each!

The second place team winners are awarded \$50.00 each. Congratulations to Marissa Lawrence, Laura Chick and Stephen Metropoulos.

The prize for third place team is 25.00 each, Congratulations to Daryl Dixon, Cathy Pani!!

Thank you to all those that participated in this year's Sputum Bowl, including our panel of Judges Sean Shortall, Neil Duval, Walter Chop and Brian Sadowski.



## In The News



PLATTSBURGH, NY, July 16, 2014 -- The **Aerobika**<sup>®</sup> Oscillating Positive Expiratory Pressure (OPEP) Therapy System, marketed by **Monaghan Medical**

**Corporation** in the United States, has earned Gold at the Medical Design Excellence Awards (MDEA). MDEA is an International Award recognizing groundbreaking products that save lives, improve patient healthcare, change the face of medical technology, and overcome design and engineering challenges. It is one of the medical technology industry's highest honors.



"What sunshine is to flowers, smiles are to humanity. These are but trifles, to be sure; but, scattered along life's pathway, the good they do is inconceivable." ~Joseph Addison

"A great attitude becomes a great day which becomes a great month which becomes a great year which becomes a great LIFE." ~ Mandy Hale





**Educational Committee Update**



**2015 EDU Committee**

- Amanda Albee (MMC) - EDU Chair
- Norma Hay (MMC) - EDU Co-Chair
- Daren Rainey (SMHC)
- Kate Johnson (Mercy)
- Jack Higgins (WCGH)
- Jon Lewis (VA)
- Erin Healey (SMMC)
- Brian Sadowski (Mercy)
- Alex Dickinson (MMC)
- Lauren Jordan (MMC)
- Ashley Cude (MMC)
- Hannah Keaney (EMHS)
- Cynthia Carlton (CMMC)
- Tara Inman (CMMC)
- Bobbie Crockett (SJH)
- Sean Shortall (Maquet)
- Flo Pajanen (Mercy)

Amanda S. Albee, RRT  
MeSRC Delegate & EDU Chair



**SAVE THE DATES**

**2014 MeSRC MEETING DATES**

Educational Meeting: 1700  
BOD Meeting: 1800

**Wednesday, September 10, 2014**

St. Joseph Hospital  
360 Broadway  
Bangor, Maine 04401

**Wednesday, December 3, 2014**

Dr. Duval's Office  
76 High Street, Suite 300  
Lewiston, Maine 04240

**APRIL 9, 2015**  
**CURRENT TRENDS IN HEALTHCARE**  
**ST. JOSEPH HOSPITAL, BANGOR, MAINE**

If you would like more information please contact  
Peggy Innocenti at 907-1630 or  
[peggy.innocenti@sjhealth.com](mailto:peggy.innocenti@sjhealth.com)



## Southern Maine Community College

Hi fellow Respiratory Therapists!



This summer I had the opportunity to go back to South Africa with a class of mine from USM. Some of you may be aware that 4 years ago I made my first trip half way around the world to this phenomenal country. While there in 2010, my class and I met with leaders from all over South Africa and Swaziland and were even able to visit Robbin Island to see the cell that Nelson Mandela spent over 20 years inhabiting.

While there I experienced many incredible things but the one thing that moved me the most was the extreme poverty I witnessed in the townships. South Africa has the highest incidence of HIV/Aids and tuberculosis in the world. High crime rates, rape, and unemployment are also very high. After returning to Maine, several of my classmates and I felt a strong calling to become involved. We learned of an organization called Red Zebra that uses music such as drumming to inspire. They work within schools to teach children about HIV and other health issues. Rather than the traditional lecture approach, they involve the kids through dance, song, drumming and poetry. Their slogan is "Tell me and I will forget, show me and I may remember, involve me and I will understand." They are based out of South Africa but do workshops all over the world.

Wanting to help, my new friends and I worked with our professor to partner with Red Zebra and now, 4 years later I can say that we launched our first successful leadership workshop partnering USM and Redzebra in South Africa! So this summer as part of a study abroad in leadership, 18 of us went over and worked with Redzebra in the town of Montague for an intensive 5-day leadership workshop. Our group of students worked side by side with people who were chosen from 3 different townships. These kids were selected based on leadership potential and a desire to grow.

I can't say who got more out of the experience, the kids from South Africa or us Americans. There was so much laughter and tears exchanged by all and I'm happy to say that the work does not end there. My classmates and I are actively working on fundraising and grant writing to bring these kids here to Maine to work with them further. USM also plans to send students back to South Africa every 2 years to continue our work.



# RT'S

"People of excellence go the extra mile to do what's right." — Joel Osteen,



### Central Maine Medical Center

#### Educational Accomplishments:

Peter Pelletier passed his CPFT boards. Garry Michaud obtained his Bachelor's degree.

#### Congratulations to our newest RTs from SMCC & KVCC:

Lisa Webber RRT, Timothy Pollick RRT, KayLee Ashland RRT, Erin Evans RRT

#### Expanding the RT family:

Mat Storck, RRT and his wife are expecting a baby in February. Amber Jordan, RRT and family welcomed a new baby girl and Lindsay Anania RRT and family had a baby boy.

#### Award Recipient



Cynthia Carlton was a recipient of the 2014 Heroes award presented by Central Maine Healthcare. This award represents employees who show exemplary qualities in these categories: Compassion, Citizenship, Integrity, Service,

Excellence, and Commitment

What started out as a desire to help educate about HIV and tuberculosis has morphed into something bigger than what I originally dreamed. Respiratory therapists have so much to offer. We are educators who are used to being pushed to action and we often have to think creatively and critically to help our patients. Our work can move outside the hospital

walls and traditional settings. I never thought this would be possible, but thankfully I have been able to pursue my dream. I encourage all of you to do the same.

Ishya!(It's happening now!)  
Kathy Roy





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