



Maine Association of Healthcare Administrative Professionals

ANNUAL SPRING MEETING AT EASTERN MAINE MEDICAL CENTER



**FRIDAY MAY 4, 2007
8:15 AM - 3:30 PM**



Maine Association of Healthcare Administrative Professionals

Cheryl Roney
Mid Coast Hospital
123 Medical Center Drive
Brunswick, Maine
04011

MAHAP ANNUAL SPRING CONFERENCE

Name _____

Organization: _____

Street Address/City/State/Zip: _____

Phone: _____ FAX: _____

Check enclosed in the amount of: \$ _____

____\$75 for conference, or ____\$100 for conference and dinner

To Register

Please fax your registration form to Cheryl Roney at 373-6040. Mail your check to Cheryl at Mid Coast Hospital, 123 Medical Center Drive, Brunswick, Maine, 04011 - or bring it with you on the day of the conference. The fee is \$100 for the dinner on Thursday and the conference on Friday, or \$75 for the conference only.

Make check payable to MAHAP

Conference Schedule

8:15	Registration
8:45	Welcome
9:00	David Prescott, PhD The Acadia Hospital Strategies for Reducing Stress
11:00	Tour of EMMC
Noon	Lunch
1:00	Bill Murray, RN, EDD EMMC Cardiac Rehab Healthy Individuals, Healthy Organizations, and the Future of Healthcare
2:00	BREAK
2:15	Nicole Hammar EMHS Move & Improve Get Up and Stretch!
3:15	Wrap Up
3:30	Adjourn

www.emmc.org

Program Descriptions

The Keynote Presentation will be delivered by David Prescott, PhD, director of Psychology and Clinical Research at The Acadia Hospital.

Dr. Prescott is experienced in the treatment of anxiety and depression, surgical weight loss counseling, and helping people through cardiac rehabilitation and wellness, and substance abuse treatment. Dr. Prescott will talk about ways to reduce stress.

Afternoon Programs

- Bill Murray, RN, EDD - EMMC Cardiac Rehab discusses how the health of individuals can affect the health of organizations and vice versa, and how this all comes together to affect the future of how you and your loved ones receive healthcare.

BE PREPARED TO STRETCH!

- Nicole Hammar - EMHS Move&Improve explains how incorporating regular stretch breaks into your work day can help alleviate muscle soreness and tension. Nicole will discuss the general principles of an exercise prescription that includes stretching, muscle strength, and cardio respiratory fitness.

Dinner on May 3

Join your peers for dinner at Captain Nicks, 1165 Union Street, Bangor Thursday evening beginning at 6:30.

Directions to Captain Nicks - I-95 to exit 184 (the airport exit), turn right (left if coming from the south). Go straight through three sets of lights, past the Airport Mall, and turn right into Captain Nicks.

Hope to see you there!

Directions to EMMC

- **From I-95 north** take exit 187 and bear right, proceed through three lights and merge onto State Street. You'll see EMMC ahead on the left, stay in the left-hand lane and turn left onto Hancock Street. The entrance to EMMC is immediately to your left. To ensure patients have adequate parking, we ask that you please park in one of the lots farthest away from the medical center.

- **From I-95 south** - same as above, except turn left at the Hogan Road exit.

Hotel Accommodations

Overnight accommodations for Thursday, May 3 are available at The Country Inn at the Mall, (207)941-0200, 936 Stillwater Avenue, Bangor. **Mention the MAHAP Conference and get a room for \$55 a night.** The Country Inn at the Mall is located at the end of Hogan Road (exit 197). From I-95 bear left coming from the south and right coming from the north. At the intersection of Hogan Road and Stillwater Avenue, proceed straight and the hotel is immediately on the left.

Conference Planning Committee

Debra Macaulay- Maine Institute for Human Genetics and Health, Cheryl Roney - Mid Coast Hospital, Deborah McNally- NE Rehab Hospital, Kandi Robinson - EMHS, Patty MacDougall - EMHS, Gayle Littlefield - EMHS, and Susan Nasberg - EMMC.