

### Red Cross names three new Maine board members

The American Red Cross of Maine announced recently the latest nominees to serve on its Eastern Maine Chapter board of directors. Lara Clark of Bouchard Cleaning and Restoration, Jennifer Curtis of Bangor Payroll and Sue Reid of Bangor Savings Bank are the latest addition.

Lara Clark of Newburgh is the marketing director for Bouchard Cleaning and Restoration Inc. DKI, a family owned company serving Maine communities for more than 30 years. Clark began her career in the restoration industry more than 20 years ago, receiving designations as a certified fire, water and mold remediation technician. She also is licensed as a commercial master applicator in Maine. She serves as a volunteer for the American Red Cross, vice president for Insurance Professionals of Eastern Maine, as educational and events coordinator for her local BNI Chapter, programming chairwoman for Tuesday Forum, the industry advisory chairwoman for Penobscot Job Corp Work-

force Council and an ambassador for the Bangor Area Chamber of Commerce. Clark founded Fire Forward in August 2015 which addresses the needs of children and families who have lost everything in a fire.

Jennifer Violette of Hermon, a payroll specialist with Bangor Payroll, processes expenditures for many businesses in Maine. She works with customers on a daily basis and has been involved in customer service throughout her career. Previously, she was the customer service manager at People's United Bank, where she led a staff focused on financial services. She is a graduate of the Bangor Region Leadership Institute, an intensive, regionally oriented leadership development program that recognizes emerging leaders in the community. She is a notary public and treasurer of the Hermon Elementary Parent Teacher Association.

Sue Reid of Newburgh is the senior vice president and assistant controller at Bangor Savings Bank and has been a lifelong blood donor for the Red Cross. She has been active in the Bucksport community serving as vice chairwoman of the Bucksport Area

Child Care Center, chairwoman of the center's finance committee and president of the Bucksport Soccer Club. She attended San Diego State University before going to Suffolk University to receive a master's degree in business administration.

### Waste reduction program at EMMC a success

A highly successful pilot project at Eastern Maine Medical Center focused on reducing waste shows that caring for the environment is one of the best ways to ensure a better future for our patients. Over the last year, in just two surgical suites, EMMC's employees recycled 1.5 tons of waste and now the department is set to make an even bigger impact by rolling out the initiative to all of the hospital's operating rooms.

"There were nearly 800 cases per year in these two operating rooms, and employees diverted an average of four to five pounds of waste per procedure, keeping plastic and other materials out of the landfill," says Varun Dixit, MD, an EMMC anesthesiologist and the coordinator

of the recycling project. "The OR team was able to do this at no extra cost to the hospital."

The effort began on Earth Day, April 22, 2015, in two Cardiac ORs after Dr. Dixit worked to find a vendor who would take the recyclables and employees agreed to help by pitching glass, plastic, paper, and cardboard into the green zero-sort bags.

"The support of the OR staff is invaluable, and without them, this project would not have been possible," said Dr. Dixit. "With such remarkable results, we knew this pilot was working and could make a real difference, and we are thrilled to roll it out to all of the Main Operating Room suites."

With additional employee education, single-sort recycling bags have been placed in 19 operating rooms, a change that could decrease waste upwards of 10 tons per year.

Hospitals in the US produce about 6,600 tons of waste per day, some of which is hazardous material that requires expensive forms of disposal. Operating rooms produce 20 to 30 percent of that volume, tossing out containers for in-

dividually packaged items that are then sent to landfills.

"Many people want to recycle and this gives them an opportunity to do it," said Dixit. "This eco-friendly option does not disrupt patient care, really doesn't take extra work, and diverts a lot of unnecessary waste from going into a landfill."

EMMC continues to work to reduce its carbon footprint and conserve community resources with the use of its

CoGeneration Power plant, which provides 97 percent of the electricity to EMMC's main campus. With the opening of the Penobscot Pavilion, EMMC's newest wing, an energy management system was brought online for the entire new building, which controls efficient LED lighting and adjusts air volume consumption when not in use. Today EMMC uses less electricity per square foot than it did 10 years ago.

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