



COVID-19 DAILY UPDATE



Update on COVID-19 Response - April 2, 2020

MAINE		Total Positive			Total Recovered		
		376			94		
CMH	Total Tests Administered	Total Positive Tests	CMMC	MUC	Bridgton	Rumford	Total CMH Hospitalizations
	738	25	9	4	11	1	4

Current Team Member FAQ's

Please keep in mind that information regarding COVID-19 and our response is continually changing, sometimes day-to-day. To stay up-to-date on policies and procedures, be sure to read the daily updates that come out Monday through Saturday so that you are aware of current information.

TODAY'S TOP 3 - April 2, 2020

1. We have had some team members ask if we will be providing a letter documenting that they are employed at an essential business to show if they are pulled over due to the Stay at Home Mandate. Your badge identifies you as working for Central Maine Healthcare, an organization classified as an essential business. It provides all the key information needed including your name, photo and our company name and logo. No letter is required by the Executive Order and the police are not stopping vehicles for this purpose. If you are stopped for any reason your badge will provide what is needed.
2. As a reminder, please do not enter the hospital facilities unless you are required to do so. In an effort to limit the number of team members traveling from the 12 High St Medical Office Building to the hospital, food service will start offering lunch options on Monday, April 6 out of Conference Room ABC. Open Monday - Friday, 11 a.m. - 1 p.m., items available for purchase will include bottled beverages, grab n go sandwiches and salads, chips, desserts and pastries. Cash only.

3. If you are placed in low census or you are currently using choice time to help make up hours and you would like to work, please reach out to the talent pool at TPool@cmhc.org and they can assist with connecting you with options for work within Central Maine Healthcare.

For additional and the most up-to-date information, please access the public website at www.cmhc.org/team-alerts.

REFLECTIONS

A mindfulness breathing exercise to help us connect with **what matters most**.

Sit comfortably in a position you can hold for several minutes without effort. With each stanza, read the first part while breathing in slowly through your nose, filling your lungs. Pause while holding that breath. Breathe out slowly through your mouth, reading the 2nd part of the stanza. After completing them all, slowly release your breath while listening to your heart. Pause for a moment before ending the experience.

breathing in

I am aware of my fear.

breathing out

I am aware that I am not my fear.

breathing in

I am aware of my anger.

breathing out

I am aware that I am not my anger.

breathing in

I am aware of peace.

breathing out

I am aware that I am worthy of peace.

breathing in

I am aware of love.

breathing out

I am aware that I am worthy of love.

breathing in

I am aware of joy.

breathing out

I am aware that I am worthy of joy.

breathing in

I am aware of hope.

breathing out

I am aware that I am an agent of hope.

breathing in

I am aware of resilience.

breathing out

I am aware that I am resilient.

breathing in

I am aware.

breathing out

I am.

The Spiritual Care Department

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