



Maine Medicine

a quarterly publication of the Maine Medical Association

JULY/AUGUST/SEPTEMBER 2022

Maine Medical Association Mission: **SUPPORT** Maine physicians, **ADVANCE** the quality of medicine in Maine, **PROMOTE** the health of all Maine citizens.

MMA RETURNS TO BAR HARBOR FOR 169TH ANNUAL SESSION

The Maine Medical Association is pleased to present its 169th Annual Session at the Harborside Hotel & Marina in Bar Harbor, Maine on September 9-11, 2022. This meeting will be presented in-person only with no remote participation option, so we hope you will join us at one of the most popular venues for MMA's Annual Session to reconnect with colleagues and to meet new friends.

9.0 CME credits are pending, and CME credit earned from this activity can be used for AAFP elective credits. This program offers a variety of relevant topics during the weekend. The keynote address on Saturday morning will be, *Our Diversity and Inclusion Journey* by Marwa Hassanien, M.D., M.Ed., Director of Diversity, Equity & Inclusion at Northern Light Health. The other sessions include an update on the medical malpractice environment in Maine, a risk management update, avoiding common and current regulatory and professional liability pitfalls, financial planning advice, wellness and resiliency, opioid prescribing (2.0 credits), and the genetic basis for disease and patient counseling. In addition, we will offer plenty of opportunity for networking with colleagues, recreation on beautiful Mt. Desert Island, and participating in the MMA's governance and other business. During the General Membership meeting on Saturday, the Ad Hoc Committee on Health System Reform will



present an update on its work of the past year and this session will include a brief discussion of the Committee's draft *Statement on Reform of the U.S. Health Care System*. At the Awards and Inauguration Dinner on Saturday evening, the MMA will present the Mary Floyd Cushman, M.D. Award for Exceptional Humanitarian Service as a Medical Volunteer, and the President's Award for Distinguished Service. We also will recognize MMA members on the 50th Anniversary of their graduation from medical school. Finally, MMA President Jeffrey Barkin, M.D. will pass the gavel to President-elect Erik Steele, D.O.

We know that the COVID-19 pandemic is still part of our lives, and we will conduct this meeting in compliance with current US CDC guidelines (all attendees must be vaccinated against COVID-19 in accordance with recommendations and indoors we will observe social distancing and wearing of masks, except when eating or drinking). We have planned a weekend that will be both professionally rewarding and fun, and we hope you will plan to attend!

For more information, please visit https://www.mainemed.com/annual_session or contact Lisa Martin, 207-480-4201 or lmartin@mainemed.com

BEYOND THE STETHOSCOPE: Jennifer Weiner-Smith, M.D. and Family Embrace Life In Rural Maine

When Jennifer Weiner-Smith and her husband, Allen Smith, moved to Maine for Jenn's residency program in Obstetrics & Gynecology in Portland, they bought a 50-acre apple orchard in Greene and they quickly adjusted to an active rural lifestyle. During their first five years in Greene, Allen developed and operated an organic cider business, becoming MOFGA-certified and offering products at the Common Ground Country Fair and through local food vendors. Later, the farming operation expanded to include raising Katahdin Sheep and Large Black Pigs, a heritage breed of swine originating in England. In addition to the usual tasks of animal husbandry, Jenn learned much about veterinary medicine. Jenn and Allen arrived in Greene with two young children and had a third soon thereafter. Six years ago, the family grew again to include three teens from the Congo. All six children are now young adults who are either in college or have



graduated. One is in medical school. About twelve years ago, Jenn and Allen bought a building on Lisbon Street in downtown Lewiston where Allen realized another life's dream in opening Forage Market, a café, market, and bakery featuring sustainable, locally-sourced food and beverages. A self-taught baker, Allen is now nationally acclaimed for his bagels. They opened a Portland Forage Market location three years ago. The retail food service business is very different from the business of medicine Jenn acknowledges; Allen knows precisely the cost of the ingredients and supplies at Forage. These other parts of Jenn's life are a wonderful outlet for the stress of practicing medicine. "My life is hectic, but I am very lucky to have such a rich and satisfying life, with my medical practice, family, farm, and helping out with the Market when I can," says Jenn. The varied aspects of her life make for a very nice balance. The Market and the farm have also connected her to different communities beyond health care and those relationships have given her different perspectives in her life. "Working outside on the farm, whether caring for our animals or hauling hay is great exercise and I conclude days on the farm with a tired but contented feeling," adds Jenn.



Jennifer Weiner-Smith, M.D. is the Chief of Obstetrics & Gynecology at Central Maine Medical Center where she has practiced for more than 20 years. She is a graduate of Belfast Area High School and Smith College. Jenn earned her medical degree from the University of Vermont Larner College of Medicine and completed her residency in Obstetrics & Gynecology at Maine Medical Center. She and her husband, now "empty nesters," live on their farm in Greene. The MMA Nominating Committee is recommending Jenn for election to the MMA Board of Directors at the Annual Session in Bar Harbor in September.

FACULTY FOR 2022 ANNUAL SESSION



Emily Bloch, Esq.



Michael Genetti, CLU®, ChFC®



Marwa Hassanien, MS, M.Ed.



David Herzer, Jr.



Frank Lavoie, MD, MBA



Mark Lavoie, Esq.



Alton Kremer, MD, Ph.D.



Gregory Marley, LCSW



Elisabeth Fowlie Mock, MD, MPH, FAAFP



Charles Pattavina, MD

MEDICAL STUDENT REPRESENTS MAINE AT ANNUAL MEETING OF THE AMERICAN MEDICAL ASSOCIATION HOUSE OF DELEGATES

By Kaye Dandrea, OMS-III, University of New England College of Osteopathic Medicine



In June, I represented Maine alongside Maine physician representatives at the Annual Meeting of the American Medical Association House of Delegates in Chicago. Presently, I am a new third year student from the University of New England College of Osteopathic

Medicine and was elected to the position of Medical Student Region 7 Delegate in November. The AMA-MSS Region 7 is comprised of the New England states as well as New York.

In the AMA House of Delegates, delegates are elected from state medical societies as well as medical specialty societies in order to represent the voice of those physicians. Additionally, medical student delegates are elected by their region to advocate on behalf of medical students in their region/state. The House of Delegates serves as a bridge between physicians and medical students alike with the goal of having voices heard from throughout the country and fields of medicine.

Twice a year, the House of Delegates (HOD) meets to discuss important public policy and governance matters

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MMA WELCOMES
TWO NEW TEAM MEMBERS

The Maine Medical Association is pleased to introduce Mikenzie Dwyer and Mariah Pfeiffer who have recently joined our staff.

MIKENZIE DWYER



Mikenzie Dwyer joined Maine Medical Association in June as a Public Health and Government Affairs Associate. She interned for the MMA during her senior year of college at the University of New England, graduating in 2021 with a double major in Political Science and Applied Social & Cultural Studies. She came on in January as a contract employee to finish out the last legislative session. In this role, she will work on advocacy and legislative affairs with a particular focus on public health initiatives, interacting closely with legislators and stakeholders at the State House in Augusta. Mikenzie enjoys exploring the Maine outdoors and going on adventures. You can reach Mikenzie at mdwyer@mainemed.com.

MARIAH PFEIFFER



Mariah Pfeiffer joined the MMA Center for Quality Improvement in July as a Project Manager focused on Maternal-Child Health initiatives. Mariah recently completed a Master’s degree in Public Health at the University of Southern Maine. She worked as a Labor and Delivery nurse for the past 9 years as well as a nurse educator for the last 3 of those years. She holds a BS in Nursing from Binghamton University and a BA in History from Bates College. Originally from Rochester, NY, Mariah lives in Lewiston and enjoys restoring her old farmhouse, printmaking, berry-picking, and ice skating. You can reach Mariah at Mpfeiffer@mainemed.com.

THANK YOU TO DANIEL HANLEY
CENTER FOR HEALTH LEADERSHIP
UNDERGRADUATE INTERN,
MICHAEL DELORGE



The Maine Medical Association’s Communications and Government Affairs team was fortunate to be joined this summer by Michael Delorge, who came to MMA for the summer through the Hanley Center’s Undergraduate Healthcare Leadership Internship Program. Michael is from Biddeford, Maine and is working towards a dual degree in biology and political science at the University of Maine. Michael is a student researcher on the substance use crisis in Maine and hopes to soon enter the field of public health. In his role this summer, Michael worked to both engage MMA membership and assist the Government Affairs team in preparing for this November’s General Election and upcoming legislative session. Thank you, Michael, for all your hard work!

THANKS TO THE MMA’S RECENT
SUSTAINING MEMBERS

Thank you to the following members and hospitals/practices who have shown support for the MMA’s long-term growth by renewing at an additional sustaining membership level.

- Michael Curran, MD
- Jo Linder, MD
- Michael Parker, MD
- Coastal Women’s Healthcare
- Down East Orthopedic Associates
- Houlton Regional Hospital
- Mid Coast Hospital
- Mount Desert Island Hospital

PRESIDENT’S CORNER

By Jeffrey Barkin M.D., DFAPA, President, Maine Medical Association



In my work travels I so often hear medical professionals decry “lost civility.” It would be easy to blame COVID-19, as the isolation it forced upon us brought with it a loss of the social “muscle memory” we develop in both professional and personal circles. But I fear the blame rests more broadly – the blame rests with us. We cannot control the civility of others but, as physicians and health care practitioners, we can exhibit proper social interaction – civility – as an example to others. Sadly, I think we may be failing.

It is true, of course, that COVID-19 is a factor. Habits of civility are languishing while, in their place, we trend toward confrontation and contentiousness rather than collaboration and camaraderie. It is happening both within our profession and without, in our relationships with other professionals, even where their interests in protecting our patients’ interests align with ours.

This was brought home to me this week when a close friend of mine shared an experience with me he had found most frustrating. This lifelong trusted friend, whom I have known since childhood, is now a prominent Maine lawyer who specializes in helping individuals who are injured and require medical care to address harms caused by negligence. Just as I serve the medical community as President of the Maine Medical Association, he serves the legal community as a governor of the American Association for Justice and the Maine Trial Lawyers Association. I know firsthand that this lawyer’s commitment to his clients mirrors the commitment I see in so many of MMA’s members. So, when I hear this story of frustration he experienced in being stymied in trying to connect with a client’s medical practitioner, I am distressed.

This lawyer contacted a medical practitioner at a Maine health care facility with which he had had years of amiable and collaborative relationships advocating on

behalf of patients under its care. Contrary to years of past history, the lawyer was denied access to the practitioner. He was told “our legal department instructs us that we are not permitted to speak with any third party about our patients unless ordered to do so by subpoena.” To this facility it did not matter that the proper authorizations were provided or that the patient specifically directed the practitioner to speak with her lawyer – the new rule is “access by subpoena only.”

I fear where this trend takes us. In Maine we enjoy comparatively healthy and respectful relationships with lawyers and the legal profession. Overall, lawyers respect us and our time and try not to impose excess burdens on us. It is fair to assume that, in no small part, this respect comes because of the respect with which we treat lawyers.

Help me change this.

For two decades, a Medical-Legal Code of Cooperation among the MMA, the Maine Osteopathic Association, the Maine Chiropractic Association, the Maine State Bar Association, and the Maine Trial Lawyers Association has promoted good relations between the medical and legal communities. It has served as a steady reminder of what mutual respect and mutual civility looks like and how it can elevate interests of the patients/clients we share. An update of the code is underway, modernizing the language and emphasizing the benefits of collaboration, and I pledge to work hard to see it completed during my term as your President. In the meantime, I ask each of you to do what you can to foster civility and cooperation and tamp down hostility and brinksmanship. If you get a call from an attorney representing one of your patients, consider whether it is in that patient’s interest to force the lawyer into litigation just to hear what you have to say. Take the call, or schedule one for a convenient time when you have the chart. But take the call, and help me bridge that gap back to the civil and collegial days of old.

Feel free to reach out to me at 207-775-2244 or president@mainemed.com.

MMA HOSTS 19TH ANNUAL GOLF TOURNAMENT TO SUPPORT
MEDICAL STUDENT SCHOLARSHIPS

Golfers enjoyed a nice day on the beautiful Augusta Country Club course on Monday, July 18th. The muggy weather didn’t dampen spirits as MMA members and friends turned out to support the Scholarship Fund of the Maine Medical Education Trust (MMET), a 501(c) (3) affiliate of the MMA. The Scholarship Fund has contributed \$28,500 to medical students from Maine who are pursuing a medical education. The MMET Scholarship Fund is a companion to the Maine Medical Education Foundation (MMEF) in promoting medical education among Maine youth. The MMEF, also a 501(c) (3) affiliate of MMA, makes low-interest loans to support Maine students pursuing a medical education. Thanks to all players, hole sponsors, and our putting contest sponsor, Baystate Financial. Brian Jumper, M.D. is the founding Chair of the tournament and guided it through its first 18 years. Lisa Ryan, D.O. succeeded Brian as Chair this year and looks forward to inviting everyone to the 20th anniversary event next year!



A MaineGeneral Health Team



L to R: David Pratt, R. Scott Hanson, M.D., M.P.H., Tom Creed



L to R: Mikenzie Dwyer, Dan Morin, Cameron MacLean, Michael Delorge

LOW NET TEAM WINNERS

1st Place: Marci Alexander, Cathy Bourque, Renee Guignard, Alicia Laroche

2nd Place: Jason Brown, Robert Croswell, Andy Dionne, John Smith

3rd Place: Norm Belair, David Landry, Brad Clark Vaughan Clark

LOW GROSS TEAM WINNERS

1st Place: Angela Best, Steve Conley, Tony Fournier, Joseph Spicuzza

2nd Place: Mike Genetti, Larry Perry, Jim Potter, David Truesdell

3rd Place: John Doyle, Jr., Steve Michaud, Charlie Therrien, Dick Willett

NOTES FROM THE CEO

By Andrew MacLean, J.D., CEO, Maine Medical Association



We all know that summer in Maine is sweet, but fleeting, and this is particularly apparent to me as the 4th of July holiday has passed. We are focused on final preparations for, and marketing of, the 169th Annual Session in Bar Harbor the weekend after Labor Day, but I am also anticipating transitions for MMA's leadership and a busy Fall season for us. The annual leadership transition began at the Board of Directors meeting on July 13th, when the Board elected physicians to three key roles. The Board elected R. Scott Hanson, M.D., M.P.H. to become the next Chair of the Board and elected Minda Gold, M.D. and Jonathan Meserve, M.D. to fill two at-large positions on the 8-member Executive Committee. Immediate Past President Karen Saylor, M.D. will retire from the Executive Committee and at the Annual Session in September, Jeffrey Barkin, M.D., President, will participate in the inauguration of Erik Steele, D.O. as the next President of the MMA. Paul Cain, M.D. will become President-elect at that time. I appreciate the many contributions of our physician leaders and the strong staff-volunteer partnership MMA has fostered through many years. The Board of Directors also will undergo some transition as Ryan Best, M.D. leaves Maine to continue his career in Portland, OR; Maryn (Torner) Kanter, M.D., M.P.H. remains on the Board after serving

as a resident representative; and Nathaniel Meyer, M.D. assumes the role as resident representative after previously serving as a medical student. Jennifer Weiner-Smith, M.D., Chief of Obstetrics & Gynecology at CMMC, will also join the Board as the first OB/GYN member in nearly a decade. The Nominating Committee will soon recommend a new student representative to the Board. I face these annual volunteer transitions with mixed emotions as I say farewell to physicians who have served and shaped our work and welcome new physician volunteers who will help position the MMA to serve its members and the public in the future. I am looking forward to the MMA's priority work this Fall, including preparation for the General Election in November and your policy agenda for 2023; two strategic initiatives that will elevate the visibility and role of the Maine Medical Education Trust (MMET) in pursuit of the MMA mission; the continuing evolution of the MMA Center for Quality Improvement (MMA-CQI) in statewide health care quality improvement efforts; completion of a year-long effort to update the MMA's 2017 health care reform statement; and the next phase of MMA's work to foster clinician wellness and resiliency and diversity, health equity, and inclusion.

Please contact me any time with your comments or suggestions about how we might serve you better – amaclean@mainemed.com; 207-480-4187 Direct; 207-215-7462 Mobile.

THEY MUST BE ELECTED BEFORE THEY MAKE THE LAWS

By MMA Government Affairs Staff

The 2022 mid-term election campaigns are in full swing, and while most elected officials and would-be lawmakers seem to always state support for physicians, do they really?

This November, Maine voters will cast ballots for Governor, both seats in the U.S. House of Representatives, and all 186 seats in the 131st Maine Legislature. Staying up-to-date on campaign races is a daunting task. MMA staff is ready to help you stay on top of information that can not only help you determine the candidates you support, but how to contact them to ask important questions about their policy views and legislative intent if they are elected.

Who Are My Legislators & Where Do I Vote?

Election redistricting takes place each decade. We HIGHLY recommend you research and confirm your new Senate and House District numbers. You may have the same legislators representing you, but there is a chance you not only have a different district number, but your address may place you in a district where you'll be voting for entirely new legislators. Go to the Maine Voter Information Lookup Service at https://www.maine.gov/portal/government/edemocracy/voter_lookup.php, choose your city/town and type your address.

Also, because of term limits and retirements, at least 37 percent of the Maine State Senate seats, and 41 percent of the Maine State House will have new legislators. An updated list of candidates statewide can be found on MMA's website at www.mainemed.com under the MMA Spotlight.

We Do the Research to Help

You can keep up with all of MMA's background information and resources as the election season progresses by subscribing to and reading our Maine

Medicine Weekly Update E-Newsletter or visit mainemed.com for MMA's Elections 2022 Guide. Contact Lisa Martin at lmartin@mainemed.com to subscribe to the E-Newsletter.

Meet Your Local Candidates

Nothing is more valuable than meeting with a state legislative candidate to exchange views with them on key issues facing health care and your patients.

Developing relationships early with a candidate or member of the state legislature in person or by phone/email can be a great help in influencing future public policy decisions. A strong personal relationship with policymakers is essential to successful association membership advocacy.

In addition, a meet and greet can help you evaluate the candidate and inform MMA Government Affairs staff on his or her political messages and policy positions, as well as increase the visibility of physicians as a resource. Your future availability to describe how your practice and your colleagues statewide will be affected by legislative proposals is invaluable.

You will also have the opportunity to meet candidates at holiday parades, picnics, ceremonies at local libraries and community centers, and legislator town-halls. Legislative candidates attend many in-district events during the summer months in Maine. These events offer constituents a unique opportunity to share concerns and provide direct feedback to lawmakers.

If you have any questions, please contact me at dmorin@mainemed.com, or Mikenzie Dwyer, MMA's new Public Health and Government Affairs Associate, at mdwyer@mainemed.com or call us at (207) 480-4199.



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Information in this newsletter is intended to provide information and guidance, not legal advice. Since exact language and definitions of key terms are critical to understanding the requirements of legislation, rules or laws, we encourage you to read each carefully. Articles submitted to *Maine Medicine* represent the views of the author only and do not necessarily represent MMA policy.

UPCOMING MMA SENIOR SECTION MEETINGS

AUGUST 17 | 11:30am-1:30pm

OCTOBER 19 | 11:30am-1:30pm

Contact Lisa Martin at lmartin@mainemed.com or 207-480-4201 with questions.



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22-PD-00153 (01/22)

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BAYSTATE FINANCIAL FISCAL FITNESS FOR LIFE

By Michael Genetti, CLU®, ChFC®

Navigating Uncharted Waters

MIT AgeLab
Four Phases of Retirement

1. The Honeymoon Phase
2. The Big Decision Phase
3. The Navigating Longevity Phase
4. The Solo Journey Phase

In continuing our focus on the MIT Agelab’s research on planning for and living out a successful retirement we turn our attention to the third phase of retirement **The Navigating Longevity Phase**, where we find ourselves in uncharted waters.

Many of you have had the good fortune to be mentored throughout your career, helping guide you in your decision making. Should you live beyond normal life expectancy, you will have lost the benefit of that mentorship. A stark reality aging retirees experience is the consequences of the good, and not so good, decisions they have made in their early years of retirement.

This longevity stage of retirement can be disorienting in that you will be transitioning away from a life where you are in control of your life events and circumstances. As you live beyond life expectancy, you will become subjected to events and circumstances which are beyond your control. You will transition from enjoying life to its fullest... to fulltime management of life’s necessities; from living a life of proud independence to one of humble dependence.

Managing the emotional and psychological challenges of late-stage retirement is critical to living the reality of longevity. A well thought out and funded financial strategy can relieve some of that stress during this critical period.

The major areas where preplanning can ease the emotional and psychological stress are:

- **Creating an evolving support network**, one that extends beyond family and close friends and encompasses individuals and organizations with specific proficiencies, talents, and resources.
- **Becoming organized**, With the AgeLab’s research showing that 77% of those older than age 85 as having at least two chronic care needs and taking an average of 18 prescriptions per year, you will need a plan for transportation to doctors’ appointments, for clarifying care instructions, and for managing prescriptions to avoid serious complications. Execution of appropriate health care documents to facilitate timely care will be critical to maintaining your wellbeing.
- **Planning ahead** for maintaining and adjusting living arrangements. Changes to where you reside are almost inevitable. The inability to maintain your home, intermittent family support, reduced access to social opportunities and more limited mobility will all need to be addressed at the exact time change becomes more difficult to accept.

Cognitive impairment is a reality of aging. Being forced to make important decisions during this stage of life may be problematic.

It is critical to have the financial infrastructure in place to facilitate your ability to make the most favorable choices at this difficult stage of life. Preplanning will ensure that you have access to all available options as you “navigate the longevity phase” of retirement.

Securities and investment advisory services offered through qualified registered representatives of MML Investors Services, LLC. Member SIPC. 200 Clarendon Street, 19th & 25th Floors, Boston, MA 02116. 617-585-4500



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MAINE DHHS UPDATE

By Lisa M. Letourneau, M.D., M.P.H., Senior Advisor for Delivery System Change, State of Maine



Helping Maine People Facing Mental Health Challenges

As Maine physicians are well aware, mental health challenges were all too common before the pandemic, and COVID-19 has exacerbated these conditions for many people in Maine and across the nation. A recent KFF Brief found that two in five American adults report experiencing anxiety and depression, and more than half of parents are concerned about their children’s mental well-being.

Maine DHHS is committed to supporting Maine people who are struggling with a mental health crisis, and those needing mental health or substance use services. The Department is working with partners throughout the state to strengthen Maine’s behavioral health system, and with support from the Governor and Legislature, it is investing more than \$230 million in state and federal funds over the 2022-23 biennium in an effort to strengthen the provider workforce and improve access to evidence-based behavioral health services.

As part of that effort, the Department’s Office of Behavioral Health (OBH) contracts with community providers to support mobile crisis teams who can respond directly to the location of a person in crisis or offer walk-in services at facilities that provide a home-like environment. These teams are specially trained to de-escalate mental health crises, assess needs, and provide an appropriate level of care in the least restrictive setting. OBH also contracts with community hospitals to provide mental health peer support specialists and substance use recovery coaches in emergency departments to assist individuals experiencing behavioral health crises. Additionally, OBH is working to implement the 988 Line, a new nationally designated, easy-to-remember dialing, texting, and chat code for anyone experiencing a suicidal or mental health crisis.

Additionally, the Maine Center for Disease Control and Prevention (Maine CDC) leads the Maine Suicide Prevention Program (MSPP), a collaborative initiative among state and local organizations committed to preventing suicide in Maine by increasing access to suicide prevention and intervention services; improving integration of effective suicide prevention efforts within public and private organizations statewide; educating

health professionals about suicide prevention, intervention, and reducing risk, and promoting healing after a suicide death; and conducting on-going statewide surveillance of suicide deaths and attempts to identify trends and populations at increased risk. Providers working with those at risk of suicide are trained to counsel individuals and families on reducing access to lethal means, including firearms, during periods of heightened suicide risk. For families and caregivers, the program promotes the use of the Lethal Means Safety Planning card, which identifies steps to reduce access to lethal means for a loved one at risk of suicide. The program also helps to lead the Maine Safer Homes Task Force, a statewide collaboration with the Maine Bureau of Veterans’ Affairs and VA Maine Health Care to reduce the number of firearm suicides among Maine veterans. MSPP encourages Maine people to reach out for help through greater awareness of a range of mental health resources, including the Everyday Survival Guide campaign and an upcoming youth-focused campaign.

Physicians are encouraged to note a wide range of resources are available to Maine people and health care professionals who may be experiencing a crisis or mental health challenge:

Maine Crisis Line: 1-888-568-1112 or dial 988. Available 24/7

National Suicide Prevention Lifeline: 1-800-273-TALK (8255). Available 24/7.

Intentional Peer Support Warmline: (866-771-9276) - mental health peer-to-peer phone support line for adults offering mutual conversations with trained peer specialist who has life experience with mental health recovery. Available 24/7.

NAMI Teen Text Line: (207) 515-8398 – peer support text line supervised by behavioral health specialists that offers connection, resources, and mental health support to youth, teens, and young adults 13-24 yo. Available 12N – 10P every day

FrontLine WarmLine: (207) 221-8196 or (866)-367-4440 - telephone support line for frontline health professionals directly responding to the pandemic in Maine. Available 8A – 8P every day

StrengthenME Helpline: (207) 221-8198) – phone line offering stress management and resiliency resources to anyone in Maine experiencing stress reactions to the COVID-19 pandemic. Available 8A – 8P every day



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*Market position based on S&P Global Market Intelligence 2021 year-end financial filings. Dividends and Owners Circle allocations are declared at the discretion of the MagMutual Board of Directors and are subject to eligibility requirements.

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STATE HOUSE NOTES

By Dan Morin, Director of Communications & Government Affairs



Let Us Know What Needs to Change and Multiply Your Voices to Improve Care

A single physician will struggle to bring about the legislative or regulatory changes needed to improve the practice environment. But membership in the MMA multiplies your power, your resources, and your voice by thousands.

Ensuring that federal and state policy decisions are in line with the best interests of the patients you see every day is an annual work product developed by MMA staff with feedback, direction, and input from our membership, crafted by the MMA’s Legislative Committee, and then reviewed and approved by the Board of Directors.

The MMA’s biannual legislative platform includes general principles, key issues, and specific proposals of interest for the upcoming two years of the 131st Maine Legislature.

MMA’s government affairs staff is currently building your legislative platform and strategy by soliciting and summarizing suggestions from across our membership to decide what your legislative priorities will be while syncing them up with your organization’s mission.

Defining and prioritizing issues early is the most important step in any legislative plan. Clearly defining a few, achievable, primary policy goals can greatly increase the likelihood of success and will keep MMA from getting side-tracked on issues that may be of interest but have not been determined to be policy priorities through this process.

Visit our website at www.mainemed.com and click on the **Legislative Priority Request Information** link on the right side of the page under the MMA Spotlight for more information, a Legislative Policy Request Form, and an example submission from 2020 to guide your efforts.

Any questions, comments or concerns can be sent directly to me at dmorin@mainemed.com or MMA’s new Public Health and Government Affairs Associate, Mikenzie Dwyer at mdwyer@mainemed.com. We can also be reached by calling the MMA Government Affairs direct line at (207) 480-4199.

MMA Legislative Priority Platform Timeline

January – May/June
The Maine Legislature meets for two-year sessions starting in January, following the general elections. Normally the first session year ends sometime in June while the second session schedules adjournment in May.

July
A year-end legislative review is distributed to MMA leadership and general membership along with a recap of the legislative session.

August - September
MMA Government Affairs staff solicit policy proposals from membership to address practice and public health challenges and possible legislative solutions.

September – October
The MMA Legislative Committee and Board of Directors reviews legislative proposals and approves a limited number of proactive advocacy initiatives to develop the MMA’s Legislative Priorities Platform.

October – December
MMA staff meets with candidates and legislators to shore up support and present ideas for possible legislation, while also reaching out to partner organizations to identify common interests and garner support for issues during the upcoming legislative session.

December
MMA staff continues informing membership of legislative priorities, educating legislators, the public, and news media through the MMA website, newsletters, meetings, presentations and social media platforms.

MMA - CQI NEWS

Maine Medical Association Center for Quality Improvement

Caring for ME Launched Two New BOLIM Learning Modules

To Access, Visit www.qclearninglab.org

Title: Maine Prescribing Laws, Limits and Compassionate Tapering

Presenters: Noah Nesin, MD FAAFP; Benjamin Townsend, Esq.

This module is intended to address the opioid-specific education requirements under Maine’s Joint Rule Chapter 21, Use of Controlled Substances for the Treatment of Pain and P.L. 2015, Chapter 488 as amended. Maine’s recent opioid prescribing laws require providers to limit the daily opioid dosages of chronic pain patients. But how can practitioners meet this legal requirement while also limiting their patients’ distress? This online learning module reviews why tapering is important, common tapering scenarios, techniques for effectively and compassionately tapering opioid dosages, and office workflows around tapering.

1.5 AMA PRA Category 1 Credit(s)[™] available with this module.

Title: Chronic Pain Diagnosis, Management and Alternative Treatments

Presenters: Noah Nesin, MD, FAAFP

This module is intended to address the opioid-specific education requirements under Maine P.L. 2015, Chapter 488. At the end of this module, users will have knowledge on alternative treatments that are available as options to assist with chronic pain as well as tips from patients living with chronic pain.

1.5 AMA PRA Category 1 Credit(s)[™] available with this module.

Funding Statement

Funding for these modules has been provided by the Maine Board of Licensure in Medicine.

CCMEA Accreditation Statement

Maine Medical Education Trust is accredited by the Maine Medical Association’s Committee on Continuing Medical Education to provide continuing medical education (CME) to practicing physicians.

AMA Designation Statement

The Maine Medical Education Trust designates this live activity for a maximum of 1.5 AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Joint Sponsorship

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the Maine Medical Education Trust and the Maine Medical Association, Center for Quality Improvement. The Maine Medical Education Trust is accredited by the Maine Medical Association Committee on Continuing Medical Education and Accreditation to provide continuing medical education for physicians.

Opioid Medication CME Statement

This activity qualifies for 1.5 credit(s) of the 3 CME credit requirement for opioid medication education found in P.L. 2015, Chapter 488, Maine’s legislation to address the opioid drug crisis.



MMA NECROLOGY

MMA has learned of and mourns the passing of the following physician since our last publication:

Daniel K. Onion, MD, MPH (1942 – 2022)

If you are aware of the passing of a Maine physician, please notify Lisa Martin, Director of Membership, at lmartin@mainemed.com or 207-480-4201.

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SPECIALTY SOCIETY MEETINGS

September 9-11, 2022

Maine Chapter, American College of Surgeons Fall Meeting

The Westin – Portland, Maine

Contact: Tabitha Lanning 207-480-4195 or tlanning@mainemed.com

September 10, 2022

Maine Society of Anesthesiologists Meeting

(Held in conjunction with MMA's Annual Session)

Harborside Hotel – Bar Harbor, ME

from 2:00pm – 5:00pm

Contact: Lisa Montagna 207-620-4015 or mesahq@gmail.com

September 23-25, 2022

Maine Chapter, ACP Annual Scientific & Chapter Meeting

Atlantic Oceanside Hotel & Conference Center – Bar Harbor, ME

Contact: Warene Eldridge 207-215-7118 or mainechapteracp@gmail.com

October 7, 2022

Maine Society of Eye Physicians and Surgeons

Fall Business Meeting (Held in conjunction with the 21st Annual Downeast Ophthalmology Symposium)

Harborside Hotel – Bar Harbor, ME

from 10:30am – 11:45am

Contact: Shirley Goggin 207-445-2260 or sgoggin@mainemed.com


October 7-9, 2022

21st Annual Downeast Ophthalmology Symposium

(Presented by the Maine Society of Eye Physicians and Surgeons)

Harborside Hotel – Bar Harbor, ME

Contact: Shirley Goggin 207-445-2260 or sgoggin@mainemed.com



The MMA-CQI, with funding support from the Maine Board of Licensure in Medicine (BOLIM), developed and maintains online on-demand learning modules available for CME credit at:

www.qclearninglab.org

Time for a checkup?
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PUBLIC HEALTH SPOTLIGHT

By Mikenzie Dwyer, Public Health & Government Affairs Associate



Do You Know About MMA's Public Health Committee?

The COVID-19 pandemic has shown the importance of public health policy worldwide and how disruptive global and national health issues can hit at a local level.

Leaders from the MMA have been specifically focused on many public health issues for more than two decades. Dr. John Garofalo founded the Maine Medical Association's Public Health Committee in 2000, and since then the Committee has aimed at protecting the health of large populations even outside the exam room, by preventing disease, promoting healthier lifestyles, and educating the public about chronic illnesses, comorbidities, and environmental risks.

Leading public health experts within the MMA and MOA memberships participate in the Committee's work and continue to seek solutions improving the health, equity, and well-being of Maine people. Co-Chaired by Dr. Daniel Oppenheim and Dr. Ted Walworth, the Committee develops and articulates a public health vision for the physician community in Maine and collaborates with key stakeholders in public health advocacy and communications in our state.

From expanding Maine's School-based Health Centers, tobacco prevention, gun safety, and domestic violence, to environmental toxins, such as PFAS, and climate change solutions, the Public Health Committee has dedicated time and expertise to addressing some of Maine's most difficult public health challenges.

In 2015, Dr. Oppenheim and former Maine Bureau of Health Director, Lani Graham, M.D., M.P.H. authored

Continued from page 1...Medical Student Represents Maine...

related to the American Medical Association (AMA). The primary goal of these meetings is to discuss, debate, and vote on Resolutions that may become AMA policy. AMA policy demonstrates the values of the organization and guides how resources and advocacy efforts are apportioned.

This year's AMA HOD meetings featured consideration of timely and important topics such as gun violence, access to abortion, universal childcare, and more. The Medical Student Section of the AMA was intimately involved in these conversations and expressed its opinions on behalf of the Section. For me, being present for these discussions was extremely powerful and the true value of organized medicine was clear. This experience was an amazing opportunity and I am excited to continue this role at the meeting in November 2022. Highlights and important discussions from the meetings are at: www.ama-assn.org/house-delegates/annual-meeting/highlights-2022-ama-annual-meeting.

an enlightening study with Physicians for Social Responsibility, "Death by Degrees", on the health crisis of climate change in Maine. This updated report from the original groundbreaking report in 2000, makes clear the health implications of climate change affecting people across Maine. The Committee members have built upon this groundbreaking public health advocacy by offering expert testimony regularly before the Maine legislature and administrative agencies. This last session, Dr. Graham testified on an essential bill to ensure clean drinking water for the Passamaquoddy Tribe (LD 906) and provided leadership on PFAS contamination in Maine.

Committee Co-Chair Edward 'Ted' Walworth, M.D., has been a leading advocate for gun safety in Maine for more than twenty years. One important piece of legislation which Dr. Walworth recently testified on was the "Safe Storage" firearms bill that added another category to the current Maine Criminal Code regarding child endangerment.


Dora Ann Mills, M.D., M.P.H., former Director of the Maine CDC, is another member of the Committee who has taken a very public leadership role on the response to the COVID-19 pandemic and she and MMA Board of Directors member James Jarvis, M.D. have excelled at explaining the US and Maine CDC guidelines in understandable language to the Maine public through countless media appearances during the past several years. The MMA Public Health Committee is building its membership to increase physician influence in public health advocacy in our state.

If you would like to learn more about the Committee or inquire about joining these like-minded physician colleagues, please visit www.mainemed.com/about-mma/committees/public-health-committee or reach out to me at mdwyer@mainemed.com or my colleague Sarah Lepoff at slepoff@mainemed.com or by calling (207) 480-4191. You don't need to be a public health expert. The only qualification is to care about MMA's public health advocacy!



In addition to the AMA HOD meetings, I also held roles within the AMA Medical Student Section (MSS) specific meetings. Throughout the past year I have served as Region 7 General Council Secretary and stepped in as Interim Chair of Region 7 as the Chair and Vice Chair were unable to attend the meetings in Chicago. At the Region 7 specific meetings, student delegates from medical schools throughout New England and New York met to discuss what policy and concerns were important to the region.

I have also been involved with the Committee on Scientific Issues (CSI), a subcommittee of the medical student section. This subcommittee oversees and advises medical student policy related to research and other scientific topics. Most recently, I have also taken on the role of policy co-chair for CSI. Overall, I have enjoyed these positions immensely and hope to continue to serve an active role within the AMA MSS.



2022 Evidence-Based Prescribing Education
Group Education Outreach & Academic Detailing

Schedule a presentation at your medical practice, hospital or conference:

- Using Data to Improve Opioid Prescribing
- Simplified Treatment of Hepatitis C in Primary Care Settings
- Adult & Pediatric Asthma: Evidence-based Prescribing Update

Meet with an Academic Detailer for a one-on-one session:

- Level 2 Simplified Treatment of Hepatitis C in Primary Care Settings
- Level 2 Adult & Pediatric Asthma: Evidence-based Prescribing Update
- Four opioid prescribing topics available:
 - Opioid prescribing discussion including Maine law
 - MOUD (Medications for Opioid Use Disorder Treatment) Basics or Advanced Discussion
 - Deprescribing Opioids and Benzodiazepines

Visit www.micismaine.org for additional information.
MICIS is a program of the Maine Medical Association.

By Greg Marley, LCSW, Senior Clinical Director; Suicide Prevention, NAMI Maine



We Live in Challenging Times: Resources and Models for Building Hope

Even before the pandemic blighted hope and made access to help challenging or near impossible, we were already living in an age that challenged our ability to cope with the layers of stress we face daily. Before falling in 2020, suicide rates in Maine and the USA had been increasing since 2005. Deaths of despair, meaning deaths from suicide, drug overdose and alcohol abuse, had begun to reverse the trend of increasing lifespan, at least among middle aged non-Hispanic white peoples. This is especially true among people who did not pursue college education. The uncertainty and isolation of the pandemic along with increased economic vulnerability added to the stresses and made access to care more complicated and uncertain. Though suicide deaths dropped slightly in Maine in 2020, deaths attributed to drug overdose increased and reached a new record of 634 in 2021. Among youth, especially preadolescent and young adolescent girls, suicidal ideation and attempts rose significantly in 2020 and self-reported struggles with Depression and Anxiety rose at a similar rate.

Adding to the pandemic stress is the increasing polarity seen dividing people across our country. The list

of topics difficult to talk about in polite company is making for too many silent conversations, even among family members.

The silver lining on this dark cloud was that people became more willing to acknowledge their struggles and more open about needing mental health treatment and supports. This has been true for both youth and adults; the stigma related to mental illness was breaking down. The challenge became finding available treatment resources for an increasing number of people at a time when pandemic safety made access to care more challenging.

In speaking with health care practitioners and behavioral health clinicians, it is clear that the current ability to connect a patient to therapy, counseling or specialty medication management is challenged by long wait times and full practices. Here are a few ideas to provide interim support and resources to someone as they wait:

- Offer more frequent follow-ups with you or a behavioral health clinician or care manager in your office.
- Spend time familiarizing yourself with some of the cell phone Apps available to support self-management skills and self-care. For your patients, encourage a daily practice of mindfulness. NAMI Maine will email a list of such Apps.
- **NAMI Maine resources:**
 - o Helpline 1-800-464-5767 during office hours.
 - o Open support groups for family members or

- someone living with a mental health condition. <https://www.namimaine.org/supportgroups>
- o Teen Text Support Line (207-515-8398, 12-10 pm) for adolescents and young adults 13-24 who would benefit from peer support from another youth.
- Encourage diet and exercise that can support mental health and coping with stress.
- Work with a patient at risk to develop and implement a Collaborative Safety Plan.
- Know when it is time to connect with **Maine’s Crisis Services** 1-888-568-1112 by phone or text.
- **Portland Community Recovery Center** for substance use recovery resources: <https://portlandrecovery.org/> (207) 553-2575 info@portlandrecovery.org
- **Maine Intentional Warm line 1-866-771-9276** for conversation with a trained peer support specialist

This is a time of increased need, when the mental health support system is stretched thin and resources are not immediately available for someone seeking help. It is a time that calls us to be creative in seeking support and breaking the isolation that can be so troublesome. Working together we can weave a safety net for people in need.

UPDATE ON THE STATE’S RESPONSE TO THE OPIOID DRUG EPIDEMIC

By Gordon Smith, J.D., Director of Opioid Response, State of Maine



Greetings to my MMA friends. I hope you all took some time to enjoy a beautiful Maine summer. As I write this article, we have just concluded the Governor’s 4th Annual Opioid Response Summit which was held as an in-person event in Bangor at the Cross Insurance Center. More than 1200 individuals attended in person and more than 200 individuals viewed the live-stream of the plenary sessions. With four plenary sessions and 33 break-out sessions covering the focused areas of Prevention, Treatment, Harm-Reduction, and Recovery Support, attendees heard from an array of state and federal officials, including Rahul Gupta, M.D., the first physician to serve as Director of the White House Office of National Drug Control Policy (ONDCP). Other speakers included U.S. Attorney Darcie McElwee, Attorney General Aaron Frey, Maine CDC Director Nirav Shah, J.D., M.D., M.P.H., SAMSHA Acting Deputy Assistant Secretary Tom Coderre, national advocate Ryan Hampton, and former ONDCP Director Michael Botticelli. Continuing a tradition begun in 2019, each presentation was preceded by a *Voice of Recovery*, statements by individuals sharing their journey from addiction to recovery.

not approve the availability of naloxone. Dr. Nesin also has been a champion of medication for individuals with substance use disorders.

The Summit came a few days after the data team at the University of Maine had posted the five month cumulative overdose report on <https://mainedrugdata.org>. Comparing the first five months of 2022 with the same months in 2021, there was a 9% increase in fatal overdoses. While fatal overdoses remained at 7% of all overdoses, we are, of course, disappointed that the fatalities are not decreasing. We continue to respond with new approaches to harm-reduction and more beds for treatment. Governor Mills noted the \$4.5 million Request for Applications issued on May 31 which is intended to add to the bed capacity in the state.

The efforts being made to reduce fatalities include regular meetings of the new Overdose Review Panel, which has the legal authority to do a “deep dive” into individual cases, both fatal and non-fatal. The panel consists of 16 dedicated individuals, including physicians Vijay Amarendran, M.D. and Mary Dowd, M.D. The group is expected to make its first recommendations for policy changes or initiatives during its meeting on August 5.

In addition to the distribution of naloxone, the hiring of the 16 behavioral health liaisons, and the work of the Overdose Review Panel, we also are exploring other

innovative ways to respond to the problem, including testing more of the drug supply, engaging directly with persons using drugs and ensuring housing for those individuals with a substance use disorder. The use of naloxoboxes and even vending machines with harm-reduction supplies are also under review.



Rahul Gupta, M.D.

I encourage all of you who are prescribers to get your X-waiver and treat patients in your practice with appropriate medication. There are lots of no cost training opportunities if you are not comfortable with your skills in this area.

Thank you for your attention and for all you do for patients.



Noah Nesin, M.D., receiving the annual Governor’s Award

Governor Mills highlighted the work her Administration is doing and recognized the 16 county behavioral health liaisons who are connecting with individuals who have survived an overdose. The annual Governor’s Award was presented to Noah Nesin, M.D., in recognition of his providing a standing order for all Mainers to receive naloxone in 2016 when the previous Governor would

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2. When “Good” Eating Goes “Bad” — Overlooked Restrictive Eating Disorders - Helen Burton-Murray, Ph.D.
3. The Endocrinology of Hunger and Satiation and its Role in Weight Management - Caroline Apovian, MD
4. A Dietician’s Approach to Binge Eating and Other Eating Disorders – Tonya Spaulding RDN, LD
5. Treating Eating Disorders in a Weight-Biased World – Patrice Lockhart, MD
6. The Gut Microbiome: Its impact on Mental and Physical Health - Raaj Mehta, MD

Join us either in-person or via zoom for this event.

Go to www.mainepsych.org to register.

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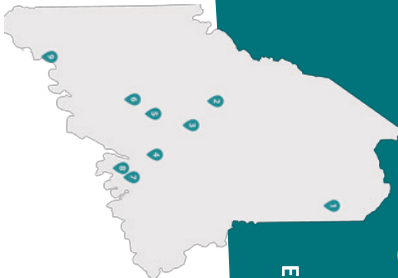
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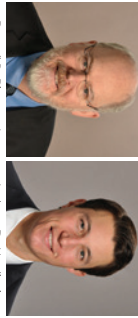
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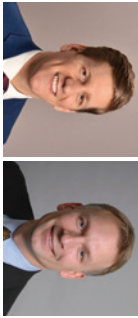
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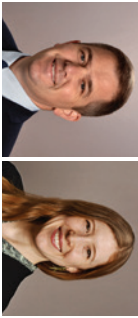
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