Everyone Has A Story—Maureen Turcotte

Have you seen the woman behind the salad bar in New Commons—the one with the great big smile and seemingly endless energy? If you have, then you’ve met this month’s featured employee, Maureen Turcotte.

Maureen has been with Bates and Dining Services for approximately nine years. She originally started in Catering and currently works in Production where she enjoys the challenge of a fast-paced environment. In addition to her career in food service, Maureen has also been a Certified Nurses Aid, run a preschool and even dabbled in hairdressing (she admits her stint as a hairdresser was brief because she wasn’t very good at it!).

Though Maureen was born in Lewiston and lives less than a mile from where she grew up, she has never had the desire to move away permanently. She has developed a love of the ocean and the Maine coast, a passion she attributes to spending summers as a child at her family camp in Harpswell. Happy in Maine, she is content to travel and enjoy the adventure that the world has to offer.

Maureen and her husband, Denny (who also works at Bates, in Physical Plant), are currently planning a trip to visit their daughter who recently moved to Australia. They are hoping that she likes it there as they have been wondering if spending some retirement time in Australia might be fun.

In addition to her upcoming trip to Australia, Maureen has also visited Mexico, Puerto Rico, Jamaica, the Bahamas and Bermuda. She has planned a trip to Prince Edward Island this summer and is looking forward to exploring the beautiful Canadian coastline. (She certainly didn’t exaggerate when she said she loves the ocean!)

When she’s not dipping her toes in the sea, Maureen enjoys indulging her passion for Civil and Revolutionary War history and cruising around in their convertible with Denny, who she describes as a “fanatic.”

Maureen obviously has a lot to be happy about—she’s got a great sense of adventure, a positive outlook and a never-ending pool of energy from which to draw from. Thank you, Maureen, for sharing your story.

Day Trips in Maine?

In preparation for a special June issue of the Communicator, we would like to solicit ideas and suggestions for the “Best Day Trips in Maine.” Share your best loved day trips by submitting your ideas for publication via interoffice mail to Amie Parker in HR or via e-mail to: aparker2@bates.edu

no later than Friday, May 15, 2009.
Getting Older or Getting Hurt?

Do you ever wonder if the aches and pains you suffer are just part of the aging process or if there might be an avoidable cause? While we all experience muscle aches and soreness from time to time, we usually have a pretty good idea what has brought it on. We need to pay attention to these warning signals from our bodies. Most soft tissue injuries are the result of repetitive use of our joints. These joints are made up of muscles, ligaments, and tendons attached to bones. Mild overuse causes muscle soreness. More severe overuse can cause tears or strains to the muscle tissue or to the connective tissues resulting in very painful injuries. If not addressed early, these injuries can result in further tissue damage which weakens the affected part of the body and can require long recovery times and painful therapy.

Overuse can occur in all aspects of our lives. Maybe we spend long hours typing, scrubbing, raking, or any of a thousand other kinds of physical work. Perhaps we exercise to extreme limits. Maybe we have hobbies which we enjoy so much that we get absorbed in what we are doing and don’t realize the amount of repetition to which we expose ourselves. Sometimes we even overlook the long periods of inactivity we engage in during long trips and fail to move our joints and keep blood flowing. The activities and conditions which stress our soft tissues are not just work related. We perform these repetitive tasks as part of recreation, home ownership and leisure as well as part of our jobs. So what can we do to minimize the risk? It’s really pretty easy to avoid serious ergonomic injury. Be attuned to your body. Be aware of the things you do which are repetitive. Take regular short breaks from repetitive tasks and use the time to stretch, use different muscles, do something different or perform exercises which counter the effects of repetition. Your doctor or athletic trainer can help to identify appropriate exercises. If you have lingering pain or soreness at work, report these symptoms to your supervisor so that appropriate evaluation and treatment can take place before serious damage occurs. If you have similar discomfort after non-work related activities, see your primary care physician for treatment and suggestions.

Don’t ignore your body’s warnings. Keep your joints healthy by matching appropriate tools to the job, maintaining safe posture and responding to soreness or pain with sensible treatment. Getting older doesn’t have to mean giving up the things you love to do.

~Ray Potter

B Green

Answer the call to recycle. It’s easy and free to recycle old cell phones and rechargeable batteries from your cordless electronic products. For more information about the services available in your community:

http://www.rbrc.org/start.php

DID YOU KNOW?

Employees are eligible to receive a number of discounts at local businesses in the Lewiston/Auburn area? Known as Bates Advantages, these discounts are offered as additional benefits to all employees of the college. For more information on specific discounts, visit:

www.bates.edu/bates-advantages.xml