

# What's Happening?

A NEWSLETTER

FOR THE EMPLOYEES OF MAINE MEDICAL CENTER

## Experience a festival of wellness at MMC

Something new and different is coming to Maine Medical Center! MMC employees will be treated to four days of relaxing, stress-reducing, fun activities at locations throughout the hospital.

From June 4 through 7, the *Wellness Thru the Arts Festival* will offer a celebration of the arts and the healing power within each of us. The festival will feature presentations, demonstrations, and experiences many of us may not have heard about before.

You'll have the opportunity to learn about complementary therapies like massage, yoga, Trager, Rolfing, herbs for health, acupressure and acupuncture, pet therapy, energy healing, aromatherapy, cranial sacral therapy, polarity therapy, and Shamanic healing.

You'll be treated to entertainment, some of it performed by

MMC employees. Singers, comedians, and musicians will perform "On Stage" in the Cafeteria and Coffee Shop. On Wednesday the 4th, Smiling Hill Farm will bring small farm animals for employees to visit for some stress reduction and just plain fun.

Do you read to your children? Let someone read to you for a change! Relax and reduce stress by listening to readings from *The Education of Little Tree*. Visit the Auditorium for relaxation videos and leave revived and refreshed. Stop by the Chapel for a Prayer Circle led by Pastoral Services staff.

Bring your sneakers to the Courtyard for Latin American aerobics! You can also watch a presentation of Kempo and Tai Chi.

Plan to experience some of what the *Wellness thru the Arts Festival* has to offer. Watch for posters during the festival for events and when and where they occur. You can also pick up a flyer listing all activities.

Celebrate the arts and your own healing power. You'll learn, you'll relax, and you'll have fun!

## Give yourself a Father's Day gift

Maine Medical Center and the Family Birth Center join United Way's Success by Age Six and the YWCA of Portland to present a great workshop for dads.

Fathers and fathers-to-be are invited to *Being a Dad: The Most Important Job You'll Ever Have* Friday, June 13, from 1900 to 2100 hours. Find out why sons and daughters crave the attention of their dads and what it means to really father your children. Explore with other dads how to balance work and family and find the time to spend with your kids.

The workshop is led by Pam Leo, a local parent educator, child care provider, and owner of The Family Business. She conducts workshops locally and nationally to support parents in providing environments that meet the physical and emotional needs of children.

This Father's Day workshop "gift" takes place in the Dana Center and is free to the public. Free child care will be provided at the YWCA. For more information, call 874-1130. You must call to reserve child care; ask for extension 3016 at the number given above.

Dads, you deserve this Father's Day gift! More than 80 women gave themselves a Mother's Day gift by attending a similar workshop led by Leo on May 8. Call today and register for *Being a Dad: The Most Important Job You'll Ever Have!*

### Tune in for

***Maine Medical Center's Children's Miracle Network Telethon!***

**Beginning at 2100 hours Saturday, May 31,  
through Sunday, June 1, ending at 1800 hours,  
on NewsChannel 13**

**with co-hosts Felicia Knight and Kim Block**

**MMC's CMN hosts the Children's Area in Tommy's Park at the  
Old Port Festival Sunday, June 1, from 1100 to 1600 hours**

After 21 years of service to patients, families, staff, and physicians,

**The Rev. Marvin T. Milbury will retire this year.**

**Greet him at a reception**

**Tuesday, June 10,**

**1400-1600 hours**

**Dana Center Lobby**

## Learning and Living with Cancer

*Healthy Lifestyles* is a free workshop series held for cancer patients and their families and friends. It is a program designed to offer practical advice on how to make the most of living each day with cancer – whether in treatment or recovery.

***The Special Needs of Children***

**Wednesday, June 11**

**1800 - 1900 hours**

**Brenda Bacall, LCSW**

This workshop will focus on the physical, emotional, and mental needs of children who have a loved one with cancer. Discussion will include: when, how, and what to tell children; children's reactions; how to facilitate a child's expression of feelings and thoughts; warning signs when a child might be having difficulty adjusting; and when and where to find professional help.

Biomedical Conference  
**Regulation of Adipose Tissue Lipolysis in Humans: Methodologic Considerations**

John M. Miles, MD  
Co-Director, Diabetes Center  
St. Luke's Hospital  
Kansas City, Missouri

Wednesday, June 11, 1500 hours  
Maine Medical Center  
Research Institute

## Want to be a Weight Watcher?

Maine Medical Center's "losers" are real winners! You can join them when MMC begins another session of the Weight Watchers At-Work Program June 10. You can join by coming to the first meeting, which takes place in the Dana Auditorium at 1200 hours.

To become an MMC Weight Watcher, you must enroll at the first or second meeting. You may pay for the program weekly through payroll deduction or you may use your personal check or credit card to pay the entire \$99 at the first meeting. Sign up for payroll deduction and enrollment when you come on the 10th.

Meetings are held Tuesdays from 1200 to 1300 hours. Sixteen members are needed to continue the program.

Watch the *Health Matters* bulletin board outside the Cafeteria for news on Weight Watchers meetings.

If you have questions, call Martha Davoli, Public Information, at 871-2196.

**Have you returned your RSVP for Honor Night 1997?**

**Thursday, June 19  
1730 hours**

**Holiday Inn By the Bay  
Please RSVP to Human Resources by June 2.**

**The Flower Box delivers in Greater Portland!**

**A project of The Visiting Board of Children's Hospital**

## Healthy for Life needs you!

If you want a chance to win \$100 worth of merchandise, receive supermarket gift certificates, and help people in the community *all at the same time*, you'll want to volunteer to staff MMC's phone bank during the broadcast of *Summer Sense* on June 24. Volunteers are needed between 1730 and 2200 hours to answer calls and input data using Access computer software. *Data entry experience is preferred, but not required.* For details, contact Gail in Public Information, 871-2196.

## NorDx Labs nurse receives award

The Maine Health Care Association's Long Term Care Nursing Council presented an award for Nursing Leadership on May 1 to Karen Thurlow, RN, Nurse Liaison, NorDx Laboratories.

The award is presented to a nurse whose achievements have a positive impact on long term care nursing at the state or national level and who has recommended, developed, or implemented a project of importance to long term care nursing.

Thurlow is a nurse and nurse educator and has been involved in many other facets of long term care. She is the current president of the Continuing Care Council, based at St. Joseph's College, and the immediate past president of the Southern Maine Chapter of the National Gerontological Nursing Association.

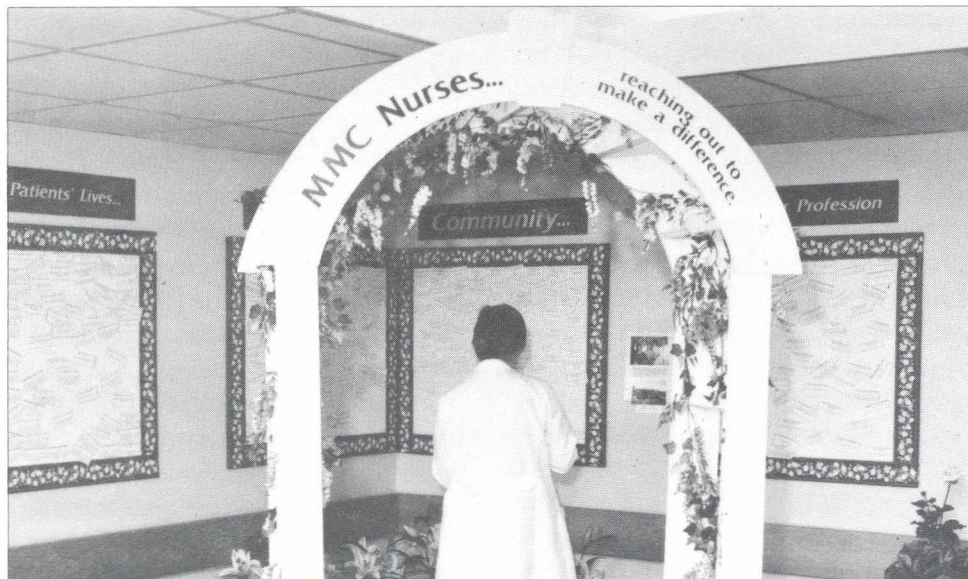
The award recipient is a consultant in infection control, and has been involved with research projects focusing on latex allergies, infection control, and immunizations for the elderly.



# Nursing Bi-Line

*A publication of Nursing Services*

May 28, 1997



exceptionally valuable, and like nursing practice, may be provided in any neighborhood, institution, organization, or setting. The array of activities to which many of you devote time and resources is overwhelming. The diversity and scope of participation mirrors the complex character of the world and emphasizes the need for every kind of talent.

It's inspiring to know hundreds of you are reaching out to touch lives in ways that make a difference. You help children learn new skills and form positive attitudes; you assist in soup kitchens, school

## Nurse to Nurse

During Nurses' Week, May 4 through 10, we celebrated MMC nurses reaching out, extending themselves within their work and in their personal lives. Their acts of reaching out assume the form of service to others in highly variable ways. These gifts of service are critical to making a better community: better health, brighter hopes, and broader horizons.

The work of nursing adds unique value at every point of the healthcare continuum. Nurses are key to health promotion and education practices, to managing or supporting interactions essential for minor illnesses, to caring for persons with major health problems in hospitals, clinics and homes, and to assisting individuals and families through the final phases of life. Providing nursing care whenever and wherever it is needed requires knowledge and skills that are adaptable to each situation and not geographically bound. The commit-



ment to serve is at the core of all care and the ability to adapt to any situation affords community benefits only deliverable by a responsible, responsive professional.

It is clear that the presence of our staff members is broadly felt throughout the community through numerous acts of volunteering. These personal acts of service are

programs, and church activities; and you fill voids in the lives of the lonely and infirm. Your services add value to others' lives and make our society better.

Institutions and communities are reflections of the people who work and live within them. To be among the best, the citizens need to care about and care for each other. Reaching out is a precious gift which yields special rewards to

those served as well as to those who serve. Together we master the essentials for a happier, healthier world.

—Judith T. Stone, RN  
Vice President, Nursing/Patient Services

## “Special” Precautions or Isolation?!

She handed me the poem she had been working on and I began reading aloud, “I entered Maine Med with angina-like spells, but cholesterol didn’t show. It seems it must be a case of nerves with spasms restricting blood’s flow. And since I came, I have coughed a lot; they’re testing me for TB. I’m sequestered here in a hidden room, no excitement except for TV...” I had taken care of this woman for several days and we found many things to laugh about: negative pressure room alarms, the mysterious masks hiding the noses and mouths of caregivers, telephone calls from dietary to fill out her menu “long distance,” and the silence of a room closed tightly behind two doors. Her one window overlooked the brick walls of the “C” and “A” wings joined by the rows of windows of the Maine General Building. Television held little interest for her. Communication was a challenge because she had a hearing loss and the bulky nose-mouth masks we “outsiders” wore to go “inside” to care for and talk with her made lip-reading impossible. Frequent nursing visits and the exchange of “funny faces” through her door window were part of our plan to help reduce her feeling of isolation, the isolation associated with “ruling out tuberculosis”(TB). Because she was far from home, her “visitors” visited by phone and this contributed to

her loneliness.

My initial encounter with her was centered around my checking lung sounds and asking, “Are you coughing up anything?”

Soon, however, our conversation switched to her unusual name, how she had come by it, and what she did for hobbies. A neatly printed book of poems about cats caught my eye as we talked. I learned that she had written them—these poems about different cats she had had or had known in her eighty-five years. Her poetry book, which was for sale, was discovered by cat lovers at MMC and news of her poetry spread. Some of us enjoyed reading the poems with her; but for her, time still dragged on.

Patients in “special respiratory precautions” demonstrate numerous ways of coping with their enforced isolation. Many pass time by talking on the phone or watching TV; others ring the callbell frequently as a way of expressing their need for human contact; some vent their anger at having to endure isolation precautions; others verbalize worry about being diagnosed with TB; and others sleep their time away. But our poet coped in a most creative fashion! One morning when she was beginning to lose patience with the rituals accompanying “rule out TB” isolation, I suggested she write a poem about her experience. At first she laughed, but later checks found her hard at work setting her experience to rhyme.

I am so glad my patient did not have TB after all. She and her poem provided us with a humorous and sensitive reminder of how our care can look to the person undergoing the care, “...I’m approached by masked people day in and day out. They’re muffled and talk through a

hole. They’re doing their deeds and thinking their things and I have a central role...” She taught us “to see” with new eyes the patient who must live for a time in the loneliness of “special respiratory precautions.”

—Pat Garrett, RN, P3CD

## Research Connection

Interest in research is continuing to mushroom, with projects starting or in progress on nine units, in addition to the house-wide skin integrity and pain management projects.

**Studies in Progress:** Forty toddlers in the Pediatric Pain Study were videotaped. Preliminary analysis of the videotape for the Preverbal, Early Verbal Pediatric Pain Scale (PEPPS) shows it has great promise as a clinical tool for pain assessment. Average (mean) pain scores for behaviors before and after the children received pain medication in PACU are significantly different. A variety of categories such as heart rate, cry, facial expression, body posture, consolability, sociability, and sucking/feeding were used in scoring these children. Jennifer Morton, NICU; Audrey Stempel, Pediatrics; Carole Messenger-Rioux, NICU; and Kathy Bennett, SCU, independently rated the children and their resulting scores were similar, indicating high *interrater* reliability. They also viewed some of the tapes twice, with approximately 2 months between the viewings, to determine *intrarater* reliability; these correlations were also high. We are continuing to validate the PEPPS by comparing it with another pain assessment scale. Our comparative tool is used for toddlers but not specifically designed for this age group; we have been unable to find another pain assessment tool

designed solely for toddlers. Analysis to date will be presented at the Canadian Pain Society meeting in May.

In the study on Prevention of Pressure Ulcer Development in Surgical Patients, 200 of the 412 patients needed have been followed for 6 days after surgery. So far, only one patient has developed a Stage II ulcer, although many Stage I ulcers have developed. We are seeing skin changes that appear as "bruises" or "burns," but due to early ambulation and staff attention to skin integrity, these skin changes are not deteriorating.

Data collection is complete for the Influenza Study in Employee Health. We hope to share results in the next issue of *Bi-Line*.

**New Initiatives:** R3 is gathering baseline data on postoperative nausea and R1, CICU, R7, and R9W will examine phlebitis rates. In addition, CICU, R7, R9W, SCU, and R3 will participate in the second "THUNDER" project designed by The American Association of Critical Care Nurses and so-named because of its potential "to create a disturbance in the nursing atmosphere!" In this project, our nurses will examine pain responses to a variety of nursing procedures; Jim Rhudy, RN, SCU Clinical Nurse Specialist, is our study coordinator. Finally, based on baseline data that we have been collecting over the past 2 years, an interdisciplinary team is implementing Pain Guidelines in a pilot project on R3.

If you have any questions regarding these studies or would like to discuss research ideas for your unit, please call Debra Linscott, RN, chair of the Nursing Research Committee, at 871-2397 or me at 871-6011.

--Alyce Schultz, RN, PhD, Nurse Researcher

## Publications and Presentations

**Betsy St. Germain, RN,** Oncology Nurse Specialist, coordinated and presented the workshop "Controversies in Breast Cancer Care: Today and Tomorrow" at the Oncology Nursing Society Congress in New Orleans.

**Donna Green, RN,** Coastal Cancer Treatment Center in Bath, presented the workshop "Taking Control of Fatigue" at the 19th Annual Living with Cancer Conference sponsored by the American Cancer Society in Augusta this spring.

Several MMC nurses who will graduate in June from the Simmons College Graduate Nurse Practitioner Program with their Master's degrees in nursing presented at a Research Symposium sponsored by Simmons College and held at the Westbrook College Campus in May: **Ann Marie DeSarno-Rubinoff, RN,** Float Pool, co-authored "Adolescent Beliefs Regarding Sexual Behaviors"; **Dianne Cavanaugh, RN,** R9W, and **Donna Gordon, RN,** SCU, "Smoking Cessation and Reversal Theory: A Pilot Study"; **Karen Saucier, RN, FNP,** OPD, "The Effects of a Third World Nursing Experience: A Grounded Theory Study"; **Sheri McCarthy, RN,** R5, and **Eileen Shanahan, RN,** R4, and a third author wrote "The Nurse's Perspective of What it Means to be a Nurse Today: A True Discovery in the World of Nursing".

**Georgann Dickey, RN,** R4 and **Alyce Schultz, RN, PhD,** Nurse Researcher, published "Self-Report of Incontinence in Acute Care" in **Urologic Nursing,** March 1997. In addition, Alyce has published "Identification of Needs and Utiliza-

tion of Resources by Rural and Urban Elders After Hospital Discharge to Home," in **Public Health Nursing.**

**Ann Morrill, RN,** P6, recently spoke about "Depression in the Elderly" at a meeting of the Association of Medical-Surgical Nurses; she has also presented this topic to a CNA class at SMTC.

MMC's research activities were highlighted in several presentations. At the Sigma Theta Tau Conference in Rhode Island in April: **Cynthia Bridgham, RN,** Project Staff, **Mary Smith, RN,** and **Diane Higgins, RN,** Family Birth Center, and **Alyce Schultz, RN, PhD,** presented a paper on "Comparisons of Maternity Perceptions of Caring". **Donna Conley, RN,** P3CD, and **Alyce Schultz, RN, PhD,** did a poster presentation on "Predicting Patients at Risk for Falling". **Susan Reeder, RN,** Burn Resource Nurse Specialist, **Erin Knutti,** Research Assistant, and **Alyce Schultz, RN, PhD,** presented the poster "Pilot Data: Pain Management of General Surgical Patients". At the Eastern Nursing Research Society's Annual Conference in Philadelphia: "Prediction and Prevention of Pressure Ulcers in Surgical Patients", a poster by **Maureen Bien, RN,** OR Head Nurse, and **Karen Tolan, RN,** OR; **Marty Riehle, RN,** Clinical Director, **Kathleen Davis** and **Amanda Myers,** Research Assistants, and **Alyce Schultz, RN, PhD.** "Staff Nurse Perception of Research Knowledge and Attitudes Toward Research" by **Alyce Schultz, RN, PhD.** At a conference in New Hampshire: **Paulette Gallant, RN,** R1, **W. Jeannie Gallant, RN,** R1, and **Alyce Schultz, RN, PhD,** presented the paper "Developing Standards to Decrease the Incidence of Phlebitis and Infection in Peripheral Intravenous Insertion Sites".

## Medical Unit Welcomes New Head Nurse



P3CD staff welcomed recently-appointed Head Nurse Andria Moore to her new role with a surprise luncheon in April. Under the guise of an important meeting with Doris Skarka, Clinical Director, Andria was escorted to the conference room where she was greeted by unit staff and other MMC personnel with whom she has worked for many years. Several former unit employees came to the celebration as well.

Andria is no stranger to P3CD and moves into the Head Nurse role with years of Assistant Head Nurse experience and clinical expertise. A champion of "shared governance," she has helped P3CD develop its governance model, has supported development of clinical pathways and patient care standards, and has been a leader in setting goals and expectations for P3CD. She has participated on many nursing committees and multidisciplinary teams in her years at MMC.

The staff luncheon was not only fun and delicious, but also conveyed appreciation for all of Andria's past efforts on behalf of

P3CD staff and patients—"we want her to know we are looking forward to continuing the P3CD momentum with her in her new role!"

—Pat Garrett, RN, P3CD

## Nursing scholarships available

The Scholarship Committee of Maine Medical Center's Department of Nursing/Patient Services will soon consider grants for the 1997-98 school year.

Any MMC employee enrolled in or accepted to an accredited nursing program (MS, BS, AD, Diploma, LPN, CNA, or Nurse Practitioner) is eligible and invited to apply. The committee considers grants for both Spring and Fall semesters at the same time, so applicants should anticipate their needs for the full year.

Applications are available in the office of the Vice President for Nursing/Patient Services. The application deadline is Thursday, July 3. For further information, contact committee chairperson Suneela Nayak, MSN, RN, Nursing Resources, 871-4588.

## Spotlight On...

...**Donna Green, RN**, Coastal Cancer Treatment Center in Bath, who was nominated by the Southern Maine Chapter of the Oncology Nursing Society (SMONS) to receive one of 15 scholarships given by the Oncology Nursing Society to attend their National Congress in New Orleans in May; congratulations, Donna! Donna is also president of the Southern Maine Nurses Society.

...The following staff who were winners in the 1997 Nurse's Day Essay Contest: **Simone Blanchette,**

**RN**, Dialysis Head Nurse, and **Michelle Ambrose, RN, SCU**, tied for first place; honorable mention goes to **Dennis Caron, RN, SCU** and **Debra Walton, RN, P3CD**. Watch for Nurse's Day essays in future issues of *BiLine!*

...**Georganne Dickey, RN, R4**, **Kathleen Holt, RN, R1**, and **Linda Malmquist, RN, NSI**, who have completed USM's Nurse Practitioner Program and graduated with their Master's degrees in nursing.

## A Medical-Surgical Nursing Opportunity!

This is the final year for RNs without their Bachelor of Science in Nursing degree to earn professional certification in medical-surgical nursing. Starting in 1998, a BSN will be required of all nurses taking generalist exams given by the American Nurses' Credentialing Center. To support staff planning to sit for the autumn certification exam (usually administered in October), the local chapter of the Academy of Medical-Surgical Nurses (AMSN) will sponsor an 8-week review course. There will be a nominal fee for each 2-hour class and a discount for those taking the entire class series as well as for AMSN members. Classes are open to ALL RNs in Maine. For more information, contact Dottie LaMarre, RN, Float Pool, 871-2363; Elaine Connolly, RN, Breast Center Health Educator, 871-2086; or Donna Conley, RN, P3CD, 871-2257.

Nursing Services publishes *Nursing Bi-Line* every eight weeks. Comments, questions, and suggestions are referred to Derreth Roberts, MS, RN, Editor, 871-2009-2

# Marketplace

In order to ensure that everyone has an opportunity to use the Marketplace, ads may be placed *once only*. Repeats will be permitted only on a space available basis.

## FOR SALE

1996 Mitsubishi Eclipse GST. Convertible, turbo, 5 speed. Black w/gray interior. All options, less than 3,000 miles. \$22,800. Call 799-2677.

Kitchen items: cabinet, counter top, sink, faucet, stove, dishwasher. Almond color. \$1,250. Call 854-8018.

1982 23' Layton travel trailer. Sleeps 6. 3 way refrigerator, stove, furnace, full bath. Good cond. \$1,500. Call 282-1355 after 1700 hours.

Paint ball games. Call 873-2960.

5 month-old male AKC Siberian Husky. Shots up to date. Needs a place to run. \$250. Call 856-7057.

New Pentium w/16 megs RAM, CD ROM, sound card, speakers, software, 14" SVGA monitor. \$1,195. Also a used 486 system, \$450. Call 967-0845.

Collapsible dog training crate. 42" x 26" x 28", \$80. Panasonic music system w/2 speakers, radio, turntable (33, 45, 78), \$100. Call 283-3932.

1990 Apple computer. Hardly used. Printer and lots of software. \$200 or BO. Call 767-9757.

ARC ski cargo carrier. Like new. Recently fit a Jeep Grand Cherokee. Great for lawn chairs and other travel items. \$250. Call 774-9009.

Portland, USM/Brighton neighborhood. 2 story home. 4 BR, 1 1/2 bath, lg. foyer, LR, DR, all appliances, eat-in K. Sun porch, 2 car garage. Hardwood floors throughout. Lots of character. \$110,000. Call 828-5227.

Sony Handy Cam. 8mm camcorder w/10x zoom lens, battery, charger, DC plug, all necessary wiring. \$375. Call 17535 or 490-2502.

Biddeford. 24 x 34 Cape. Immaculate home, quiet family-oriented neighborhood. 3 BR, 2 full baths, game room in basement. Lots of storage. 10 x 12 storage shed. 1/3 acre lot w/plenty

room for expansion. \$106,900. Call 283-8074.

Engagement ring w/old-fashioned setting. Center diamond w/3 small diamonds either side. Size 5 3/4. 18 carat gold wedding band, size 5 1/2. Both for \$750 or BO. Call 282-0563.

1989 Toyota Corolla SR5. Red, 5 speed, pop-up headlights. 78K. Great car, one owner. \$4,500 or BO. Call 799-9034.

1994 Chevy full-size 4 x 4 1/2 ton 8' bed pick-up. 5 speed Vortec V6. 31,000 miles. \$11,400. Call 893-2162.

## FOR RENT

Scarborough apt., 2nd floor. 2 BR, LR, DR, K, bath. Great yard. Cat OK. Sec. dep., lease. \$600/mo. + utils. Avail. 6/15. Call 883-5233.

Summer rental on Pequaket Lake, Limington. Lovely 6 BR, 2 LR, beach, dock. All of June through July 4 week. \$400/week in June, \$600 week of July 4. Call 637-2980.

2 BR apt. Non-smoker. \$375/mo. incl. all utils. Dep. and refs. Call 828-5203.

S. Portland. 2 BR apt. Deck, off-street parking. \$575/mo., heat and hot water incl. Avail. July 1. Call 799-8849.

2 BR, 2-level condo. Skylight, ocean view, lg. closets, W/D, DW. Recently painted, secure bldg. 5 min. to MMC. \$650/mo. Call 799-8630.

5 sunny rooms, newly redecorated. 2 BR, formal DR. Fireplace in LR. \$650/mo. heated. Call 797-7037.

Studio apt. The Junipers, Yarmouth. Sublet 'til 11/30. 1 BR, 2 levels, K w/ DW, microwave. Lg. storage space, pool, tennis court, gym. \$535/mo., incl. heat. Call 353-6223 or 846-0839.

2 BR apt. 150' from MMC. Heat, hot water, parking incl. Hardwood floors, W/D hook-up. \$650/mo. Call 829-6495.

Waterfront camp, Ambejesus Lake, gateway to Baxter State Park. Private beach. 3 BR. Electric, hot water, linens, clean outhouse. \$500/week, Mon.-Sat. Avail. July thru Oct. Call 657-2104.

West End studio apt. Renovated. Clean, quiet, modern. \$395/mo. incl. heat, hot

The deadlines for announcement-length items and **MARKETPLACE** are May 28 for the June 11 issue and June 11 for the June 25 issue.

*All items must be in writing.* Information for *What's Happening* may be sent by interoffice mail to the Public Information Department, by email to davolm, or by fax to 871-6212.

water, parking. Coin-op W/D. No pets, non-smoker. Call 871-9320.

Furnished BR in 3 BR, 1 1/2 bath private home in Falmouth. K privileges, W/D. \$50/wk. Call 767-5731.

Housekeeping cabins, Great Pond, Belgrade Lakes area. K, LR, dining area, bath, 2 BR, sleeping porch. Fireplace, picnic table, dock. Free firewood. Lake great for all water sports. No pets. Call 878-5142.

Big Sebago. Waterfront cottage, sand beach. Loft sleeps 8. Boat mooring. \$100/night w/4 night minimum. Weeks avail.: 6/14, 6/21, 6/28, 7/5, 7/26, 8/2, 8/23. Call 761-1700 eves.

## CHILD CARE

Almost Home Child Care Services. S. Casco, off Route 302. Director has BA Psychology, AA Liberal Arts, MBA; is a counselor, teacher, nanny, mother. Member CareShare Network, Child Care Connections. Call 655-3945.

## WANTED

Dependable professional will clean your home weekly. Free estimates, refs. avail. Call 828-0519.

Students for rug braiding classes in S. Portland. Call 247-3252.

Room to rent June 1 or will house-sit. Mature prof. N/S woman. Call 947-7740.

Home for free calico cat. 1 YO, indoor F w/ shots, spayed. Call 828-4064.

## What's Happening?

### at Maine Medical Center

- May 31 MMC's Children's Miracle Network Telethon, beginning at 2100 hours, continuing through 1800 hours June 1. NewsChannel 13.
- June 4 Commute Another Way Day. Call Parking, 871-2123, for info.
- June 4 *Wellness Thru the Arts* begins. See p.1.
- June 7 Arthritis Foundation Joint Parade, Dana Center. Call 871-2322.
- June 13 *Leadership in Practice: Strategic Skills for Optimizing Roles*. A workshop for nurses. Dana Center. Call 871-2290.
- June 13 *Being a Dad: The Most Important Job You'll Ever Have*. Dana Center. Call 874-1000.
- June 19 Honor Night, 1730 hours, Holiday Inn By the Bay.
- June 24 *Healthy for Life: Summer Sense*. NewsChannel 13, 2000 hours. See p.2 if you'd like to volunteer.
- July 3 Nursing scholarship applications due. See p.6.

## About People

**Denis Swope**, ECG Tech I, recently passed the national examination for Certified Cardiographic Technician. He works in the Cardiology Department on R8.

- Change name or address as shown on address label.
- Remove my name from your *What's Happening?* mailing list.

Please return this address label in an envelope to the Public Information Department.

## NEW EMPLOYEES

- ADMITTING:** Barbara Lane, Michelle Tripp
- ENVIRONMENTAL SERVICES:** Angela Hobson, Felix Rodriguez, Henry Seekamp, Jr., Nenna Tatsima
- FOOD SERVICES:** Aaron Davis, Alexander Goranov, Judith McGovern, Laif Sherman Curtis
- MATERIEL MANAGEMENT:** Michael Rowell
- NURSING:** Ashely Burnell, Heather Cady, Michelle Clark Dana Galbraith, Mark Houk, Daniel Jeans, Michelle Langevin, Bethany Rokowski
- RADIOLOGY:** Cynthia Paulin, Arlette Sullivan
- VOCATIONAL SERVICES:** David Lawler, Terrance Smith

## Nurses' Week raffle winners

During Nurses' Week, celebrated the week of May 4, the Nursing/Patient Services Practice Council held a raffle. Prizes were donated by local uniform shops, including Uniformity, Uniform Shop, Marlenes II, and Black Bear Medical.

The lucky winners were: Lynn Welch, Float Pool, MMC  
Barbara Strehlke, OR, Brighton  
Louise Kuesela, OR, Brighton  
Audrey Stempel, Pediatrics, MMC  
Sara Bourque, R7, MMC

**5th Annual Summertime Ice Cream Specials Starts June 2!**  
**The Coffee Shop will feature a tasty ice cream treat at a reduced price each week, all summer long!**

## Epilepsy information available

The Epilepsy Resource Center in Portland has materials to help anyone in the state dealing with epilepsy. Many videotapes and other resources are available by calling 1-800-660-7832. The phone is answered by someone who has epilepsy.

In addition, there are support groups in Portland, Bangor, and Damariscotta. For specific meeting times and places, call the Resource Center. Portland meetings are regularly listed in *What's Happening*.

*What's Happening?* is published every other Wednesday at Maine Medical Center for members of the hospital community and for friends of the institution throughout Maine and northern New England. Comments, questions, and suggestions may be addressed to the Office of Public Information, MMC, 22 Bramhall Street, Portland, Maine 04102-3175. (207) 871-2196. Editor: Wayne L. Clark.

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MAINE MEDICAL CENTER 22 BRAMHALL STREET PORTLAND, ME 04102-3175