

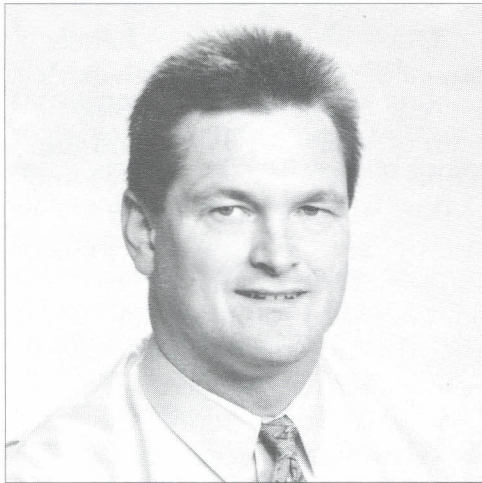
# What's Happening?

A NEWSLETTER

FOR THE EMPLOYEES OF MAINE MEDICAL CENTER

## Radiation Therapy Director Named

Terence Pickett, RT(T), has been appointed to the position of Director of Radiation Therapy at Maine Medical Center. He comes to Maine from Shivers Cancer Center in Austin, Texas, where he was Chief Operating Officer and Director of Clinical Services.



With Pickett's arrival, the transition of Radiation Therapy from the Radiology Department to the Oncology Program is complete. In his new role, he will oversee operations of three Radiation Therapy facilities, located at Maine Medical Center in Portland, Coastal Cancer Treatment Center in Bath, and the Radiation Therapy Center at Maine Medical Center – Scarborough.

Prior to his association with The Shivers Cancer Center, Pickett was Assistant Director of Oncology Services at Johnson City Medical Center Hospital in Johnson City,

*PICKETT, SEE P.2*

## MMC presents "It's My Fight Too"

The woman you love is diagnosed with breast cancer. How do you help? How do you cope?

When a woman battles breast cancer, her partner and family suffer, too. Some think they need to be heroes. Some try to deal with their pain alone. Many feel left out of the healthcare process just when they need to be most involved. It doesn't have to be that way.

Fortunately, Maine Medical Center's Breast Care Center supports the needs of patients and families. The Breast Care Center presents another in its series "What Women Need to Know" on April 8, only this offering is also for men. At "It's My Fight Too", find out what resources are available to you, a partner in the fight against cancer.

The speaker, Peter Paul Jesep, is Director of Public Affairs and Government Relations for the Northeast HealthCare Quality Foundation. He contends that people need support in order to support their partners, because cancer doesn't happen to one person. It impacts the entire family.

"It's My Fight Too" takes place from 1900 to 2000 hours in the Dana Center Auditorium. Light refreshments will be served at this free program.

"It's My Fight Too" will provide comforting advice for any family facing an illness. Don't go through it alone. Please join us.

## Walk for someone you love

It's time to get out and walk! The March of Dimes WalkAmerica is scheduled for April 27. Last year, more than 7,000 Mainers signed up to join WalkAmerica.

The success of WalkAmerica over the past 27 years has helped Maine children in many ways, including the discovery of the role of folic acid in preventing certain birth defects. The Maine Chapter of the March of Dimes has funded several community agencies that provide birth defects prevention information to patients.

MMC is sponsoring a team of walkers. If you'd like to "Walk for Someone You Love", please join the team! There will be an information table in the Cafeteria on April 3 and 10. This year you can also "Walk While You Work". If you are scheduled to work, but want to participate, you can still get involved!

Debbie Linscott, RNC, is Team Captain this year. Call her at 871-6166 for information. MMC walkers will receive t-shirts along with any March of Dimes incentives.

### In One Voice:

#### Integrating Diabetes Care

Friday, April 25, 0800-1600 hours

Dana Health Education  
Center Auditorium

For a brochure or to register,  
call Libby Bancroft, 871-2397.

**PICKETT, FROM P. 1**

Tennessee, Director of Radiation Therapy at West Jefferson Medical Center in Marrero, Louisiana, and Hyperthermia Therapist and Senior Radiation Therapist at University of Massachusetts Medical Center in Worcester, Massachusetts.

Pickett holds a Bachelor of Science degree in Radiologic Science from Loyola University in New Orleans, Louisiana, and has done coursework toward a Masters degree in Health Administration. He has completed programs in Radiotherapy Technology at the University of Virginia at Charlottesville and Radiologic Technology at Mt. Auburn Hospital in Cambridge, Massachusetts.

**Biomedical Conferences  
Endocrinopathies Associated  
with Excessive Aromatase  
Expression**

Serdar Bulun, MD  
Dept. of OB/GYN,

Univ. Texas Southwestern Medical Center

Wednesday, April 9, 1500 hours

**Complexity Science, Health  
Care, and Management**

Steven Larned, MD

Vice President, Medical Affairs

Maine Medical Center

Wednesday, April 16, 1500 hours

Maine Medical Center  
Research Institute

**A new  
ENERJOY Step Aerobics  
series begins April 28!**

**McGeachey Hall Gym  
Mondays & Wednesdays  
1210--1250 hours**

**First class free!**

**Payroll deduction available!**

**Call Betsy Beecher, 871-4894,  
or ENERJOY, 797-0484.**

**The 28th Annual Spring Surgical Symposium  
&  
New England Surgical Society Spring Meeting**

**Saturday, April 12, 0800--1700 hours  
Dana Health Education Center Auditorium**

***The Isaac M. Webber Surgical Lecture***

**Surgical Management of Gastric Carcinoma:  
Challenges and Controversies**

**Blake Cady, MD**

**Professor of Surgery,**

**Harvard Medical School & New England Deaconess Hospital**

**Call the Dept. of Surgery, 871-4078, for more information.**

**Mud season  
returns!**

Mud season is back in New England as the calendar advances and MMC's Pulmonary Division presents its Fourth Annual "Mud Season Conference".

The conference takes place in the Dana Health Education Center Friday, April 18, from 0745 to 1545 hours. This year's topic covers a range of issues about asthma.

For more information or to register, call Sue Mallory, 871-2662. The registration deadline is April 11.

***Intracranial Endoscopic  
Neurosurgery***

**James Wilson, MD**

**Tuesday, April 15  
1900-2000 hours**

**Dana Center Classroom 4**

**Sponsored by the Northern  
New England Chapter of  
Neuroscience Nurses**

**Approved for one contact  
hour. All welcome!**

**Refreshments will be served.**

**Do you have a  
benefit question?**

Questions about your health insurance? Confused about what's covered? A Blue Cross and Blue Shield of Maine rep will spend the second Wednesday of each month at MMC, starting April 9. The customer service rep will be in the Human Resources Department from 0800 to 1300 hours and from 1400 to 1700 hours to answer questions and address concerns.

Walk-ins are welcome, or you may schedule an appointment between 0800 and 1000 hours or 1400 and 1600 hours. Contact Melody Sweetser, MMC's Compensation and Benefits Analyst, 871-2997, to set up your appointment.

**The Legacy of Landmines:  
An Issue of International  
Public Health**

**Friday, April 11, 1900-2000 hours**

**Dana Center Auditorium**

**Julie Groom-Thompson,**

**Exec. Director, American Red Cross,  
Mid-Coast Chapter**

**David Kuhns, PA-C,**

**Doctors Without Borders**



# Nursing Bi-Line

*A publication of Nursing Services*

April 2, 1997

## Nurse to Nurse

Conversations in hallways, the Cafeteria, and the locker room often echo a true and abiding concern for what healthcare "system building" really means. Is it about care? Is it about a continuum of service? Is it about cost and business?

Frankly, in the best of worlds, a "system" will be all of the above. It will be about connected organizations and caregivers offering services to patients and families through coordinated plans and teamwork. At the same time, the relationships will make good financial sense for both the recipients of care and the care providers. Building such a system is similar to any other construction: it begins with a strong foundation (MMC), the early structure is difficult to appreciate, and the outcome is impossible to envision. What is clear, however, is that the acute care community and tertiary hospital services must remain strong and healthy. The basis of our strength is our people and our programs.

Both our programs and our people are being asked to adjust to fewer inpatient days and to adapt care practices to ambulatory settings. Needless to say, these transitions are stressful! We need to assimilate new operational relations and accommodate caring in abbreviated time periods. The key to success is remembering and experiencing the reality that our business is still about helping others. When it

becomes apparent that the programs and relationships that work are those in which mutual satisfaction of patient and providers is achieved, then the concerns about the bigger system abate.

Ralph Waldo Emerson observed, "It is one of the most beautiful compensations of this life that no man (or woman) can sincerely try to help another without helping himself." Whether we are functioning within an independent institution or as part of a complex and multifaceted system, the substance of what we do is measured by the therapeutic and personal value that is achieved in every individual interaction.

As time passes, the system will become more of a definable entity and our role in it will assume more clarity. Until then, let's do what we do best: give good care!

*--Judith T. Stone, RN*

*Vice President, Nursing/Patient Services*

## Special Care Unit Welcomes New Head Nurse



It's an exciting and challenging time to be in healthcare as we look into the past to learn from our mistakes and at the same time look to each other as partners in the healthcare business for tomorrow. I see my Head Nurse role in the Special Care Unit (SCU) as a multifaceted one: trying to balance the business end of healthcare to provide cost effective, high quality outcomes with the caring and nurturing aspects of bedside nursing.

My education is diverse. I have a Bachelor's degree in Psychology, a diploma in Nursing, and a Master's degree in Business Administration from the University of Notre Dame. My professional career started in the mental retardation and developmentally disabled field. As house manager for six developmentally delayed adults, I

**MMC celebrates  
*Nurses' Day*  
Tuesday, May 6  
National Nurses' Week  
is May 4 through 10**

**Watch for  
Essay Contest  
Nursing Research Poster Display  
Ice Cream Social**

***MMC... A Community of  
Nurses Reaching Out***

learned the challenge of providing humanistic care to all individuals. Upon completion of my nursing diploma, I became an intensive care staff nurse in Toledo, Ohio, and I learned to provide humanistic care in a "high tech" medical environment. I later became an assistant clinical manager for a hemodialysis unit; in this role, I became clinically competent at performing hemodialysis while transitioning from staff nurse to manager. I believe this was the cornerstone of my career.

At Parkview Hospital in Fort Wayne, Indiana, I managed a 34-bed, medical/surgical intensive care unit. My responsibilities grew due to several management reorganizations, and I became Director of the ICU, Hemodialysis Unit, and Pediatric Intensive Care Unit. Parkview instituted a shared governance model; I embraced those principles and assisted in building an infrastructure by becoming involved in the transition process.

I feel honored and privileged to have been chosen as SCU's new leader. With the great staff and the resources available to us, I'm confident we can make a difference here at Maine Medical Center.

*—Kenneth J. Vellequette, RN*

## Continuing Care and Utilization Review Consolidate

On January 27th, the Continuing Care and Utilization Review Coordinators officially consolidated roles. In our new role, we are known as Discharge Planning Coordinators.

Each Coordinator is now responsible for fewer patient care units, allowing us to work more closely with staff on our individual units. We are available to assist in



**MMC'S DISCHARGE Planning Coordinators help assure patients a smooth transition from hospital to home health care or another facility. Back row, from left: Ann Rust, RN, Chris Montroy, RN, Brenda Whitmore, RN, and Shirley Mansir, RN; front row, from left: Lynne Jackson, RN, Jane McPhillips, RN, Kris Schwartz, RN, Judy Booker, RN, and Dute Geyerhahn, RN. A/V Photo.**

discharge planning for home health care and for transfers to other facilities. We also continue to be responsible for other utilization functions such as insurance company reviews and concurrent reviews.

We believe that this consolidation will be advantageous to everybody involved in discharge planning, most importantly our patients and their families. We want to assure that each patient needing care after discharge receives not only the care they need, but a smooth transition from MMC to home health or to another facility.

We would like to educate staff about the discharge planning process as well as our new roles. We invite you to call us to arrange for such a presentation!

*—Chris Montroy, RN*

*Discharge Planning Coordinator*

## Research Connection

We are currently conducting a number of these clinical evaluation studies and we want to tell you about them.

Some projects are just beginning with a review of the literature. These include R3, which is exploring postoperative nausea in abdominal surgery patients; our cardiac units, which are searching benefits of music therapy; and our clinic, which is investigating management of diabetes in clinic patients.

Other projects are farther along. For instance, R1 is collecting data on the incidence of phlebitis; P3CD is collecting data on a comparison of the self-report of urinary incontinence with documentation; and on R3 the Nursing Pain Team has begun analysis of their pilot pain management data.

Other studies are generating new knowledge and require a more comprehensive research proposal and approval by the Institutional Review Board (IRB). These include: **Pre-Verbal, Early Verbal Pain Scale:** Thirty-eight of the 40 children needed in the study have been videotaped in PACU; these tapes

are now being analyzed. **Prevention of Pressure Ulcer Development in Surgical Patients:** Of the 412 needed for the study, 140 patients have been followed; early data analysis suggests that patients are not developing ulcers, stages II-IV, from their OR experience. Many stage I ulcers have been identified. **Heparin vs. Saline Flush in NICU:** Data collection is slow; children in the Level II nursery are now included as potential subjects. **Comparison of Flu Vaccine Rates and Reports of Illness on Four Units by Employee Health:** Data collection is complete. **Nursing Care During the Last 48 Hours of Life in Patients Designated DNR:** Data analysis on 45 patients continues.

Three staff members have joined the Nursing Research Committee for two-year terms: Debra Drew, RN, NICU; Douglas Schlichting, RN, SCU; and Debra Walton, RN, P3CD. With Research Committee support, they will work with staff nurses to develop research agendas that will address quality of care concerns of patients and families.

For more information or to discuss research ideas, call Debra Linscott, RN, Research Committee chair, at 871-2397 or me at 871-6011.

—Alyce Schultz, RN, PhD,  
Nurse Researcher

## Presentations and Publications

The Outreach Education Council for Critical Care sponsored *Dimensions of Clinical Assessment & Decision Making*, a two-day seminar held in January. The following MMC nurses presented: **Linda M. Josti, RN, Outreach Nurse Educator; Kathy Nadeau, RN, Geriatric Nurse Coordinator; Alyce Schultz, RN, PhD, Nurse Researcher; Judy Thomas, RN, Staff Development; Paula White, RN, Outreach Educa-**

**tional Coordinator; and Barry Worthing, RN, Emergency.**

*Violence & Health Care* was the title of a workshop sponsored in March by the Outreach Education Council for Critical Care. MMC nurse speakers were **Emmy Hunt, RN, Emergency; Rachelle Mack, RN, Inpatient Psychiatry; and Pat Todorich, RN, Mental Health Nurse Specialist.**

**Alyce Schultz, RN, PhD, Nurse Researcher**, presented two papers, *Joining Education and Service in Seamless Care* and *Reducing the Prevalence of Pressure Ulcers: A Hospital-wide Research Utilization Project* at the International Conference on Research-based Nursing Practice in Finland. Both presentations were translated and generated interest in what MMC nurses are doing.

## Spotlight On...

...**Dana Greer, RN**, who has recently been appointed Nurse Care Coordinator for the Breast Care Center. Dana was our Breast Health



Nurse Educator, providing free educational programs throughout Southern Maine. She is active in Maine's Breast and Cervical Health Program, serves as a member of Portland's Breast Health Coalition, and chairs the Breast Health Team of Cumberland County for the

American Cancer Society. She provides leadership to Reach to Recovery of Cumberland County and is a member of the American Cancer Society's Board of Directors, Cumberland County. Dana is a member of the Oncology Nursing Society and serves on the Board of Directors of the Southern Maine Oncology Nurses Society.

...**Elaine Connolly, RN**, the Breast Care Center's new Breast Health Nurse Educator. Elaine, most recently a staff nurse on P3CD, is



president-elect of the Academy of Medical Surgical Nurses, Maine Chapter, and an elected member of the Commission on Governmental Relations, Maine State Nurses' Association. Elaine is the Congressional Liaison to Senator Olympia Snowe for nursing concerns in the state, specifically breast health issues.

...Congratulations to **Joann Groff, RN, ASU/MMC, Deborah Irish, RN, OR/BMC, Kathy Marlowe, RN/BMC, and Phyllis Kimball, CORT, BMC**, who recently completed a 120-hour hypnotherapy training practicum. They passed a skills performance review, as well as a written exam, and are certified through the International Medical and Dental Hypnotherapy Association. They are the first nurses in the state of Maine to complete this program!

## “A Defining Moment in Practice”

### A 1996 Nurses’ Week Essay Contest Winner

The package was bulky, the name over the return address vaguely familiar. As the contents were revealed, a flood of memories and a stab of emotion tugged at my heart. Had it really been more than a decade since that tiny, delicate life struggled to be part of this world? My hands shook as the words in the carefully written letter jumped out at me. “She’s truly a gift from God...only long term effects remaining are the thick glasses...started school only one year later than peers...defying all predictions...doing great....”

Through unexpected tears, I opened the photo album which had been sent to me. I saw a smile of delight on the face of my littlest patient ever, now grown into adolescence. I treasure *this moment*, for it above all others answered the ethical questions I had way back when; *this moment* gave meaning to my role as a nurse; and *this moment* fulfilled my being with an overwhelming sense of gratitude.

Many times medical science gave up on her, and many times I prayed with her parents, trusting that God had a plan. Her story is hard to believe, but I remember it as if it happened just yesterday: The parents were teenagers. Their little baby arrived much earlier than expected. At only 23 weeks gestation, this little one seemed lifeless. Staff at the small hospital busied themselves caring for the young girl who had given birth. Some time later they found the baby pink and breathing! The referring hospital rushed her to

MMC’s intensive care nursery.

I was on duty that day and I remember how we all worked hard to do what we could, but the odds were stacked against her and the prognosis was grim. Trial after trial was thrust upon her. As one of her primary nurses those long weeks, I became totally immersed in her care. Working closely with her parents, I tread that fine line between maintaining a professional distance and becoming too emotionally involved.

There were days when I did a great deal of soul searching about my place in nursing. When this little miracle baby coded for what seemed like the tenth time in two weeks, deep-rooted ethical questions were raised. I remember the well-meaning resident who bluntly said we should just “let her go and give her bed to someone more deserving.” Time and time again, I leaned on my inner strength to continue giving care to the baby and support to the young parents. And time and time again, she pulled through: we would go the extra mile, and she would survive.

Many neurosurgeries later, while still on the operating table, consensus again was to “let her go.” I’ll never forget the gripping pain on the parents’ faces when the surgeon came to the waiting room and said, “I don’t think she’ll make it this time.” But I was awed and inspired by the faith of this young couple, their perseverance in holding on to the threads of hope, and I supported them with everything I had. We waited, we talked, we cried, and we prayed together. Again she pulled through. And this time she began to recover and slowly but surely progress, day by day. Now I stare at the picture of a teenager.

I experienced “a defining

moment” when I read that letter, saw the picture, and reflected on my role in this little patient’s fight for life. I realize that nursing provides an incredible opportunity to reach out to people, to combine professionalism with compassion, to find balance even in the most difficult of situations...to make a difference.

—Pamela K. Tozier, RN  
The Family Birth Center

*Editor’s note: Nursing Bi-Line has published stories written by MMC nurses and selected as “winners” in the 1996 Nurses’ Week Essay Contest. Essays have described a “defining moment” in practice, a vision for future practice, or a change in practice that provides a visible patient outcome.*

## Skin Care Activities

Since the Skin Care Committee began in 1991, significant improvements have been made in the prevention and treatment of pressure ulcers. Accomplishments include standardizing prevention interventions; implementing the Braden Scale; educating staff; trialing products; displaying posters at Quality Fairs; conducting Point Prevalence Studies in 1994, 1995, 1996, and 1997; and developing a Patient/Family Education Handbook. Current challenges include monitoring unit prevalence of pressure ulcers and compliance with Braden Scale use.

Our most recent Prevalence Study was done on March 16; watch for the results! If you would like more information, call Candie Smith, RN, at 871-2319, or me at 871-2564.

—Susanne Sinclair, RN, R4

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

E Force exercise rider, \$100. Water cooler, \$50. Call 772-6277 days or 780-1298 eves.

Queen size waterbed in good cond. Asking \$75. Call 773-5103.

1988 Ford Taurus wagon, 160 K miles, 1 owner, runs well, well-maintained. Could use a paint job. 1977 Ford F-250, with Fisher 8' plow, runs great, many new parts, extra heavy duty suspension, exc. work truck. Needs some rust repair. Call 627-4798.

Formal sofa and wing back chair, blue and gray, exc. cond. \$200 for both. Dining room table w/matching chairs. Exc. cond. \$100. 1990 Jeep Wrangler Laredo, blue w/gray trim, 5 speed, 4.2 liter engine, well-maintained. Alpine stereo system w/ amps. H/S tops. 85 K miles. Call 774-3587.

Mink coat, autumn haze color, knee length, opera sleeves (roll up/down) Size 8-10. Appraised at \$3,000. Asking \$1,700 or BO. NordicTrac Challenger, used 2 mos. New \$300, asking \$225 or BO. Call 282-3812 after 1800 hours.

10 1/2 acres of land. Road frontage. On the way to Sugarloaf. Near Clearwater Lake in Industry, ME. Major snowmobile route. \$6,000 or BO. Call 773-7773 PLEASE CALL ONLY AFTER 1700 HOURS.

Mega RS 12 speed mountain bike. 26" w/ speedometer and blinking tail light, exc. cond. \$100. Miyata Victor 10 speed bike w/ headlight, speedometer, and blinking tail light. Exc. cond. \$100. Call 797-4289.

"American Family Physician" journal: July 1994-present. Call 772-7227.

4 BR home in Yarmouth. Oakwood neighborhood, walk to schools, master BR w/bath, family room w/fireplace, skylights, hardwood floors in DR. Finished daylight basement. \$245,000. Call 846-5574.

1989 Porsche 911 Carrera, Targa. Black/mocha, 63K miles, CD, no winters, new tires, mint. \$27,500 or BO. 1993 Ford Explorer, 4 WD, Sport, green/tan, 60 K miles, all power, auto., CD, new tires, mint.

\$13,995 or BO. Call 871-1514.

New PowerRider, exercise equipment. \$150. Solid oak oval table, 6 Windsor chairs, 8 YO. \$1,250. Call 657-3023.

16' Hornet slide-in, new rubber roof, no leaks. Gas stove and heater. All plumbing works. 12V pump has water to both sinks, sleeps 5. \$750. Call 839-2457.

Great running outboard engine, Nissan 5 HP, long shaft, internal gas tank, winterized annually, 8 YO. Good cond. \$350. Call 767-2344.

1983 20' Playbuoy pontoon boat. Dependable, 25 HP, Mercruiser motor. \$2,500 or BO. Call 892-3519.

1995 VW Jetta III GL, Silver/tan interior, auto., A/C, power moon roof, cruise, exc. sound system, low miles, exc. cond. \$14,500 or BO. \$1,000 below book value. Call 797-6603.

## FOR RENT

Newly renovated large 1 BR apt., 1st floor, State Street, Victorian building. Walking distance to MMC. Other apts. under renovation, avail. soon. \$525/mo. incl. all utils. Call 774-6548.

Large studio apt. in private residence, separate entrance. 2 blocks from MMC. No pets, N/S, off-street parking. \$500/mo. + sec. dep. Utils. incl. Call 774-7667.

N/S, no pets, restored historic Cape. All new, fully applanced K, 2 bath, 2/3 BR, working fireplace, basement, fenced yard, off-street parking. Corner of Neal and Brackett St. 5 min. walk to MMC. Gas heat, ample closet space, DW, W/D, well-maintained. Avail. 5/1. \$850/mo. + utils. Call 799-0388.

Sonesta Suites condo in Aruba for the week of May 2-9. 1 BR, LR, K, sleeps 4-6. \$500. Call 772-2041.

Portland, 3 BR apt. in restored historic building, LR, 2 bath, 2 floors. Private entrance, steps from Back Cove. Garage, DW, laundry facilities, N/S. \$1,200/mo. includes all utils. Avail. 5/1. Cape Elizabeth, Oakhurst area, 3/4 BR house. Avail. 7/1. Fenced yard, private beach rights. N/S, 1 year lease. \$1,200/mo. + utils. Call 767-3901.

3 BR, ground floor, 2 baths, fireplace, back yard. \$850/mo. + utils. Call 775-3692.

Summer Street, 1 BR apt. Deck, water view,

The deadlines for announcement-length items and **MARKETPLACE** are April 2 for the April 16 issue and April 16 for the April 30 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.

microwave, off-street parking. \$500/mo., heated. Lease, refs., and sec. dep. req. Avail. 6/1. Summer Street, 2 BR, LR, K, study and bath, deck, off-street parking, DW, W/D hook-up. \$650/mo. + lease, refs., and sec. dep. Call 773-4401.

Large, 1 BR apt. LR, DR, FHW, new K and bath, W/D, 2nd floor, garage. \$700/mo. + utils. Call 871-1514.

MMC area, 3 room and bath, \$475/mo. + heat and utils. Call 799-8627 after 5 PM.

## ROOMMATE WANTED

To share apt. near MMC. \$300/mo. + 1/2 utils. Heated. Call 828-4486 eves.

M/F, N/S to share 3,300 sq.ft. furnished home on Princess Point in Yarmouth. Private BR and bath. Across from ocean. No pets. 15 mins. to Portland. \$550/mo. incl. all utils. Call 846-1247.

## CHILD CARE

Almost Home Child Care has openings. Off Rt. 302 between Naples and Windham. Call 655-3945.

## WANTED

Baby jogger stroller or equivalent. Call 773-0342.

Wooden bunk beds in good cond. Call 773-5103.

CNA is looking for position as Home Health Aide. Evenings or night shift. Call 767-0981.

## What's Happening?

### at Maine Medical Center

- Apr. 2 Kid's Photo Contest, through April 5. Call 871-2101.
- Apr. 5 Suicide & Survival Conference. 0800-1530 hours. Dana Center. Call 871-4226.
- Apr. 8 "It's My Fight Too". 1900-2000 hours, Auditorium. See p.1.
- Apr. 12 Spring Surgical Symposium & New England Surgical Society Spring Meeting. See p.2.
- Apr. 15 "Intracranial Endoscopic Neurosurgery". See p.2.
- Apr. 18 4th Annual Mud Season Conference, 0745-1545 hours, Dana Center. Call 871-2662. See p.2.
- Apr. 25 In One Voice: Integrating Diabetes Care. 0830-1600 hours, Auditorium. Call 871-2397.
- Apr. 27 March of Dimes Walk. See p.1.
- Apr. 28 ENERJOY Step Aerobics. See p.2.

### Stressed Out?

**Join Peg Bradstreet, MS, RNCS,  
Mental Health Nurse Specialist,**

*Healthy Living, Managing Stress*

**Thursday, April 3, or**

**Monday, May 5**

**1730-1900 hours, Dana Auditorium**

This free program will show you how to use relaxation, breathing, and imagery techniques to calm your mind and body and melt away stress. Call 871-2397 to register.

## NEW EMPLOYEES

**ACCOUNTING:** Bonnie Anthony

**ANESTHESIA:** Janice Coskery

**CARDIOLOGY:** Jeffery Desjardins

**COFFEE SHOP:** Alice Davenport, Renee Decoteau, Kathryn Johnson, Rosie Weaver

**DIABETES CENTER:** Montina Luter

**ENVIRONMENTAL SERVICES:** Richard, Alexander, Kenneth Chadwick, Brenda Durant, Fezarde Legaspi, Wilfred Lewis, Troy Pratt, Michael Webb, Lavanah Welsh

**FOOD SERVICES:** Amy Duprey

**NURSING:** Linda Barlow, Jennifer Bryant, Barbara Caouette, Jennifer Lamb Christie, Susan Chun, Tracy Cormier, Tracy Cormier, Evelyn Estes, Kathryn Kendall, Renee Kirkland, Heather LaVallee, Charles Matusovich, Karen McCarthy, Lorraine McDonald, Kim Mooney, Jennifer Morin, Paula Patterson, Cheryl Rench, Holly Russell, Jill Showeaker, Dorothy Simpson, Sharon Thibeault, Eugene Walls, Barbara Wickson

**OB/GYN:** Erin Brewer

**OCCUPATIONAL THERAPY:** Jodi Bergeron, Jane Lissner

**PHARMACY:** Judith Guilbeault, Lisa MacNeill

**PSYCHIATRY:** Karen St.Pierre

**PULMONARY MEDICINE:** Scott Edgecomb, Margaret Hothersall, Kimberly Jordan, Meghan Parks

**SURGERY:** Kristine Devou

**SWITCHBOARD:** Naomi Cary

## Support end to youth smoking

Maine has one of the highest rates of youth smoking. If this trend continues, 100,000 Maine children now under 18 will become addicted and 30,000 of them will eventually die of tobacco-related illnesses.

A coalition of health organizations, community groups, and individuals is proposing a one dollar increase in Maine's tobacco tax. The group's goal is to reduce by 30,000 the number of Maine children who smoke by the end of 1998.

Maine Medical Center supports the Maine Citizens to Reduce Youth Smoking initiative. Proposed legislation would raise the tax from 37 cents to \$1.37 per pack of cigarettes. Canada's experience shows that substantially increased cigarette taxes significantly reduce smoking among children.

If you'd like to get involved in Maine Citizens to Reduce Youth Smoking, call 1-800-631-2939.

*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.

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.

## What's Happening?

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