

What's Happening

a newsletter for the employees of Maine Medical Center

May 29, 1996

Vol. 27, No.11



THE "QUEEN BEES" represented BMC and MMC at the Corporate Spelling Bee. From left, Sue Spear, Eleanor Sapko, and Barbara Marston. The shirts were contributed by Ronald Nishiyama, MD, Chief of Pathology and Laboratory Medicine.

Spellers compete to "bee" education champs

Can you spell "isosceles"? This was the word fate and Governor Angus King had in store for the Brighton Medical Center/Maine Medical Center Queen Bees. Governor King was a Bee Master at the Third Annual Corporate Spelling Bee, held May 21, and "isosceles" was the word that proved too tough for the hospitals' spelling team.

Representing BMC and MMC were Sue Spear, Team Captain, Occupational Therapy, Barbara Marston, Chemistry, and Eleanor Sapko, Medical Record Services. The three were the top spellers at the BMC/MMC quali-

SPELLERS, SEE P.5

MMCF sponsors major healthcare symposium

Former Colorado Governor Richard D. Lamm and Editor Emeritus of the New England Journal of Medicine Arnold S. Relman, MD, were among the speakers Friday, May 24, at the first spring symposium sponsored by the Maine Medical Center Foundation. The day-long event was an opportunity for healthcare leaders from throughout southern and central Maine to hear from nationally recognized observers of the rapidly changing world of healthcare.

More than 130 hospital trustees and administrators, physicians, and other healthcare leaders gathered at the South Portland Marriott for the symposium. "We wanted to bring these acknowledged experts, many of whom have been part of the faculty at the renowned Estes Park Institute for years, to Maine," says MMCF President Don McDowell, "to help us understand what is happening in healthcare. They provided both insight and challenge."

The speakers covered a range of topics:

- Dr. Relman discussed the impact of the business of managed care on the art of medicine, and suggested that physician leadership will be essential for success.
- Governor Lamm advanced "Ten Rules for a Community's Health", from his perspective as a critic of the healthcare system and advocate of change.
- Connie R. Curran, EdD, RN, FAAN, discussed the transition to integrated care, and the opportunities it presents to improve care and save money.

SYMPOSIUM, SEE P.4

Tune in for the Telethon! See p.3.



TO PREPARE FOR the recent JCAHO visit (and to have some fun), the JCAHO Committee set up question booths throughout MMC. Employees were asked to select and answer questions. If they answered correctly (or at least gave it "the old college try"), they received a prize.

History the topic at Women's Board meeting

One of Maine Medical Center's volunteer auxiliaries is known as the Women's Board of Maine General Hospital for good reason. The group was formed in January 1877, when one of MMC's founding hospitals, MGH, was not even three years old.

At the Women's Board's Annual Spring Volunteer Coffee, held May 22 at the Portland Country Club, the history of the hospital and the auxiliary were the topic. Board President Betty Jean Braley read from a history compiled by Sarah R. Rollins in 1939 and 1940; it was full of interesting tidbits. A few follow.

In the early years, the Maine General Hospital had five rooms for patients. Two women nurses covered day duty, one receiving \$15 a month, the other \$18, with board. A night nurse earned \$30 a month and boarded outside. There were also two male nurses.

The first purchase made by the Women's Board, or The Ladies' Visiting and Advisory Board as it was then known, was twelve rock-

ing chairs for the comfort of patients.

In 1878, with a treasury of \$400, the Board voted to give \$250 for a "free bed". This paid the entire cost of the bed for one year. One feature of the bed was that the person or persons giving the funds to provide for it "could designate the occupant, and within limits, the length of time a patient could remain there"!

November 1884 brought the establishment of a training school for nurses and a course of lectures offered by members of the staff. The Ladies of the Board were invited to attend.

In 1907 came a request for a "Pied Piper" as the "rats were far too numerous and too friendly to be agreeable". A ferret was handed the job of ridding the hospital of the rodents and appears to have done a satisfactory job!

Three Women's Board projects stand out as achievements, according to Louise James, who also spoke at the meeting. From the 1920s to the 1960s, the Women's Board supported the salary of a social worker. A Memorial Fund, an innovative idea in 1940, grew so successful that it was turned over to the hospital for professional oversight in 1969. And the Coffee and Gift Shops (originating as The Canteen in 1947) provide service to patients and families.

The stories continue through the years, but there are too many to detail here. The theme running through the years and the Board's many projects is the service, loyalty, and caring of its members and volunteers. At the spring meeting, several of these were honored: Mrs. Phillips Payson, a member since 1935, Mrs. Sewall Strout, since 1938, and Mrs. Althea Noyes, since 1943. Others singled out for their efforts were Sally Rendall, Margaret Serunian, and Lucile Cleaves.

*Please join us for
a retirement reception*

for Libby LeMieux

Monday, June 3

Dana Center Board Room

1400-1530 hours

Don't miss "That's Entertainment"

Seats are still available for "That's Entertainment," but they are going fast! To make sure you won't miss out on the BMC/MMC talent show, you must complete a ticket request form and return it to Terry Lynn McGarvey, Public Information. The forms are located outside the Cafeteria, or you can get one by calling x2196.

Would you like to match wits against MMC President Don McDowell in *Healthcare Jeopardy*? To be considered as a possible contestant, make a check in the appropriate place on the ticket request form. All *Healthcare Jeopardy* questions will be related to topics familiar to BMC and MMC employees. "That's Entertainment" starts at 1730 hours in the Dana Center Auditorium. The doors will open at 1645 hours.

*Watch Maine Medical Center's
Children's Miracle Network Telethon on
NewsChannel 13 June 1 & 2 and make a pledge!*



FOR FIVE years, Gloria Nichols, retired Cafeteria Supervisor, has hosted bake sales to benefit Maine Medical Center's Children's Miracle Network. Shown here with Anne Sheedy, Flower Box Supervisor, left, Nichols helps display a cake decorated and donated by Shaw's Supermarket at Northgate. The cake was later taken to the Pediatric Unit to be shared and enjoyed. The bake sale raised more than \$400 for pediatric services at MMC.

MMC joins community in fourth annual Day of Caring

Eleven Maine Medical Center employees joined 550 people from 46 other local companies to participate in the 1996 United Way Day of Caring, an annual community-wide volunteer event sponsored by the United Way of Greater Portland. Social service agencies, ballfields, trails, and schools benefited from 32 Day of Caring projects. Volunteers painted, landscaped, assembled playground equipment, and built and restored ramps for handicapped access.

Participating from MMC were Eric Anderson, Philip Brown, and Nancy Farr of Data Management; Bob Carpenter, Jackie Kenney, Alice Pride, Susan Stackpole, and Judy Williams of Patient Accounts; Dave Cote, Materiel Management; Debra Fitzgerald, Central Registry; and Mike McDonald, Environmental Services.

CCCS award recognizes MMC department

Tom Cryan, Director of Patient Accounts, and Mike Kilmartin, Associate Vice President of Finance, attended the annual meeting of Consumer Credit Counseling Services of Maine, Inc., to accept an award for Maine Medical Center as CCCS Creditor of the Year.

The award is given each year to an organization that participates with CCCS, a non-profit agency, in arranging debt management plans for its clients. MMC has participated in this program for more than 20 years. "Maine Medical Center works with people using CCCS to come up with payment schedules to help them pay their bills. We recognize the importance of CCCS as a resource and are pleased to help people using their services," says Cryan.

The award hangs in the reception area of the Patient Accounts office, located at the Gateway.

The Maine Cancer Research and
Education Foundation

5K Road Race & Walk

Saturday, June 22

Back Cove Running Path

Run/Walk at 0900 hours

Registration begins at 0730 hours

For more information, contact Jayne
Soles, Executive Director, 773-2533.

MCREF benefits cancer research and
education in Maine, including Maine
Medical Center Research Institute.

SYMPOSIUM, FROM P.1

· William R. Fifer, MD, FACP, painted a picture
of a future in which the health of entire popula-
tions is managed to prevent disease and to treat
it in the earliest stage possible.

“This symposium is part of our commit-
ment to providing education and information
on healthcare,” McDowell says. “The Maine
Medical Center Foundation is committed to
creating an integrated delivery system that will
help make our region one of the healthiest in
America. By learning more about healthcare
and by spending time with our colleagues, we
can further that vision.”

The Maine Medical Center Foundation is
the parent corporation of Maine Medical Cen-
ter, Brighton Medical Center, and other
healthcare organizations. It is dedicated to
helping build a healthcare system that will
provide comprehensive, high-quality, cost-
efficient preventive and curative healthcare
services in southern and central Maine.

Do you have a pile of already-read
magazines at home?

Recycle them by bringing them to
Volunteer Services.

Our patients would love
to read them!

Biomedical Conference

**New Applications of
Therapeutic Apheresis**

David Ciavarella, MD,
Vice President of Medical Affairs,
Coral Therapeutics

Wednesday, June 26
1500 hours

Maine Medical Center
Research Institute



VOLUNTEERS AT MMC are celebrated, and so are
their birthdays! D. Joshua Cutler, MD, left, and
Mirle A. Kellett, MD, were among those present at
Madeline Kaczmariski's 86th birthday party on R8.
Madeline volunteers in the Cardiac Cath Lab.

*MMC's Breast Care Center's
support group for
people with breast cancer
and their significant others
meets*

*the 2nd Tuesday of the month
1830-2000 hours*

Dana Center Classroom 4

*Call Social Work, x2262,
with questions.*



SOME DEPARTMENTS are just full of good cooks. The Employee Activity Committee is publishing a cookbook and asked all of MMC to contribute recipes. In a few departments, *everyone* had a favorite to share. Representing them are, from left, Elaine Conner, P3CD, Faith Fenderson, Admitting, and Debbie Cavallaro, Internal Auditing. Surgical Associates also had 100% participation. Look closely and you'll see that each prize ribbon features a different diminutive cooking gadget. A/V Photo.

SPELLERS, FROM P.1 fying Spell Off May 1.

At the Spelling Bee, 28 corporate and community groups from throughout Portland met to spell their way to the 1996 Championship Round and ultimately, the "Champion of Education" trophy. This year's top spellers hailed from Blue Cross & Blue Shield of Maine; they were able to spell "aubade" (that's a poem to greet the day -- really, it is!).

The Portland Partnership holds the annual Spelling Bee to raise funds to encourage and support school-based initiatives: advanced technology, staff development, and individualized assistance for students.

*Don't forget to watch
Maine Medical Center's
Children's Miracle Network Telethon
on NewsChannel 13!
All funds benefit MMC pediatric services.
Program airs June 1 & 2.*

A nine-week series of ENERJOY step aerobics classes begins soon!

Shape Up!

Where: McGeachey Hall Gym
When: Mondays and Wednesdays
 June 17 through August 14
 1210--1250 hours
Cost: Nine weeks, \$81.00
 Payroll deduction is available
New option for summer: Sign up for five classes for \$50!
Try the class before signing up: Free classes offered Monday, June 10 & Wednesday, June 12.
Instructor: Liz Bradford, ACE certified ENERJOY Health/Fitness Programs
To register: Sign up at first class.
 Contact: Sue Spear, x4347
 Did you know McGeachey Hall Gym is air conditioned?

ITN needs drivers

The Independent Transportation Network (ITN) is looking for volunteers. The ITN is a non-profit organization with a mission to provide privately paid, consumer-oriented transportation to seniors 65 and older and people with visual impairments who cannot drive or no longer wish to drive.

Rides for medical purposes are the most common need. Many people are transported by the ITN to Maine Medical Center for a variety of medical services or to visit with a loved one. The ITN seeks volunteer drivers to help with these needs.

Volunteer drivers transport customers to a single location or on a series of small errands. They are reimbursed for mileage expenses. The volunteers decide in what capacity they would like to drive for the ITN, from flexible availability and schedules to specific communities and destinations.

Transportation means independence. Volunteers make it possible for ITN to help people get to the grocery store, church, and the doctor. If you are interested in helping, call Cindy Davis at ITN at 828-8608.

"Have an Out of Autobody Experience"

Tuesday, June 4, commute to work another way and maybe you'll start a new habit. The 4th will be a great day to "Have an Out of Autobody Experience" and find a way to work that doesn't involve riding in your car alone.

Do it for your health. Do it to save money. Do it to reduce traffic and clean up the air. Challenge your co-workers and friends to do it, too.

If you haven't signed up yet for Commute Another Way Day, you can do so by calling Security. Each employee who does gets an official t-shirt. Maine Medical Center is among the sponsors of Commute Another Way Day.

Get ready to "Have an Out of Autobody Experience" and walk, carpool, bike, bus, or roller blade to work on June 4!

Come on down
to the Coffee Shop for
Summertime Ice Cream Specials
starting June 1.
A tasty ice cream treat at a
reduced price all summer long!

Here's the 1997 holiday list

Here is the list of holidays and the dates they will be observed by Maine Medical Center during 1997.

New Year's Day	Wednesday, January 1
President's Day	Monday, February 17
Patriot's Day	Monday, April 21
Memorial Day	Monday, May 26
Independence Day	Friday, July 4
Labor Day	Monday, September 1
Veterans Day	Tuesday, November 11
Thanksgiving Day	Thursday, November 27
Christmas Day	Thursday, December 25

Each employee has one personal day which may be used at any time throughout the year with prior supervisory approval.

Families needed for research

William Cook, PhD, Director of Research in Psychiatry, is looking for families with two adolescents to participate in a questionnaire study of family relationships. The students must come from a two-parent family (step-parents and adopted parents OK) and be no younger than 13 years old (step-siblings and adopted siblings OK).

The students are each paid \$15 for each of two phases of the study. Questionnaires are delivered and returned via U.S. Mail and take about one hour to complete.

Call Dr. Cook or Sheri Flaherty at the Psychiatry Research Division at MMC, 772-0424, ext. 240. Please leave a message if calling after 1700 hours.

Walk the walk this summer

For the second year, the Portland Public Health Department will run a program to improve the health of Portlanders. Portland Pacers, part of the summer celebration of Congress Square sponsored by Maine Arts, is a non-competitive walking program that begins and ends in Congress Square.

This free program offers an opportunity for people of all ages to choose one of several distances for to walk and move at their own pace. Walk options will be available Monday through Friday, between 1130 and 1300 hours.

"Our goal," says Barbara Michaels, Portland Pacers Program Coordinator, "is to accommodate all levels of walkers by offering a variety of walk lengths, and in this way improve the cardiovascular health of people who live and work in Portland. We encourage everyone to get up, get moving, and get healthy."

For more information about the Portland Pacers, contact Barbara Michaels at 874-8784.

MARKETPLACE

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

FOR SALE

Puch touring bike, 59 cm frame size, 12 speed Alpine gearing, Reynolds aluminum frame. \$150. Call 883-2625.

6 unit apt. building in Portland. 173-175 Congress Street. \$150,000. Call 797-8229 eves.

Queen size sleeper sofa, matching chair. Exc. cond. \$425 or trade for smaller set. Call 761-3914.

1989 Dodge Caravan. 112 K miles. Good cond. Asking \$3,200. Call 829-6495.

Large Ethan Allen coffee table w/2 small drawers. Exc. cond. \$150 or BO. Call 767-9757.

Apple II GS w/printer, joy stick, software. Incl. all manuals. \$695. Call 799-8014.

House lot in Biddeford. 2/3 acre. Incl. city water/sewer and underground utils. Call 282-9048.

Twin stroller, 4 YO, exc. cond, \$85. Single Aprica stroller, exc. cond., \$75. Child's desk, \$25. Girl's 12" bike, \$15. Hot Wheels bike, \$5. Pair Fisher speakers, \$35, Fisher receiver, \$40. Call 774-9231.

1967 23' Coronado sailboat. 7 sails, sleeps 4, Johnson 6 HP, \$2,900. Electric bed, \$500, wheel chair, \$50, folding walker, \$20. Call 878-2134.

Whirlpool refrig., W/D. Drop leaf table w/2 chairs. Almond color. 6 triple track storm windows. Call x2783 or 773-2427 after 5 PM.

1984 Pontiac 6000, runs great, 4 door, auto. 30 K on motor, 90 K on car. \$800. 8 HP Wheel Horse riding lawn mower, needs some fixing. \$200 or BO. Call 883-4232.

16' Hobie Cat w/tilt trailer, 4 trapeze wires. Exc. cond. \$1,400. Nordic Track Walk Fit 4000, \$400. Call 846-4489.

Outdoor wood furniture: lounge chair, 2 chairs, small table, loveseat. Cushions incl. \$50 for all. Baby jogger for jogging or bike. Bug screen and hood. Asking \$50. Call 767-8086.

Church organ, asking \$100. Call 797-3760 days.

IBM compatible computer w/40 MB, VGA monitor, printer, keyboard, mouse, games. \$600. Call 934-9380.

Radio-controlled racing car, battery charger, 6 rechargeable batteries. Tamiya Thunder Dragon. Instructions, parts list. \$300 new. Will take \$100 or BRO. Call 772-6485.

Nordic Track, Excel model. Used very little. Cost \$500, will sell for \$200. Call 799-6627.

FOR RENT

1 BR West End apt. Off-street parking. W/D, hardwood floors. Gas heat and hot water. \$500/mo. Walk to MMC. Call 879-2404 or 874-6071.

Effic. apt., garage parking, near ocean. N/S, no pets. \$500/mo. + utils., refs. Call 767-4614.

1 BR apt. Skylights. \$400/mo + sec. dep. 2 BR West End apt. \$495/mo. + sec. dep. Both in owner-occupied building with off-street parking, laundry facilities, near MMC. N/S. No pets. Call 773-2726.

Heated 4 1/2 room apt. Stove, refrig., W/D hook-up. \$700/mo. Near USM. Call 772-4143.

The deadlines for
announcement-length items
and **MARKETPLACE** are
June 12 for the June 26 issue
and
June 26 for the July 10 issue.
All items must be in writing.

2 BR house, K, LR, DR, 2 fireplaces, 2 baths. Garage, off-street parking, side yard. \$975/mo. Call 774-0963.

Western Prom. 3BR, 2 bath apt. w/river view. July 13-Aug. 2. \$800/wk. Call 879-0182.

1 BR apt. intown. LR, DR, K. \$650/mo. heated. Parking, laundry. No pets. Call 871-5830.

2 BR apt. 2 fireplaces, W/D, near MMC. \$595/mo. heat and hot water incl. Call 775-2159.

ROOMMATE WANTED

To share row house in West End. 2 large rooms and private bath. Share K, LR and music room. Parking. \$525/mo. incl. all. Call 780-6390.

CHILD CARE

Will provide child care in my home. CNA w/CPR certification. Reasonable rates. Willard Beach, South Portland. Call 767-5105.

Will provide care for infants through toddler. Windham, 24 hour care. 15 years exp. CPR cert. Refs. avail. Call 892-3781.

WANTED

To share ride from Biddeford. I work 8:30 AM-5 PM. Call 284-0739.

Bookkeeper to set up and keep records monthly for small business. Call 232-7999 (cellular phone) 4 PM-8 PM.

1 BR apt. for incoming resident. F, no pets. Under \$600/mo. Call 774-7897.

Lawn care jobs. Residential, sm. commercial. Call 829-5860.

Exercise treadmill for home use. Call 883-5201.

To housesit home/pets months of June and July. Schedule negot. Exc. refs. Call 781-7221.

To share ride expenses to Florida. Leaving June 26. Call 774-3290.

Got something for What's Happening?

If you would like to submit *any* kind of advertisement, notice, or other item, it must be double-spaced and you **must include** the name, department, and telephone extension of a contact person.

Help make it easier for us to publish your information correctly, completely, and on time!

What's Happening at MMC

- June 1 **MMC's Children's Miracle Network Telethon**, through June 2. To volunteer, call x2101.
- June 3 Retirement reception for Libby LeMieux, 1400 hours. See p.2.
- June 4 "Commute Another Way Day". See p.6.
- June 17 **ENERJOY** series begins. See p.3.
- June 20 *That's Entertainment*, BMC-MMC Talent Show. 1730 hours, Dana Auditorium. See p.3.
- June 26 Biomedical conference. 1500 hours, MMCRI. See p.4.
- July 3 Deadline for nursing scholarship applications.



AFTER 37 years of service, Barbara McFarland, RN, left, has joined the ranks of the retired. Judy Howes, RN, Assistant Head Nurse, helped McFarland show off her cake as Outpatient Department co-workers and others celebrated her many years of service.

About People

Janet Durost, Systems Coordinator of Medical Record Services, presented *Imaging Revisited: Lessons Learned from a Pioneer* at the ChartScan '96 Conference held May 5-8 in San Antonio, Texas.

Jens Eldrup-Jorgensen, MD, is the current President of the Maine Chapter of the American College of Surgeons. Dr. Jorgensen, who has practiced vascular surgery at MMC since 1989, is Director of the Division of Vascular Surgery and also serves as President of the Maine Vascular Society.

- 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 Dept.

What's Happening

Maine Medical Center, 22 Bramhall Street, Portland, ME 04102-3175

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.

NEW EMPLOYEES

ADMITTING: Gloria Wellington

ANESTHESIA: Mary O'Sullivan

DATA MANAGEMENT: Bernadette Luxton

ENGINEERING: Jonathan Flink, Terrence Greenlaw

ENVIRONMENTAL SERVICES: Gilbert Coombs, Ernest Deroche, Garth Morgan, David Parker, Berra Tucci, Everett Winslow

FOOD SERVICES: Faith Charity, Sara Clarkin, Jay Palmer, Jennifer Palmer

LINEN SERVICES: Janice McLaughlin

MMCRI: Sheri Morales

NURSING: Pamela Ahlers, Nikki Crowell, Cynthia Dreher, Edward Kezer, Harry Leister, Aloyoise Macnaught, Heather Mazerolle, Tammy McLellan, Pamela Mundy, Joanne Orr, Elizabeth Prevost

PATHOLOGY: Roy Zhang

PSYCHIATRY: Beth Ribe

PULMONARY: Mark Cushman

RADIOLOGY: Eric Adams

TELECOMMUNICATIONS: Pamela Souza

A question to get you thinking

What was your very first job?

Drop your answer in the Ask Away box near the Cafeteria or email it to DAVOLM. You don't have to give your name.

We'll get back to you with answers to this and other questions to come.

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