

What's Happening

a newsletter for the employees of Maine Medical Center

December 27, 1995

Vol. 26, No.24

*Thank you for all you do for
Maine Medical Center and the com-
munity it serves. Your caring is a
special gift that means a great deal.*

*I wish you all the peace and joy of
the holiday season now and in the new
year!*

Don McDowell
President



New year brings change for Information Systems

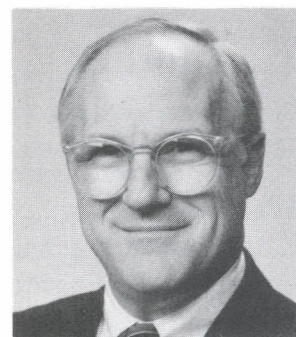
Information Systems staff are packing up and moving out. On Friday, January 5, they'll leave the fifth floor of the Pavilion and move to the Gateway Office Condominiums on Cumberland Avenue to join the rest of the department, which moved in October of 1994. PC Training and Voice Mail Training will be housed in the new PC Training Room at the

MOVE, SEE P.6

Lovett named AVP for Research

Edmund J. Lovett III, PhD, has been named Associate Vice President for Research at Maine Medical Center. He continues in his role as Director of Maine Medical Center Research Institute, a position he has held since 1987.

Dr. Lovett is a graduate of Norwich University in Northfield, Vermont, and the University of Connecticut Health Center in Farmington. His PhD is in Immunology and his graduate training included a postdoctoral fellowship in tumor immunology. He has held faculty positions in the Department of Surgery at the UCONN Health Center and in the Department of Pathology at the University of Michigan.



Currently an Adjunct Professor of Immunology at the University of Southern Maine, Dr. Lovett has been Director of the Cytometry Program in MMC's Department of Pathology and Laboratory Medicine, and was the founding Director and CEO of the Maine Cytometry Research Institute which merged with Maine Medical Center in 1991 when it was renamed the Maine Medical Center Research Institute. He continues to be a member of the Department of Pathology, as well as the Division of Immunology and Infectious Diseases and the Division of Hematology in the Department of Medicine. He is Director of MMC's Clinical Cytometry Laboratory and Associate Director

LOVETT, SEE P.3

Happy Holidays!

Support for those affected by epilepsy

The next MMC Epilepsy Support Group meeting will be Monday, January 8, at the Dana Center in classroom 4, from 1900 to 2030 hours. The meeting is for anyone with epilepsy/seizures and their family members, friends, or co-workers. For more information, call Debbi, 1-800-660-7832, or Karen, x4814.

A family gives thanks

I wish to thank all the people who took the time to think of my family in our time of sorrow. Thank you again.

Ralph O'Brien and family

Another Weight Watchers series begins soon

A new ten-week series of the Weight Watchers At-Work program will begin Tuesday, January 2, at MMC. The first meeting will be held in the Engineering Conference Room on the ground floor of the Maine General Building. Classes meet Tuesdays from 1200 to 1300 hours.

Join the group by attending on the 2nd. Register and sign up for payroll deduction at the first meeting. The cost is \$89.00 for the ten-week series.

If you would like to join Weight Watchers At-Work, but don't find MMC's meeting time convenient, here's an option for you. New England Rehabilitation Hospital of Portland will offer the series on a trial basis at 1600 hours on Wednesdays.

If you have questions or would like to participate in the NERH-P program, call Martha Davoli in Public Information, x2196. If you plan to participate in MMC's Tuesday series, there's no need to call.

Health Matters

Programs Promoting Our Employees' Health

All tied up in knots? Find out how therapeutic massage and reflexology can help at a **Health Matters** Lunch & Learn. Richard Alley joins us Monday, January 15, for a talk and demonstration on the benefits of massage:

- relaxes muscles and relieves tension;
- increases awareness and well-being; and
- helps ease headaches, muscle spasms, joint stiffness, and sleep disturbances.

"Massage is one of the best known methods of reducing stress," Alley says. "It gives you more energy, improves your outlook on life, and can be excellent supportive therapy for people in the health professions."

Monday, January 15
1200-1300 Hours
Dana Classroom 3

Join us again Wednesday, January 17, for another visit by Michael Perry. This time the subject will be cross country skiing. With slides, anecdotes, tips, and instruction, this promises to be another Lunch & Learn full of useful information on how to enjoy the outdoors.

Wednesday, January 17
1200-1300 Hours
Dana Classroom 7

Study participants wanted

The Department of Psychiatry seeks volunteers to serve as normal controls in a study of schizophrenia and manic depressive illness. Participants must be free of a history of mental illness. Needed are women aged 46, 56, and 60, and men aged 18, 36, 59, 60, 69, 71, and 77.

There is a \$15 stipend paid for a brief interview and sampling of venous blood. Please call George McNeil, MD, Director of Training, Psychiatry, at 871-2370.

Joint Committee to consider requests for assistance

The Joint Committee of the Volunteer Boards is currently accepting applications from departments for requests for funding for equipment and special projects. The Joint Committee, representing the Women's Board of Maine General Hospital, The Visiting Board of the Children's Hospital, and The Friends of Maine Medical Center, has made gifts of well over \$1,000,000 to the hospital over the past 30 years.

The deadline for funding requests is January 5, 1996. This program is not meant to compete with or replace the capital budget process. If you would like an application or more information, contact Sandra Cranford, Director of Volunteer Services, at x2205.

LOVETT, FROM P.1

of the Hematology Laboratory.

Dr. Lovett is a member of the Federation of American Scientists, the American Association for the Advancement of Science, the American Association for Cancer Research, the American Association of Pathologists, the Society of Analytical Cytology, the Union of Concerned Scientists, the New England Cancer Society, and the Metastasis Research Society and has more than a hundred scientific publications.

Additionally, he is a member of the Advisory Board of the Maine Center for Innovation in Biomedical Technology, the Joint European Economic Community-National Science Foundation Committee on EPSCoR/STRIDE Interactions, and the National Science Foundation Committee on Assessment. He is Chairman of the Maine Research Excellence Partnership, Director of the Maine EPSCoR Committee, and Vice Chairman of the Board of Directors of the Maine Science and Technology Foundation.

Dr. Lovett is a founder or co-founder of a number of programs, including the Maine Science and Technology Foundation, the Center

LOVETT, SEE P.8

Outreach Education Council for Critical Care

presents a workshop for nurses

Trends & Issues in Cardiovascular Care

Day 1: Friday, January 19

Day 2: Friday, January 26

Dana Health Education Center

For a brochure or to register,
call x2290.

Learn more about personal insurance options

Due to the number of employees wishing to learn about the new insurance options offered by Acadia Insurance, you'll soon have a chance to sit down with representatives from Sedgewick James for quotes and counseling. Reps will be available in the Cafeteria on the following dates:

Wednesday, December 27

0700-1500 hours

1500-2000 hours

Thursday, December 28

0500-0800 hours

Tuesday, January 17

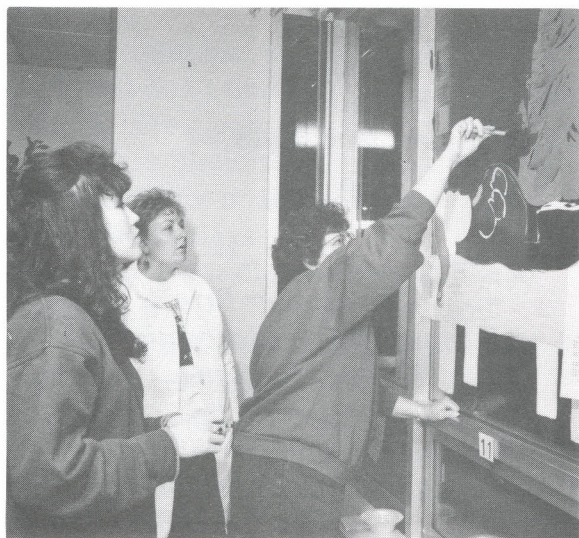
0700-1500 hours

1500-2000 hours

Wednesday, January 18

0500-0800 hours

The Flower Box
*will deliver flowers to locations in
Greater Portland
as a service to
employees and volunteers.
Call x4707 for details!*





*Holiday Greetings!
Happy New Year!*



Graduate students need patients for exams

Graduate students in Primary Health Care Nursing at Simmons/Westbrook College, a program affiliated with Maine Medical Center, seek female volunteer patients. The students are registered nurses training to be nurse practitioners. Volunteer involvement includes a gynecologic examination with inspection and palpation of the external genitalia and an internal speculum examination with bimanual palpation of the reproductive organs.

The examinations will take place January 6. Volunteers will receive \$20 for each examination. Call Kimberly Boothby-Ballantyne or Carole Moor at 797-7261, x309, if you are interested in participating.

MOVE, FROM P.1

Gateway facility. The only Information Systems tenants of P5 who will remain are the staff of the Clinical Engineering Annex. The move will be complete by Monday, January 8. Throughout the weekend, there will be no interruption of services provided by the department.

Making the move downtown are Telecommunications, Communications, Project Management and Customer Support, PC Training, and Microcomputer Support. A work station will be set up here at MMC so a microcomputer support specialist can be available on-site weekdays from 0800 to 1630 hours.

Though they'll still be unpacking boxes on the 8th, the staff of Information Systems will be available by phone. Departmental phone numbers will remain as follows: Data Management, x2150; the PC Help Desk, x6400; Telecommunications, x2850; and Communications, x4690. New phone numbers for newly located staff will be published in the MMC Directory due out in January. If you have questions about the move, contact Elizabeth Wooley, Systems Projects Leader, at x2150.

Volunteers needed for estrogen patch study

Healthy postmenopausal women are needed to test the effectiveness of a new estrogen patch. You may qualify if you are either:

- not taking estrogen and having five or more hot flashes or sweating episodes a day, or
- taking estrogen and have a history of frequent hot flashes or sweating episodes prior to medication.

Volunteers will wear a patch with estrogen or placebo for twelve weeks. Upon completion, volunteers will receive \$160. This study is being conducted by the Division of Endocrinology at Maine Medical Center. Call 774-4468 for more information.

Research volunteers needed for osteoporosis study

Healthy postmenopausal women aged 55 to 75 with 1 to 4 vertebral (spinal) fractures are needed for testing an investigational therapy for osteoporosis. Qualified volunteers will receive investigational medication or placebo once every three months and bone density measurements and other evaluation every six months at no cost for a total of three years. The study is being conducted by the Division of Endocrinology at MMC. Call Judy or Sue at 774-4468 (MMC) for details.

Women needed for study

If you are a woman, age 18 or older, using a proven method of birth control and who may be experiencing symptoms of bacterial vaginitis (BV), you may be able to participate in a study.

Volunteers will receive \$75 for three clinic visits, full physical exams, blood work, and free medication. Medication is standard BV medication in a new convenient dosing. Symptoms of BV include feminine discharge, odor, or itching. Each clinic visit is about one hour or less and can be scheduled at your convenience. The study is sponsored by G.D. Searle & Company through MMC OB/GYN Clinic. Call x4894.

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

Bicycles. What a deal! Like new \$600 OUTPOST mountain bike, 13.5", 18 speed, Shimano components plus accessories. Ridden less than 20 miles. Exceptional condition. \$400 or BO. Call (207) 885-5509 before 1700 hours. Great Christmas gift.

Fur coat, half length, beaver. Beautifully lined, good condition. Great Christmas gift. \$350 or BO. Call (207) 885-5509 before 1700 hours.

AKC Beagle pups ready for a new home. Tri-color, \$150 without shots, extra with. Call 282-3765.

2-year old king size Broyhill pencil post bed with box spring and mattress. Asking \$700. Call 799-0014.

Saco. Priced to sell. Attached cape won't last long. \$74,900 buys you a freshly painted, newly carpeted, 3 BR, 2 full baths, full cellar, monitor heat, cathedral ceiling home. Appliances included. This house is in excellent condition. Call 883-5347.

1988 Hyundai Excel. 4 cylinder, 60K, AM/FM cassette, P. sunroof, economical and dependable. Great gas mileage. \$2000 or BO. Call 767-3869.

Panasonic answering and speed dialing phone system, \$30. Clairol hot rollers for hair, \$12 (new). Technics quartz stereo turntable, \$50. Call 839-2249.

Studded snow tires. P205-65 R15 off Mazda. P185-65 R15 off Volvo. Like new, \$120 or BO per set. Call 828-0582 after 1800 hours.

FOR RENT

South Street, Biddeford. 2 BR, 1st floor, heated, appliances, wall to wall carpet, washer/dryer hookup. \$475/month includes utilities. Call 283-3205.

South Street, Biddeford. 2 BR, 3rd floor, heated, refrigerator and stove included, wall to wall carpet, washer/dryer hookup. \$400/month plus electricity. Call 283-3205.

Room for rent. Small room, big closet, twin bed. Kitchen privileges, must like pets. Nice area in Yarmouth, good jogging area. Call 846-0054.

Cape Elizabeth. Cozy 2 BR home on quiet street. Hardwood floors, family room, washer and dryer. Available December 1. \$750/month. Security deposit, references. Call 284-6604 after 1800 hours.

Luxury ocean front condo, Old Orchard Beach. All rooms have direct ocean view. 2 BR, 2 baths, fully furnished luxuriously. No pets. \$900-1,300 per month. References and security deposit. Call (207) 283-3883.

Pine Point, Scarborough. Furnished 3 BR house w/ dishwasher, washer. Attached garage, ocean view, steps to beach. Oil heat. Avail. now until June 1996. Refs., sec. dep. No pets. \$625/month + utils. Call 883-9946.

ROOMMATE WANTED

Professional to share lovely home in Cape Elizabeth with same. Spacious and quiet. Pet considered, fenced yard.

The deadlines for
announcement-length items
and **MARKETPLACE** are
January 10 for the January 24 issue
and
January 24 for the February 7 issue.

All items must be in writing.

Near ocean and shops. \$450/month includes utilities. Available in January. Call 799-2441.

WANTED

Painting and wallpapering jobs, any size, for Jan., Feb., March. Lots of exc. refs. Reasonable rates. Call 773-2637.

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!

Surplus equipment available

MMC has a surplus of equipment that will be available to employees by sealed bid. The items are:

2 Exercise bikes (one needs pedals)
1 Drafting table: oak, very good condition
1 Upright piano: old, but working
6 Typewriters: IBM Selectric, all work
340# Nails: 6D coated 25#, 8D common 50#,
2 3/8 coated 40#, sheet rock 65#, 7D cut 40#, 1/2
mason 5#, 6D common 60#, 5D common 45#, 2
1/2 mason 10#. (Must bid on nails as a pack-
age.)

You may bid on any of the above items by sending or dropping off your written bid to Jim Collins, Materiel Management (located at 25 Bramhall) no later than January 5. Items may be viewed by calling Jim at x2304.

What's Happening at MMC

- Jan. 2 Weight Watchers At-Work series begins, 1300 hours. See p.2.
Jan. 3 ENERJOY series begins, McGeachey Gym, 1210 hours.
Jan. 5 Information Systems departmental move. See p.1.
Jan. 8 Epilepsy Support Group meets. Dana #4, 1900-2030 hours.
Jan. 15 **Health Matters** Lunch & Learn: Therapeutic Massage. Dana #3, 1200-1300 hours. See p.2.
Jan. 17 **Health Matters** Lunch & Learn: Cross Country Skiing. Dana #7, 1200-1300 hours. See p.2.
Jan. 19 *Trends & Issues in Cardiovascular Care*. Day 1, Dana Center. See p.3.
Jan. 26 *Trends & Issues in Cardiovascular Care*. Day 1, Dana Center. See p.3.

LOVETT, FROM P.3

for Innovation in Biotechnology, and the Applied Immunology Program and the Department of Applied Medical Sciences at the University of Southern Maine.

Resolve to get in shape!

An eight-week series of ENERJOY step aerobics classes begins soon!

Where: McGeachey Hall Gym

When: Mondays, Wednesdays, & Fridays
January 3 through February 26
1210--1250 hours

Cost: Three classes a week: \$84
Two classes a week: \$64
Payroll deduction is available.

Instructor: Liz Bradford, ACE certified ENERJOY Health/Fitness Programs

To register: Call Sue Spear, x4347, Psychiatry Occupational Therapy

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

ANESTHESIA: Dawn Luck

DATA MANAGEMENT: Grady Weed

EMERGENCY MEDICINE: Cathy Long

ENVIRONMENTAL SERVICES: Doris Lee, Diana Folsom, William Scamman

FOOD SERVICES: Richard Renell, Timothy St. Clair

INTERNAL AUDIT: Kevin Montminy

OB/GYN: Patricia Carlisle

PSYCHIATRY: Lawrence Potash

SOCIAL WORK: Robin Fisher

Wanted: Entertainers

Singers, storytellers, guitarists, and other talented people are needed to entertain at P4CD's Coffee Hour, held Wednesday evenings from 1830 to 1930 hours.

Interested employees and others may call Volunteer Services, x2205.

Dial S - O - U - P

(that's x7687)

to find out what's for breakfast and lunch! You'll hear a recording of the day's specials in MMC's Coffee Shop.

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

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