

What's Happening

a newsletter for the employees of Maine Medical Center

September 6, 1995

Vol. 26, No.18

MMC names Family Practice Residency Program director

Ann K. Skelton, MD, has been named Director of the Family Practice Residency Program at Maine Medical Center, of which she is a graduate.

Dr. Skelton received a Bachelor of Arts in philosophy from Yale University in 1979 and earned her medical degree from the University of Vermont College of Medicine in 1987. She completed her Family Practice residency at Maine Medical Center and Mercy Hospital in 1990.

Dr. Skelton will have responsibility for resident rotations, continued review and implementation of curriculum, interacting

SKELTON, SEE P.3

Quality will go on parade this October

Floats, clowns, and cotton candy will adorn the hospitals' cafeterias in the upcoming BMC-MMC Quality Fair! The two-campus fair, featuring decorations, prizes, and food, will be held from October 26 through 27. Dee Roberts, facilitator of the Quality Fair Planning Committee, explains "This is a celebration of the hospitals' quality improvement accomplishments, and it will be open 'round the clock so that all staff can have an opportunity to enjoy the floats, games, and entertainment. We'll have a shuttle operating between the two campuses during prime time hours of all three shifts."

PARADE, SEE P.3

Emergency Medicine Residency will come to MMC

One of the country's newest emergency medicine residency programs has been approved for Maine Medical Center. Six physicians will join the program each year, beginning in the fall of 1996.

There is a considerable need for residency-trained emergency medicine physicians in the U.S. While most specialties are over-served, more physicians are retiring from emergency medicine than are entering training.

According to MMC President Don McDowell, "We look forward to lessening the shortage of emergency medicine physicians, and to serving the needs of Maine people for highly qualified physicians trained in emergency medicine, as well as other specialties. The Emergency Medicine Residency Program is a welcome addition to Maine Medical Center's tradition of graduate medical education."

Because of a recognized shortage of board-certified emergency medicine physicians in Maine, particularly in rural areas, and the crucial role these physicians play in providing accessible care to Maine residents, the State Legislature raised MMC's revenue cap to fund this new program. (Revenue caps for Maine hospitals have since been repealed.) Research has demonstrated that half of all trained residents remain in the area where they receive their training.

New England is one of the last regions in the U.S. to have predominantly residency-trained, board-certified emergency medicine physicians in hospital emergency departments.

RESIDENCY, SEE P.4

More photo contest winners inside. See p.2.

The people make their choices in MMC contest

They came, they saw, they voted. MMC employees, physicians, volunteers, and probably anyone who visited the Dana Center Lobby over the last two weeks admired the entries in this year's Employee Photo Contest and voted for their favorites in each category. This year, 152 people chose winners from the 143 contest entries.

Here are the winners of the 1995 People's Choice Awards:

People

Molly

Kristina Blumenthal, Nursing

Scenic

Xcaret Lagoon

Stephanie Fortier, R3

Animals

Strange Bed Fellows

Jill Mansir, Nursing Administration

Open

Melting City

Molly Hyslop, EEG

All photos are now ready in the Public Information Office for pick up. Stop by between 0830 and 1630 hours to retrieve yours.

Congratulations to all contest winners and thank you to all who entered photographs!

The next
MMC Epilepsy Support Group
meeting will be

Monday, September 11,
from 1900 to 2030 hours,
in Dana Center classroom 9.

This meeting is for anyone with
epilepsy or seizures and their
families, friends, and co-workers.

For more information,
call Debbi, 1-800-660-7832,
or Karen, x4814.

Help kick off the United Way campaign

Are you a walker, runner, jogger, or meanderer? Put your energy to good use by joining the Maine Medical Center Team and helping to support the kick off of the 1995 United Way Campaign for the Greater Portland Community.

The kick off takes place Tuesday, September 12. T-shirts will be provided.

The team will gather at the entrance to the Dana Health Education Center at 1100 hours and proceed to Deering Oaks where we'll join 6,000 other walkers from businesses and organizations and make our way to Monument Square. You'll be back at work around 1300 hours.

"We are hoping 200 people will register for this opportunity to bring attention to the United Way Campaign--and have a good time doing it!" says Judy Thomas, the event's coordinator.

Call Thomas at x4591 or Lois Bazinet at x4592 to register for the team.

Second Annual United Way Benefit Dance

featuring Tony Boffa!

Friday, September 22
2000 hours

Verrillo's Restaurant, Portland

Dancing ❖ Hors d'oeuvres

Reserve a table for 8 or
purchase individual tickets!

For tickets, call Luke Hitchcock,
Physical Therapy, x4892.

Watch this space for more United Way news and activities in future issues of *What's Happening!*

Family violence is everyone's problem: MMC responds

In Maine, a domestic assault occurs at least once every hour and 58 minutes. About 40 percent of all assaults in Maine occur between family members and almost 75 percent involve females assaulted by males. Almost 6,500 cases of child abuse or neglect and over 3,000 cases of elder abuse or neglect were referred to the Maine Department of Human Services in 1994.

Until recently, we addressed child abuse and neglect, partner abuse and elder or dependent adult abuse as occurring in isolation. We now recognize that in the same homes where children are being abused or neglected, their mothers may be battered and there exists the atmosphere and potential for elderly grandparents or dependent adults to be abused or exploited.

As healthcare professionals, we have a unique opportunity to intervene and prevent further abuse to women, children and elderly persons. Medical personnel are often the first resource families turn to for help. The simple identification of abuse by a healthcare provider can be a significant step toward ending the violence.

For years, the subject of family violence was taboo. As awareness has grown, however, so have our efforts to stop the violence. At Maine Medical Center, the Family Support Program has been working hard to create a vehicle for continuing education concerning family violence. The more we educate providers and give them resources, the more successful they will be in identifying and helping the victims of abuse.

A self learning pathway entitled "Identification and Intervention with Victims of Family Violence" is now available to all nursing units and ancillary hospital staff. The pathway has several learning options available: a video, articles, self awareness exercises, and role plays. For example, a pathway user can view "One Woman's Story", or talk with a mentor

VIOLENCE, SEE P.5

SKELTON, FROM P.1

with program directors in other departments, resident evaluations, integrating resident education at the Family Practice Center on India Street, and in representing the program to the Family Practice Residency Review Committee and the American Board of Family Practice.

Dr. Skelton will assume her new program duties October 1 and will continue devoting time to her private practice in Portland.

What's for lunch in the Cafeteria?

Call K-A-F-E (x5233)
to find out what's on the menu!
You'll hear the soups,
hot entrees, heart healthy and
vegetarian choices,
and grill offerings for the day.

PARADE, FROM P.1

The fair's "floats" will be displays describing the purpose of each improvement activity, the process by which it was undertaken, and the results of the activity. All projects, big or small, are welcome. Participants can use their imagination and creativity to decorate in keeping with the fair's *Quality on Parade* theme.

"Of course, reminds Roberts, "no parade is complete without participants and floats. We hope the staff of both hospitals will take this opportunity to show all of us the projects they've been working on this year." The Quality Fair Planning Committee, comprised of employees from both hospitals, is not asking for a lot of project details at first. All that's necessary for participation at this point is a project title and a contact person. This information needs to be submitted to one of the hospital's quality improvement departments. Additional information would be needed later on, such as the project's space and electrical requirements.

If you have a project idea, get ready to join the Parade! Join the fun in October!

At MMC, Emergency nurses C.A.R.E.

In recognition and celebration of Emergency Nurse's Day, MMC Emergency Nurses plan a presentation of C.A.R.E. (Cancel Alcohol-Related Emergencies) Wednesday, October 11, at 0930 hours in Dana Center Classroom 4.

The goal of this program is to educate students and parents about alcohol use and the tragic consequences of drinking and driving and highway safety. This program is available to area high schools and community groups.

Hospital employees, including teens, parents, and anyone else interested in highway safety and prevention of alcohol-related accidents are invited to attend. What you learn could save your life -- or the life of a close friend or loved one.

Healthy Living for Mature Adults

The second hour of MMC's Emergency Nurses' Program will be a presentation of "Healthy Living for Mature Adults", starting at 1030 hours.

This program presents safety tips for a healthier lifestyle for the mature adult. Those who assist in the care of mature adults or are approaching those special years will find this program of interest.

Pamphlets concerning injury prevention, safety issues, and highway safety will be available during the presentations.

The MMC Breast Cancer Survivor Group

will next meet
Thursday, September 28,
from 1600 to 1700 hours,
in the P3CD Lounge.

For more information, please call
Betsy St. Germain, RN, at x4272.

RESIDENCY, FROM P.1

As a result, there are few emergency medicine residency programs in New England -- no others in Northern New England, and only three in Southern New England. According to a 1992 study, only 18% of the state's physicians providing emergency care have residency training in emergency medicine, and only 45% are board-certified.

"The successful approval of our residency and the strong institutional support for it are tremendously satisfying. I have always been convinced that we are capable of training superb emergency physicians for our community and region. Now we have the wonderful opportunity to accomplish this objective," said George L. Higgins III, MD, Chief, Emergency Medicine.

An important aspect of the program is the MMC facility -- some residency programs move physicians in training to county, tertiary, and community hospitals to broaden their exposure to different patient situations. The Emergency Department at MMC provides all of these facets of patient care.

Mark W. Foure, MD, Residency Program Director, Emergency Medicine, said "The Emergency Medicine Residency Program will attract top medical students from around the country. I look forward to working with them as they begin their medical careers in Maine."

Service Quality Improvement

Tip #2

*Does someone look confused?
Stop and try to help*

"Hi! Can I help you find your way?"
"I'm going that way. I'd be happy to
take you."

Be watching for Tip #3!

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.

VIOLENCE, FROM P.3

concerning abuse issues, or learn more about his or her own attitudes about abuse and role play asking difficult questions about abuse. Pathway users will also learn when and how to report abuse and will receive a packet of resources for individuals and families affected by abuse. The pathway on Family Violence was developed by an interdisciplinary team, dedicated to addressing issues of family violence throughout the hospital.

MMC's Family Support Learning Pathway was developed by: Janice Charek, RN, Staff Development Specialist, Nursing Resources; Judith Howes, RN, Assistant Head Nurse, Outpatient Department; Sue-Ellen Muse, LCSW, Family Support Coordinator; Ellen Popenoe, PhD, Assistant Director, Psychology; Cynthia Tack, LCSW, Social Work; and Patricia Todorich, RN, Mental Health Nurse Specialist, Nursing Resources.

Individuals and families affected by violence should know that healthcare providers can be the link to intervention and safety. MMC staff are trained to respond to these issues and will work with families to address their medical needs while assisting them to link up with safe accessible resources.

For further information about the Family Support Program, contact Sue-Ellen Muse, LCSW, Coordinator at x2967.

**Maine Medical Center's
Flower Box
is open again on Sundays!**

1100-1500 hours

*A project of the Visiting Board of
the Children's Hospital.*

A letter of thanks from a friend

Dear friends,

Looking back on my recent admission, I am amazed at the number of nursing units and departments, and especially the number of people, involved in my care: R7, SCU, R1, Cardiology, Angiography, Respiratory Therapy, the OR (which I don't seem to remember), Dietary, Laboratory, Radiology, Anesthesiology, and Cardiac Surgery.

I would really like to send a note to each individual or at least each department, but that would be a bit too much for my crude typing and no one could read my handwriting.

Everyone involved in my care was very professional and efficient, which I sort of expected, but their warmth, their humor, and especially their patience with me was most impressive.

I would like to convey to all these great people my affection, profound respect, and eternal gratitude. With "heart" felt thanks for their wonderful care, I am doing very well!!!

With warm regards from a former colleague and now a former patient,

Ed Andrews, Jr, MD

Dr. Andrews was president of MMC from 1975 to 1988.

*Maine Medical Center's
Planned Giving Committee
presents a
two-part estate planning seminar*

Estate Planning in the 1990s

Tuesday, September 12

1800 to 2030 Hours

Wills

*Probate Process & Avoidance
Trusts*

Wednesday, September 13

1800 to 2030 Hours

Estate and Gift Tax

Charitable Giving

Reservations are required.

Call the Development Office, x2669.

The American Heart Walk

Sunday, September 24
0900 hours

Call Elaine Ricci, RN, at 879-8224,
or Ann Hall, at 871-2661,
for more information.

It's time to sign up for the
Maine Medical Center
Candlepin Bowling League!

Sign up your 5 person mixed team!

League bowling begins Thursday,
September 7

People are also needed to fill teams
or be substitutes.

Bowling starts at 1830 hours at
Westport Bowling Lanes
in Westbrook

A fun, relaxing, and
inexpensive night out!

For more information or to sign up,
contact: Tom Linehan, x4164,
Joyce Linehan, x2672, or
Edie Gribbin, x2550.

"What's It All About?"

*Information Sharing on
Surgical Technology*

Wednesday, September 20
Dana Health Education Center
1030 hours, Classroom 7
or
1900 hours, Classroom 7

Now accepting applications for the
March & September Classes of 1996.

Call the School, x2141,
for further information.



WHEN JACKIE OLIVER retired this summer, Joanne Meserve, an Environmental Services Supervisor, dressed "up" for the occasion. Jackie worked in the department for 20 years. That's Assistant Director Phil Terrano to Jackie's right. A/V Photo.

Plan ahead for 1996

MMC Holiday Schedule

For those working out vacation and on call schedules for next year, here's the list of holidays MMC will observe.

New Year's Day	Monday, January 1
President's Day	Monday, February 19
Patriot's Day	Monday, April 15
Memorial Day	Monday, May 27
Independence Day	Thursday, July 4
Labor Day	Monday, September 2
Veterans Day	Monday, November 11
Thanksgiving Day	Thursday, November 28
Christmas Day	Wednesday, December 25

In addition, each employee has one personal day to use at any time during the year after first obtaining approval from his or her supervisor.

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

4 BR house, 1.5 baths, near University, LR w/fireplace. Near MMC. \$139,500. Call 773-8206.

Free. Kitchen cabinets removed during remodeling. Good for camp, basement, or garage. Get them before the weather does. Call 892-2293.

18' MFG fiberglass boat w/Holsclaw trailer. 210 Mercury I/O board. Needs new transom. Make an offer. Call 892-8385.

1994 Ford Ranger XLT, 4 x 2, standard 5-speed, 33,000 miles, exc. cond. Extras. Must sell. Asking \$8,200. Call 892-6186.

1994 Geo Metro, standard, 10,000 miles, great cond. \$5,500. Call 879-7235.

Jenny Lind-style wooden high chair, dark brown. \$20. Call 642-5958.

1993 Subaru Impreza wagon, FWD, auto., A/C, power windows and doors, 15,000 miles, manufacturer warranty. Book value \$11,670. Have to sell, \$10,500 or BO. Call 839-3725.

Bicycle training rollers w/optional front stabilizer. Fits wheelbases 37.2 - 41". Use with most road or ATB bikes. Like new. \$100. Call 793-4602.

1989 40' fifth wheel camper and 1987 1 ton Chevy truck, dual wheels. \$26,000. Call 642-2081.

Golf balls, \$3 per dozen. "New", \$6 per dozen. Call 799-0574.

FOR RENT

Cumberland, New 2+ BR home on dead-end road. 1.5 baths, oil heat and hot water. Garage, gardens. \$950 + utils. Call 829-4015.

2 room studio apt., 1 block from MMC. \$325/mo. + sec. dep. Heat and hot water incl. Parking available. Call 893-1473.

Effic. apt. N/S, no pets. All utils. Furnished or not. Call

PLEASE NOTE

If you would like to submit *any* kind of advertisement, notice, or other item for inclusion in *What's Happening*, it must be double-spaced and you **must include** the name, department, and telephone extension of a contact person. Help make it easier for editorial staff to clarify information submitted for publication!

The deadlines for
announcement-length items
and **MARKETPLACE** are
September 6 for the September 20 issue
and
September 20 for the October 4 issue.

All items must be in writing.

998-2373.

5 room remodeled apt., 2nd floor. Near MMC. W/D in basement. N/S or pets. Heat and hot water incl. Off-street parking. Sec. dep. refs. Call 998-2373.

South Portland, 3 BR, 2 bath home, yard. Oil heat, woodstove, W/D, hardwood floor. \$900/mo. + utils. Call 799-7951.

1 BR condo at the Williamsburg. No pets, N/S. Avail. 10/1/95-5/1/96. \$500/mo. + heat and utils. Unit is fully furnished. Laundry on premises, underground parking. Call 772-1107.

Furnished room with private bath avail. in seaside cottage located on Higgins Beach. A substitute for hotel if you are in the area on a regular basis. Near Portland. F only. Call 883-6362.

Western Prom area townhouse. 2 floors, 2 BR, 2 bath, library, DR, hardwood floors, fireplace, garden, parking, fully furnished. Call 2097.

5 room apt. Back Cove area, close to MMC. Garage, basement, storage, yard, W/D hook-ups. \$600/mo. + utils. Sec. dep. refs. Call 774-0871.

ROOMMATE WANTED

M/F to share West End 2 BR apt. \$237.50/mo. + 1/2 utils. Near MMC and downtown. Call 761-5936.

F, N/S to share house near BMC and USM. Sunporch, fireplace, parking, W/D. \$350/mo. + utils. Heat is included. Call 761-5660 eves.

M/F, N/S, to share home at Higgins Beach. Sept. to June. \$300/mo. Utils. incl. Call 883-9247.

M/F to share West End townhouse with N/S M and 2 cats. Private rooms and bath. Fireplace, storage, parking. \$475/mo. includes heat, hot water and elec. Call 780-6390.

F, N/S, to share apt. \$233.33/mo., heat and hot water incl. Off-street parking, laundry on premises, no pets, \$190 sec. dep. Near MMC, BMC, USM. Call 871-9352.

CHILD CARE

Needed 2 afternoons/week. 2:30-5:30 PM, days flexible. Ages 2 mos. and 4 years. Need own transportation. Salary negotiable. Call 879-1456.

What's Happening at MMC

- Sept. 7 MMC Bowling League begins. 1830 hours, Westport. See p.6.
Sept. 11 MMC Epilepsy Support Group, 1900 hours, Dana #9. See p.2.
Sept. 12 Walk to kick off **United Way Campaign**. Meet at Dana Center, 1100 hours. See p.2.
Sept. 12 Weight Watchers series begins, 1200 hours, Engineering Conference Room. See p.4.
Sept. 12 Estate Planning seminar, Dana Center, 1800 hours. See p.5.
Sept. 12 **Healthy for Life, ABCs of Immunization** live broadcast, WGME, 2000 hours.
Sept. 13 Estate Planning seminar, Dana Center, 1800 hours. See p.5.
Sept. 14 Weight Watchers series begins, 1900 hours, Dana #9. See p.4.
Sept. 15 **Respiratory Care: A Clinical Spectrum**. Call x2290 for info.
Sept. 16 Employee Activity bus trip to Boston.
Sept. 20 Surgical Technology Informational meeting. 1030 and 1900 hours. Dana #7. See p.6.
Sept. 22 United Way Benefit Dance, 2000 hours, Verrillo's. See p.2.
Sept. 23 **MCCP Annual 10K Walk**. Call x6274 for details.
Sept. 28 MMC Breast Cancer Survivor Group, 1600 hours, P3CD Lounge. See p.4.
Sept. 29 **Respiratory Care: A Clinical Spectrum**. Call x2290 for info.
Oct. 11 Emergency Nurse's Day programs, 0930 and 1030 hours, Dana #4. See p.4.
Oct. 26 BMC-MMC Quality Fair, "**Quality on Parade**". See p.1.
Oct. 26 Physical Therapy Career Night. Watch for details.
Oct. 27 BMC-MMC Quality Fair, "**Quality on Parade**". See p.1.
Oct. 29 Daylight Saving Time ends.

A Program Note

Catch the September airing of *Healthviews* ... in October! The program will be delayed; it may be seen during the first week of October. The October program will air as scheduled during the third week of the month. Watch for program details!

About People

• **Sandra Carslick, RT (R)(T)**, and **Diane Skog, RT (R)(T)**, Radiation Therapy, were voted Outstanding Affiliate Faculty Members by the Southern Maine Technical College Radiation Therapy Class of 1995.

- 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.

A guide to writing a Marketplace ad

Thinking about placing an ad in the Marketplace section of *What's Happening*? Here are some tips:

1. Start your ad with the merchandise you are selling or property you have for rent; starting with the merchandise makes it easier for the reader to locate your item for sale, for rent, etc.
2. Always include the price of the item you are selling or renting. More than 50% of classified readers do not respond to ads that do not include a price; they may assume it's out of their price range when it isn't!
3. Keep abbreviations to a minimum. Make it easy for readers to understand. When we run your ad in *What's Happening*, we'll use our standard abbreviations.
4. Place yourself in the reader's position. Ask what you would like to know about the merchandise for sale or the apartment for rent. Include information such as brand names, colors, and other specific descriptions.

NON-PROFIT ORG.
U.S. POSTAGE
PAID
Portland, Maine
PERMIT NO. 35