

# What's Happening

a newsletter for the employees of Maine Medical Center

February 23, 1994

Vol. 25, No. 4

## MMC physician elected ACC Governor-Elect

The Board of Trustees of the American College of Cardiology (ACC) has elected Peter K. Shaw, MD, FACC, as College Governor-Elect for Maine. At the March 1995 ACC Annual Scientific Session he will assume the duties of Governor for the state and serve until March 1988.

As Governor-Elect, Dr. Shaw serves in an observatory capacity in preparation for his role as Governor.

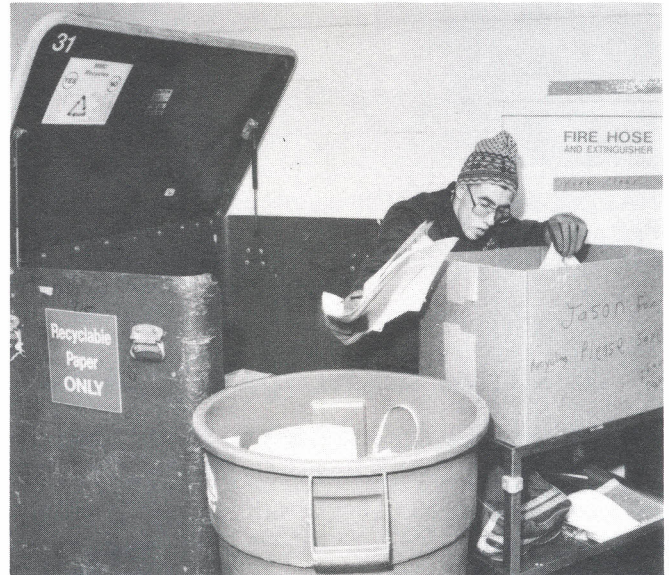
College Governors are the official representatives of the College within their areas and are responsible for the growth of the College and the promotion of its goals and objectives. The Board of Governors serves as an advisory body to the College officers and the Board of Trustees on regional patterns and trends in health care delivery as well as on legislative,  
**SHAW, SEE P.5**

*When you give blood,  
you give  
another walk in fresh snow,  
another cup of cocoa by a winter's fire,  
another child's snowman...  
another chance.*

***Please donate blood!***

Maine Medical Center Blood Drive  
Friday, March 4, 0900 - 1500  
In the Dana Center  
Sign up to donate March 1 and 3  
in the Main Corridor

For information or to schedule an appointment,  
call Human Resources, x2106.



**JASON EVERETT**, Environmental Services, sorts through recyclable paper, looking for items that don't belong. A/V Photo.

## Sorting is important to MMC's recycling effort

Maine Medical Center generates thousands of pounds of mixed office paper each month. Sorting it is essential to the recycling program in order to minimize contamination. When the recycling program began here in July 1991, employees learned what can go into the blue recycling bins and -- more importantly -- what cannot.

Until recently, participants in MMC's Hospital Industries Program (HIP) have helped sort office paper destined for recycling. As a result, the Environmental Services Department identified a need for regular staffing to sort the large amount of recyclable paper generated at MMC each day.

HIP staff assisted in clarifying the position  
**RECYCLING, SEE P.3**

**The Olympics come to MMC! See p.2**





**NATIVE AMERICAN** speaker Nightshade showed Pediatric patients some of the ways of his culture during a visit late last year. A/V Photo.

## Caring for children in the hospital takes special care

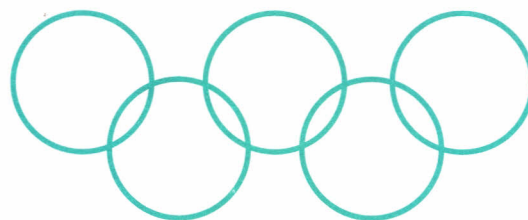
Imagine you're a child, you're sick, and you have to go to the hospital. The hospital can be a big, scary place. Fortunately, a lot is done to make a hospital stay less frightening for children and help them and their families understand what to expect.

The special needs of children and their families in health care settings will be the focus of the fifteenth annual "Children and Hospitals Week", March 20 through 26. Maine Medical Center will take part in the international campaign by providing events and activities exemplifying the theme "Commitment to Caring".

According to Kathy Berube, Child Life Supervisor, "The purpose of the activities and programs we offer during "Children and Hospitals Week" is to remove the mystery and fear from hospital experiences. These events provide an opportunity to increase the awareness of children, staff, and hospital visitors to the unique needs of children and their families in hospitals."

This year, there is a special focus on the issue of pain in children during "Hurt Alert Day", a special day dedicated to providing education and information on pediatric pain.

Watch *What's Happening* for activities planned for this special week!



## Thanks for a gold medal year!

### Employee Appreciation Week 1994

Everyone's a gold medalist at MMC! And so the Olympics will come to Maine Medical Center the week of February 28 through March 6, Employee Appreciation Week.

The Cafeteria will give a week-long salute to Olympic Nations, serving up heart healthy athletes' choices as well as favorites from the Orient, Italy, Mexico, and Great Britain. Unleash your bottled up energy at the Thirst Station and enjoy a special coffee from the espresso bar. You'll receive bonus bucks with your paycheck on February 24; you can use them in the Cafeteria during Employee Appreciation Week or the week after.

During the week, you may win a raffle prize from a local restaurant or merchant. Winning names will be posted outside the Cafeteria.

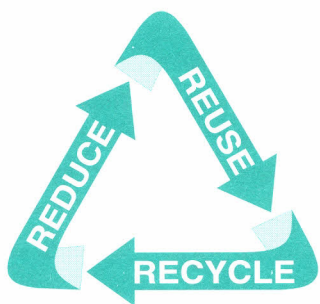
Show your appreciation for your co-workers by buying them "gold medals" of appreciation. They'll be available outside the Cafeteria Monday through Friday during Employee Appreciation Week from 0730 to 0830, 1130 to 1300, and 1500 to 1600 while supplies last.

Take credit for a gold medal year and celebrate during Employee Appreciation Week!

Appreciate your co-workers  
with a carnation from  
the Flower Box.

They're only 25 cents each  
during  
Employee Appreciation Week  
February 28 - March 4





## RECYCLING, FROM P.1

that was created to address this need and the position in Environmental Services was recently filled.

As a reminder, each blue bin has a large label affixed to its side giving examples of acceptable papers as well as contaminants. Sorters wonder if people know they can recycle manila folders and labels. And they have a list of items commonly found in the bins that shouldn't be: newspapers, magazines, books, facial tissues, paper towels, colored or hanging folders, fax and thermal paper, food and food wrappers, plates, and styrofoam.

Daily sorting greatly improves the value of the mixed office paper we send to Zaitlin and Sons, Inc. for recycling. Recent EPA information shows that for each ton of paper recycled, there is a savings of 17 mature trees and 380 barrels of oil! With the six and a half tons we recycle monthly, that's a lot of resources saved!



"Trash" is a dirty word at MMC. Make sure there isn't any in your blue recyclable bin! A/V Photo.

## Center needs the help of health care providers

The Community Resource Center, located on the corner of Cumberland Avenue and Portland Street, needs nurses, physicians, and a receptionist to volunteer during the evening in a clinic for adults who don't have health insurance and whose income is no more than 150 percent over the poverty level.

Nurses and physicians from MMC and Mercy Hospital already volunteer, but more help is needed. The clinic is open Monday through Thursday, from 1700 to 2100. Volunteers are asked for a basic commitment of one night of service each month.

If you'd like to help, contact Sally Walker, RN, Nurse Coordinator for the Portland Street Clinic, after 1630 at 874-8982.

## MMC resident an award winner

Michael S. Katz, MD, Anesthesia, is a resident physician recipient of the 1994 American Medical Association/Glaxo Achievement Award.

The award is presented to medical students and resident physicians who have exhibited outstanding leadership abilities in organized medicine, civic or non-clinical medical school or hospital activities. Award winners are given an opportunity to further develop their leadership through participation in the American Medical Association's National Leadership Conference.

Dr. Katz is the resident member of the Maine Medical Association's Legislative Committee, allowing him to develop state legislation to provide liability immunity to establishments like Maine Medical Center that donate surplus food to those who need it. He serves on the Executive Committee of the Cumberland County Medical Society. A third year resident here, Dr. Katz received his MD from Georgetown University.



## Ask Away!

From Anne Boehm and Janet Maguire, RN, in SCU, come these questions: "The Special Care Unit Cost Awareness Team received some thought-provoking questions in it's suggestion box. Could you help us with the answers?"

"Can the plastic bags on equipment delivered from CSD be recycled as trash bags or used in some other way once they are determined to be clean?"

"Is it necessary that MMC continue to supply employees with pens? This generates a tremendous supply which often seem to be replenished without regard to cost. We did put bins in our locker rooms so pens can be recycled back into the Unit."

"Both suggestions could make an impact on cost throughout the hospital. Is it worth the effort?"

*The first of these questions was passed on to Estella Esposito, RN, Head Nurse of the Central Service Department. She answers: "It certainly would be an advantage to recycle the clear plastic bags used by CSD staff to identify clean equipment. They are great used as waste basket liners, for discarding things other than biohazardous items, and for use as "dust covers" for many items stored on Units. Thanks for your concern and interest!"*

## MMC Library would like your help

MMC's Library wants to obtain copies of hospital Annual Reports in order to complete its collection. These are the years that are missing:

**Maine General Hospital**  
1908-1914, 1932-1939, 1941, 1943-1947  
**Maine Medical Center**  
1970, 1972-1974, 1985

David Blakney, Inventory Distribution Manager, responds to the second question: "MMC uses medium point black and red pens. They are determined to be the most effective and necessary to properly complete multiple part forms and other documentation as well as maintain the readability of documents that are copied or faxed."

"Your question prompted a look at usage since 1989. On average, we use approximately 100,000 pens each year. There has been a five percent reduction in use of pens over this period. Finally, the cost per pen has decreased by 37 percent. MMC participates in the Voluntary Hospital of America contract for office products. This has resulted in very aggressive pricing for member hospitals."

"In summary, a five percent decrease in usage may suggest awareness of the need to maximize and control the utilization of our resources, pens in this case. We should also consider other items as well! It has been suggested that placement of 'boxes' at convenient locations for employees to deposit pens to be returned to service may help reduce the rate of consumption. Your question displays and promotes this type of awareness and is essential to any success in this area. Thank you for asking!"



FRIENDS AND co-workers turned out to say "so long" to Jack Haskell, Director of Plant Engineering, at a coffee held in his honor in January. Haskell was with MMC for 11 years. A/V Photo.





MRS. MAINE 1993 spent some time with Issak Ayanle and his family on a recent visit to the Pediatric Unit. Mrs. Maine is Pamela Miller. A/V Photo.

The next meeting of the *American Association of Neuroscience Nurses* is March 1 at 1900 in Dana Center Classroom 1. Dr. J. Wilson will speak about Posterior Fossa Tumors.

#### SHAW, FROM P.1

regulatory, socioeconomic, and health policy issues.

Dr. Shaw is a 1968 graduate of Muhlenberg College and earned his MD at Columbia University College of Physicians and Surgeons in 1972. His internship and residency in Medicine were completed at the Hospital of the University of Pennsylvania; he was a fellow in Cardiology there as well.

The Governor-Elect is certified by the American Board of Internal Medicine, with a speciality in Cardiovascular Disease. Dr. Shaw is a fellow of the American College of Physicians, the American College of Cardiology, and the Council on Clinical Cardiology, American Heart Association Committee on Intensive Cardiac Care.

He is a member of the Maine Medical Association and the Cumberland County Medical Society.

## Catch MMC programming on TV 4

### *Eggs & Issues*

MMC President Don McDowell will be the speaker on the program, airing the week of March 7 at 1930 each evening.

### *Community Heart & Soul 1994*

Once again, TV 4 will open its airwaves to area nonprofit organizations to present **Community Heart & Soul**, an annual series spotlighting local issues. This year's programs will feature economic development and government, education, environment, human services, and health care. Maine Medical Center, along with other health care provider organizations, will participate in the roundtable discussion "Rx for Health Care". The series airs the week of March 7 at 2030 each night.

### *Healthviews*

The March program airs the week of March 21. It will appear each night that week through Sunday at 2000, Tuesday through Sunday at 1400, & Tuesday through Thursday at 1000.

## MMC nurse honored by March of Dimes

Elizabeth Wilson, Perinatal Outreach Nurse, will be recognized as Volunteer of the Day for her efforts on behalf of the Maine State Chapter of the March of Dimes. She has received an engraved plaque and will be featured on KISS 100 radio during the week of February 21.

The March of Dimes recognizes Wilson for her outstanding volunteer efforts with the Health Professional Advisory Committee. She worked extensively on the recent conference "Psychosocial Aspects of Pregnancy." Currently Wilson is putting the finishing touches on the Needs Assessment, vital to the definition of program goals for the March of Dimes.



## Schedule of Lenten Series of Meditations

Wednesdays, 1205 - 1225  
in the MMC Chapel  
located on the  
first floor of the  
Maine General Building

Feb. 23	Chap. Audrey Delafield Chap. Paul Marquis
Mar. 2	Chap. Marvin Milbury Chap. Tim Higgins
Mar. 9	Chap. Paul Marquis Chap. Marvin Milbury
Mar. 16	Chap. Assoc. Nina Scribner Chap. Anne Monaghan
Mar. 23	Chap. Tim Higgins Chap. Alex Cairns
Mar. 30	Chap. Anne Monaghan Chap. Alex Cairns

### 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.

### Study participants needed

Volunteer subjects are needed for a two-year study of the new subdermal hormonal contraceptive, Implanon.

Implanon is similar to Norplant, but only one rod is needed instead of six. The study will be carried out by Phillip Stubblefield, MD, at OB/GYN Associates, Scarborough Court, 482 Payne Road, Scarborough.

The study provides Implanon and all related medical care at no cost. Interested women should call Barbara Colby, RN, at 885-5292.

## How to conserve hot water

A substantial portion of your monthly energy bill is for heating water. To save money on those bills and to insure you always have hot water when you need it (in the middle of a shower, for example), here are a few simple steps you can take.

First, fix any leaky faucets by replacing worn-out washers. One drop a second wastes more than 3,000 gallons of hot water a year. Next, install flow restrictors or reduced-flow shower-heads in all showers. And make sure your hot water pipes are wrapped with insulation wherever they pass through unheated spaces.

Then there are the things you can do about the way you use hot water. For example, only run the dishwasher when it's full. Use warm or cold water to wash clothes. Don't let the hot water run continuously when you're shaving or washing your face. Try to limit your shower time to under five minutes. You'll be warmly surprised at the impact these few simple actions will make on your heating bill.

*These tips come to us courtesy of the Medical Services Federal Credit Union. Watch for more tips from time to time in What's Happening.*

In the last issue of *What's Happening*, we gave brief descriptions of several federal health care reform proposals. If you would like to examine all the plans in more detail, stop by the Public Information Office, or call 871-2196, for a chart that compares them point by point. And watch future issues for more information about health care reform.



## 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

Nintendo plus 5 games, \$75. Call 443-2043.

1989 Honda Accord LX, 34 K, auto., loaded. \$9,850. Call 797-7395.

1983 Subaru hatchback, runs well, \$600 or BO. Call 772-8645.

New men's Nordica ski boots, size 7. Black w/neon yellow and purple accents. \$60 or BO. Call 767-2610.

Dachstein Alpine ski boots. Size 270. White w/purple, green, orange accents. Used 1 1/2 seasons. Originally \$475. Asking \$85 or BO. Call 799-9623 after 6 PM.

2 plots at Brooklawn Memorial Park in Portland. Asking rate is \$480 for 1, \$790 for 2. Will sell both for \$600. Call 767-7487.

1984 Honda Accord, 5-speed, 2 door, hatchback, 125 K miles, minimal rust, exc. cond. New sticker. \$1,800. Call 871-8068.

Star-D60 photographic enlarger, \$80. Call 781-4775 or 871-4226.

### FOR RENT

Single family, 3 BR home, quiet South Portland neighborhood. W/D, off-street parking, full basement/garage for storage, private yard. \$750/mo. + utils. 1 year lease. Avail 4/1. Call 799-6083.

Sunny 3 BR Cape, Deering. Hardwood floors. New roof, gutters, deck, oil burner. Easy to heat. Full basement, lg. lot. Call 781-8029 eves.

2 BR apt., 1st floor, W/D hook-up. \$575/mo. + utils. Call 774-3641.

Modern 2 BR condo, S. Portland, near MMC. LR, DR, K. Many closets, storage, low heat, elevator, parking, pool, tennis incl. \$525/mo. Ref./sec. dep. req. Call 797-3814.

Office space, 1,440 sq.ft., new HVAC and electrical system, existing telephone system. Mill Creek location, on-site parking. Avail. immediately. Call 879-9100.

2 BR apt., East Deering. Quiet street, yard, parking, W/D hook-up, no pets. \$550/mo. + utils., oil heat. Sec. dep. req. Call 774-8343.

### 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**  
February 23 for the March 9 issue  
and  
March 9 for the March 23 issue.

All items must be in writing.

2 BR, 2nd floor apt., South Portland. On busline. Private parking. \$425/mo. + utils. Call 761-4578.

120 Revere St. Sunny 2 BR apt., DR, lg. LR, hardwood floors, yard. \$575/mo. + utils. No pets. Call 773-4726, x246, or 761-2453.

Deering Highlands, charming 3rd floor apt., 2 BR, hardwood floors, parking, oil heat. \$535/mo. + utils. Call 846-0801.

2 BR apt., near MMC. Private entrance, DW, storage, hardwood floors. New owner-occupied building. \$595/mo. Heat and hot water incl. Call 775-0763.

### ROOMMATE WANTED

M/F N/S to share 2 BR apt. in Hollis, 20 mins. from MMC. Full bath and K. W/W carpet. \$225/mo. + 1/2 utils. Call 780-0738.

2 BR apt. E. Prom. N/S, prof., 30+ pref. \$300/mo. + 1/2 utils. Call 772-0501.

### WANTED

Housecleaning jobs. Exc. refs., reasonable rates. Call 767-5752.

Medical transcription jobs. Pick up and delivery. Computerized system with laser-finished work. Call 839-3725 or 797-2697.

Painting, wallpapering jobs. Ref. avail. Free estimates, multi-room discounts. Call 767-5752.

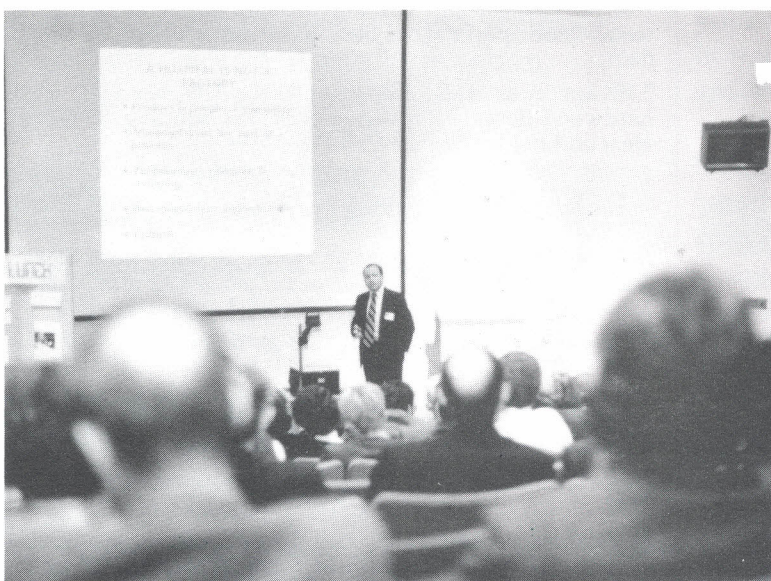
The Employee Activity Committee  
will meet February 23, from 1500--1600,  
in Dana Center Classroom 9.  
If you'd like to be a member of this group  
and help plan events for MMC  
employees, plan to attend!

If you'd like to register to exhibit at the  
**Employee Arts & Crafts Show**,  
March 17, in the Dana Lobby,  
contact Tom Linehan, x4164.  
The Show is sponsored by the EAC and  
the MMC Arts Committee.



## What's Happening at MMC

- Feb. 23 Lenten Meditation. 1205 - 1225, MMC Chapel. See p.6.
- Feb. 23 EAC meeting. Dana #9, 1500-1600.
- Feb. 28 **Employee Appreciation Week** begins. See p.2.
- Mar. 1 American Assn. of Neuroscience Nurses meeting. See p.5.
- Mar. 2 Lenten Meditation. 1205 - 1225, MMC Chapel. See p.6.
- Mar. 4 **Blood Drive**, Dana Center, 0900 - 1500. See p.1
- Mar. 7 *Eggs & Issues* with Don McDowell, 1930, TV 4. See p.5.
- Mar. 7 **Community Heart & Soul** series begins. See p.5.
- Mar. 7 New Enerjoy series begins.
- Mar. 9 Lenten Meditation. 1205 - 1225, MMC Chapel. See p.6.
- Mar. 17 **Employee Arts & Crafts Show**. Dana Lobby.
- Mar. 21 *Healthviews* program airs. See p.5.
- Mar. 27 *Children's Miracle Network Kids' Photo Contest*. Maine Mall.



THE MAINE Quality Center held its January meeting at MMC. Attendees from other organizations learned about CPQI and quality initiatives here from Don Beddie, CPQI Coordinator, George Higgins, MD, Chief of Emergency Medicine, Dan Bergeron, RN, Head Nurse, PACU and ASU, and Mary Keysor, MSRD, Director of Food and Nutrition Services. A/V Photo.

*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

**CENTRAL SUPPLY DISTRIBUTION:** Wayne Parent

**DEVELOPMENT:** Debra Sampson

**ENVIRONMENTAL SERVICES:** Thomas Parks, Frank Villacci

**FOOD SERVICES:** Heidi Boothby, Steven Clark, Brian Hurtubise, Mark Seiders

**MCCP:** Gary Allegretta, MD, Ann Baiocchi, RN, Lynn Blom, Cathy Cestaro, RN, Lewis Cohen, MD, Melanie Feinberg, Elizabeth Gibbons, Craig Hurwitz, MD, Emme-King Peterson, RN, Jean Richardson, Julie Russem, Cynthia Stevens, RN, Debra Tanguay, RN

**NURSING:** Stacey Grass

**OB/GYN:** Deborah Letarte

**OCCUPATIONAL THERAPY:** Robyn Shannon

**PACU:** William Richards

**PATHOLOGY:** Dennis Chandler

## Shape up on your lunch hour!

Another series of Enerjoy freestyle aerobics classes begins soon!

**Where:** McGeachey Hall

**When:** March 7 - April 15  
Mon-Wed-Fri

**Cost:** Three times a week: \$54  
Two times a week: \$42

Payroll deduction is available

**Instructor:** Liz Bradford, ACE certified Enerjoy Health/Fitness Programs

**To register:** Call Sue Spear, x2610, in the Psychiatry Occupational Therapy Department.

- ☐ 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

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