

What's Happening

a newsletter for the employees of Maine Medical Center

July 14, 1993

Vol. 24, No. 14



DAVID SANFORD visits with Pet Therapy dog Miss Pandora in the Play Room. A/V Photo.

Four-legged volunteers pay weekly visits

Pandora and Mr. Peepers, a brother and sister team, visit Maine Medical Center patients regularly, delivering affection and fostering smiles, but are not allowed to speak.

The two are Golden Retrievers certified as Therapy Dogs, and are trained not to bark when they visit hospital units as part of the Pet Therapy Program coordinated through Volunteer Services.

Jim and Betty Hanson are the proud owners of Pandora and Mr. Peepers, and Mr. Hanson is certified as an evaluator for Pet Therapy dogs by Pet Therapy International, in New York, and Pet Therapy Incorporated, in Wyoming.

The Hansons initiated Pet Therapy Pro-
PETS, SEE P.4

Partners for a healthy America, and Greater Portland

During National Hospital Week, May 10 through 14, Maine Medical Center, Mercy Hospital, and Brighton Medical Center offered a week-long educational program to various Greater Portland area schools. The theme for the week was "Partners for a Healthy America."

Many employees, from all three hospitals, with specific areas of expertise and from differ-



"WHAT IS THIS bone?" asked Mercy Hospital's Lise-Lott Johnson, PT, when she and her friend Mr. Bones visited a fourth grade class at Longfellow Elementary School during National Hospital Week. What is the bone? The cranium. A/V Photo.

ent areas of direct healthcare and support services participated in the program by going to schools and by guiding tours at the hospitals.

From AIDS to surgery, flowers to mental illness, 45 MMC employees made themselves

PARTNERS, SEE P.6

Who are the 1993 Volleyball champions? See p.5.

Chaplain to study ethics as visiting scholar

The Rev. Dr. Alexander Cairns, Maine Medical Center's Director of Pastoral Services, will embark upon a year of part-time study at the Weston School of Theology at Boston College and Harvard University School of Divinity as a Visiting Research Scholar starting this fall.

Chaplain Cairns has been invited to spend one semester at each institution. He will base his study on medical ethics and is particularly interested in researching the "dilemmas between curative and palliative interventions." The program also involves attending interdisciplinary seminars.

Chaplain Cairns is excited about the opportunity and hopes it will broaden his interests and responsibilities. "I've been invited more often to discuss ethics in our own institution and the community," he said. "I think the area of ethics is certainly going to be important after the Clinton health plan is announced. I think I can be a resource for a number of areas in the hospital and in the community."

A 1965 graduate of Scotland's University of Saint Andrews, Chaplain Cairns received a Masters in Theology from the Rochester Center for Theological Studies in 1972, and a Doctorate in Theology from Andover-Newton Theological School in 1975. He also has a diploma in psychiatry from Hahneman Medical School and College in Philadelphia.

Calling all talent!

Are you talented? Would you like to be part of the MMC Talent Show, "Jazz it Up?" If you'd like to participate, please call Jean Trottier, x2951, or Sally Nason, x2869, before August 1. The show, scheduled for September 21, is sponsored by the Secretarial Forum and the Employee Activity Committee.



JANICE LAHTI, RN, has been named Head Nurse on P3CD. She came to MMC from Exeter Hospital, where she was a Nurse Manager for seven years. A/V Photo.

Remembering the past: Honorees look back

Iva Chamard, RN, came to Maine Medical Center 40 years ago after graduating from the Maine Eye and Ear Infirmary Nursing School. What she remembers most over the years is how "staff in every department have pulled together and cooperated to keep the hospital going. I marvel at the way everyone works together."

When she arrived, there were no computers, no dialysis, and no Pavilion. The year 1956 brought the opening of the new Pavilion and a friend. Iva and Virginia Curry, RN, another 40 year employee, have worked together ever since. Iva, Virginia, and Claire Cross, RN, were each honored for their 40 years of service at Honor Night 1993 at the Holiday Inn by the Bay on June 3.

Catherine Cohen, RN, honored for 35 years, has been at MMC since high school. She attended the MMC School of Nursing, graduating with its third class in 1955. "I was in on the planning of the new operating rooms in the L.L. Bean Building," Cohen says. "It's most unusual to be able to plan the place you'll be

REMEMBERING, SEE P.6

Needleless system will enhance safety

An intravenous needleless system will be implemented July 27 at Maine Medical Center. The Burrón Safsite (TM) needleless IV System was recently chosen to be the standard here, after a year-long investigation and evaluation of needleless IV systems by a multidisciplinary subgroup of the Product Evaluation Committee. The Burrón SafSite (TM) system has been endorsed by infection control and senior management, and has the potential to reduce the incidence of needlestick injuries to physicians, nurses, and other healthcare professionals by 70 to 80 percent if used correctly.

The main component of the system is a 2-way reflux valve that can be attached to a peripheral IV catheter or a central line, such as a Hickman catheter or the y-port of IV tubing. The 2-way valve replaces the current injection cap. Fluids can be administered through this valve without a needle by injection or gravity, and blood can be aspirated through the valve to keep the system sterile. The system effectively eliminates the use of needles for peripheral

and central line access.

Another change involves the use of saline flushes to maintain patency of peripheral line for *adult* patients. This housewide change was recently approved by the Pharmacy and Therapeutics Committee and will go into effect simultaneously with the implementation of the needleless system.

Finally, the adult code cart medications will be converted from the Abbott Bristojet (TM) system to the IMS Emergency Drug System with removable needles. Pediatric doses are not yet available, but will be implemented some time in the future.

Please keep in mind that these changes will affect the way IV therapy is performed at MMC; therefore, it is important for all involved staff to be aware of the upcoming changes.

If any of these changes affect your department or you have questions concerning clinical issues, product issues, or education, please call the Needleless System Information HOTLINE, x5377. The HOTLINE will be operational until July 30. Your help in facilitating the implementation of these changes is greatly appreciated!

Rx: Laughter Humor helps heal

Having to be in the hospital is no laughing matter, but ironically, humor augments the healing process in several areas at Maine Medical Center through a pilot program managed and coordinated by Volunteer Services and the Nursing Humor Committee. "Humor as therapy" first came to MMC on R6, the Orthopedic Unit.

Twice a week, the Humor Cart roams the P4CD, R9 West, R6, and Antepartum Units, delivering audio tapes and personal stereos, videos, humorous literature, and cartoon books to patients. Nursing staff collaborate with volunteers by suggesting patients who might

like a visit from the cart.

Nursing staff find humorous items to be good communication tools when interacting with patients. Items on the Humor Cart are also good therapeutic tools, helping to reduce stress, promote muscle relaxation, and ameliorate pain.

Volunteer Services is always looking for additional items to add to the Humor Cart. Donated items can be geared to young children or adults. If you have a "PG-rated" item to donate, or would like further information about having the Humor Cart visit a Unit, please contact Sandra Cranford, Director of Volunteer Services, x2205.

PETS, FROM P.1

grams at area nursing homes about five years ago and wanted to introduce the dogs to patients at MMC. A year ago, they got their chance when Pet Therapy was established as a pilot program on R4, initiated by a graduate nursing student. Now, the program has expanded to include P1C and Pediatrics. According to Pat Todorich, RN, Mental Health Nurse Specialist, "Dogs provide unconditional love and affection and that's what patients in here need."

Jo-Ellen Ross, Director of Therapeutic Recreation in the Department of Rehabilitation Medicine, concurs and cites the many benefits of the Pet Therapy Program. According to Jo-Ellen, the dogs provide emotional support and relief to patients and their families by decreasing their focus on the medical environment and reducing stress. In several instances, the dogs have also increased patient responsiveness. Betty Hanson recalls one patient who was verbally unresponsive until the day he called Mr. Peepers to his side.

Patients anticipate the dogs' arrival, especially those who may miss the companionship of their own pets. However, even patients who are impartial to animals or afraid of dogs

become Pet Therapy dog lovers and allow their favorite dog to put its paws on their beds. "Everybody's accepted for the level they want to be involved with the dogs," says Jo-Ellen.

Pet Therapy dogs are trained by the Hansons and registered with Pet Therapy Incorporated or Pet Therapy International. Dogs are required to have obedience training and a health report twice a year. Owners of the dogs receive instruction on Pet Therapy dog handling and are required to attend a volunteer orientation prior to becoming part of the Pet Therapy Program at MMC.

The Hansons are looking to expand the Pet Therapy Program at MMC. Currently, in addition to Pandora and Mr. Peepers, Bear, owned by Pet Therapy Volunteer Jack Emory, and Penny, owned by Pet Therapy Volunteer Barbara Corriveau, RD, an MMC dietician, make visits to patients here. Each dog has its own photo ID attached to its leash, to prevent imposters from roaming the units uninvited.

Recently, Pandora and Mr. Peepers had birthdays and received a card and necklace made of dog bones from the Pediatric Unit, but according to the Hansons, the dogs' greatest reward is the affection they receive from patients.

Pediatrics goes to the dogs

This report came to us from Pediatrics...with paw prints on the envelope!

Hi! Our names are Miss Pandora and Mr. Peepers. We are Golden Retrievers and we were six years old on May 9. Every Wednesday evening, we visit the Pediatric Unit to see all the kids and give love and kisses. Our owners, Jim and Betty, put our security tags on so we don't have a problem with the Security people when we come to Maine Medical Center.

Before we go up on the elevator to see the kids, we give hugs and kisses to all our friends in the Admitting office.

It's fun riding in the elevator. When we get to Pediatrics, guess who's waiting for us at the door -- nurses and doctors and all the girls

and boys!

The first stop we make is the Play Room. We're happy to visit all the kids! They tell us to sit and stay -- we love it! We get lots of hugs, too!

We also get to visit each room to see the kids who can't get out of bed, but we have to be careful with our big paws when we shake hands! If they want to, the kids can take us for walks in the hall.

Visiting the kids on Pediatrics sure beats going to obedience classes! We have a super time! Maybe our other doggie friends will come with us sometime!

Hope we'll see you next time we visit!

Miss Pandora
Mr. Peepers



SHOWING OFF their first place trophy are the members of the Defectors volleyball team: back row, from left: Priscilla Wilde, RN, Barb Heyl, PA, Fr. Tim Higgins, and Karen Haines, RN. Front row: Russ Correia, LCSW, Tom Haron, and Rich Riker, M.D. Missing are: Karen & Jim Curley and Brent Furlong. A/V Photo.

Advisors needed for Medical Explorer Post

If you enjoy helping young people learn about the health professions, perhaps you'd like to help start a Medical Explorer Post at Maine Medical Center.

Explorer Posts are chartered by the Boy Scouts of America, and Medical Explorer Posts provide a valuable opportunity for young women and men, ages 14 to 17, to investigate health-related careers. Exploring benefits young adults educationally and socially, and sparking their interest in the medical field helps lead to future benefits for all.

If you are interested in becoming an advisor to a Medical Explorer Post, or helping in some other way, please contact Martha Davoli, Public Information, x2196.

The Coffee Shop will continue its English Muffin breakfast sandwich special all summer at the popular sale price of only 75 cents!



THE SPIKING FEVERS are the second place volleyball team. Back row, from left: Tom Gallagher, PA-C, Lana Newsome, RNC, and James Wynegar, ECG Tech. Front row: Patty Haverty, RN, Fon Huang, M.D., and Christine Ivers, CNA. Missing are: Bruce Churchill, M.D., and Steve Carlson, M.D. A/V Photo.

The Employee Activity Committee will meet July 21, from 3-4:00 PM, in Dana Center Classroom 1.

If you'd like to be a member of this group and help plan events for MMC employees, like a craft show or bus trips to Boston or New York City, plan to attend!



GLORIA NICHOLS, Cafeteria, hosted a bake sale at her home this Spring to benefit the Children's Miracle Network. Employees donated the baked goods and others bought them, helping to raise \$325.83 for children's services at MMC! A/V Photo.

Dial S - O - U - P

(that's x7687)

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

1994 Holiday Schedule

Here is the list of holidays for next year
and the dates they will be observed by MMC:

New Year's Day	Friday, December 31
President's Day	Monday, February 21
Patriot's Day	Monday, April 18
Memorial Day	Monday, May 30
Independence Day	Monday, July 4
Labor Day	Monday, September 5
Veteran's Day	Friday, November 11
Thanksgiving Day	Thursday, November 24
Christmas Day	Monday, December 26
Personal Day	

New Year's Day falls on Saturday, January 1; MMC will observe the holiday Friday, December 31, 1993. Christmas Day is Sunday, December 25; we will observe it Monday, December 26. The Personal Day is a floating holiday that may be used by the employee at any time during the year with prior supervisory approval.

Help us recycle!

The Cafeteria requests your help.
There are two blue recycling bins
located next to the conveyor belt for
bottles and cans *ONLY!* Please leave
all paper trash on your tray.

PARTNERS, FROM P.1

available to present many different topics.
Between the three hospitals, 109 employees
offered to speak, 126 speaking engagements
were booked, and eleven tours were arranged!

Thanks to all who offered to speak and to
all who went to the schools or gave tours here!

REMEMBERING, FROM P.2

working in!" She says the biggest changes have
come in technology, not to mention building
size. When she came here to work, the hospital
had 250 beds; there are now 598. "When I
arrived, I thought I'd never find my way
around!" Look at us now!

The following employees were honored
for thirty years of service: Linda D. Allen, Mary
A. Folan, Margaret R. Goodwin, Joann H.
Groff, Barbara M. O'Leary, Mary O'Malley,
Louise Patterson, Patricia Peasley, Hazel E.
Rubito, Beverly Spaulding, Ernest A. Sylvester,
Jr., and Carol Zografos.

For twenty-five years of service: Rhonda J.
Butterfield, Donna J. Conley, Doris C. Cook,
Loreen K. Emery, Margret Farr, Patricia A.
Garvin, Elaine I. Gilpatrick, Janice A.
Gryskwicz, Gail E. Labbe, Nancy Martin,
Jacqueline E. Merrill, Chrystal Ouellette, Teresa
M. Perrino, P. Sanville, Earlene Stein, and Beth
A. Turner.

For twenty years of service: Sherry L.
Allen, Mary L. Bazinet, George M. Blaisdell,
Lorraine I. Brennan, Diane E. Cavanaugh,
Deborah B. Cekutis, Gail E. Clark, Lenora D.
Cote, Danny E. Cummings, Diane Diconzo,
Barbara Doughty, M. Patricia Esposito, Joseph
Fanning, Darlene Farnum, Richard Forest,
Walda J. Gallant, Annette G. Garland, Alfred
H. Gelinas, Peter E. Goldfine, Joan H. Gordon,
Judith P. Grant, Janice W. Hanson, Lena M.
Hawkins, Donna E. Irish, Mary E. Kaczowka,
Maria E. Kirby, Evelyn M. Lamonde, Kathryn J.
Laslie, Linwood R. Leland, Carol E. Maynard,
Edith M. McCormick, Suzanne E. Mullin, Carol
A. Nadeau, Patricia A. O'Brien, Harold L.
Osher, Barbara M. Parker, Bette Pelletier,
Lucille Pirone, Donna R. Ross, Wilma D. Rumo,
Patricia A. Sansoucy, Emma L. Sawyer, John M.
Slavin, Joseph Stocks, Judy A. Thomas, Jules A.
Tremblay, Sally A. Walsh, Joseph M. Webber,
Leah Beth Whitaker, and Janice M. Wyman.

For fifteen years of service: Mary Beth H.
Sunenblick, Sheryl M. Swinburne, Laurie
Tardif, Edina A. Thompson, Janet L. Thomp-
son, Charlene L. Thuotte, John Tooker, Denise

REMEMBERING, SEE P.8

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

Yard Sale, Saturday, July 24, 9 AM-4 PM, 9 Bowdoin Street, Yarmouth. Lots of household items, games, furniture.

3-4 BR home, 13 YO dormered cape, 1 1/2 bath, family room, finished rec. room. Woodstove and Monitor heating system. Located in Yarmouth Village. Walk to all schools. Asking \$189,000. Call 846-3202 after 6 PM.

10 room, 3 baths, 4/5 BR, barn, 2.35 acres, near schools, parks, shopping. \$185,000. Call 892-8948.

Glastron 17', 190 HP, I/O, Mercruiser, bow rider, mint cond., 1 owner, low engine hours, w/accessories. Shorelander trailer, \$7,995. Economical 4 cyl., never in ocean. Call 428-3828.

Self-propelled lawn mower, Sears Craftsman, 5 HP, 22" cut, rear discharge w/grass catcher. 1 YO, used 8 times, \$200. 35mm Minolta XG-M, MD 50 mm 1.7 lens, Tokina 28-70mm lens, 200x Minolta flash, camera case, Minolta soft equipment bag, \$300. Call 839-3254.

6-drawer bureau, \$300. 58" x 24" drop leaf coffee table, \$180. 34" x 26" drop leaf end table, \$170. Desk, \$180. Call 773-1512 eves.

Jane Fonda 3-tier step bench w/tape. Used 1 time. New, \$60, now \$40. Call 892-8385.

Apple IIe computer, 2 disk drives, green monitor, Imagewriter printer. Set-up and ready to go. Some software incl. \$500 firm. Call 772-6497.

1989 GMC Sierra SLX, V-6, 2x4, sport body pick-up. Flame red w/black running boards and bedliner, chrome grill and rear bumper, 5 speed O/D, standard, sliding rear window, AM/FM stereo cassette, 4 speakers, Dolby sound, cloth interior seat w/vinyl flooring and mats. Showroom cond., 1 owner. \$5,500. Call 775-6051.

Rummage sale, 209 Danforth St. Fri.-Tues., noon-2 PM. TVs, cameras, phones, boom boxes, computer games, more.

Moving sale, NEC projection 41" color TV, \$1,200, Hotpoint clothes dryer, \$85, A/C, 5,000 BTU, \$75, AT&T caller ID, \$65, Car alarm, \$75, B/W 13" TV, \$25, Gameboy w/Tetris, \$25, folding exercise bike, \$45, 2 pc. maple hutch, \$100, metal bed w/mattress, \$55, much more. Call 772-8228.

U-pick raspberries. Ready mid-July. Call the Berry Hotline, 883-9737, for times and picking conditions. Located at 93 Maple Ave., Scarboro, near Rt. 1 and Oak Hill. Blueberries ripe early August.

2 BR mobile home on nice corner lot, new well, insulated windows. Beach, mooring, picnic area rights to Sebago Lake Inlet in Naples. Owner will finance. \$31,000. Call 627-6009.

FOR RENT

2 BR apt. townhouse style, W/D hook-up, garbage disposal, W/W carpet, parking, kerosene monitor supplement. Avail. 8/1. \$575/mo. + utils. Sec. dep., lease. Pets negot. Call 797-2938.

Gorham, 1 BR apt., biking, x-country skiing, skating. Near Maine Mall. No pets. \$450/mo. + sec. dep., lease. Call 839-8063.

The deadlines for announcement length items and **MARKETPLACE** ads in *What's Happening* are July 28 for the August 11 issue and August 11 for the August 25 issue. All items must be in writing.

2 BR, 1/2 duplex, Deering Center, dishwasher, W/D hook-up. Gas monitor heat. \$625/mo. + utils. Call 773-4399.

Cozy 2 BR apt. in quiet 3-family just off E. Prom. On busline. Watch the Scotia Prince steam in. \$600/mo. incl. utils. Call 878-5708 early eves. or leave msg.

3 BR apt., Exeter St., behind UMaine Law School. Hand-some woodwork, stained glass, fireplace, tiled and hardwood floors, spacious LR and DR. Attractive, quiet neighborhood. W/D. Parking. \$750 + utils. Call 775-3786 or 774-1753.

640 Brighton Ave. 440-1,500 sq. ft. office space in prof. bldg. Avail. immed. High visibility, lg. priv. pkg. lot. Rents from \$5.00-\$9.00/sf. Call 774-1030.

Duplex house, Rosemont area, near hospitals. LR, DR, K w/appliances. 1 1/2 baths, 2 BR, den. Basement, W/D hook-up, garage. Adults preferred, no pets. Sec. dep., ref. required. \$600/mo. + utils. Call 781-3850.

West End, close to MMC. 1 BR sunny, cheerful apt. 2 skylights, parking, use of W/D. Quiet bldg., neighborhood. \$485/mo., heat & hot water incl. Sec. dep. required. Call 761-1936 or 775-0523.

ROOMMATE WANTED

M/F, N/S to share great, sunny house 5 min. to Willard Beach. BR, W/D, sundeck, yard w/garden. \$250/mo. Call 767-6334.

F to share cottage at Higgins Beach. Year-round, unfurnished, \$825/mo. + utils., shared. Call 883-6362.

CHILD CARE

Nanny wanted for infant twin boys. 40-45 hr/week. Flexible hours possible. Bath area. Call 371-2786 or x2674.

Dependable child care. College student avail. days, eves., weekends. Experienced. Refs. avail. Call 797-7566.

WANTED

Home for stray orange male cat, 4-5 YO, neutered, all shots. Timid, needs lots of TLC due to prior injury. Home with not too much activity. Call 871-4684 9 AM-4PM, or 799-8526 6-9PM.

Vacuum cleaner, full size mattress or larger, color TV, VCR, LR set. Good cond., not too expensive. Call 856-6977.

Is your home in need of repair? Carpentry, roof work, odd jobs of any kind. Refs. avail. Call 797-7566.

Rideshare from Bath area, approx. 7 AM, M-F. Leave MMC approx. 4 PM to return to Bath. Call 832-4502.

What's Happening at MMC

- July 19 Lunch & Learn: Skin cancer. Dana #4, noon-1 PM.
July 21 Employee Activity Committee meeting. Dana #1, 3-4:00 PM.
July 26 ENERJOY series begins, McGeachey Gym, 12:10-12:50 PM.
July 27 Needleless IV System implemented. See p.3.
Aug. 6 Photo Contest deadline.
Sept. 21 "Jazz it Up," MMC Talent Show. Sign up by Aug. 1. See p.2.

REMEMBERING, FROM P.6

B. Troiano, Sheila M. Welsh, Jean L. Weymouth, and
Constance J. Wing.

Congratulations to all of our honorees!



PATTY COVEL, DTR, Dietetic Technician, designed this display for the R7 Solarium. It helps illustrate healthy habits taught in the cardiac nutrition class by Covell and dietitian Cindy Rubinoff, RD. 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

NURSING: Donna Ault, Susan Bass, Laura Begley, Jill Bourget, Diane Dodge, Mia Dyson, Phyllis Libby, Debra Matson, Courtney Soucie

SOCIAL WORK: Jaqueline Alpert

ENVIRONMENTAL SERVICES: Linwood Bailey

ENGINEERING: Roger Boyington

CARDIOLOGY: Richard Chan, Michelle Obie

PHARMACY: April Jo Cook

ADMINISTRATION: Allyson Hall

FOOD SERVICES: Vicki Goulet, Jason Higgins, Pamela Pellerin, Noah Waterhouse

ENDOCRINOLOGY: Margaret Steward

EMERGENCY MEDICINE: Arthur True

MMCRI: Kristen Bigos, David Cox, Molly Miller

RADIOLOGY: Julie Guy, Heidi Lunn

OPERATING ROOM: Liza Gagney

PSYCHIATRY: Catherine Langevin, Carol Schreck

PATHOLOGY/LABORATORY: Mary Mayo

OPD: Cassie McIntyre

REHABILITATION MEDICINE: Linda Wright

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If you can help,
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Thanks!

- ☐ 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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