

What's Happening

a newsletter for the employees of Maine Medical Center

June 16, 1993

Vol. 24, No. 12

Diabetes Center at MMC celebrates first year

After a successful first year for the Diabetes Center at Maine Medical Center, its staff gathered to celebrate. They also honored Elton R. Blaisdell, M.D., (1894-1984) for his service to Maine Medical Center and his care of patients with diabetes. Norman Saunders, M.D., Louis Bove, M.D., and Georgette Carpenter, RN, shared memories of him.



STANDING IN front of a portrait of Dr. Blaisdell are, from left: Norman Saunders, M.D., Louis Bove, M.D., Jackie Merrill, MS, RD, Georgette Carpenter, RN, and John Devlin, M.D. A/V Photo.

A native of Aroostook County, Dr. Blaisdell graduated from Bowdoin Medical School and later established his practice in Portland. His interest in diabetes led him to study in Boston with Drs. Allen and Joslin; he was the first physician in Maine to treat diabetes with insulin. Dr. Blaisdell left a very generous bequest to assure the continuation of

DIABETES, SEE P.6

MMC's Children's Miracle Network goes over the top

The broadcast of Maine Medical Center's Children's Miracle Network Telethon June 5 and 6 raised a record \$175,239 for children's services at MMC. Many MMC employees joined over 200 other volunteers to make the Telethon weekend a success. Weekend events included the 21-hour Telethon as well as some wet -- but fun -- children's activities at the Old Port Festival.

The Telethon, hosted by NewsChannel 13's Felicia Knight and Terry Casey, featured the stories of children and their families who have come to Maine Medical Center for care. Guest appearances were made by Lynn Moulthrop, RN, Paul Stern, M.D., Sandy Bagwell, M.D., David Lynch, M.D., Kathy Berube, Doreen Morrow, M.D., and Cathy Cohen, RN.

The Children's Miracle Network is a national organization made up of 166 hospitals. MMC joined the Network in 1990. All funds raised locally benefit children's services at Maine Medical Center, such as renovations in the pediatric area of the Post Anesthesia Care Unit, support of a staff position in Child Life, and the neonatal intensive care transport and pediatric transport programs.

The record-breaking success of the 1993 show was made possible through the efforts and support of hundreds of volunteers, corporations, and generous Telethon viewers. A highlight of the show was the presentation of funds raised through the balloon project at



TELETHON, SEE P.6

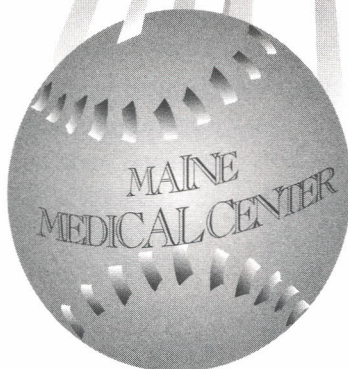
Get focused on this year's Employee Photo Contest! Details coming soon!

GO TO BAT FOR MMC!

1 9 9 3 A N N U A L F U N D

MMC Employee "Opening Day"

Wednesday, June 16, 1993
at the Courtyard
"Bramhall Field".
10:30am to 6:00pm



BBQ & Activities

(Rain Site: MMC Cafeteria)

Grand Slam Grill

10:30am to 1:30pm
4:00pm to 6:00pm

Night Shift BBQ

June 16, 1:30am to 2:30 am

Ballpark Favorites at Dug-Out Prices!!

Foot Long Hotdogs... Sausages... Salads... Soda... Popcorn... Cotton Candy..
Nachos & Salsa... Chips... Balloons...& More!

MMC hat with each Annual Fund contribution. Payroll deduction available.

If you miss "Opening Day", catch a free cup of coffee on
Thursday, June 17th while going to bat for MMC!

6:30am to 8:30am- Admitting Lobby & Hallway outside ASU

2:15pm to 4:00pm- Hallway outside ASU

MAINE MEDICAL CENTER



Plan now to explore the Caribbean

Hurley Travel Services and the Employee Activity Committee invite you to come aboard the Celebrity Cruise Line ship **Horizon** for a seven-night Caribbean cruise, April 9-16, 1994.

You will fly from Portland to San Juan, then sail to Martinique with its sunny street corner bistros. Then you'll be off to Barbados to explore the island's flower forests and caverns. Next, it's on to St. Lucia where half a mile overhead tower the Twin Pitons, the Caribbean's most photographed peaks.

You'll also visit Antigua, a haven for snorkeling, where you will find a beach for every day of the year. Also included is a stop in St. Thomas, the Caribbean's most popular port for shoppers.

Assure your fun in the sun by booking soon! A \$30.00 deposit per person will hold your cabin.

Category 11 (inside cabin) \$1172/person
Category 8 (outside cabin) \$1196/person

All prices quoted are per person, based on double occupancy. There is a port tax of \$95.00 per person. Cabin assignments and upgrades are at the sole discretion of the cruise line.

Here's the payment schedule (make checks payable to Hurley Travel Service):

June 28	\$30.00/person
December 9	\$170.00/person
February 9	Final Payment

For more information, contact Joyce Decesere, x2672, or Hurley Travel Service, 874-7400 or 1-800-874-1743.

The Employee Activity Committee will meet June 23, from 3-4:00 PM, in Dana Center Classroom 2.

If you'd like to be a member of this group and help plan future events and activities for MMC employees, plan to attend!

Honor Night: A recognition of special dedication

"It was caring from the heart." That's what the Terrano family said about the care given Phil's mother at MMC. These words come from a letter shared at Honor Night on June 3 by Don McDowell, President.

MMC employees with at least five years of service were recognized for the kind of commitment the Terranos experienced. Phil put into words what many feel about those who work -- and care -- at Maine Medical Center.

For more about Honor Night 1993, turn the page.

It's time for another blood drive!

Tuesday, June 29
9:00 AM - 3:00 PM
in MMC's Dana Center

Sign up June 24 or 28
in the main corridor
near the Courtyard.

Medical symposium will take place at CCTC

To mark the opening of the Coastal Cancer Treatment Center in Bath, there will be a medical symposium on the treatment of breast cancer with conservative surgery and radiation therapy. Jay Harris, M.D., Professor of Radiation Oncology at Harvard Medical School and Clinical Director of the Joint Center for Radiation Therapy at Harvard, will present, along with Michael Jones, M.D., Marc Demers, M.D., and Thomas Keating, M.D.

The symposium will take place at the Center in Bath on Wednesday, June 23, from 1:00 to 4:00 PM. An Open House will follow, from 4:00 to 6:00 PM. The American Cancer Society, Maine Division, will co-sponsor the program.

In addition, Dr. Harris will give medical grand rounds at 9:00 AM on the 23rd in the Dana Health Education Center. For further information, call the CCTC, 443-5866 or x6750.



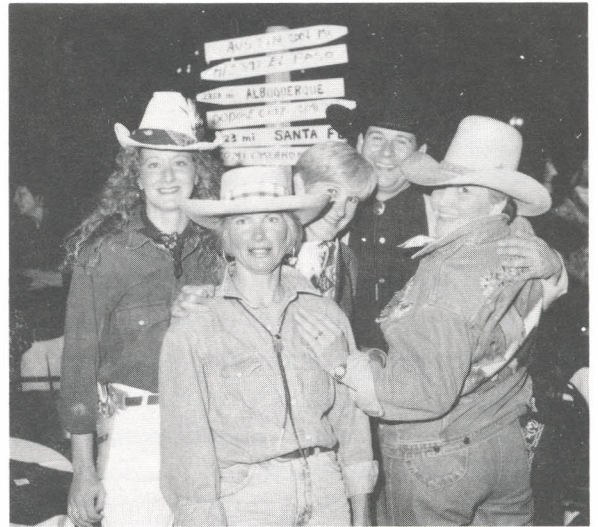
Cactus Flowers, Cowboy Boots, and the Cotton Eye Joe

Nearly 700 cowboys and cowgirls blazed trails to a hoedown at the Holiday Inn by the Bay for Honor Night, June 3. Another 357 were served up barbeque chicken and strawberry shortcake at the Cafeteria Chuck Wagon. In all, 2,182 of MMC's employees were eligible to attend; they've each worked here for at least five years.

The person at each table with the most seniority went home with the centerpieces, and every cowpoke had a bandanna to complete the western look.

Tony Boffa and his band looked like Texas oil millionaires in their black tuxedos and red bandannas as they provided country music for the line dance lessons. Before long, the dance floor was crowded with retirees and employees learning the Cotton Eye Joe.





DIABETES, FROM P.1

quality medical education at Maine Medical Center.

At the celebration, Jackie Merrill, MS, RD, looked back at the Center's "roots." "Diabetes has always been one of my major interests," said Merrill. After participating in a workshop at the Joslin Clinic in Boston and visiting several Boston hospitals to study their outpatient nutrition services, Merrill returned with ideas for implementing a similar program at MMC.

Merrill recalled "As I provided nutrition education to our diabetic patients in the clinic in 1968 and 1969, it seemed that there were many educational needs for our inpatient and outpatient diabetic patients and for our staff that were not being met."

Merrill discussed the possibility of a coordinated inpatient and outpatient Group Diabetes Program with Dr. Saunders, Ed McGeachy, MMC's Associate Administrator at the time, and Eleanor Irish, MS, RN, who became director of the Outpatient Department in 1970. All three were enthused. In December 1970, Irish informed Merrill they could go ahead with the plans for the program; Georgette Carpenter, RN, would be the diabetes nurse educator and Merrill would provide the nutrition component.

At that time, Waterville's Thayer Hospital (now Mid Maine Medical Center) was the only other hospital in Maine offering group diabetes education. Merrill visited the Thayer program, investigated a program at EMMC that had been discontinued but provided valuable ideas, and made another trip to the Joslin Clinic.

April 5, 1971, marked the first week of diabetes classes. The program at MMC was the only one of its type in the state.

"Our diabetes classes were held weekly until 1992," said Merrill. "They were well attended and had excellent support from MMC's medical, nursing, and nutrition departments. The perception that our classes were successful and highly regarded can be attributed to the expertise and commitment of our diabetes nurse educator, Georgette Carpenter."

MMC also provided outreach programs for other sites beginning to develop diabetes education programs. Nursing homes, hospitals, the Institute for the Blind, and other sites had their personnel attend classes at MMC.

Having exposed the roots of today's Diabetes Center, Merrill remarked that the roots are "very strong and deep with our Diabetes Center thriving after a very successful first year of providing comprehensive diabetes care to a grateful community of diabetics and their families and a continuation of the diabetes classes that were begun 23 years ago."

Diabetes education continues at MMC. The Diabetes Center at Maine Medical Center provides educational programs for adults, children, and pregnant women with diabetes. Under the direction of John Devlin, M.D., a team of nurses, dietitians, and physicians works with primary care physicians to help their patients live well with their diabetes.

MMC recognizes those who contributed to the growth and success of Maine Medical Center's Diabetes Education Program: Norman Saunders, M.D., Eleanor Irish, MS, RN, Agnes Flaherty, MS, RN, Georgette Carpenter, RN, and Jackie Merrill, MS, RD.

From now through Labor Day,
the Coffee Shop will feature
a different ice cream item
on sale each week.

Just right for hot summer afternoons!

TELETHON, FROM P.1

Shop 'N Save and Walmart stores throughout the state. With the help of the Coca-Cola distribution network, Shop 'N Save, and Walmart about 30,000 balloons were purchased in May at one dollar each.

The next Children's Miracle Network event scheduled is the Maury Povich Open at the Falmouth Country Club on August 9. For more information, call MMC's Development Office, x2101.

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

Antique brass bed, \$500. Call 865-4202.

Moving Sale. Hotpoint clothes dryer, \$100, 5,000 BTU A/C, \$95, mini-refrig, \$50, exercise bicycle, folds for storage, \$35, bureaus, wood, etc, \$25 and up, brass stands, bakers racks, bookcases, etc, \$20 and up, Pioneer CD player w/remote, \$170. VCR, 4-head, w/remote, \$165. Answering machine, \$35. Call 772-8228.

Magnavox portable CD, AM/FM stereo cassette player w/ programmable memory and introsan, \$95. Triple fat goose and starter jackets, Chicago Bulls, Georgetown, NY Giants, S-L, \$40. Road Alert car alarm, \$85. Name brand sneakers, size 4 1/2-6, \$15 and up. Hallmark collector Troll dolls, \$10. Call 772-8228.

A/C, GE 11,000 BTU, exc. cond. \$180, (new, \$500). Call 797-8229 eves.

1987 19' 4-WINNS, Cuddy cabin I/O, V6, full canvas marine radio/stereo, exc. cond., \$9,850. Call 781-3746 eves.

3 BR country cape, decorated, hardwood floors, private, mature yards. Exc. cond. \$119,000. Call 865-9022.

Imagewriter II printer, exc. cond., new \$600, now \$300. 8' curved fiberglass slide, \$200. Call 846-3083.

Funder-Wheels go-cart, new. Briggs and Stratton motor, \$400. Call 774-6451 after 2 PM.

New \$600. Sealy Posturepedic mattress & boxspring set for \$300.; New \$800. Serta Perfect Sleeper pillow top mattress & boxspring for \$400.; Sears stereo & cabinet, asking \$75. Call 797-9666.

Rockwood "pop-up" tent trailer, 1981, good cond. \$600. Call 767-3838 or leave message.

Electric bed, pine frame, firm mattress, \$150. Call 883-1574 evenings.

N/S, M/F to share large 4 BR house in Portland near USM and MMC. 2 BR remaining, no pets. \$206.25/mo. + share of utils. Call 775-3875.

Rabbits for sale: adults, 2 for \$15.00, younger, \$10.00 each. Call 775-6264.

Purebred Yorkshire piglets from prize winning stock. 1 male, 1 female, born 12/92, \$65. each. Call 829-3111.

Little Sebago Lake. Lg. cottage w/50 ft. water frontage. Sundeck, dock, new septic system. Could be year-round home. \$115,000. Call 797-0199.

Concepts in Comfort single bed w/ 3 drawers, \$65. Exercise bike, seldom used, \$65. Antique high chair and bureau, best offer. Call 772-1733 eves.

Harman/Kardon hk 440 receiver, TD 212 tape deck, Boston Acoustic A70 speakers, Sony CD player. \$495. Call 883-6362.

1980 Chevrolet Malibu. No rust, runs great, good sticker. 98,000 miles. Needs rear tires. \$650 or BO. Call 780-6335 or 829-5720. Keep trying!

Almost new Stamina 990 stairclimber. Must sell due to injury. \$75 or BO. Call 878-8756.

Sears Craftsman lawn tractor w/mowing deck, snow-blower attachments. Asking \$600. Call 283-4570.

The deadlines for announcement length items and **MARKETPLACE** ads in *What's Happening* are
June 30 for the July 14 issue
and
July 14 for the July 28 issue.
All items must be in writing.

FOR RENT

Falmouth Foreside, 1st floor, 2 BR, unheated, LR, den, K, bath. W/D hook-up, parking. \$650/mo. Call 781-2222.

2nd floor, 3 BR, unheated, LR, K, bath, W/D hook-up, parking, \$700/mo. Call 781-2222.

Cottages, rented weekly, OOB. Full size K, close to beach. Call 282-1068.

West End. Unique, beautiful 1 BR duplex avail. August. Historic Cape. W/D hookup, 2 fireplcs., ample storage, 1 1/2 baths. \$725/mo. + utils., no dogs. Call (718) 832-2511.

Biddeford, 1st floor, 2 BR, heated, oak kitchen cabinets, HW flr, W/D hookup. Large double living rooms, 3 ceiling fans, 1 car garage, no pets. Sec. dep., \$500/mo. Call 283-9286.

2 BR apt. at 227 Valley St., Portland, utils. incl. except gas heat. \$500./mo. Call 236-3449.

Westbrook, 2 BR house avail. 9/1 for 1-2 yr. lease, lrg. fenced yard, partially furn., close to bus line & schools. \$700./mo., refs., sec. dep. Call 856-6264.

Attractive studio efficiency, 1 BR. Clean, quiet, renovated. Walk to MMC. \$300-400/mo. +. Call 846-4368 eves.

Sunny, private, 2nd fl. apt. near MMC. 1 lg. BR, LR, DR, small yard, parking. \$415/mo. + utils. Call 775-2234 days.

1/2 Duplex. Rosemont area. LR, DR, eat-in K, 2 BR. Hardwood floors, full basement, w/d hook-up, oil heat, nearly new furnace, garage. Garden area. \$575/mo. Call 774-7924.

Sunny, West End, 2 BR apt. 2nd floor in nice 4 unit bldg. No dogs; other small creatures negot. Lease, sec. dep. Avail. now or July 1. \$525, incl. heat. Call 442-9620.

ROOMMATE WANTED

M/F to share house in Cape Elizabeth. \$95/wk. incl. utils. Call 885-5097 after 7 PM.

Year-round home, OOB, share expenses, \$225/mo. + 1/2 heat/ Call 282-1068.

Roommate needed to share comfortable, sunny, large 2 BR apt. in Pleasant Ave. area. Call 772-6912 and leave message.

WANTED

Crib in good cond. Call 773-2300 eves.

Free or low cost room and board for 6 weeks 6/29-8/6 for a 23 YO, N/S, F Physician Assistant student doing a clinical rotation in Portland. Would like to share home w/family w/extra room. Call 283-0171 x454.

Looking for beginner's bike for small child with training wheels. Call x6218 and leave message.

What's Happening at MMC

- June 16 Annual Fund Employee Division Kick-Off.
June 22 New Weight Watchers series starts, Noon-1:00 PM, Dana #3.
June 22 Financial & Estate Planning Seminar, 1-4:00 PM. See below.
June 23 Employee Activity Committee meeting, 3-4:00 PM, Dana #2.
June 23 Medical Symposium: Treatment of Breast Cancer with Conservative Surgery and Radiation Therapy. 1-4:00 PM, Coastal Cancer Treatment Center. See p.3.
June 25 3rd Annual MMC Cancer Symposium, **Gynecologic Malignancies**, 7:45 AM - 4:00 PM. Call x2130.
June 29 American Red Cross Blood Drive, 9:00 AM-3:00 PM. See p.3.

Maine Medical Center's Planned Giving Committee

presents

Financial and Estate Planning Seminar for people who are single, widowed, or divorced

Tuesday, June 22

1:00-4:00 PM

Dana Health Education Center

Make your reservation by Friday, June 18, by
calling the Development Office, x2669.

About People

- At a recent meeting of the Maine Vascular Society, **Carl E. Bredenberg, M.D.**, Surgeon-in-Chief, was elected President of the Society; **Jens Eldrup-Jorgensen, M.D.**, Division Director, Vascular Surgery, was elected Secretary-Treasurer.
- **Dr. Bredenberg** has also been appointed to the Registry Committee of the Eastern Vascular Society.
- **Sandra Cranford**, Director, Volunteer Services, recently completed all requirements for the Accomplished Level of the Program for Professional Achievement (PPA) of the American Society of Directors of Volunteer Services (ASDVS) of the American Hospital Association (AHA). The program recognizes ASDVA members whose achievements and excellence have served their profession and their institution.

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: Kimberly Amadon, Karee Amato, Michael Bisson, Sara Bourque, Carrie Brady, Tracey Brady, Susan Browning, Nicole Cordwell, Mary Currier, Janey Dana, Karen Dewitt, Patricia Dobriko, Pamela Dyer, Heather Frazer, Andrew Goodband, Cynthia Grenier, Jan Jankovich, Lianna Jordan, Mike Kennedy, Mashelle Krier, Michelle Lasher, Joyce Leblanc, Cheryl Marquis, Heidi Montagne, Henry Morton, Susan Musty-Williston, Karen Rogers, Darlene Rouleau, Mary Smith, Thanh Thai, Margaret Thumm-Shortill, Sandra Toomey, Kerry Twitchell, Laurie Webber, Holly Wood, Kristi Young

RADIOLOGY: Julie Horr, Kathy Roberts

PHARMACY: Stephanie Albierti

PRIMARY CARE CLINIC: Samantha Beverage

POISON CONTROL: Susannah Cary, Suzanne Petrie

FOOD SERVICES: David Chase, Melanie Eastman, Jennifer Higgins, Lisa Kelley, Maryanne Milot, Timothy Ostrowski

MATERIEL MANAGEMENT: Philip Conley

PSYCHIATRY: Donna Downing

ENVIRONMENTAL SERVICES: Sandra Gillette

DEVELOPMENT: Kathleen Haley

MMCRI: Joshua Sparling

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.

- ☐ 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

NON-PROFIT ORG.

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Portland, Maine

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