

What's Happening

a newsletter for the employees of Maine Medical Center

March 10, 1993

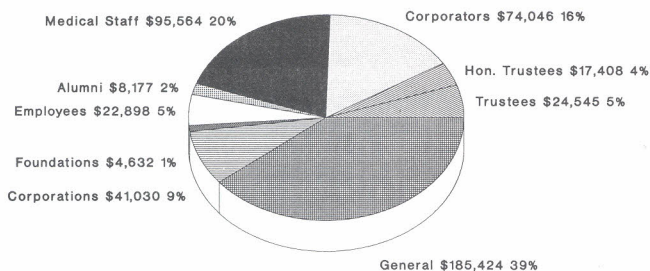
Vol. 24, No. 5

Medical Staff add their support to Annual Fund

Maine Medical Center's Medical Staff continue to provide significant resources to the Annual Fund, contributing 20% to the total of \$473,724.18.

Dr. George Sager chaired the Medical Staff Division. "Not many retirees would volunteer to work as hard as George did on this campaign," says John DiMatteo, Chairman of MMC's Board of Trustees. "His work paid off handsomely with a 6.9% increase in the dollars donated by the members of the Medical Staff."

Dollar Participation by Division 1992 Annual Fund



DONORS, SEE P.4

Parking Update

The LM exit from MMC's parking garage and the gate on the access road leading to Gilman Street will be locked during snow storms. This will expedite plowing of those areas, allowing Outside Services staff to concentrate on higher priority areas first, with the result being safer roads for employees to exit the garage.

Employees to receive benefits statements

At Maine Medical Center, it's recognized that quality benefits are important to employees. That's why a variety of coverages are offered.

During the week of March 15, you'll receive at your home a personalized statement of the benefits you receive now and others available while you are employed at MMC and after you retire.

Review this statement and note the variety of benefits MMC offers. If you find that you have questions about your statement, contact the Benefits Office at x2973.

Think again about giving blood--and help save lives

"I'm afraid of needles!" "I don't have enough blood!" "I'll faint or get sick!" "I had to wait last time!" Have you ever said this when asked to donate blood? If you have, here's why you should think again!

It's very easy to give blood and help someone who needs it. Nobody likes needles, but when you donate blood, you'll only feel a slight initial pinch. Everyone has enough blood to give; your body's fluid level will be replaced within 24 hours and your red blood cells will start to replace themselves immediately. If you eat a meal within four or five hours before your donation and get enough rest, you should feel fine after giving blood.

Donors are encouraged to make and honor appointments to give blood. When appoint-

GIVING, SEE P.3

Discover the mysteries of the Pyramid! See p.2.

A new way to make daily food choices

MMC dietitians celebrate National Nutrition Month this year by introducing the *Food Guide Pyramid*, a new graphic representation used to augment the Dietary Guidelines for Americans.

Messages delivered by the new *Food Guide Pyramid* include: dietary variety, moderation (of fats and sugars), and proportionality (the relative amount of food from each major food group as determined by the number of daily servings recommended for each specific food group).

As you scan the pyramid, you will note that the foods to be eaten in larger amounts are at the base. As you move toward the top of the pyramid, the servings are fewer. The dots

identify naturally occurring and added fats. The triangles note added sugars.

Eat more carbohydrates. The pyramid encourages people to increase their intake of complex carbohydrates such as rice, pasta, whole grain breads, and cereals. Six to eleven servings of carbohydrates provide important nutrients and fiber with little or no fat. An average serving is approximately one half cup or, where breads are concerned, one slice, one half an English muffin, one half a bagel, etc.

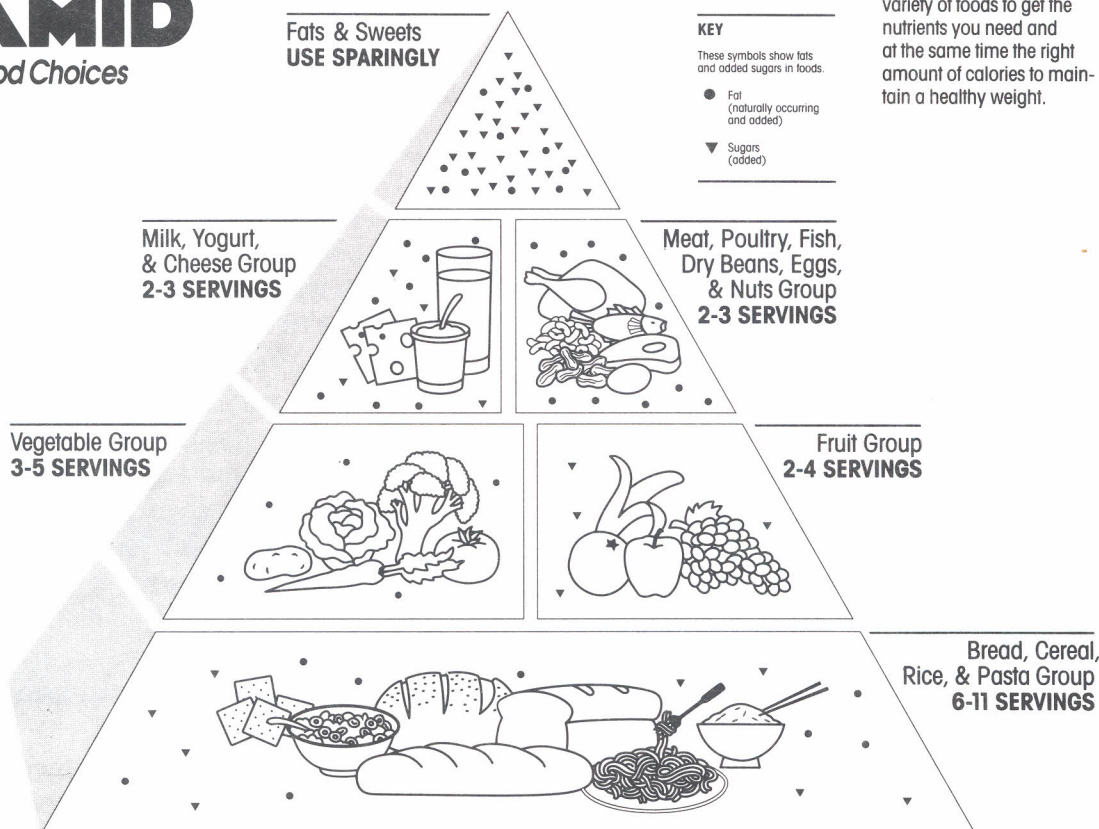
Next on the pyramid you'll find fruits and vegetables. An average of five servings per day of these groups combined would be a promising improvement since most Americans eat only two and a half servings each day.

The next level includes recommendations regarding dairy products, such as milk, yogurt,

PYRAMID, SEE P.3

FOOD GUIDE PYRAMID

A Guide to Daily Food Choices



The Food Guide Pyramid emphasizes foods from the five food groups shown in the three lower sections of the Pyramid.

Each of these food groups provides some, but not all, of the nutrients you need. Foods in one group can't replace those in another. No one food group is more important than another—for good health, you need them all.

The Pyramid is an outline of what to eat each day. It's not a rigid prescription, but a general guide that lets you choose a healthful diet that's right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and at the same time the right amount of calories to maintain a healthy weight.

PYRAMID, FROM P.2

and cheeses, which are important calcium sources. Low-fat and nonfat varieties are preferred and are readily available in grocery stores.

Limit meat portions. The meat, poultry, fish, dry bean, egg, and nut group will be a difficult challenge. Most people consume very large portions of meats in relation to the recommended serving size of approximately three ounces. The challenge of decreasing portion sizes of meats is coupled with the challenge of potentially and optimally replacing some of our meat intake with the protein derived from properly combined legumes and dried beans or peas. This in turn will also increase our intake of complex carbohydrates.

At the top of the pyramid you will find fats and sweets. These foods supply calories, but little or no vitamins and minerals. We are encouraged to choose lower fat foods, reduce or eliminate added fats and sugars, and to select fewer foods that are high in sugar and fat, such as candy and sweet desserts.

All of this is simply what dietitians and your mother have been telling you all along: moderation in all things, drink your milk, and eat your fruits and vegetables!

Now you know the secrets of the mysterious *Food Guide Pyramid*. Don't let your body go to ruin: walk like an Egyptian to the pyramid (in the Cafeteria) and take a good look for the health of it!



As part of National Nutrition Month, Food and Nutrition Services dietitians will give out prizes to employees who accept the challenge of taking the *Food Guide Pyramid Quiz*. Drop off your completed quiz in the box provided in the Cafeteria. Winners will be chosen from correctly completed quizzes and notified of their winnings on March 19.

Also, be sure to look for special menu items in the Cafeteria during the week of March 15!



GIVING, FROM P.1

ments are made in advance, the American Red Cross can ensure adequate staffing and waiting times will be diminished.

Blood drives have traditionally been scheduled for two days at MMC; this year, the Red Cross is testing a one day drive to address the problem of long waiting times. In addition, more staff will be on hand to register donors and draw blood.

MMC's next American Red Cross blood drive will be Tuesday, March 30, from 9:00 AM to 2:00 PM. You can make your appointment to give blood on March 25 or 29. On those days, there will be sign-up tables in the Cafeteria from 11:00 AM to 1:00 PM and at the bottom of the circular stairs in the ground floor main hallway from 7-9:00 AM and 3-5:00 PM.

Think about it -- and sign up to give blood on March 30!

Maine Hospital Employee Days

March 28 & 29

Ski Sugarloaf/USA for just \$25!

Employees must present valid MMC ID at Special Tickets Desk in Base Lodge.

Immediate family eligible for discount!

For more info, call Joyce Decesere, x2672.

Health Matters

Programs Promoting Our Employees' Health

What does fitness mean to you? Do you consider yourself physically active? What determines a person's level of fitness? What are the types of activities that a person can do to become or stay "fit?"

If you would like answers to these questions, hear what physical therapist Susan Butler has to say at the next **Health Matters Lunch & Learn** on Thursday, March 11, from Noon to 1:00 PM in Dana Center Classroom 3. Bring your lunch!

DONORS, FROM P.1

Anonymous (26)

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Winton Briggs, M.D.

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DONORS, SEE P.6

DONORS, FROM P.5

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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

Aria pro bass guitar, \$250 or BO. Kustom 250 watt amplifier, \$240 or BO. Both in exc. cond. Call 797-0590 mornings or eves.

Trak cross country skis, 190cm, poles 130 cm, boots, \$75. Kenmore A/C, very good cond., \$200. Womans 10-speed Fuji touring bike, \$50. Queensize bed, \$50, night table, \$10, overbed table, \$10. Call 883-2368. Prices are negotiable.

South Portland cape, open floor plan, fireplace, skylights, atrium doors to deck, 3 BR, 1 1/2 bath, move-in cond. Convenient location in Country Gardens. \$109,900. Call 775-1213.

Ski boots, Raichle ladies size 8, worn once, asking \$90. Call 781-3272.

6 BR brick townhouse. 2 blocks from MMC. Fireplace in MBR, new K and bath. Call 773-4216.

5 room home near Pine Point. New replacement windows. Marsh and limited ocean views. \$83,900. Call 883-3135 or x2881.

Cocker Spaniel/Springer Spaniel puppies. Mix of 2 AKC registered pure breeds. \$100 each. Call 428-3088 after 5 PM or x2790 days.

Hooked on Phonics reading program. \$75 or BO. Call 799-5084.

1984 Dodge custom van w/captains' chairs. 250 chassis, 318 motor. Great running van. \$3,500. Call 839-3946.

1989, V6, 5 speed, power package Toyota Camry. Exc cond. \$8,000. Call 892-6897.

2 Airline tickets. US Air. Value \$135. Will sell for \$110. Can be used to fly anywhere in the country. Call 797-0351.

Skis, high performance 200 cm Atomic slalom, 957 Salomon Equipe bindings, Scott poles. \$140. Call 797-3855.

Spring and Easter print scrub jackets in cotton or poly-cotton fabrics. \$25. Call 878-5946.

FOR RENT

1 BR, 2nd floor apt. near MMC. \$75/wk. includes parking, heat, elec. Refs. and sec. dep. req. Call 773-1558 after 9 AM.

4-room apt. in Victorian building on Spruce Street. Avail. mid-June. 10 min. walk to MMC. Fireplace, hardwood floors, lots of windows, yard. \$560/mo. + utils. (gas heat). Lease, refs., sec. dep. req. Call 772-1831.

3 BR duplex in 2 family cape, LR w/fireplace, DR, K, pantry, storage, W/D, parking, yard, 2 full baths. Gas heat/stove. \$825/mo. + utils. No dog. West End. Call 718-832-2511.

12 Pine St. 2 BR, 2 level apt. D/sunroom, eat-in K, LR. \$600/mo. includes utils. Ref. and sec. dep. req. Call 772-5511 or 773-8409.

Room for N/S M/F. \$70/wk. Cable avail. On busline, phone and cooking avail. Call 773-0732.

1st floor, 2 BR apt. Foyer, DR, LR, K. \$575/mo. Oil heat, owner occupied. Garage, W/D hook-up. Stroudwater area. Call 773-0732.

The deadlines for announcement length items and **MARKETPLACE** ads in *What's Happening* are March 24 for the April 7 issue and April 7 for the April 21 issue. All items must be in writing.

ROOMMATE WANTED

Professional woman to share 2 BR house, 1 block from Willard Beach. Large BR w/big closets and terrarium windows. \$285/mo. + 1/2 utils. W/D incl. Call 767-3760.

M/F, 35-45, to share West End apt. \$60/wk. + 1/2 utils. Call 774-6249.

WANTED

Cheap, used air conditioner, in good working condition. Call 854-1345.

Homes to house-sit. Avail during nights, weekends, vacations. N/S F. Good refs. Call 773-5412, leave message.

Jobs in carpentry, vinyl siding, window replacement, building staircases, sheet rocking, painting. Call 883-4232.

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

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.

K, bath, other home improvement jobs. Call 774-6556.

Students to learn classical guitar. Call 878-5769.

Construction jobs, remodeling to new construction. Vinyl replacement windows. 12 years experience. Free estimates, refs. Call 892-0070.

Students to tutor in High School/College French as well as High School Spanish. Flexible hours and reasonable rates. Call 490-2694.

Your suggestions. Improv. comedy group will create fun at your next gathering. Call 775-4134.

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. Please make it easier for editorial staff to clarify information submitted for publication!

What's Happening at MMC

- Mar. 10 Lenten meditation. MMC Chapel, 12:05-12:25 PM.
Mar. 11 **Health Matters** Lunch & Learn, *Fitness*. Noon to 1:00 PM, Dana #3. See p.3.
Mar. 12 **Advances in Cognitive Rehabilitation**, 8:00 AM - 4:00 PM, Dana Auditorium. Call 828-5629 for info.
Mar. 17 Lenten meditation. MMC Chapel, 12:05-12:25 PM.
Mar. 19 *Food Guide Pyramid Quiz* winners announced. See p.3.
Mar. 19 *Healthviews*. 8:00 PM, Public Cable Ch. 37.
Mar. 22 CPQI training sessions. Call for info. x2009.
Mar. 24 Lenten meditation. MMC Chapel, 12:05-12:25 PM.
Mar. 25 Sign up to donate blood, also Mar. 29. See p.3.
Mar. 28 Ski discount at Sugarloaf/USA. See p.3.
Mar. 30 American Red Cross Blood Drive. Dana Center, 9:00 AM -2:00 PM. See p.3.
Mar. 31 Lenten meditation. MMC Chapel, 12:05-12:25 PM.
Apr. 7 Lenten meditation. MMC Chapel, 12:05-12:25 PM.
Apr. 26 **Kids Photo Contest** begins. Through May 1. Benefits Maine Medical Center's Children's Miracle Network. Call x2101.

Ask Away!

Irene Delicata, Radiology, gets an MMC mug for asking: *"The Engineering Display is the best that I have seen: factual with a bit of humor. The audio coupled with the visual is outstanding. The choice of music could not be better. I have heard unsolicited positive responses from both fellow employees and visitors.*

"Could we continue the music portion? Thank you."

"All monthly displays are collaborative efforts between our designers and the requesting departments," replies Elaine Solesky, Audio/Visual Resources Director. *"The enthusiasm with which Engineering staff approached this project brought about some very innovative ideas. It was fun working with such a creative group.*

"The recording in the ceiling was their idea and certainly adds a new dimension to the monthly displays. There have been many positive comments. We have no objection to continuing this service. As a matter of fact, you will enjoy a six minute selection from Vivaldi's The Four Seasons through the month of March as it accompanies a display for the Department of Social Work."

If you have a question about policies, practices, decisions, and the impact of outside and inside forces at MMC, **Ask Away!** Just place your question in the box outside the Cafeteria and, if we use it in *What's Happening*, you'll get an MMC mug!

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.

"The greatest mistake you can make in life is to be continually fearing you will make one."

Elbert Hubbard

NEW EMPLOYEES

NURSING: Debra Beaulieu, Agathe Bellevue, Theresa Boulos, John Miller, Andreas Nason, Cynthia Pallozzi, Lee Phinney, Alyce Schultz, Cynthia Todd

RADIOLOGY: Diana Ashcroft, Virginia Esposito, Linda O'Neil, David Vaughn

PHYSICAL THERAPY: Timothy Beagan, Trina Lavertu

SURGERY: Susan Estes

OCCUPATIONAL THERAPY: Charlotte Emery

REHABILITATION MEDICINE: Scott Smoot

LINEN SERVICES: Cindy Williams

PHARMACY: Karen Sevens

Health Tip

Put variety into your diet for a real taste treat.

Choose fruits and vegetables -- from apples to zucchini -- for meal and snack times.

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

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What's Happening

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