

What's Happening

a newsletter for the employees of Maine Medical Center

January 27, 1993

Vol. 24, No. 2

Proposed rehab center presented to state

Maine Medical Center and New England Rehabilitation Hospital (NERH) of Portland have made a joint proposal to improve rehabilitation care in the area, eliminate duplication of services, and improve cost-effectiveness. The two hospitals have submitted a Certificate of Need application for state approval to build and operate a new \$18 million rehabilitation hospital.

Maine Medical Center, which is nonprofit, and NERH, which is a for-profit hospital, would create a joint venture to operate the new hospital. MMC would own the real estate, and Advantage Health of Woburn, Massachusetts, the parent company of NERH, would manage the hospital.

The plan emerged as a solution to problems created at both institutions by the growth in demand for rehabilitation services and the space limitations in their current facilities. It would allow existing programs to be upgraded and allow the addition of new programs.

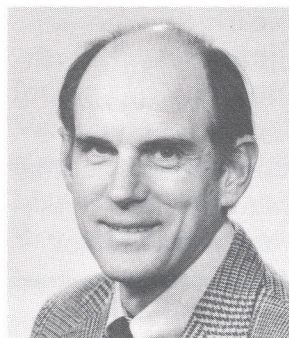
"Both MMC and New England Rehabilitation Hospital currently provide inpatient and outpatient services," says MMC Vice President for Planning Paul Gray. "NERH is outgrowing its inpatient facilities, and we have inadequate space here for outpatient programs. By combining our programs in one facility, we can satisfy the space needs for both inpatient and outpatient care.

"We also have the opportunity to concentrate specialized personnel in one location, and improve the coordination of acute inpatient care, long-term inpatient care, and outpatient

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Director of Neonatology appointed

Douglas Dransfield, M.D., has been named Director of Neonatology, a division of Maine Medical Center's Department of Pediatrics. He succeeds Alistair Philip, M.D., the Division's Director for ten years. Dr. Philip leaves MMC for a position at Stanford University Medical Center, Stanford, California.



Dr. Dransfield has been a neonatologist at MMC since 1981. He earned his BA in Biology in 1969 at the College of Wooster in Wooster, Ohio. In 1973, he took his M.D. at the

College of Physicians and Surgeons, Columbia University, in New York.

After a residency at Babies Hospital at Columbia-Presbyterian Medical Center from 1973 to 1975, Dr. Dransfield served in the Indian Health Service in Zuni, New Mexico, from 1975 to 1978.

The new division director was a Fellow in Neonatology at the University of Pennsylvania and Children's Hospital of Philadelphia through 1979 and 1980. He was a Parker B. Francis Fellow in Pulmonary Research at the University of Pennsylvania during those years as well.

Dr. Dransfield is a Diplomate of the American Board of Pediatrics and certified by the Sub-Board of Neonatal Perinatal Medicine of the American Board of Pediatrics. In addition, he is a Clinical Assistant Professor in the De

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It's time for A Fair of the Heart! See p. 4.

1992 gift wrapping wrap up

Maine Medical Center and three other hospitals benefitted from the corporate generosity of L.L. Bean, Inc., this holiday season. For the third year, the company set up a gift-wrapping booth at its retail store to benefit area hospitals. L.L. Bean supplied the paper and supplies, the hospitals supplied the help, the hospitals kept the proceeds.

Maine Medical Center staffed the booth for six days to raise \$1,672.72 for the MMC Annual Fund.

When the wrapping was over, surveys were sent to the 87 volunteers and employees at MMC who helped. Forty-eight evaluations were returned and the overwhelming message was: Let's keep wrapping! Nearly all who returned the surveys thought this was a worthwhile project to continue in future years.

Volunteer Services staff coordinate the wrapping effort each year. For the 1992 holiday season, they found wrappers for 95 time slots for a total of 380 hours. Department Director Sandy Cranford and Volunteer Coordinator Dona Siatras did a lot of wrapping themselves. "Each time I went, I got to know an MMC employee I wouldn't have met otherwise!" says Cranford.

The other hospitals involved in the project were Midcoast Hospital, Parkview Memorial Hospital, and St. Mary's Regional Medical Center. In all, a grand total of \$6,690.89 was wrapped up for the four hospitals' annual funds!

In celebration of
Post Anesthesia Nurse Awareness Week,
February 1 - 7,
tours of the Post Anesthesia Care Unit
will be conducted by the staff
for MMC employees.

If you are interested in participating,
please call x2292 to register.

Health Matters

Programs Promoting Our Employees' Health

Without self-esteem and self-confidence, you stand almost no chance of succeeding. With them, you almost can't help but win. Learn how to take the mystery and frustration out of developing your self-esteem by: changing the one thing you do everyday that undermines your self-esteem; eliminating the one word that holds you back; and creating an environment in which you can always win.

These simple techniques will help you give yourself the most precious gift of all -- a sense of your own self-worth. Need another reason to attend this *Health Matters* Lunch & Learn on Thursday, February 11? This session will remind you of just how good you are!

Katherine Moody returns for a repeat of her September Lunch & Learn. She has a doctorate in Clinical Hypnotherapy and certification as a Hypno-Anesthesiologist. Her approach is based on creating high self-esteem and self-confidence.

This Lunch & Learn takes place from Noon to 1:00 PM in Dana Center Classroom 7.

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services," he says. "MMC would still provide care for those requiring a high level of acute services, especially in the earliest stages of care."

As part of the proposal, MMC would purchase the existing NERH building across the street from MMC. This would contribute to the solution of some of MMC's ongoing space needs, in a convenient location. MMC would also receive a degree of ownership in Advantage Health, and the proposal specifies that both hospitals would have to agree on programs, budgets, and senior personnel.

The proposed 110-bed hospital would include patient rooms, a therapeutic pool, three gymnasium areas, a dining area and kitchen, and administrative space. It would be located in Scarborough, and if approval is received this summer it would open in 1995.

MMC names Dana V. Vamvakias Special Care Unit

Maine Medical Center announces the naming of the Dana V. Vamvakias Special Care Unit, honoring Dana V. Vamvakias, who died an untimely death in a traffic accident in August 1991. Dana was the young daughter of James and Sally Vamvakias of Falmouth, both prominent in Greater Portland community activities and charities.

In the naming of the Center, the Vamvakias family are recognized for having been generous benefactors of Maine Medical Center, particularly during the Capital Campaign that took place during the 1980s.

Mr. Vamvakias, former president and CEO for E.C. Jordan, Co. (now ABB Environmental), has been a Maine Medical Center Corporator for many years. Mrs. Vamvakias has served on many Maine Medical Center committees, and has been honored with directorships in several organizations, including the University of Maine System and Hurricane Island Outward Bound School.



SALLY AND JAMES VAMVAKIAS visited SCU recently to learn about the unit and view the plaque honoring their daughter Dana. A/V Photo.

Others present at the unit dedication included Andy, Jessica, and Cortney Vamvakias, Amanda Vamvakias, Sherry and Karla Anderson of Bath, Kim Ayre, Lance MacMaster, Bob and Bonnie Zima of Green Bay, Wisconsin, and Mary Lou Carroll.

SCU employee's years of service recognized

In December, the Special Care Unit celebrated twenty years of distinguished service for a very special lady. She is Unit Helper Leah



LEAH WHITAKER opens a gift from her SCU co-workers in celebration of her 20 years. SCU Photo.

Whitaker.

Whitaker's contributions are many; those she works with applaud her for her total and unselfish work ethic.

Whitaker briskly paces the halls of MMC--so swiftly, she often passes unnoticed. She assists SCU nursing staff, CNAs, Unit Clerks, and administrative staff. Her completion of every task is quick, efficient, and accompanied by a smile.

An unsung hero, Whitaker quietly goes about her day in SCU lessening the workload of many. She indirectly contributes greatly to the high quality patient care delivered by SCU staff.

To show their appreciation for Whitaker, SCU staff presented her with several gifts at a party held in her honor. In response to the question: Another 20 years? Whitaker replied, "I hope so!"

R9 West's Fifth Annual

A Fair of the Heart

Friday, February 12

10:00 AM to 3:00 PM

Dana Health Education Center Lobby

Featuring:

Cholesterol Information and Testing

Blood Pressure Screening

Healthy Diet Information

Smoking Cessation Information

Door Prizes

Love your heart!

Come to the Fair on the 12th!

Program to benefit cardiac families

Maine Medical Center is offering a free, six-week education and support program for cardiac patients and their mates. *Heart to Heart* is designed to help patients and their families deal with the major life disruptions caused by heart disease. The evening sessions are led by a social worker and a registered nurse.

"Cardiac disease is a family illness," says social worker Russell Correia, LCSW. "*Heart to Heart* recognizes the need for shared education and support. Many patients and mates don't even realize the impact of a heart attack or other cardiac event until several months afterward. Then, the emotional and financial concerns have caught up with them and they find that while the medical crisis may be over, the life crisis isn't."

Sessions meet on six consecutive Tuesday evenings, beginning February 2. Topics covered include lifestyle changes created by the cardiac crisis, education about cardiac disease, treatment, and recovery, feelings and the family structure, communication, and sharing.

For more information or a brochure, call x2262.

Marathon proceeds benefit Back Cove Recreation Trail

Portland's busiest recreation facility, the Back Cove Recreation Trail, received a \$1,800 boost recently. Organizers of last October's Maine Marathon and Half Marathon presented the money to the Back Cove Committee, which oversees improvements to the trail.

The \$1,800 represents the proceeds of the October 4 Maine Marathon and Half Marathon, the first event of its kind in southern Maine since 1987. Marathon organizers had designated the Back Cove Recreation Trail as the beneficiary of any proceeds, because of its importance in the fitness and health of Portland's people.

"The Back Cove Trail is the most heavily used health facility in Portland," says Marathon Director Dave Shennan, "and we thought it appropriate that elite runners could contribute to a trail used by recreational runners and walkers. You don't have to be a marathoner to run or walk for health, and the Back Cove Trail is a great place to get healthy." The 3.6 mile trail is used by as many as 1,000 people a day during good weather.

Back Cove Committee Chairman Jim Bunnell says the funds are earmarked for an information sign at the beginning of the trail. "There will be a map of the trail," he says, "along with exercise guidelines, a history of the trail, and a bulletin board for posting notices of health and fitness events in the community."

The trail is also designated as the beneficiary of proceeds from this year's Maine Marathon and Half Marathon, set for October 3.

The 1992 marathon was sponsored by Blue Cross and Blue Shield of Maine, the Bay Club, Brighton Medical Center, Maine Medical Center, Mercy Hospital, and the Lifeline program at the University of Southern Maine. Nearly 1,000 runners participated.

Sponsors for the 1993 Maine Marathon and Half Marathon will include HealthSource, the Bay Club, Brighton Medical Center, Maine Medical Center, New England Rehabilitation Hospital of Portland, and Lifeline.

To all at Maine Medical Center:

When diagnosed at the age of 23 with diabetes last August, I knew my life would change considerably.

My doctor sent me to Maine Medical Center due to ketosis. While there on the third floor surgical unit, I received excellent care. My doctors, and especially the nurses, did everything they could to make my transition easier and to let me feel somewhat self-sufficient. Although I was not yet in her care, Dr. Wendi Lane visited every day and Rachel Girard, RN, even called from Boston to see how I was doing.

My October marriage would almost surely have been delayed without all that care. Thank you.

Most of all, thank you so much for providing the uncompensated care program, the Hill-Burton Fund. James Ward was especially helpful. It is a great service to the community.

All my thanks,

Corinne Rose-Hall

MMC Gift Shop Dealer's Sale

January 26—29

Here's the deal:

Designated items and groupings will be discounted

20% off Tuesday

30% off Wednesday

40% off Thursday

50% off Friday

What you see at 20% off on Tuesday may not be here at 50% off on Friday!

You can wait and win...
...or wait and weep!

It's your gamble!

The Women's Board of Maine General Hospital operates the Gift Shop. Proceeds benefit nursing scholarships, research, equipment, and special projects.

MMC and NERH to co-sponsor workshop

Catherine Mateer, Ph.D., will be the featured speaker at the one day workshop, **Advances in Cognitive Rehabilitation**. The seminar takes place Friday, March 12, from 8:00 AM to 4:00 PM, in the Dana Health Education Center Auditorium. It is sponsored by Maine Medical Center and New England Rehabilitation Hospital of Portland.

The workshop will focus on the treatment and management of the most commonly observed cognitive impairments that follow traumatic brain injury. In addition, theoretical underpinnings and current research support for cognitive rehabilitation will be presented.

The seminar will consider the practical programs and strategies for direct clinical intervention by a broad range of rehabilitation professionals. The information provided will be of interest to speech-language pathologists, occupational therapists, neuropsychiatrists, psychologists, nurses, social workers, vocational rehabilitation counselors, physical therapists, and others.

Dr. Mateer is director of neuro-psychological services at Good Samaritan Hospital in Puyallup, Washington, and administrative director of the Center for Continuing Rehabilitation. She has published over 60 articles on brain and behavior and co-authored the textbook, *Introduction to Cognitive Rehabilitation: Theory and Practice*.

The \$100 registration fee includes tuition, handouts, lunch, and refreshments. The deadline for registration is March 1. For further information or a brochure, contact Kathy Kaczor, Referral Services Department, New England Rehabilitation Hospital, 828-5629 or 828-5624.

DRANSFIELD, FROM P.1

partment of Pediatrics, University of Vermont College of Medicine, and a Fellow of the American Academy of Pediatrics.

Ask Away!

"I have seen quite a bit of 'used' office furniture in various parts of the hospital," says *Anne Reagan, Copy Center*. "Quite a bit is placed near the Engineering dock with signs that say 'broken' on them. What happens to them?"

"With the continuous renovations going on a MMC, office furniture is always being shuffled around. Does it go to the warehouse? Quite a few times I've seen offices get all or practically all new furniture. Just because it was approved, why go with all new furniture? Have people go down to the warehouse and pick from what's there to save money.

"Why not have a sale of unused stuff stored in the warehouse to clean some of it out and try to recoup some of the money. 'One man's trash is another man's treasure.'"

The answer to Anne's question comes from Jim Collins, a buyer in Materiel Management. "At MMC, when new furniture is placed in service, the old furniture is evaluated to determine its potential for use in other areas of the hospital. If pieces of used furniture are considered serviceable and safe, they are generally ear-

marked to replace furniture that is in worse condition. This process continues until unserviceable or unsafe pieces of furniture emerge. This is what you've seen in the loading dock areas awaiting transport to a disposal site or a refurbishment facility.

"As part of our business relationship with Loring Short and Harmon," *Collins continues*, "much of the furniture removed from service at MMC is refurbished and returned to service at a fraction of the cost of new furniture. Also, Loring Short and Harmon takes pieces of furniture from MMC and keeps them on hand at their warehouse. As projects arise where the furniture can be used, those pieces are returned to service at little or no cost to MMC.

"These processes enable MMC to put to good use most of its used furniture. Only the furniture that is uneconomically repairable and unsafe is disposed of. It is not in anyone's best interest for MMC to do anything but dispose of furniture that is unsafe and hazardous. This leaves virtually no furniture available for employee sales and the like."

Thanks for your question, Anne! Your MMC coffee mug is on its way to you.

Give your Valentine a hint!

Flowers ordered from
the Flower Box
by 4:30 PM, Thursday, February 11
will be delivered
to you
by 11:00 AM, Friday, February 12

We guarantee it!

Call to order
871-2771

Special Valentine Hours
Saturday, February 13 and
Sunday, February 14
10:00 AM — 3:30 PM

MasterCard and Visa accepted

Flower Box proceeds benefit MMC pediatric services.

The Hepatitis B Program has
new hours effective
Monday, February 1

Tuesdays & Thursdays
10:00 AM--6:00 PM
Mondays, 7:00 AM--3:00 PM

Questions? Call x3794.

Subjects needed for study

The Department of Psychiatry at Maine Medical Center seeks healthy volunteers with no history of mental illness for a brief interview and blood test. Volunteers will receive \$10.

Subjects needed are women aged 50 to 70 and over and men aged 18 to 70 and over.

If interested, please call 871-2480.

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

1989 Ford Escort LX, 5-speed, 2 dr., silver. 45 K miles, exc. cond. \$4,500 or BO. 1991 Honda Accord LX coupe, exc. cond. 45 K miles, \$10,500 or BO. Call 784-5884.

Kitchen utility cart, 51x25x19 1/2" deep. Dark woodgrain finish, rolls on casters, v. good cond. \$25; 80" sofa, plush herculon stripe. Earth tones. Exc. cond. \$150; Tufted armless fireside chair. Dark maroon velveteen. Fair cond., \$25. Call 883-6032.

3 BR, 1 1/2 bath cape in South Portland. Skylights, greenhouse window, atrium doors, fireplace, and more. \$114,900. Call 775-1213.

Baby clothes, boy's sizes newborn-9 months. Good cond. Maternity clothes, swimsuits, pants, dresses. Reasonable offers on all. Call 625-7486 between 6-9PM.

Large 2-cushion couch, with high back and arm rests. Good cond. \$50 or BO. Call 797-8644.

AIWA AM/FM duo cassette player, graphic equalizer, detachable speakers, high speed dubbing, CD plug in. Asking \$50. Call 799-2761.

Pure bred Alaskan Husky puppies. 8 weeks old. \$150 each. Call 774-9070 or 773-8839.

Lift chair, exc. cond. Brown fabric. \$500 or BO. Call 774-1722.

1987 Honda Prelude. Red, 78 K miles. One owner, exc. cond. AC, elec. sun roof, AM/FM cassette, Alpine alarm system, brand new clutch. \$5,800. Call 772-3286.

FOR RENT

Aruba time share, April 18-25, school vacation week. Sleeps 4. \$700. Call 767-4130.

Glenridge, 2 BR townhouse, low cost gas heat, stencilled wallpaper, country views. 10 min. to MMC. Avail. 3/1. \$650/mo. Lease. Call 799-6625.

Renovated 1 BR apt. in Victorian home near MMC. Furnished or unfurnished. Appliances, parking, utils. N/S, no pets. Call 773-0123 or 775-6373.

2.5 BR, 1.5 bath house. New K and bath. LR w/fireplace, DR, deck, garage, full basement, W/D. Could be used as 2 separate suite w/shared K and DR. \$825/mo. + utils. refs., sec. dep. On bus line, off Brighton Avenue. Call 775-1440.

3 BR, 2 full baths, duplex in 2 family Cape. LR w/fireplace, DR, K, pantry, storage, W/D, parking, yard, gas heat/stove. To share or for family. \$825/mo. + utils. No dogs. West End. Call 718-832-2511.

OOB, ocean front condo, 2 BR, 2 bath, furnished. Short term rental. March-June. \$600/mo. Seasonal rates starting in July. Call 797-3392.

Small 2 BR cottage on Peaks Island. Until June, longer rent/lease negot. Toyostove Laser heat w/elec. back up. W/D unit. \$450/mo. + utils. sec. dep. and refs. Call 766-2349.

Office/retail space. Nearly 800 sq. ft. Parking. Relocation bonus. Center of Cape Elizabeth. Call 799-4036 days, 799-8477 eves. or weekends.

Raymond, Rt. 85. 3 BR Colonial style house. 1 1/2 baths,

The deadlines for announcement length items and **MARKETPLACE** ads in *What's Happening* are February 10 for the February 24 issue and February 24 for the March 10 issue. All items must be in writing.

hardwood floors, hearth. 5 private acres. \$1,000/mo. negot. Call 655-4422.

2 BR condo. LR, storage room, K. DW, disposal. 850 sq. ft. Exposed brick, cathedral ceilings, loft. Secure bldg., W/D room. Quiet section of Old Port. No pets. \$545/mo. plus util. Call 772-1549 or 774-2582.

Sunny 2 BR apt. Third floor, DR, LR, applianced K, parking. Fenced yard, priv. porch. MMC/Brighton area. \$475/mo. Call 885-5884 or x2611.

ROOMMATE WANTED

M/F, N/S to share new house. Country setting in New Gloucester. Full use of house. \$200/mo. + 1/3 utils. Call 926-3047 after 6 PM.

M/F, N/S for 3 BR near USM/MMC. \$290/mo. + oil heat. Call 871-7212.

Share 2 BR apt. Pleasant Ave. area. \$300/mo., heated. Call 772-6912.

WANTED

Live-in personal care attendant for 22 YO male C6 quadriplegic to do minimal care and be available for emergencies. Care could include supervision with transfers in the morning and at night. Will provide private room and board in 2 BR apt. in Portland. Call 829-6230.

Downhill skis, ladies boot size 6 1/2-7, poles. Call 761-0336 after 5 PM.

A talking Teddy Ruxpin and a talking Mickey Mouse. Also need Teddy Ruxpin tapes. Willing to buy or trade for something you might need. Call 772-6054 before 8:30 PM.

Good cond. stationary exercise bicycle. Call x4093.

Double French horn. Call 878-8134.

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

Someone with a Beta VCR to transfer Beta home movies onto a VHS format. Call 892-5560.

Used French or paneled doors in good cond. for house renovation. Call 283-0753 eves.

Daily, dependable ride from Lewiston/Auburn area to MMC and return. 4:00 PM to midnight shift. Call 353-4669.

Homes to wallpaper. Professional paperhanger. Refs. free estimates, insured, all work guaranteed. Call 874-6688.

Marbles. Call 774-8948.

Your suggestions. Improv comedy group will create fun at your next gathering. Call 775-2878.

What's Happening at MMC

- Jan. 26 Gift Shop Dealers Sale begins. Through Jan. 29. See p.5.
- Feb. 1 Tours of PACU to celebrate Post Anesthesia Nurse Awareness Week. See p.2.
- Feb. 1 MMC Cafeteria open all night, starting tonight.
- Feb. 2 *Weight Watchers At Work*, new session begins, Noon, Dana #3. Sign up today.
- Feb. 2 **Heart to Heart** sessions begin. See p.4.
- Feb. 8 CPQI training sessions. Call for info, x2009.
- Feb. 10 **Estate Planning Seminar for Physicians and Spouses**, 7-9:30 PM, Dana Center.
- Feb. 11 *Self-Esteem Lunch & Learn*, Noon to 1:00 PM, Dana #7. See p.2.
- Feb. 12 **A Fair of the Heart**, 10:00 AM to 3:00 PM, Dana Lobby. See p.4.
- Feb. 14 Valentines Day.
- Mar. 12 **Advances in Cognitive Rehabilitation**, 8:00 AM - 4:00 PM, Dana Auditorium. See p.5.
- Mar. 22 CPQI training sessions. Call for info. x2009.



AN INSTRUCTOR for Maine Medical Center's School of Surgical Technology for 13 years, Don Bailer recently retired to travel, cross country ski, and spend lots of time with his grandchildren. Pictured with him are senior students Lenore DelGrosso, left, and Donna Nadeau. 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

FOOD SERVICES: Andrea Burke, Darcy Curtis, Theresa Fortin, Robert Narsiff, Nguyen Tran

MEDICINE: Bonnie Christman

ENGINEERING: Ann Fontaine-Fisher

NURSING: Anne Laplante, Rhonda Mandarelli, Heather Rhoda

INFECTION CONTROL: Gwen Rogers

OB/GYN: Beverly Collins, Patricia Coulombe, Gina Sawtelle, Jetta Watts-Smith

MEDICAL RECORD SERVICES: Heather Couture

PUBLIC INFORMATION: Lisa Jack

HUMAN RESOURCES: Johnna McGinley

MMCRI: Mark Miller

CENTRAL SUPPLY: Jean Berg, Zachary Morneau, Donna Nadeau

PSYCHIATRY: Diane McCarthy

Health Tip

Begin each day with a positive attitude toward good health.

Head off health problems. Follow your physician's advice--have checkups as often as he or she recommends.

- ☐ 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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