

# What's Happening

a newsletter for the employees of Maine Medical Center

November 18, 1992

Vol. 23, No. 23

## Unusual traveler makes a visit to MMC

On November 4, Maine Medical Center was a resting place for an impressive Snowy Owl. Throughout the morning, employees, patients, and visitors craned their necks to see the owl perched atop the Pavilion Building.



A SNOWY OWL surveys his temporary surroundings from high atop MMC. A/V Photo.

According to the Maine Audubon Society, the Snowy Owl is a daytime hunter in the tundra of the far north, feeding primarily on lemmings and other small rodents. They are white or white with brown flecked markings, and have large yellow eyes and fully feathered feet.

Frequent sightings of Snowy Owls in Maine during November and December show how closely we are tied to places halfway around the world. Occasionally, a "wave" of these birds makes its way south due to a poor

OWL, SEE P.2

## MMC Trustee elected to national post

Maine Medical Center Trustee Bettsanne Holmes has been elected chairman of Volunteer Trustees of Not-For-Profit Hospitals, a national organization of hospital governing boards based in Washington, D.C.

A former chairman of Maine Medical Center's Board of Trustees, Holmes is the first woman named to this post. She has previously chaired the group's national conference planning committee.

Volunteer Trustees of Not-For-Profit Hospitals was formed a decade ago to lobby for voluntary hospitals and to provide education for hospital

trustees. The group's membership includes 160 hospitals and hospital systems across the country.

Holmes also chairs the New England Healthcare Assembly Trustee Education Committee and the Maine Hospital Association Trustee Advisory Group's Education Committee. She serves on the American Hospital Association's Institutional Practices Committee and AHA's Congress of Hospital Trustees. In addition, Holmes is a Trustee representative on the Maine Hospital Association Board of Directors.



Bettsanne Holmes.  
A/V Photo.

Leave the pack behind during the Great American Smokeout, Nov. 19.



## MMC employees help their neighbors

As of November 13, Maine Medical Center employees had given \$83,593.78 to the Greater Portland United Way. The grand total of funds collected thus far in Greater Portland for Greater Portland is \$6,001,611.

It takes all of us to be a part of building a better community. You helped with your support of United Way.



SIX GALLONS OF chili were sold in 1 1/2 hours recently, raising \$220.75 for United Way. Pulmonary Medicine staff organized the event (and cooked up the chili, cornbread, and desserts). Above, Julia Haverinen, SCU Respiratory Supervisor, serves up some of her spicy specialty. A/V Photo.

## Kindnesses appreciated

Maine Medical Center's Continuing Care Coordinators wish to thank all those who have expressed kindness and sympathy for the loss of our friend and colleague, Connie Gustin.

Sincerely,

Eileen Rubin  
Kristina Schwartz  
Jane Lockhart



THE FRIENDS OF Maine Medical Center have chosen Board members. They gathered at the Friends' Fall Meeting for a photo: (from left) Linda Quigley, Treasurer; Judy Irish, Vice President; Kathy Drake, President; Jane Bonville, Vice President; and Linda Fulda, Secretary. A/V Photo.

## OWL, FROM P.1

food supply in the north.

New hazards present themselves to these Arctic birds when they appear in populated areas. Weakened by hunger and stress, they can be vulnerable to people, pets, or vehicles. Great care must be taken to avoid causing increased stress for them. They may not have the strength to fly away at the approach of people or dogs. If you see one, you should keep your distance and keep dogs or other animals from straying.

To protect wildlife, as well as people, state and federal laws prohibit the handling of any wild animal other than those with designated hunting and trapping seasons.

Snowy Owls are an awesome sight and one that we may have other opportunities to view during the winter months. Help the birds remain wild and healthy. If you observe harassment or a bird in trouble, help preserve the grandeur these birds symbolize by contacting a trained wildlife rehabilitator who can offer help.



## New clinic's goal is to protect employees

Maine Medical Center Employee Health staff are in the middle of a year-long effort to ensure that employees are protected from and informed about Hepatitis B.

The first step in protection is education. All employees with occupational exposure to blood and body fluids are required by the Occupational Safety and Health Administration (OSHA) to attend an annual training session on proper procedures. The mandatory class is offered by Infection Control staff.

"Employees are grouped by risk factor for Hepatitis B," says Janet Beecher, RN, coordinator of the vaccination effort. "There are three risk levels. Risk Category I employees are those whose tasks involve intensive patient care and potential exposure to blood, body fluids, and tissues. Employees considered to be at risk II are those whose work involves no *routine* potential exposure to blood, body fluids, or tissues, but for whom the potential for expo-

sure exists. Risk Category III employees are those whose normal work routine involves no exposure. Of MMC's approximately 4,000 employees, 3,200 were designated at high risk. An estimated 1,000 of those had not previously chosen immunization when this program began."

Department heads and supervisors are notified when to send staff to the Hepatitis B Clinic. Individual employees are then asked to call the Clinic to make their appointments for vaccination. "The visit takes only fifteen to twenty minutes," Beecher says, "and appointments are generally scheduled to accommodate employees' work shifts. Employees should bring their green cards to their appointments."

A consent form must be signed by each employee before the course of vaccination begins; when all of them have been received, staff will know how many employees need Hepatitis B protection and how long this project will last. The forms are distributed at the Infection Control classes. Employees who

CLINIC, SEE P.6

## Happy Holideer! MMC celebrates the season

The Maine Medical Center family — employees, retirees, and volunteers — are invited to celebrate the season's spirit at a Holiday Reception. Join a herd of "holideer" in spreading holiday cheer!

There will be two receptions on Wednesday, December 16, one for third shift employees and another for the first and second shifts. Those who work on the third shift are invited to a special Morning Reception that begins at 5:30 AM and continues until 8:30 AM. Share a festive brunch served by the Management Group, classical guitar and lute music, and seasonal fun with friends.

Retirees, volunteers, and first and second shift employees will attend the Afternoon Reception, from 2:00 to 6:00 PM, where they'll dance to the music of the Tony Boffa Band and

enjoy a feast presented by Food Services.

Following an MMC tradition, the Cafeteria will have a festive feeling the day of the Holiday Receptions. Adding to the atmosphere will be windows decorated by staff on Tuesday, December 8, between 4:00 and 7:00 PM. A pizza party, music, and prizes will add to the fun.

There are only 22 windows, so sign up for yours soon! Your department or unit can reserve a window by calling Human Resources Information Systems, x2998. All the paint and brushes you'll need to transform your window will be on hand that evening, provided by the Human Resources Department.

Awards and prizes will be given for creative and colorful "holideer" designs. Winners will be chosen by Maine Medical Center employees. People's Choice ballot boxes will be placed in the Cafeteria; winners will be announced at the Reception on Wednesday.





SCU QUALITY WEEK, October 26-29, marked the unveiling of the SCU Unit-Based Quality Improvement Bulletin Board. Above, Norma Pare, UBQI Committee chair, explains indicators monitored by the SCU Committee. Also during the week, 100 Quality Gold Ribbons were awarded for giving quality care. A/V Photo.

## MMC changes its EEO policy

Maine Medical Center has changed its Equal Employment Opportunity policy to include a statement prohibiting discrimination based on an individual's sexual orientation. Maine Medical Center believes that every employee is entitled to a working environment free of discrimination or harassment because of race, color, religion, sex, age, national origin, disability, veteran status, citizenship status, or sexual orientation. Information reflecting this change is posted on hospital bulletin boards.

Effective December 5, 1992, the City of Portland's new sexual orientation law prohibits discrimination in employment, housing, public accommodations, and credit extension, based on a person's sexual orientation. If you have any questions about this new law or MMC's Equal Employment Opportunity policies, contact Cathy Roberts in Human Resources, x6202.

## Ask Away!

"Why do we still stock 'seizure bite sticks' when these are not considered current practice in the literature and are often contraindicated?" asks Georgann Dickey, R4.

Emmy Hunt, RN, Emergency Department Head Nurse, explains why the bite sticks are kept on hand: "The Emergency Department doesn't use bite sticks to open the mouth of a seizure patient. Bite sticks are most commonly used in our area as a device to prevent a conscious patient from biting down on the plastic tube that is passed through the mouth and into the stomach of a patient who has had a toxic ingestion or overdose. This is done during gastric lavage, or stomach pumping, or administering of activated charcoal."

For sharing her curiosity, Georgann will be "mugged" with an MMC coffee mug.

## Advent series of meditations

Join others for Advent meditations in MMC's Chapel on the first floor of the Maine General Building. The meditations will take place every Wednesday before Christmas from 12:05 to 12:25 PM.

12/2 Chaplains Audrey Delafield, Timothy Higgins

12/9 Chaplains Alex Cairns, Anne Monaghan

12/16 Chaplains Nina Scribner, Marvin Milbury

A special Christmas Service will be held Wednesday, December 23, at 12:05 PM in the Chapel, led by Chaplains Marvin Milbury, Anne Monaghan, Tim Higgins, and Alex Cairns.

## Bowling for Miracles coming November 21

Maine Medical Center's Children's Miracle Network volunteers will kick off the 1993 Telethon year with the Second Annual Bowling for Miracles event. The Bowl-a-Thon will take place Saturday, November 21, beginning at 10:00 AM at Prides Corner Bowling Center in Westbrook.

If you would like to participate in the Bowling for Miracles Bowl-a-Thon, call MMC's Children's Miracle Network office, 871-2101.



## Good Citizens

### *Volunteerism is good for all of us*

**Name** MMC Staff

**Department** R9 West

Last year at about this time, the staff of R9 West started thinking about the upcoming holiday season. Would they have a party and, if so, where? Would they exchange gifts? What would the limit be? Many ideas later, the staff decided when and where the party would be and *not* to have a gift exchange. More importantly, they decided to sponsor a local family through the Salvation Army's "Adopt-A-Family" Program.

After contacting the Salvation Army, these Maine Medical Center employees were provided with the first names, ages, sizes, and wish lists of their "family members." Then they went to work. Staff members purchased and wrapped gifts or donated money for a super-

market gift certificate.

By the time they were done, R9 West staff had managed to provide a nice variety of gifts for each family member, as well as a gift certificate for a week's groceries and a holiday meal!

"This was probably the most rewarding thing that any of us did during the holiday season," says Kathleen Toto, LPN, on behalf of her co-workers, "so we've started work on the project again this year." The Salvation Army is already receiving requests from many families in the area who are in need of holiday assistance. If your nursing unit or department is interested in helping others this holiday season, more information is available from the Salvation Army.

If you'd like information on a range of volunteer opportunities available during the holiday season and beyond, call Sandy Cranford, MMC's Director of Volunteer Services, at 871-2205. Get involved!

## Health Matters

Programs Promoting Our Employees' Health

Dads, here's a *Health Matters* Lunch & Learn especially for you: *Fathering: Looking at the function and roles of fathers in the '90s*. How are these roles different from those of the '30s, '50s, and '70s? This Fathering Lunch & Learn will examine how we follow, do the opposite from, or differ somewhat from our own fathers in raising our children.

And have we succeeded in achieving our goals as fathers? Different styles of fathering will be reviewed by presenter Laurent Roy, LCSW, Tuesday, December 1, from noon to 1:00 PM, in Dana Classroom 3.

## MMC wraps on!

Once again, Maine Medical Center is taking part in an exciting fundraising event during the holiday season. Along with three other area hospitals, we will staff a gift-wrapping booth at L.L. Bean in Freeport.

The store will provide the space and the wrapping supplies, and the hospitals will provide the personnel. All the money taken in during our shifts goes to MMC's Annual Fund.

We'll wrap gifts Nov. 27, Dec. 4, 10, 12, 18, and 22; the booth is open 9:00 AM to 9:00 PM. Volunteer Services Director Sandra Cranford is organizing the four-hour shifts for wrappers.

How else can you volunteer, spread holiday cheer, make money for the hospital, get a free t-shirt, *and* do your own shopping all at the same time? By wrapping with MMC at L.L. Bean! Call Volunteer Services, x2205, to sign up or for information.



## CLINIC, FROM P.3

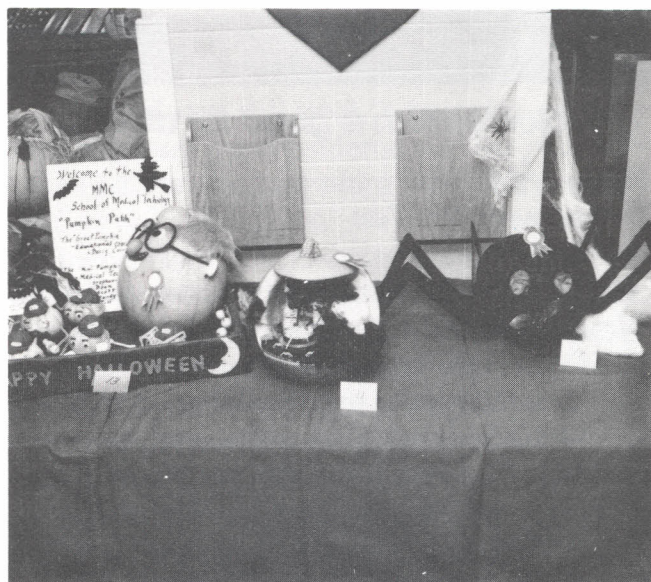
are already receiving vaccinations through the Employee Health Clinic should continue there and not contact the Hepatitis B Clinic.

The synthetic Hepatitis B vaccination consists of a series of three doses: the first dose, a second one month later, and a third six months from dose one. Two months after the third dose, the employee has blood drawn to assess his or her protective status. Those who need further follow-up will be contacted by Clinic staff. Are there side effects from the vaccination? Employees might experience soreness at the site of the immunization or possible mild nausea of short duration. There is no charge to employees for this vaccination or follow-up lab testing.

If employees have been vaccinated in the past, they can learn their current status. "The vaccine should last seven to nine years," according to Beecher. "Department heads will be notified when employees can have a lab test determining the effectiveness of previous vaccinations. Those who need further protection will be offered a booster."

Start up of the vaccination program was a bit slow, Beecher says, but that was because staff didn't know how busy they would be! Twenty to twenty-five employees visit the "Hep B" Clinic each day. Also, Clinic staff had to become familiar with the new computer system and a new program designed to handle the data they must collect.

The "Hep B" Clinic has found a home in the former coat closet on the first floor of the Dana Center. "The staff has done an outstanding job with the new Clinic and the site," Beecher says. A team of employees from throughout the hospital helped to organize and "build" the "Hep B" clinic: Eloise Stoffan, Unit Manager; Nancy Beurle, Infection Control; Pharmacy staff; Libby LeMieux, Dana Building Coordinator; Janet Alexander, Administrative Projects Manager; Telecommunications and Data Management staff; upper level management; and Kim Thomstad, Clinical Nurse Director. "Kim's outdone herself by supporting this effort in many ways," Beecher says.



**CREATIVE CARVERS** turned out 1992's pumpkin masterpieces. The three winning carvers in the Food Services-sponsored contest? Colleen Mowatt, Medical Records, first place; Brian Simoneau, Environmental Services, second place; and the School of Medical Technology, third place. A/V Photo.

## Let us help you stop smoking!

Pulmonary Clinic staff help many patients become non-smokers. From Nov. 18 to 25, as an MMC employee, you can sign up for a free pulmonary consult to start you on *your* way to a smoke-free life. The service includes a physician visit, nicotine replacement evaluation, and a visit and follow-up with a smoking cessation counselor. Call x2279 for an appointment.



**FRIENDS AND CO-WORKERS** celebrated Mary Sacco's 25 years of service to MMC's Physical Therapy Division at her October 29 retirement coffee. A/V Photo.



## 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

Ledgewood Condo, 3 BR, 2 1/2 baths, K, deck, garage, wooded setting behind Andover College, pool & tennis court, great buy at \$100,000, Call 772-1447 or 829-3002.

1988 Indy Polaris 400, low mileage, exc. cond., new 2-up seat w/ backrest, double wide 1991 trailer, asking \$2800 or BO. Call 787-3624.

Freeport cape, 2-3 BR, deck, monitor heat, new addition, carpet throughout, Rt. 125, \$89,900. Call 865-9665.

1982 Chevy Impala Wagon, 95,000 mi. \$1200 or BO. Call x2755.

Printer - KXP1180 Panasonic NLQ mode, supports all software. New \$150. Asking \$100 or BO. Call 828-1250.

1928 Tellers-Kent Pipe Organ, 2 keyboards, full peddle, chimes, bells & pipes. Call 797-4414.

Renovated 2 BR townhouse, Portland. K, DR, LR, sunrm., garden, pkg. Priv. owner anxious to sell. Asking \$72,000, negotiable. Call (718)835-3174 after 6 PM.

12 ft. fiberglass boat w/ 20 horsepower motor. Trailer w/ new tires. \$550. Call 828-0871 or 799-3374.

Back again - Old English sheepdog, F, 9 mos., shots. \$50. Call 828-0871.

Portland townhouse condo, 3 BR, 2 bath, basement, BR suite w/ skylight, walk-in closet, 1800+ sf., owner will pay 1 yr. condo fees, \$115,000. Call 883-4270(D), 761-4797(E).

Snowboard-MB00 M-1, 168 cm Goofy w/ Burton Flex Bindings, \$210. Bass practice amp., \$80. Call evenings 781-3746 or x4241.

Standard sized washer & dryer in good condition, \$50.00. Call 797-8644.

2 Advent stereo speakers & Phillips turntable, exc. cond. \$40 for set. Call 797-8644.

Sears LXI Series stereo, incl. turntable, CD, dual cassette, speakers. Very good cond., \$400 or BO. Call 774-3855.

### FOR RENT

West End, renovated basement apt. in townhouse, 1 BR, K, bath w/ shower, 1 lg. room, priv. entrance, secured, fenced, \$450/mo. + sec. dep. & refs. Avail 12/1. Call 772-5193.

640 Brighton Ave. 440 to 1500 sf. office space in renovated bldg. Rent includes pkg. Professional tenants. Call 774-9801.

Scarborough condo, 2 BR, 1 1/2 baths, garage, W/D, sec. dep. \$595/mo. + utils. Call 883-0132 after 4 PM.

1 BR condo avail. Feb. 2 blocks from MMC, laundry, underground heated parking, sec. \$550/mo. Call 828-0284.

1 BR apt., near MMC, 2nd flr., LR, DR, K w/ breakfast bar, HW flrs., deck, \$395/mo. incl. heat, hot water, Call 775-6000 x713 or 829-6155.

6 rm apt. w/ deck, harbor view, \$550/mo. + utils., Call 775-1723 afternoons.

Rosemont area, 3 BR, W/D hookup, parking, \$650/mo. + utils. Call 878-2975.

Portland, 2-3 BR house, 2 car garage, sunrm, yard. 10 min. to MMC. Avail. 12/1/92. \$725/mo. + utils. Call 773-9724.

West End, Pine St. Avail. 12/1. 2 BR, 1 1/2 bath, LR, K,

The deadlines for announcement length items and **MARKETPLACE** ads in *What's Happening* are Dec. 2 for the Dec. 16 issue and Dec. 16 for the Dec. 30. All items must be in writing.

secured parking, \$625/mo. + util. No pets. Call 761-4425 or 633-2393.

Renovated 2 BR townhouse in Portland, full bath, K, DR, LR, bay windows in master BR, sunrm., garden, parking. \$600/mo. Call (718)835-3174 after 6 PM.

Sunny 2-3 BR apt. in Deering HS area. \$550/mo. + utils. Call 839-4707.

1 BR apt., near MMC, incl. heat, elec., parking, \$75/wk., refs., sec. dep. req. Call 773-1558 after 9 AM.

Bolton St. Near MMC. 2 BR, LR, DR, sewing rm., HW flrs., W/D hookup, \$585/mo. + utils. Call 774-1950 after 5 PM.

Near hospital, 3 rm. apt. Appliances, heated, off-st. parking, N/S, no pets. Call 775-6373.

Falmouth, 20 minutes from MMC. 3 BR house, 2 baths, furnished, X-country skiing/hiking. Avail. Feb. to July 1993. \$1,000/mo. incl. heat (negotiable). Call 797-0649.

East Deering, Sunny 1st flr. 2 BR apt. w/ hdwd. flrs., W/D hookup. \$500 plus utils. Call 797-5403.

3 C St. Renovated Victorian, carpeting, W/D on premises, parking, 5 min. walk to MMC. \$600/mo. Call 775-0968.

East End, cozy & quiet, \$475 incl. heat, lights, & parking. Cats welcome, dogs considered. Call after 5 PM, 775-2112.

Exercise bike. Brand new, Panasonic EX 500. Digital multimeter for speed, trip, timer. Sturdy, non "tippable," easy on and off. New \$160, will sell for \$100. Call 892-6085

### ROOMMATE WANTED

N/S, M/F, Gorham near USM, \$400/mo. + sec. dep. & refs. 6 mo. lease, passive solar bungalow, deck, parking, storage, no pets. Call 839-6515.

Pleasant Ave. Portland, F N/S, 3 BR apt, no pets, \$210/mo. + 1/3 utils. Call 773-5190.

M/F professional to share home in West Falmouth w/ F. Avail. Jan. 1, \$350/mo. incl. all except phone. Call 797-9609.

N/S F, spacious 2 BR apt on E. Prom, oceanview deck, incl. heat \$300/mo. Call 774-6519.

### WANTED

Jobs in painting, roofing, and carpentry. No job too small, free est. Call 774-1783.

Short-haired kitten(s) in time for Christmas. Prefer all black or gray tiger. Great country home. Call x6175.

### CHILDCARE

Dependable person to care for 7 mo. old daughter in our home. Infant experience preferred, exc. refs., N/S, Mon-Fri 2:30 PM - 5:30 PM, Call 878-3437 AMs or after 7 PM.

Exp. RN has full time openings in South Portland home daycare. Mixed ages. Call 799-4789.



## What's Happening at MMC

- Nov. 18 *It's a Teazle Christmas Fair*, continues through Dec. 4, Admitting Lobby.
- Nov. 18 **Strategies in Infectious Diseases.** 8:30 AM-12:30 PM, Dana Center. Call x2550.
- Nov. 19 **Great American Smokeout.** Activities scheduled all day.
- Nov. 20 **Fall Surgical Symposium.** "The Multidisciplinary Approach," Dana Auditorium. Call x4078.
- Nov. 20 **Healthviews**, 8:00 PM, Public Cable Ch. 37.
- Nov. 21 *Bowling for Miracles.* Begins 10:00 AM. Call x2101. See p.4.
- Nov. 24 *Weight Watchers At Work.* New session begins, noon, Dana Auditorium. Call x2196.
- Nov. 26 Thanksgiving Day.
- Nov. 27 Deadline for Annual Enrollment. Call x2973 for info.
- Dec. 2 Advent series of meditations begins. See p.4.
- Dec. 4 **Pharmacology Issues of Today and Tomorrow.** 8:00 AM-4:00 PM, Dana Center. Call x2397 for info.
- Dec. 4 **Winter Sleigh Ride.** Pine Tree Chapter, NAHUC. 6:00 PM, Friday, December 4, at Horsefeathers, Route 22, Gorham. Call Jenny Esposito, 929-6232, or Pat Bernard, 773-6739, for details.



MMC EMPLOYEES, above, teamed up to walk for the American Heart Association, Greater Portland Division, helping to raise \$12,000. The 10 K walk was held October 24. A/V Photo.

## About People

- MMC's Print Shop won two awards from the Maine Graphic Arts Association this year. **Bud Creelman's** Volunteer Appreciation Invitation received first place and **Jeanette Douglas'** Critical Care Course Announcement won an Honorable Mention.

*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:** Nina Hudson, Carol McSweeney Ryan, Shirley Stilphen

**RADIOLOGY:** Denise Demers

**ENCEPHALOGRAPHY:** Anne Heminway

**PATHOLOGY:** Charlene Cyr, Betsy Kidwell

**ENVIRONMENTAL SERVICES:** Kelly Roberts, Jo-Ann Sanborn

**FOOD SERVICES:** Stephanie Fuller, Gabrielle Taylor

**CARDIOGRAPHY:** Keith Dudley

**ADMINISTRATION:** Ellen LaChapelle

**CENTRAL SUPPLY:** David Pelletier

## Recycle a good read

Do you have stacks of magazines you've already read? Don't need them anymore? Do you have shelves of paperback who-done-its? Have you solved their mysteries?

Bring them to Volunteer Services and bring some enjoyment to a patient's hospitalization!

## Safety Tip

Read and follow instructions for all over-the-counter medications. Discard any out-of-date or unused prescription drugs.

- ☐ 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

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