

What's Happening

a newsletter for the employees of Maine Medical Center

December 6, 1989

Vol. 20, No. 53



IF YOU AREN'T a smoker, you may not have known that there was "a room with a view" on the other side of the doors to the Cafeteria smoking area. The area has been opened as dining space. The primary smoking area is now the Cafeteria terrace. A/V Photo.

New smoking policy brings changes for all

Maine Medical Center's new policy on smoking has now been in effect for almost three weeks. As of November 16, smoking is no longer permitted at MMC, except in designated areas outside the building.

To provide a supportive environment for those wishing to quit smoking, MMC's Human Resources Department has begun a "Smokebusters" program. Smokers can receive reimbursement for a portion of the cost of smoking cessation activities. A Smokebuster Station was set up in the Cafeteria for the first week of the new policy. Smokers could stop by the station and help themselves to free candy and information about the program. The candy at the Smokebuster Station quickly disappeared, thanks to smokers *and* non-smokers.

One of the changes brought about by

the new policy is the addition of dining space in the Cafeteria. The room formerly used as a smoking area has been opened up, its windows letting in more light and giving a view of the Western end of Portland—even a glimpse of Mt. Washington on a clear day!

Employees using the Cafeteria comment on the difference those windows make: "It's great, the Cafeteria seems brighter and more cheerful," and "I'm happy to see the sun coming in."

People also appreciate being able to enter MMC through smoke-free doorways. Smokers now must go to the Cafeteria terrace, or other outdoor areas.

Some smokers attended the first meeting of a smoking clinic sponsored by the Human Resources Department. There was not sufficient interest, however, to continue the American Lung Association clinic.

CHANGES, SEE P.5

Let your light shine at the MMC Holiday Reception! See p.3.



ON BEHALF of the Portland Chapter of the Fraternal Order of Eagles, Jean Ashey, right, presents a check to Debbie Hannon, LCSW, of the Therapeutic Nursery. A/V Photo.

Eagles make donations to Child Psychology, Research

Two Maine Medical Center departments received monetary gifts this fall from the Portland Chapter of the Fraternal Order of Eagles.

The Therapeutic Nursery, part of MMC's Division of Child Psychiatry, will soon have some new play equipment, thanks to hard work and organization by two young Eagles members. According to Jean Ashey of the Eagles, the gift was the first project of Layna Cleaves and Jean's daughter, Kimberly Ashey. The teens raised money through raffles and by holding a supper and a carnival for kids. "Their efforts brought \$1,200,"

said Debbie Hannon, LCSW, of the Therapeutic Nursery. The staff of the Nursery works with pre-schoolers with behavioral and emotional difficulties and their parents.

Through raffles and suppers organized by Jean Ashey, Ruth Libby, and other volunteers, \$1,000 was raised. This gift will support continued research into possible relationships between an increased incidence in breast cancer in certain areas in Maine and high levels of radon gas in homes and water supplies. This research, conducted by Peter Rand, M.D., Chief of the Research Department, and Eleanor Lacombe, is an outgrowth of an epidemiologic study of radon and lung cancer in Maine which began in 1982.



PETER RAND, M.D., and Eleanor Lacombe, right, show Jean Ashey a map displaying sites where radon gas has been found present in Maine. A/V Photo.

Relaxation/Guided Imagery Techniques

Critical Care Seminar
Pam Davis, R.N.C., CCRN
Kim Tierney, R.N., CCRN
Special Care Unit

Thursday, December 7, 1989
8-9:00 AM, Dana Classroom 4
2-3:00 PM, Dana Classroom 2

Smoking areas designated

Finding a place to smoke a cigarette can be confusing. Soon, signs will be posted in all areas where smoking will be permitted. The primary outdoor smoking area is the Cafeteria terrace; it is available to smokers from 6:00 AM to 6:00 PM. After 6:00 PM, smokers will be directed to the Courtyard.

Other authorized smoking areas are the employee entrance, the exit ramp from CSD, and the parking ramp. The loading dock is not a designated smoking area.

**Let your
Light shine
Wednesday,
December 13**

piano music will lend a merry note to the festivities.

Retirees and those who work during the first and second shifts will be entertained by Tony Boffa and his band during the afternoon Reception, from 2:00 to 6:00 PM.

At each gathering, door prizes will be drawn and the Food Services Department will serve its traditional feast of holiday fare.

As in past years, the Cafeteria will seem a different place after employees paint the windows—in the window decorating contest, that is. You and your co-workers can exhibit your creative tendencies by entering this contest.

Sign up by December 11 with Karen Foster in the Benefits Office; entrants will receive an allowance for decorating supplies. Karen's extension is 2973. The contest will be from 6:00 to 9:00 PM on December 12. Refreshments will be served. The creators of the best window will enjoy a pizza party prize.

If you want to show your artistic prowess another way, enter the Gingerbread House contest. Interested "builders" can sign up by contacting Mary Main in Human Resources, at extension 2106. Enter the contest by December 11 and bring in your House on the twelfth. The winners of the contest will be announced during the afternoon Reception on December 13. First prize will be a \$50 gift certificate to the Maine Mall; second and third prizes will be Mall gift certificates for \$25.

So come to celebrate, to enjoy—to let your light shine!



The holidays are a time for celebration and sharing. Maine Medical Center employees are invited to come together December 13 for the annual Holiday Reception—to celebrate and to share the spirit of the season.

Two receptions will be held, one for third shift employees and another for the first and second shifts. Those who work on the third shift are invited to an early Reception that begins at 5:30 AM and continues until 8:30 AM;

Sick Time Reward Program

The Compensation Office announces that the 1989 Sick Time Reward Program is currently being readied for implementation. Department heads will receive additional information and lists of eligible employees in early January.

These employees will be notified of their eligibility by the Compensation Office near the end of January. Reward checks will be issued and accrual amounts adjusted in early March.

For the third year in a row, hourly employees may be eligible to cash in a percentage of their unused sick time for cash or additional vacation time. For eligibility criteria, see your supervisor.

IN APPRECIATION

To all the staff on all floors:

We wish to thank each one of you for your deepest thoughtfulness during the loss of our daughter.

Mr. & Mrs. Raymond Rice



SOME MMC EMPLOYEES got hands-on training in the correct use of fire extinguishers during a mandatory fire safety class. Everyone who works at MMC was required to attend one of these classes. Knowing how to react in the event of a fire is crucial to patient and employee safety. A/V Photo.

Holmes chosen to represent Maine

Bettsanne Holmes, past Chairman of Maine Medical Center's Board of Trustees, has been appointed to the Congress of Hospital Trustees, representing Maine.

Mrs. Holmes was named for another three year term as a member of the Maine Hospital Association (MHA) Trustee Advisory Group, an appointment endorsed by the MHA Board of Directors.

Medical Technology School accepting applications

Maine Medical Center's School of Medical Technology is currently accepting applications for the class of 1990-91, to begin in July 1990. Individuals interested in a professional career in clinical laboratory science are invited to apply.

Prospective students should contact Barry Corriveau, BS, M.Ed., MT(ASCP), Program Director, in the Department of Pathology and Laboratory Medicine at x2440. The application deadline is December 15, 1989.

Merry voices will fill the halls

Are you interested in doing something fun for the holidays? Do you like to sing?

We would like to get any and all interested employees together to sing carols for our patients. We will gather for song selection and practice from 4:15 to 5:00 PM, on Thursday, December 7, in Dana Classroom 1, and Thursday, December 14, in Classroom 2.

The following week we will carol for patients several times. This will be a welcome infusion of holiday spirit for all. Please call Charlie Kettell, x2662, with any questions.

CHANGES, FROM P. 1

When smokers talked about the non-smoking policy, they said that they have noticed changes in their activities. "I go out to lunch more often," said one employee, "and I smoke more at home because there's no place inside the hospital where smoking is allowed." Another talked about having to go outside in the cold. Still another mentioned that, though it was inevitable that MMC would adopt a policy banning smoking, it was an infringement upon smokers' rights.

One department is actively doing something for its smoking patients and employees. Jackie Robinson, RN, LSAC, established a Smokers Anonymous (SA) group for the Psychiatric Unit. An SA volunteer visits the Unit three times weekly to meet for an hour with the five to ten people attending.

When patients are oriented to P6, they learn of the SA meetings. Some decide that while they are at MMC, it's a good time to quit smoking, since they can't smoke here anyway.

The first meeting of the group was November 16, the day of the Great American Smokeout, and the day MMC went smoke-free. The volunteer began by telling her story. She told of how she decided to quit and what's it's been like since. At other group meetings, smokers have the opportunity to discuss how they manage in a smoke-free environment as well as in other settings.

The twelve step SA program is similar to the one used by Alcoholics Anonymous. It is unique, having a spiritual component and a focus on people. It is not commercial. People can talk, share their experiences and feelings, and know that this is a supportive atmosphere.

In addition to SA, P6 patients have access to relaxation tapes, exercise programs, and dietary supplements such as carrot sticks and sugar-free hard candy.

The Psychiatric Unit is truly supportive of patients addicted to cigarettes—as is all of Maine Medical Center.



A SMOKEBUSTER Station was set up in the Cafeteria. Hard candy filled this barrel before it was emptied by smokers and non-smokers alike. A/V Photo.

Holiday blood drive

The Bloodmobile returns to Maine Medical Center on Thursday and Friday, December 21 and 22. The holiday season is one time during the year when the need for blood supplies is critical, so each and every donor is needed and welcome.

The blood drive is set for 11:00 AM to 4:00 PM on Thursday and 7:00 AM to 1:00 PM on Friday. Employees who donate blood during those two days will have the opportunity to enter a raffle. Five twenty-pound turkeys will be given away.

Please give the gift of life this holiday season.



THE DEPARTMENT OF Social Work had a visit this Fall from Eunice Jackson. Miss Jackson served Maine General Hospital's patients as Director of the Social Services Department from 1945 to 1947. While here, she caught up on changes and visited some old friends. Appearing with Miss Jackson, above left, is Pamela Taylor, present Director of Social Work. A/V Photo.

Meditations planned for Advent season

Maine Medical Center's Chaplains invite us all to the Advent series of meditations.

MMC Chapel
(First floor, Maine General Bldg.)
Wednesdays, 12:05 to 12:25 PM
November 29

Chaplain Cairns, Liturgist
Chaplain Milbury, Homilist
December 6

Chaplain Pitts, Liturgist
Chaplain Delafield, Homilist
December 13

Chaplain Chappell, Liturgist
Chaplain Skehan, Homilist
December 20

Chaplain Monaghan, Liturgist
Chaplain Cairns, Homilist

"Controversies in Pediatric Infectious Disease"

Jerome Klein, M.D.
Chief, Division of Infectious Disease
Boston City Hospital
Pediatric Grand Rounds
Thursday, December 7
9:00 AM
Dana Health Education Center
Noyce Auditorium

Odds and Ends

The Craft Cart is in need of pieces of cotton fabric, lace, and ribbons for craft kits to be used by patients. Deliver your odds and ends to the Volunteer Services Office, or call 871-2205.

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 Dodge Dakota LE, 4 wheel drive, auto., 2,600 miles, \$11,500 or B.O. 767-2966 or 799-4291.
- Drop leaf dining table w/4 chairs, extra leaf, will seat 8 people, \$135. 878-8041.
- 1 BR condo, South Portland, \$59,900, many amenities. Must sell, need offer. 799-6779.
- 1984 Chrysler Laser, automatic, power windows, tilt wheel, many extras, \$2,700 or best offer. 878-2325 (w) or 892-6386 (h).
- Morso woodstove, squirrel and oak leaf design front and back, heat exchanger, excellent condition, \$140. x2507 or 799-6990.
- 1986 14'x70' Titian mobile home w/deck. Large kitchen and living room, 2 BR, 1 bath. 20 min. to Portland. \$45,000. 839-6579 (h), or 856-4891 days.
- Tot's size 7 Sorel boots, exc. cond., K2 skis 712-190 cm with Tyrolia 390D bindings, K2 712 205 cm with Salomon 727 Equipe bindings. Kastle comp GS 205 cm with Salomon 727 Equipe bindings. All good cond. 883-774 or x2589.
- 18 K gold 20" necklace, 7" bracelet, total weight 10 grams, \$150. 24" sterling necklace, 4.9 grams, \$15, all with herring slash design, never worn; VCR, needs work, \$50. 761-3914.
- 3 yr. old, 1100 sq. ft. condo in an 1890's barn. Full basement, attic, 2 BR, deck, privacy and yard. \$98,000. 773-3799.
- P205 75R15 all season steel radial tires. Exc. cond. \$60/set of 4. x2662 or pager 708.
- Nissan Pathfinder, 4 wheel drive, power windows, A/C, security alarm, sunroof, like new, must sell. x2608 or 767-3462.
- 2 snow tires, 2 yr. old on 4 hole Ford rims. Radial M/S ST, P195/5R14 M/S. 781-2940.
- 5 piece Gretsch-Blackhawk drum set. Complete with seat, cymbals and stands. Looks and sounds great. \$600 or B.O. 883-5460.
- 1975 classic BMW 2002, engine and drive train good. Needs some body and mechanical work. \$1,000 or B.O. 865-0544.
- 1987 Polaris Indy 400, very good cond. Includes cover, hot grips, carbides, just serviced, asking \$2,600. 646-6838.
- Scarborough Townhouse. Fully appliances, W & D incl. 2 BR, 1 1/2 bath, garage. Quiet neighborhood. 773-1990.
- 1986 Olds Cutlass Supreme, V-8, 48,000 mi., AC, cruise control, stereo. Good cond., must sell. \$6,200. 797-5889.
- Spacious 8-room cape in Scarborough, Pleasant Hill area. Wood floors, fireplace, woodstove w/brick hearth, deck, wooded lot. Exc. cond. \$179,500. 767-5297.
- Queen-size waterbed. Beautiful cond. Waveless, firm mattress. 12-drawer pedestal, mirror & shelves on headboard. \$350. Hard FSX Freestyle bike. Nice for

Christmas. \$250. 774-1722.

□ College-room-sized refrigerator, \$20. Stainless steel tank w/brass fittings, 10.5" x 60" high, \$75. 2 solar hot air panels w/mounting assembly, \$500. Smith Corona portable electric typewriter, \$25. Tool/storage cabinet on wheels w/locks, 2' x 3' x 45" high, \$100. x4451 or 839-2459.

FOR RENT

- 1 BR ocean front apt., large deck, living room, kitchen. Year-round rental, Peaks Island. 10 minute walk to ferry. \$550/mo. incl. utils. 776-5103 or 780-4801.
- 1 BR condo on Broadway, no dogs, parking, on busline, all appliances. \$550/mo. + utils. 799-6779.
- 5 room apt. in Osteopathic, USM area. Off-street parking, \$600/mo., incl. heat. 772-0771.
- 2 BR apt. in South Portland, free parking, kitchen, dining room, deck. \$700/mo. + utils. and sec. dep. 799-9639.
- 4 BR, 2 1/2 bath, 2 car garage in secluded wooded setting, 7 miles from LL Bean. \$775/mo. + utils. 797-8514.
- 1 and 2 BR apt., restored Victorian home. 5 min. to MMC, off-street parking. \$500/650/mo., utils. subsidized. No pets, no smokers. 775-0968 or 775-0809.
- 1 and 2 BR apts. in Saco. Appliances, garage, lease, no pets. 284-7425 or 284-7388 after 2:30 PM or x4498, 8:00 AM to 4:30 PM.
- Auburn St. Charming, 2 BR apt. LR, DR w/built-in closet, hardwood floors, remodeled bath, parking for 2 cars, W & D hook-ups, oil heat. \$575 + utils. 854-1514.

ROOMMATE WANTED

- 2 F to share 3 BR apt. in Willard Beach area, off-street parking, \$179.50/mo. plus 1/3 utils. 767-6124.
- 2 BR apt. off Baxter Blvd. \$250/mo. + utils., off street parking. 772-4216 or 773-1646.
- Non-smoking F to share apt. No pets. \$187.50/mo. plus sec. dep. and utils. 774-5287.

CHILDCARE

- Mature woman, will take care of infants in my home. Experienced, exc. references, CNA. 773-9066.
- Will babysit, any age, any hours. Weekly and hourly rates. Veranda, Washington Ave. area. 773-3144.

WANTED

- To trade, firm mattress and/or box spring in exc. cond. for softer one in exc. cond. 761-3914.
- Loving home for 4-week-old kitten. 829-6547.
- Housecleaning jobs, available 1/90. \$25 for the first 2 hours. 797-8316.
- Homes to paint. Extensive interior experience. Quality work at reasonable rates. Free estimates. 892-7441 or 883-6983.
- Country home for 3 1/2 yr old dog. 1/2 lab, 1/2 sheep dog. 929-6788.



THE MERRY MAKERS 4-H Club of Gorham made doll furniture which they presented, along with two Cabbage Patch dolls, to the Child Life Center. Pictured above with members of the 4-H Club is Child Life's Alice Burrowes, third from right. A/V Photo.

About People

• **Paul Dymont, M.D.**, Maine Medical Center's Chief of Pediatrics, gave a guest sermon on "Tough Love" at First Parish Church on Congress Street on Sunday, November 26. Dr. Dymont addressed the problem of the management of the defiant teenager whose behavior is causing grief to the family. A specialist in adolescent medicine, Dr. Dymont is a volunteer at the Maine Youth Center and is the Chairman of its overseeing Board.

Safety Snippet

Keep live Christmas trees watered. Place decorations away from fire and heat sources.

What's Happening

Maine Medical Center, 22 Bramhall St., Portland, Maine 04102

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. Telephone: (207) 871-2196. Editor: Wayne L. Clark

New Employees

MATERIELS MANAGEMENT: Richard Arnott, Debra Little

NURSING: Denise Bonnett, Catherine Bradley, Lisa French, Ann Naylor, Lisa Norstrom, Mary Pride, Mary Randazzo, Devora Schwalb, Kathleen Bates, Kathaleen Hatfield, Cheryl Mason, Niki Ann Piche

PULMONARY MEDICINE: Jayne Boulos, Carrie Smart

ANESTHESIOLOGY: Aleta Attleson

MEDICAL RECORDS SERVICES: Marcia Chadwick, Laurie Detken, Maria Theresa Ramos, Lisa Despres

CAFETERIA: Lida Burnham, Kevin Hale

PATHOLOGY: Ellen Daggett, Lisa Day

FOOD SERVICE: Melanie Horne

SWITCHBOARD: Angela Levatino, Debra Winch

HOUSEKEEPING: Eric Blumenthal

ACCOUNTING: Dawn Carter, Judith Giancola

OB/GYN: Gina L'Heureux

PEDIATRICS: Kelly O'Reilly

RADIOLOGY: Sharyne Tuccio

PHYSICAL THERAPY: Miriam Walker

DATA MANAGEMENT: Elise Morse

RADIATION THERAPY: Claire Nadeau

COFFEE SHOP: Lilli Trott

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