

what's happening

Maine Medical Center
Portland, Maine 04102

November 2, 1988

Vol. 20, No. 6

Diabetes Month is aimed at awareness

Diabetes is one of the most serious chronic diseases of our time. In Cumberland County alone, over 6,000 people have diabetes and half of them don't know it. The American Diabetes Association sets aside November as National Diabetes Month to increase public awareness and knowledge of the disease.

November is DIABETES month

An educational program for people with diabetes and their families will be held Saturday, November 12, 1988, 8:30 AM-1 PM, at the Days Inn (formerly Merry Manor) on Main Street, in South Portland.

The program consists of numerous workshops, an "Ask the Experts" panel, and vendor displays. Guest speaker Eric Schultz, RN, CSW, combines humor with his experiences as a nurse, social worker, and as a person with diabetes to provide insight to the meaning of "living well with diabetes." The program is sponsored by Maine Medical Center, Mercy Hospital, and the ADA Maine Affiliate.

The program is free and open to the public. To register, please call the ADA office, 1-800-354-4003.

Smoking forum set for November 8

If you're looking for something to do on election night other than watching the returns, why not come to the public forum "Preventing Lung Cancer," on November 8, 7-9 PM in the Dana Center Auditorium.

The forum begins with an introduction from MMC's Associate Director of Pulmonary Division Peter Bates, M.D., Gilbert S. Omenn, M.D., Ph.D., Dean of the School of Public Health and Community Medicine for the University of Washington, talks about preventing lung cancer. Executive Director of the Ameri-

SMOKING, page 2

Supplement Life Insurance enrollment

The 1988 Open Enrollment for Supplemental Life Insurance, Supplemental Long-Term Disability and both Pre-Tax Reimbursement Accounts is November 4-December 2, 1988. Employees will receive a letter with their paychecks describing features and eligibility for those benefits affected by the enrollment period. Please keep the following points in mind:

- You can tell which programs you are currently enrolled in by looking at deductions listed on your weekly pay stub.

INSURANCE, page 2



TREES on a crisp cool Autumn day. (A/V photo taken with infrared film.)

Thanks to you...
it works...
for ALL OF US



United Way

SMOKING, from page one

can Lung Association of Maine Edward Miller, M.D. discusses the smoking habits and lung cancer in Maine. William Turner, Manager of Building Air Quality Assessment Control for Harriman Associates, talks about radon exposure, testing and lung cancer.

The forum is open to the public and parking is free. And, there will be election highlights before and after the forum.

Thought-provoking film to be shown

In this intense, fast moving film, Tom Peters of *In Search of Excellence* fame speaks about how service and quality pay. He abhors the fact that responsiveness to customers has slipped in the past two decades in the U.S., and moves the camera to five companies that demonstrate inspired sensitivity to their customers. An interesting and thought-provoking film, of value to health professionals.

Monday, November 14, 1988

12 noon-1 PM

Classroom 1

Tuesday, November 15, 1988

9:30 PM-10:30 PM

Classroom 4

INSURANCE, from page one

- Supplemental LTD and/or life insurance, **only** those who want to change their level of participation or become new participants need to complete forms.
- DCRA and/or HCRA money must be spent on services received in the year in which money is withheld. The IRS prohibits us from carrying money over from one tax year to the next. As a result, you should be conservative in deciding how much to put in these accounts.
- Congress has changed federal law concerning tax deductability of dependent care expenses effective January 1, 1989. Your participation in MMC's Dependent Care Reimbursement Account may be affected by these changes. Packets distributed to departments will include a sheet summarizing changes. Please call the Benefits Office at x2973 if you have questions.

**Women wanted
for blood donations.
Must be over 55 years old.
Not on hormone medication.
\$10 paid for one tube of blood.
Call Ellen at x2163.**



GUESTS from the Volunteer Open House take a tour through the volunteer areas of the hospital, making a stop in the Flower Box. (A/V Photo)

Critical Care Seminar Sponsored by the Recovery Room

"Antithrombolytic Therapy"
Daniel Lambert, R.Ph

**Thursday, November 3, 1988
8 AM-9 AM and 2 PM-3 PM**

EAC invites you to kiss the Blarney Stone

Join the Employee Activities Committee in Ireland this Spring. Whether you come for the brilliant emerald-green countryside, the wealth of history, or to enjoy the relaxed aura of the Irish pubs, Ireland is sure to make even non-Irish eyes smile.

In the rural reaches of the counties, you'll find castles and cottages, heather-clad hills and spectacular sea cliffs. From medieval banquets to shopping trips through village streets, one thing is certain, you'll have a great time!

Bonus highlights include:

- Horse-drawn jaunting car sightseeing in Killarney.
- Scenic Ring of Kerry drive.
- Guided tour of the Waterford Glass factory.
- Chance to kiss the Blarney Stone at Blarney Castle.
- Dinner party and Irish cabaret in Dublin.
- Visit to the Monastery of St. Kevin in Glendalough.

The trip is scheduled April 23-May 1, 1988. The price per person is \$1,399.00. A film will be shown and the tour agency will be available to answer questions at an Open House on November 9, 1:30-5 PM in classroom -4. Contact Joyce DeCesere, x2576, for further information.

**Healthy women wanted
to take standard
Insulin Tolerance Test.
Takes two hours,
pays \$30.
Call x2163, ask for
Linda or Ellen.**

Storm Policy

The following Storm Policy is implemented when the Executive Vice President determines that severe storm conditions exist:

1. Each employee is expected to make every reasonable effort to report to work as scheduled.
2. An employee who is unable to get to work because of the storm should notify his or her supervisor as far in advance as possible. In that case the employee may take an excused absence without pay or, with his or her supervisor's approval, use accrued vacation or holiday time;
3. An employee who is delayed by storm conditions, but arrives within two hours of the scheduled start of his or her shift, will be paid from the beginning of that shift;
4. An employee who wishes to leave work early because of storm conditions may do so only with his or her supervisor's permission and may not be paid for that time except from accrued vacation or hospital time.
5. Normal MMC pay practices will apply to those employees asked to work beyond their schedule shift to cover for late or absent employees, just as for any other reason;
6. Supervisors will make arrangements for coverage of vacant positions, including placement of substitute personnel in positions where regular personnel are not available;
7. If the policy is implemented during regular business hours, notice will be posted on the HELLO screen of the hospital's VMTs. Offices of Vice Presidents and Associate Vice Presidents will be notified and staff will relay information to reporting departments. During weekends, holidays and other nonbusiness hours, the Administrator on Call and the Nursing Supervisor will arrange for notice to be posted on VMTs;
8. On the first business day following implementation of the Storm Policy, the Executive Vice President will send confirmation of the hours the policy was in effect to all departments via interoffice messenger.

Management Inside Presents "How Soon Can You Fix It? Technical Services at MMC"

Thursday, November 3, 1988
11:30 AM-12:30 PM
Dana Center Classroom 7

Computer and other communications technologies have become essential to the day to day operations of health care institutions. Consequently the expansion of early clinical engineering departments and the addition of support services for computer and communications equipment has become vitally important to facilities such as ours. Paul Labbe, Director of Technical Services, will lead the discussion on the evolution and role of the clinical engineering computer maintenance, and communications divisions of his department.

New Employees

NURSING: Michelle Hunt, Rebecca Jacques, Christine Smith.

LAUNDRY: Lisa Collins.

MEDICAL RECORDS: Maxine Gould.

CENTRAL PROCESSING: Charlene Haycock.

DATA MANAGEMENT: Penny Lovell.

SURGERY: Susan Michaud.

CANCER REGISTRY: Heather Davis.

PERSONNEL: Debra Fitzgerald, Mary Kohanski.

ENDOCRINOLOGY: Ellen Huff.

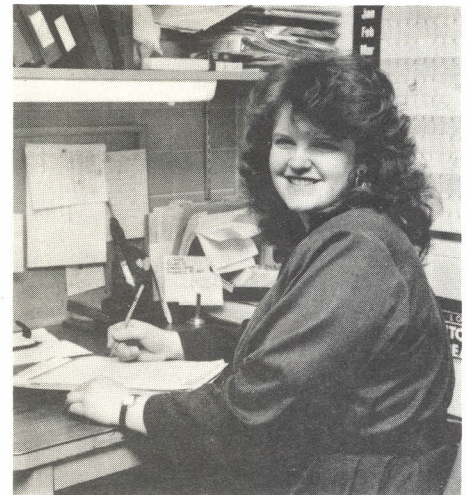
HOUSE STAFF: Luis Salmun.

PHLEBOTOMY: Susan Singer, Paula Vokey.

PHARMACY: Joyce Thompson.

CENTRAL SERVICE: Peter Vorias, Ronald Bellerose.

About People



Elizabeth Sarver has been named the new Cafeteria Manager for the Department of Food Services. She will be responsible for scheduling, inventories, ordering, and planning for the daily operation of the cafeteria and catering services. Sarver comes to Maine Medical Center from York's Restaurant in South Portland where she was Restaurant Manager. She has her B.S. degree in Food Service Management from the Indiana University of Pennsylvania.

Mary Bowne, RNC has been named Assistant Head Nurse, evenings on R3. Bowne, who has been employed at Maine Medical Center since 1982, most recently was a Staff Nurse Level III on R1. She holds her B.A. from the University of Vermont in Burlington, and her B.S. degree in Nursing from Westbrook College.

Terri Pike has been named Lead Phlebotomist in the Central Processing Department. Pike became a phlebotomist at Maine Medical Center in 1986; prior to this she was an emergency medical technician for five years.

PHYSICAL THERAPY: Angus Campbell.

PEDIATRICS: Dana Carr.

LINEN SERVICE: Charles McAloon.

MATERIEL MANAGEMENT: Theresa Dembowski.

OPERATING ROOM: Paula Dow.

SOCIAL WORK: Diane Muller.

RADIOLOGY: Kathleen Neal, Patricia Smith-Quirion.

Marketplace

FOR SALE: 2 for 1 sale, '79 Subaru station wagon, D/L, 5 speed, A/C, AM/FM; and '79 Datsun 210 hatchback 4 speed. Best offer. Call 729-4800 after 5:30 PM.

FOR SALE: 2 family house, 5 rooms and bath first floor. 7 rooms and bath, 2nd floor. Deering High School. Call 799-8364.

FOR SALE: 1982 Subaru wagon 4 wheel drive. 114,000 miles, some rust, sticker through 9/89. \$1,200 or best offer. Call 846-3507.

FOR SALE: Mediterranean style dining room table and 4 chairs, light wood. \$150. Call 865-4161.

FOR SALE: AM/FM stereo system with 2 cassette player and 2 speakers in great shape, never been used. Selling for \$285. Call 774-5087.

FOR SALE: Ultronic telephone, \$30; clock radio with cassette player, and 8 track player, \$30; vacuum cleaner with attachments, \$35; call 774-5087.

FOR SALE: Ski rack, lockable Barrecofter ski rack for car with rain gutters, \$30. Call 799-0757 evenings.

FOR SALE: North Deering 6 room cape cod on quiet dead end street. Fenced in double lot with swimming pool, 2 car garage, vinyl siding, oil heat, 100 amp service. Call 775-1539.

FOR SALE: 1986 GMC S-15 high Sierra 4x4, 5 speed, 6 cylinder, extended cab, AM radio, H-D suspension, must sell. \$8,300. Call 878-3108 evenings.

FOR SALE: 1988 Cavalier Z24. Excellent condition, low mileage, low price. Call 625-7482 evenings.

FOR SALE: 1983 Honda Accord, 4 door, standard, power steering, very good MPG, excellent condition, 71,000 miles, new inspection. \$4,250. Call 797-7505.

FOR SALE: House for sale by owner. North Deering, 3 BR, living room, formal dining room, family room, 2 1/2 baths, kitchen, 2 car garage, and much more. \$164,900. Call 797-0875 after 6:30 PM weekdays, or anytime weekends.

FOR SALE: Time sharing available, luxury condo, 2 BR 2 baths, 1 week available between now and 12/31/88. Location your choice, prime time world wide. \$600, instant exchange available. Call x4238 days, or 883-1613 evenings.

FOR SALE: Sofa bed, contemporary style, antique white, excellent condition, asking \$350. Phone 781-3870 or 883-1613 evenings, or x4238 days.

FOR SALE: Women's full length leather coat with belt, camel color, size 10, never used. Call x4238 or 883-1613.

FOR SALE: 1982 Plymouth Reliant wagon. Power steering, power brake, automatic, AM/FM stereo, sunroof. \$1,325. Call 284-7817.

CHILDCARE: Provided in my conveniently located Portland home near MMC. Ages 6 weeks and up. Call 775-3014.

CHILDCARE: Mature loving person wanted to care for our delightful 15 month and 3 month old sons in our Portland area home. Please call 773-4517, leave message.

WANTED: Good home for 1/2 Siamese kittens. 1 all black, 1 sable brown. Also home for beautiful adult female, neutered with shots, but doesn't like to be around children. Call x2292 or 829-3878.

WANTED: Persons who enjoy home made pies, cakes, quiches and cookies. Made to order. No job too small. Call 879-1592.

WANTED: Lawns to rake or clean. Hard working, references. Call 775-6708 after 6 PM.

WANTED: Homes to clean. Experienced, trustworthy person will clean your home to your specifications. References available. Call 775-1540.

WANTED: Homes to wallpaper or paint. Professionals with excellent references will wallpaper your rooms (\$75 for an average room, wall preparation extra), or paint (estimates given). Please call 774-9506, leave message.

FOR RENT: Hindscoft apartment, 5 rooms, 2 BR, formal dining room, heated. Near USM and hospitals. \$595. Call 797-2470 or 775-0874.

FOR RENT: Large 2-3 BR 1st floor apartment in Biddeford. Garage, garden plot, W/D hook-up, stove, refrigerator, plenty of storage. \$130/wk includes heat and hot water. Available mid-November. Call 282-1748 after 6 PM.

ROOMMATE WANTED: Spacious condo on outer Forest Avenue. Large furnished BR, fully appointed galley kitchen and microwave, backyard, patio, W/D, parking and plowing. \$300/mo. plus utils. Call 797-9350, leave message.

what's happening

WHAT'S HAPPENING is published every Wednesday at Maine Medical Center, Portland, Maine 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 Public Information Office, MMC, Portland, ME 04102. Telephone: (207) 871-2196.

Wayne L. Clark, Editor.

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ROOMMATE WANTED: M/F to share with professional female in early thirties. Spacious 5 room apartment with yard, garage, basement, W/D, dishwasher, hardwood floors and Victorian charm in Woodfords, USM neighborhood. \$275/mo. Call 879-1886.

CHILD CARE: Will provide quality child care in Rosemont area. Pre-schoolers preferred, \$70/wk full time, \$2.50/hr. part time. Please call 773-8580.

CHILD CARE: Needed after school for 5 year old and 9 year old. Call 799-5084.

CHILD CARE: Loving mature person wanted to care for our 15 month and 3 month old sons in our Portland home. Previous child care experience preferred. Call 773-4517, please leave message.

CHILDCARE: Needed for delightful 11 month old. Monday nights 5 PM to Tuesday morning approximately 8 AM. Needs own transportation and references. Care can be provided in either my home or yours. Call 772-7786 evenings, or x4227 days.

FOR SALE: 1979 F150 new tires, new shocks, good running condition, \$1,500; 1981 Mazda 626, power windows, A/C, power brakes, power steering, automatic, \$1,600. Call 729-4623.

FOR SALE: 3 BR executive home in private wooded area of Saco near the beach. Formal dining room, spacious family room, sun room, and open deck. Close to Marina, State Park and golf course. Priced at \$144,000. Call 284-8886.

FOR SALE: 1968 Ford pickup 3/4 ton, 2 WD, 25K on rebuilt motor. \$750. Call 772-0116 evenings.

FOR RENT: Near USM/MMC, 3 BR, formal dining room, sunroom, garage. Beautiful hardwood floors. \$900/mo. Call 865-4806.

FOR SALE: Newly reupholstered wing back sofa. Fine embossed floral fabric, beige, mocha brown, burnt orange. \$400. Call 797-8283 after 5 PM.

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