

what's happening

Maine Medical Center
Portland, Maine 04102

February 3, 1988

Vol. 19, No. 22



THEDA LEWIS is surrounded by friends and co-workers at a coffee in her honor. She is retiring after 33 years of work in the Patient Accounts Office. (A/V Photo)

Bicyclist getting ready for long ride

The snow has put a damper on his bicycling, but Karl Kaffine, LPN, is putting in a lot of training time this winter. When he's not performing his nursing duties on R5, he's swimming at the YMCA and working out on a cycling trainer at home.

And well he might be training, because this summer he'll be spending seven weeks pedalling his bicycle across the country. The trip isn't just a lark: Karl will be raising money for the American Lung Association while indulging a long-time fantasy.

Karl and 300 or more other bicyclists will leave Seattle, Washington June 6, and arrive in Atlantic City, New Jersey July 22. The ALA bills the TransAmerica Bicycle Trek—3,400 miles through 40 ma-

jor cities—as the largest coast-to-coast non-competitive cycling event in the country.

"I'd been thinking about riding across the country," Karl says, "and this was an opportunity to do it in a unique way and do something for a good cause at the same time."

The riding is only part of Karl's concern. The other is raising the minimum \$5,000 in pledges required to ride. He has convinced a number of Portland merchants to provide prizes for a raffle, and is actively selling tickets.

The snow may have slowed him down for now, but well before June, Karl expects to back on the road three days a week. Never a competitive cyclist, he nevertheless has trained up to 300 miles a week.

And for a 3,400 mile trek, training is a good idea.

Alcohol film series Spring 1988

The Spring 1988 Alcohol Film Series will offer six educational films. **Films will be shown on Wednesdays, from 4:30–5:30 PM, and on Thursdays, from 12–1 PM.** Prior registration is not required. Please contact Training and Development at x2824 for further information.

Three-headed Dragon

This videotape presentation explores the three-fold barriers to recovery from alcoholism: drinking, thinking, and feeling. Offering a new perspective on what is commonly referred to as the "dry drunk" syndrome, the speaker points out that recovery is more complex than not drinking. (28 minutes)

Wednesday, February 10, 1988

Classroom 4

Thursday, February 11, 1988

Classroom 3

Struggle for Intimacy

Dr. Janet Wiotitz discusses how children of alcoholics are set up for self-defeating attitudes, how they manifest themselves in relationships, and what can be done about it. (30 minutes)

Wednesday, March 9, 1988

Classroom 1

Thursday, March 10, 1988

Classroom 3

Family Business

Using dramatic flashbacks, *Family Business* shows how children learn certain behaviors while growing up in a chemically dependent family: denial, distortion of truth, suppression of feelings, depression, people-pleasing, and rescuing. (30 minutes)

Wednesday, March 23, 1988

Classroom 1

Thursday, March 24, 1988

Classroom 3

FILMS, from page one_____

Cause the Effect, Affect the Cause

Cause the Effect is strongly recommended to all staff members whose roles may bring them into contact with intoxicated patients or members of the public. (23 minutes)

Wednesday, April 6, 1988

Classroom 4

Thursday, April 7, 1988

Classroom 3

Falling Back: The Dry Drunk Syndrome

"Dry drunk" is a term that has been tossed around for years without its meaning, symptoms, and consequences being widely recognized. "Dry drunk" refers to the resurfacing of past alcoholic behavior that can lead the recovering alcoholic one step closer to relapse.

Thanks

My son Stephen Langlois and I wish to thank the nursing staff of R-6 and P1C for his care while he was a patient there. Our thanks go also to Dr. Reed Gramse, Dr. Edmund Hardy, along with Dr. Murphy, and Dr. Weinburg.

Please accept our appreciation as well for your support, visits, phone calls, and other remembrances during the unexpected loss of my husband. A special thanks to the R4 Nursing staff, the Medical Rehabilitation Department, the Division of Medical Nursing, the Head Nurse Group, and the entire Nursing Department, especially Alice Cirillo, and Judy Stone.

Your thoughts are greatly appreciated. It is nice to be part of a real hospital "family".

Sincerely,

*Mrs. Horace G (Susanne) Morse
(Mrs. Morse is head nurse on R4)*



Continuing Education

Nursing Staff Development

• **Cardiovascular Update: 12-Lead EKG Interpretation**

Tuesday, February 9, 1988

8 AM-4 PM

prior registration required

8 contact hours awarded by MSNA

• **Cardiovascular Update: Dysrhythmia Update I**

Thursday, February 11, 1988

8 AM-4 PM

prior registration required

15 contact hours with Dysrhythmia Update II awarded by MSNA

The mail room

Every day at 7:45 AM Anderson Williams arrives at the Maine Medical Center mail room and sorts the morning mail. That's no small task, considering the 8-10 mail bags containing 350 pounds of letters, magazines, and packages for the entire hospital.

There are over 300 mailboxes for everyone's mail, including patients, the medical staff, residents, medical students, departments and administration.



ANDERSON WILLIAMS is shown sorting some of the over 350 pounds of mail that arrive at Maine Medical Center every day. (A/V Photo)

More Marketplace

FOR RENT: 2 BR, contemporary style, carpeted, laundry room, 20 minutes to MMC. \$460/mo., plus utils., call 774-9303.

FOR RENT: 1 BR apartment in Windham overlooking Pleasant River. \$450/mo. includes all utils., call 892-7211.

FOR RENT: Near MMC, 1/2 of a 2 family home, 5 rooms, den, screened porch, yard, hardwood floors, newly redecorated. Gracious city living, \$550/mo. plus utils., call 774-3428.

FOR RENT: Nice 4 room apartment, complete bath, refrigerator and stove. Heated, W/D hook-up, carpeting, parking. \$525/mo., call 854-5078, or 854-4033.

On a typical day it takes Williams five hours to sort it all.

The other half of the day Williams spends presorting the outgoing mail, about 3,500 pieces, mostly letters. He checks them for zip codes, weighs them and runs them through the postage meter. He then bundles the mail for Direct Mail of Maine, the outside mail house to pick up. They sort the mail by zip code and bring it to the post office for general delivery the next day.

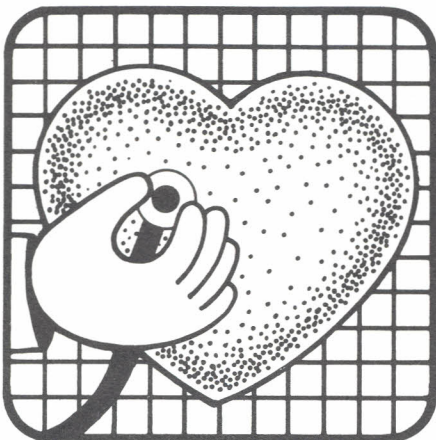
ROOMMATE WANTED: Mature, quiet, M/F to share townhouse in Westbrook, located off Route 302. Parking, lots of storage. \$268/mo., security deposit required. Call 780-9620 days, or 878-2620 evenings.

FOR RENT: Charming and spacious 3 BR farm house built around 1810. Convenient location, ideal for family, please call 799-2221.

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

LOST: Pair of gloves on January 20, in the parking ramp. Tan, gore-tex with dark brown leather patch, from LL Bean. Call 655-7597.

February is American Heart Month



Communication program postponed

Introduction to Communication and Problem-Solving, originally scheduled to start in January has been postponed until March. In five 2-hour sessions you could develop your skills in:

- active listening (reflective responses, questioning)
- airing your concerns clearly and drawing out others
- working in groups
- identifying and acknowledging differences in personal values

Wednesdays, March 9–April 6, 1988

1–3 PM

CEU's 1.0

The course instructor is Susan Williams, Director of Training and Development. To register contact the Office of Training and Development at x2824.

RESULTS of the

December 1987 Blood Drive
129 presented
100 donated

Thanks to every who participated
The next blood drive is
March 17–18, 1988.

New Employees

NURSING: Laurel A. McDougall.

OPERATING ROOM: Philip McLean,
Diane Sanford, Todne Texeira.

CARDIOGRAPHY: Robert Ascanio.

MAINTENANCE: Edward Ridlon.

Here's next year's holiday schedule

Maine Medical Center will observe the following 1988 holidays:

New Year's Day, *Friday, January 1, 1988*; President's Day, *Monday, February 15, 1988*; Patriot's Day, *Monday, April 18, 1988*; Memorial Day, *Monday, May 30, 1988*; Independence Day, *Monday, July 4, 1988*; Labor Day, *Monday, September 5, 1988*; Veteran's Day, *Friday, November 11, 1988*; Thanksgiving Day, *Thursday, November 24, 1988*; Christmas Day, *Monday, December 26, 1988*; Personal Day.

Cocaine Toxicity program offered

The **Southern Maine chapter of the American Association of Critical Care Nurses** will sponsor a program on Cocaine Toxicity. Dr. William B. Williams is the speaker for this program.

February 10, 1988

7–8 PM

Dana Health Education Center
Classroom 7

\$3 fee for non-members

Volunteer Services
is in need of paperback books
Any donations are welcome
and may be left in the
Volunteer Office

Juvenile Diabetes Foundation to meet

Portland's chapter of the Juvenile Diabetes Foundation will meet Tuesday, February 9, 1988 at 6:30 PM in classroom 1 of the Dana Education Center.

Both the youth group and the adults will hear a short talk by Paul Wentworth, "A Mountain Climbing Diabetic".

For more information, call 871-7131.

HEMATOLOGY: Doretta Kempton.

SEWING: Parn Samrith.

FOOD SERVICE: Catherine Vaughan,
Wanda Kamienski.

PHLEBOTOMY: Karen Williams, Susan Creswell.

RADIOLOGY: Shannon Castle, Nada Tokarski.

About People



Judith M. Jenkins has been named Assistant Director of Development for Operations at Maine Medical Center, following a nation wide search since last summer.

Jenkins, who will assist in the management of the Development Program, is charged with implementing and overseeing a new computer system. She will also be responsible for the operation of the MMC Annual Fund including prospect research and other aspects of the Development Program.

Jenkins is a seasoned administrator in development for both the health care and educational arenas. Most recently she was Director of Development Research at Case Western Reserve University in Cleveland, Ohio, where she was responsible for managing computer systems, programs, and prospect research for the Annual Fund and Capital Campaign.

Prior to this position she was Director of Prospect Research at the University of San Diego and then Research Officer at the University of California in San Diego. She began her development career at the Lutheran Social Services in Rockford, Illinois in 1978.

Jenkins is a graduate of Rockford College with a B.S. in Business Administration, and attended the MBA program at the University of San Diego. She is a member of the National Society of Fund Raising Executives and the Council for the Advancement and Support of Education.

Friends of Maine Medical Center are seeking donations of yarn for their pediatric doll project. Colors needed are black, brown, yellow, rust and tan. Yarn may be brought to the Volunteer Office between 8 AM–4:30 PM, Monday through Friday.

Marketplace

FOR SALE: Barnboard dry sink, \$35; 60" round walnut table, \$50; white Nursemate shoes 9M, worn once, \$20; electric typewriter (10 years old) works well, \$20; 45 Gourmet and Bon Appetite cooking magazines, \$10.

FOR SALE: Graco non-stop Swingomatic, baby swing, excellent condition, batteries included, \$25. Call 283-8800 after 5:30 PM or weekends.

FOR SALE: TENS unit by Dynex with battery charger, excellent condition. Asking \$500 or best offer, call 892-7211.

FOR SALE:—EMMinolta SRT-101 camera system, body excellent condition, \$100; 58mm f 1.7, \$30; spare 50mm f 1.4, \$30; 24mm f 2.8, \$75; Braun 2000 flash with full swivel head guide number 104 with ASA 100, \$50; Minolta bellows, \$15; Minolta close-up lens -2, \$15; brown padded multi-compartment camera bag, \$20, plus assorted filters and accessories. Individual pieces or \$225 for the entire system. Call 799-7438 after 5 PM.

FOR SALE: 2-3 BR Cape in Yarmouth, 1/2 acre on dead end street in nice neighborhood. Asking \$129,900. Call x4012.

FOR SALE: Free to a caring individual. Quarterhorse mare, buckskin color, excellent health. Must stay at current boarding stable. Call 892-5467, evenings.

FOR SALE: Fiberglass white water kayak, \$125 includes wood paddle. Call 725-7759 or pager 171.

FOR SALE: Queen size sofa bed, beige with brown accent. Excellent condition, \$300. Hand knotted Middle Eastern carpet, approximately 3' x 5', \$250. Call 878-2046.

FOR SALE: Rossignol x-country skis, size 210, like new, \$80. Call 797-5505.

FOR SALE: KLH model 35 component stereo system, AM/FM, turntable, plus Yamaha TC 320 cassette deck. \$125 for package, no speakers, call 839-2821.

FOR SALE: 1980 Honda Civic 1500 GL, 5 speed, AM/FM stereo/cassette, anti-theft device, economical, reliable, \$1,200. Call 774-5313 days, or 767-3210 evenings.

FOR SALE: Cumberland Center: Immaculate 4 year old Country Cape Cod. Super-insulated, 2 x 6 construction, 3 BR, 2 bath, living room, dining room, large kitchen, garage, patio, fully landscaped, quiet setting. Call 829-3498 evenings, available 6/1/88.

FOR SALE: Trade or sell, king size bed (like new) for Queen size bed. 19" RCA color TV, Trek 760 racing bike, car rack, Realistic dual tape portable radio. Call 879-1936, or 797-9330.

FOR SALE: Beckett oil burner gun, 2 1/2 years old, \$150; Ashley automatic woodstove, \$175; 22,000 BTU window A/C, 230v, \$175; Kingsize waterbed, with extras, \$85; baby swing, \$5; electric can opener, \$7, call 774-9231.

ROOMMATE WANTED: Female professional to share large 3 BR apartment. Non-smoker, no pets, W/D. \$220/mo. plus 1/3 utils. and security deposit. Call 761-4703.

ROOMMATE WANTED: Personable individual seeks same to share 2 BR apartment in Woodfords/Deering area. References required, \$250/mo., plus 1/2 utils., call 846-6504.

ROOMMATE WANTED: To share large oceanfront home in Saco. 20 minutes from MMC. Please call 934-4096 after 6 PM.

ROOMMATE WANTED: M/F to share 3 BR apartment on West Street, 5 minutes from MMC. \$233/mo., plus 1/3 utils., call 761-2762.

ROOMMATE WANTED: Non-smoking female to share small house. Private furnished bedroom, share the bath and kitchen, driveway parking, \$350/mo., call 773-2381, keep trying.

CHILDCARE: Wanted in our Rosemont area home for 2 girls, ages 1 and 3, days, Monday-Wednesday, call 775-2613.

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.

Contributors to this issue:

S. Helena Goss, Public Information
Terry McGarvey, Public Information
Rick Beebe, A/V Resources
Ron Gillis, A/V Resources
Larry Gorton, A/V Resources
Judy MacKenzie, A/V Resources
Sandy Walling, Print Shop
Henry J. Guiod, Jr., Print Shop
Jeanette King, Print Shop
David Richards, Print Shop

FOR RENT: Home plus office, 2 working fireplaces, gas heat, 1 1/2 baths, off-street parking, close to MMC, \$695/mo., plus utils., call 774-9303.

FOR RENT: 1 BR apartment, carpeted, parking, storage room. brick building. \$425/mo., plus utils., call 774-9303.

FOR SALE: 1976 AMC Hornet wagon. One owner, 97,000 miles, asking \$625. Call x2755.

WANTED: Ride to and from Burlington, VT on weekends, call 761-2762.

MARKETPLACE MECHANICS: *This column is maintained as a service to the extended MMC family of employees, physicians, trustees, corporators, volunteers, and their own immediate families. It is meant to be an informal forum for the exchange of goods and services and is based on a belief in the basic honesty of all participating. Those buying and those selling do so at their own risk. What's Happening cannot be held responsible for any problems arising from transactions made through Marketplace.*

Ads must be submitted (in writing, or in person) to the Public Information Office by noon on Wednesday preceding publication. In the event of space problems, ads are printed on a first-come, first-served basis. Ads may be run only once; repeat ads must be resubmitted.

MMC employees may not use hospital telephone extensions in ads without the express consent of their supervisors.

The editor reserves the right to abbreviate, edit, or reject advertising material.

what's happening Maine Medical Center
Portland, Maine 04102

NON-PROFIT ORG.
U. S. POSTAGE
PAID
Portland, Maine
PERMIT NO. 35