

what's happening

Maine Medical Center
Portland, Maine 04102

January 20, 1988

Vol. 19, No. 20

Spring 1988 Parent/Child series

It's time again for the Parent/Child Series. This Spring there will be six noontime programs, held in the Dana Education Center, from 12 noon-1 PM. Please call the Office of Training and Development at x2824 to sign up for one program, or the whole series.

Single Parenting: Sharing our Practical Resources

Janine Blatt, M.S. Ed.
February 3, 1988

Being a single parent can be exhausting trying to balance all expected roles. Family time, social time, work time, and time alone are all important. While all parents deal with this balancing act, it is intensified for single parents. Participants will have the chance to discuss both day to day as well as special concerns, and will learn to build a support network that makes single parenting a richer and more rewarding experience.

Janine Blatt, M.S. Ed., has worked with young children and families for the past fifteen years in a variety of settings. She is the Director of the Peaks Island Developmental Center and a single parent of a 10 year old daughter.

Creative Parenting: Preventing Parenting Burn-Out

Joan Martay
February 17, 1988

Parenting is one of the most joyful, liberating and fulfilling jobs. It is also demanding and challenging work. This presentation will identify "parent burn-out", the symptoms, causes, and most importantly, strategies for preventing it.

Joan Martay is a staff development consultant with over ten years experience working as a trainer and counselor in the public and private sector. She is a Family Life Educator specializing in parent education programs and courses.



THE FIRST BABY BORN at Maine Medical Center this year was David Andrew Hanifi, born at 10:34 AM, January 1, to Zarmina and Mohamnad Hanifi of Portland. The first baby born each year in Maine Medical Center's Hatch Pavilion receives a gift of \$1,000 from an endowment established by the Margaret Miliken Hatch Charitable Trust. The Trust, along with the Cobble Pond Foundation, provided a substantial portion of funding for the new parent/child care pavilion at MMC, known as the Hatch Pavilion. (A/V Photo)

Surgical Tech School recruiting next class

The Maine Medical Center School of Surgical Technology is accepting applications for the class of September 1988.

The school prepares highly qualified and motivated students as members of a modern surgical team supporting the operating room patient, the surgeon, the anesthesiologist, and the professional nurse.

The curriculum of the Surgical Technology program is divided into two six-month periods. The first semester is

devoted to classroom study and instructional sessions on the operating room. Courses include: Introduction to Surgical Technology, Anatomy and Physiology, Microbiology, Patient Care and Safety, Operating Room Techniques, and Surgical Procedures. The second semester is spent on rotation through the various surgical services where classroom knowledge is applied.

This educational program is approved for Pell Grants, Guaranteed Student Loans, the VA, and for scholarships through the Naval Reserve. For more information, call the school at 871-2141.

Negotiating with your Teenager

Susan G. Howe, LCSW

March 2, 1988

Communicating and negotiating with "tired-of-being-nagged" teenagers is frustrating for all concerned. Through specific contracts, both sides can win more of what they each want. This hour will focus on how to negotiate a contract with your kids.

Susan Howe is a psychotherapist and consultant. She has worked with families, couples and individuals for ten years in the greater Boston and Portland areas.

Child Care Providers Are People Too: What Do They Need From You?

Dean Paterson

March 16, 1988

Child care providers tend to burn out in two years on the average. Dean Paterson will speak on this point of view. She will discuss the needs of your child care provider. You will get an opportunity to discuss your concerns regarding child care and to brainstorm some solutions to these issues.

Dean Paterson is a private consultant working with the Division of Maternal and Child Health. Her job is training child care providers statewide in health and safety.

The Disease of Noble Martyrdom, or "Nothing for Me, Thank You"

Carol P. Lohman, LCSW

March 30, 1988

Mother Theresa, Joan of Arc—noble martyrs get good press, but here's another view: noble martyrdom may not be all it is cracked up to be. In fact, it may be dangerous to your health, and to the well-being of others. In this hour, learn about the disease of noble martyrdom and the recovery process.

Carol Lohman has a Masters in Social Work from Smith College School of Social Work and is in private practice specializing in issues of power in relationships.

The Importance of Play in Family Life

Bruce St. Thomas, Ed.D., ATR

April 13, 1988

During this hour, Bruce St. Thomas will explore the importance of play experiences for richer family communication. Examples will also be given of ways you can encourage play in your family.

Bruce St. Thomas is in private practice with the Westbrook Street Psychotherapy Associates in South Portland, and a child/family registered art therapist.

Healthviews

January 22, 1988, 7 PM

repeated at 1 PM and 7 PM

on the following Saturday, Sunday and Monday

"Take Care of Yourself— Health Habits, Wise Choices."

A discussion of how to improve general health status with diet, exercise, etc., and how to get the most out of health care services.



THE VISITING BOARD of the Children's Hospital held its first meeting of the year last week. Newly elected officers are: (left to right) Mrs. John E. Robinson, Corresponding Secretary; Ms. Rosaline H. McAloon, Recording Secretary; Mrs. Bruce T. Myers, Vice President; and seated, Mrs. Clifton M. Foss, President. Not present in photo, Mrs. Russell D. Bonney, Treasurer; and Mrs. Burton C. Warren, Assistant Treasurer. (A/V Photo)



IRENE DEMPSEY, BLOOD BANK SUPERVISOR, laughs and reminisces with friends at her retirement reception held in honor of her 36 years of service at Maine Medical Center. (A/V Photo)

Training Programs open to all

Training and Development announce the Open Enrollment Program listed below for all MMC employees. *Advance registration is required for all programs since class sizes are limited.* Before registering, please be sure you are free to attend every session, and if necessary, get permission from your supervisor to join the program. To register, call the Office of Training and Development at x2824.

Advanced Medical Terminology

Covers terminology relating to the major body systems and cancer medicine. Knowledge of basic terminology is essential. Assignments and discussion will provide practical experience in the use of medical language. The required text for this course is D.E. Chabner's *The Language of Medicine*, and is available in the Office of Training and Development. A medical dictionary will also be needed.

Tuesdays and Thursdays
January 19–March 31, 1988
3 PM–5 PM

Instructor: Janet Lancaster
Westbrook College
CEU's: 4.4

GED High School Equivalency Certificate

This program is intended for all MMC employees who have not received their high school diploma and wish to earn a GED high school equivalency certificate. Instruction is individualized and focuses on math, reading, and writing skills. Employees may register and join at any time.

January 12–May 26, 1988
3:30 PM–5 PM

Instructor: Alex Rath, Consultant

Introduction to Communication and Problem Solving

Covers the mechanics of the communication process, common obstacles to understanding, and specific skills to use in a variety of different situations. Includes: active listening skills (reflective listening, questioning), constructive ways to talk about problems and reach agreement, and greater awareness of your own and other's behavior in groups. (five two-hour sessions)

Wednesdays, January 20–February 17, 1988

1 PM–3 PM

Instructor: Susan A. Williams
Director, Training and Development
CEU's: 1.0

Social Styles

The way we see ourselves is often quite different from the way others see us. This course will help you develop self-awareness as well as skill in observing and describing others behavior. As part of the course, you will take Myers-Briggs Type Indicator, an interesting and valuable assessment tool to help you understand your own and others personality types. Covers typical reactions to stress and approaches for dealing with misunderstandings that result from style differences. (five three-hour sessions)
Wednesdays, January 27–February 24, 1988

9:30 AM–12:30 PM

Instructor: Eleanor M. Seager
Training and Development Specialist
CEU's: 1.5

Dealing with Difficult People

Covers the seven difficult behavior types, the specific coping strategies for dealing with the difficulties you encounter, and identifying patterns in your behavior which others may find difficult. (three sessions, 3 hours each)

Joan Martay, course instructor, is a Staff Development Consultant with over ten years experience working as a trainer and counselor in the public and private sectors. She teaches Interpersonal Communications at St. Joseph's College and various other programs at the University of Southern Maine.

Tuesday, February 9, 1988

8:30 AM–11:30 AM

Tuesday, February 16, 1988

9 AM–12 noon

Tuesday, February 23, 1988

9 AM–12 noon

CEU's: .9

Time Management

This workshop will help you set priorities, recognize habits that consume time unnecessarily, and develop specific behaviors that allow the best possible use of work and leisure time. During the two week interval between sessions, everyone in the class will keep a detailed time log to be the basis for planning positive changes in behavior. (One 2 hour session and one 2½ hour session.)

Thursday, March 3, 1988

1 PM–3 PM

Thursday, March 10, 1988

1 PM–3:30 PM

Instructor: Eleanor M. Seager
Training and Development Specialist
CEU's: .4

Assertive Communications

Covers the assertive communication of concerns or needs, speaking directly to the point, coping with criticism and conflict, listening, and interpreting nonverbal cues.

Role-playing, videotaped exercises and skill practice will help you develop your communication abilities.

(Five sessions, four 2½ hour sessions; one three hour session.)

Thursdays, April 28–May 26, 1988

1 PM–3:30 PM (April 28–May 19)

1 PM–4 PM (May 26)

Instructor: Eleanor M. Seager
Training and Development Specialist
CEU's: 1.3



Jan Palmer, B.S., R.N. recently was promoted to the position of Head Nurse Neonatal Intensive Care Unit. Palmer has worked at MMC since February 1986. A graduate of the University of Southern Maine, she has worked at Children's Hospital National Medical Center, Washington, D.C., in the Intensive Care Nursery. (A/V Photo)

New Employees

NURSING: Judith Bailow, Janice Drown, Sandra Hetzel, Karen Norton, Michael O'Malley, Julie Ann Wing.

HOUSE STAFF: Jonathan Himmelfarb

HOUSEKEEPING: Alan Burns, Elizabeth Burns.

PHLEBOTOMY: Laurie Hagopian.

MEDICAL TECH PROGRAM: Michael Leveille.

DATA MANAGEMENT: Cheryl Miller.

FOOD SERVICE: Barbara Moran.

SWITCHBOARD: Michael Peters.

PHYSICAL THERAPY: Beth Talman.

PC user group meeting

Wednesday, January 20, 1988
4:30-6:30 PM

Charles A. Dana
Education Center
Classroom 1

Call x2550 for further information

Carpentry equipment for sale

The Materials Management Department announces the following items for sale:

12" Craftsman Blade Saw
10" Craftsman Table Saw
Dewalt Panel Saw

These items will be sold to the highest bidder, and are available for viewing on Monday, January 25, 1988, 10 AM-2 PM in the Carpentry Shop.

To bid on this equipment, place your bid in a sealed envelope, and include your name, address, and telephone number. Also indicate the item(s) you wish to bid on and the amount. Please mail to:

Thomas Guare
Attention: Carpentry Bids
Director of Materials Management
22 Bramhall Street
Portland, ME 04101

Bids will be opened on Friday, January 29, 1988. The winning bidders will be notified by phone or mail.

Volunteer Services

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

Marketplace

FOR RENT: West End 1 BR efficiency, kitchen, living room combination, W/D hook-up, parking, walk to MMC. Available immediately, \$300/mo., call 797-0800, or 775-0385.

FOR RENT: 1st floor, 2 BR apartment, Woodsford area, parking, private porch and entrance, W/D hook-ups, no dogs, oil heat, \$500/mo. plus utils., call 846-0801.

FOR RENT: Bedroom with kitchen privileges, Carmichael Avenue, \$50/wk., call 781-3001.

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: 1 BR cottage in South Freeport, beautiful location with porch. Use of yard, 25 minutes to MMC. Available 2/15/88. \$500/mo. plus utils., references required. Call 865-3015 evenings.

ROOMMATE WANTED: Female to share large quiet 4 BR home off Brighton Avenue. Professional or student, late 20's preferred, 10 minutes from MMC. Available 2/1/88. \$165/mo. plus 1/4 utils., for more information call 775-3520, keep trying.

ROOMMATE WANTED: M/F to share house in South Portland, \$300/mo. plus 1/2 utils., pets considered, 15 minutes from MMC. Call 799-4965.

FOR SALE: 1984 Saab 900, 4 dr sedan, A/C, AM/FM stereo/cassette, excellent condition, 5 speed. Call 871-4230.

FOR SALE: Moving, must sell: O'Brien sail board (used 10 times), \$380; Puch 10 speed bike, excellent condition, \$100; 2 matching brass lamps (Rembrandt), \$100 for the pair; 2 tickets to Sugarloaf, \$45 for the pair. Call 1-934-9356, or x4238.

WANTED: Moving, must find good home for free gray-orange-white "money" female kitten, Call 773-7436, or x2509.

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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WANTED: Home for free brown mini-lop rabbit. Call 883-9737, evenings.

WANTED: 3 or 4 BR, 1 1/2 - 2 bath home to rent to professional couple with children, within 15 minutes of Portland. Lease, excellent references. Call 465-7469.

WANTED: Small dog, please call 284-8998 before 2 PM.

FOR SALE: Casio Keyboard (CT-320), full size keys in perfect condition. \$300 new, will sell for \$169, or best offer. Call 773-4216 after 3 PM.

SURGICAL TECHNOLOGY

Accepting Applications
for the Class of
September 1988

"What's It All About"
January 26, 1988

Dana Center

11 AM-Classroom 7

7 PM-Noyce Auditorium

For further information call
871-2141

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Maine Medical Center
Portland, Maine 04102

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