

what's happening

Maine Medical Center
Portland, Maine 04102

September 16, 1987

Vol. 19, No. 3

"Open House" planned to recruit volunteers

Maine Medical Center's 606 volunteers gave 63,469 hours last year in support of the hospital's patients and staff. With the recent shortage of full-time employees at MMC, all indications are that even more volunteers are needed to enhance patient care this coming year.

In an effort to recruit new volunteers, the Volunteer Office is hosting an "Open House" on Tuesday, September 22, 1987, at 9:30AM in the Dana Education Center. The program will consist of a video presentation entitled "A Commu-

OPEN HOUSE, page 3

This is National Housekeeping Week

Housekeeping professionals at Maine Medical Center along with their thousands of colleagues across the country are celebrating National Housekeeping Week, September 14-18.

This year's theme is "Flying High with Pride," and Housekeeping takes pride in keeping every square inch of the hospital spotless. That's no small task considering it involves cleaning patient rooms, critical care units, corridors and lobby areas, and even employee offices, daily.

Just like L.L. Bean, Housekeeping is

available 24 hours a day. With three shifts and a total of 222 employees, they are responsible for everything from cleaning carpets to collecting three tons of trash each day.

Housekeeping plays a vital role in ensuring a clean and safe environment. When a patient is discharged, the entire room is scrubbed from floor to ceiling. The bed is stripped completely, the furniture is disinfected and even the windows are washed. Scrubs are worn for extra precaution when cleaning in Emergency, the Operating Room and other sterile environments.

Housekeepers are cross-trained the technical skills for floor stripping and upholstery cleaning. They are knowledgeable on chemical techniques for a safe environment, and most importantly, they have received training in all phases of infectious disease control.

This year's theme expresses the pride Housekeepers have in their profession and the contribution they make to the care of the patients at MMC.

JCAH Accreditation renewed for 3 years

Maine Medical Center's continuing commitment to quality patient care is reinforced by the recent renewal of its accreditation by the Joint Commission on Accreditation of Hospitals (JCAH). MMC received a Certificate of Accreditation for a three-year period, the maximum awarded by the JCAH.

"The JCAH Accreditation qualifies the hospital for participation in residency and internship programs and in addition, serves as an alternative to State agency certification to qualify for Medicare and Medicaid reimbursement," says Donald L. McDowell, Executive Vice President and Treasurer.

JCAH is a private, non-profit organiza-

ACCREDITATION, page 3



The winning team of the recent scavenger hunt in Radiology, are from left: Jeanette Ward-Mobery, Radiation Therapy, Andy Brooks, Nuclear Medicine, and Lisa Reny, Radiation Therapy. Sixty-six participants searched high and low for obscure objects such as a hoola hoop, POW bracelet, lb. of acorns, 1930 press clipping of a murder, silver ball from the top of the flag pole, and baby pictures of fellow employees. (A/V Photo)

Seminars offered on estate planning

Frank H. Frye, Esq., MMC Corporator and Chairman of the Deferred Giving Committee, announces that the Committee will sponsor the 19th series of *Estate Planning Seminars by Terry D. Mayo* on two successive Tuesday evenings, *October 20 and 27, 1987*. These will be held at MMC's Dana Education Center, beginning with registration at 6:30PM and a presentation from 7-10PM on each of the two evenings.

Mayo will cover the basics of estate planning, including wills, intestacy, Federal and State death taxes, and gift taxes in the first session. The second session will be devoted to the use of trusts and current estate planning, including spousal gifting concepts and important estate planning considerations brought about by recent tax law changes.

Anyone wishing further information or an invitation to the seminars, which are offered as a public service without fee, should write or call the MMC Development Office, 22 Bramhall Street, Portland, Maine, 04102, (207)871-2669. Although there is no charge, reservations must be made in advance, and tickets will be issued up to the limit of 90 on a first-come, first-served basis.

New Employees

NURSING: Heidi Albert, Margaret Braley, Felicia Cummings, Anfela Hodgkins, Julia Lang, Mary Jane Martin, Michael Poisson, Cynthia Woodbury, Laura Mininni, Debra Poirier

CENTRAL SERVICE: Lori Brogan, Michael Curran, Gina Perry

FOOD SERVICE: Denise Caver, Kimberly Chamberlain, Donna Gagliarde, Sara Hale, Tuesday Hess, Lay Pheng, Vicki Philbrook, Harry Wood

DIAGNOSTIC RADIOLOGY: Stephenie Dutil, Derrell Hysom

HOUSEKEEPING: Rose Harmon, Joseph Kenny, Barbara Martin, Patricia Murphy, Helen Nadeau, Melinda Neptune, Anh Quang

SWITCHBOARD: Ruth Kimball

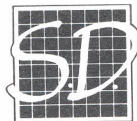
CAFETERIA: Gerald Lewis, Julie Milliken

PHLEBOTOMIST: Barbara Little

PEDIATRICS: Rosemary Minson

Group Health & Dental enrollment cards

The Employee Benefits Office at Maine Medical Center, the National Employee Benefits Services, and the Group Health Claims Administrator are preparing to send out new MMC Group Health & Dental enrollment cards. These cards will be mailed directly to all members' home addresses during the week of September 14, 1987. Please notify the Personnel Office if you have had a change of address within the past year, if you haven't already done so. The new enrollment cards may be delayed if your address is not current in Personnel's files. In the event you haven't received a card by September 25, call your NEBS representative at 772-0160.



Continuing Education

Nursing Staff Development

• A Basic Overview of Aids

A program for Nursing Unit Clerks
Ferne Founds, RN
Tuesday, September 22, 1987
7:30-8:30AM, Classroom #1

• Diabetes Update

A program for Nursing Assistants.
Rachel Girard, RN
Wednesday, September 23, 1987
7:45AM, Classroom #9
2PM, Classroom #10

• Basic Management Principles for the Charge Nurse

Wednesday, September 23, 1987
8AM-4PM
Six contact hours, approved by MSNA
Prior registration required

• A Basic Overview of Aids

A Program for Nursing Unit Clerks
Ferne Founds, RN
Thursday, September 24, 1987
2-3PM, Classroom #5

About People

New graduates of the RN to BSN baccalaureate program at Westbrook College are: Betsy Bolton, RN, P4CD; Mary Bowne, RN, R1; Susan Campbell, RN, Burn/Trauma; Christine Hanscome, RN, LOA; Debra Milliken, RN, Float Pool; Susan Robbins, RN, P3A; and Clare Romano, RN, Dialysis.

New branch & services at Credit Union

The Medical Services Federal Credit Union is pleased to announce their new branch office, located at 50 Maine Mall Road, South Portland.

This is a full service branch offering the same services as the Main Office.

For your convenience the new branch is open:

- 9:30AM-5PM, Monday-Thursday
- 9:30AM-7PM, Friday
- 9AM-12:30PM, Saturday

The Main Office hours remain the same, 8:30AM-5PM, Monday-Friday.

The Credit Union now offers two new services, the 1st Mortgage Program and the Home Equity Loan. The 1st Mortgage Program is an attractive loan option with competitive rates and terms up to 30 years. The Home Equity Loan allows you to borrow against the equity in your home. There are no points or application fees. You access your equity simply by writing a share draft. Call today for more information, Main Office, 772-0808, or South Portland, 879-6026.

Bonds make a good weekly investment

U.S. Savings Bonds are looking good as an investment in today's economy, and MMC is reminding its employees of the role bonds can play in their financial planning. With a new guaranteed minimum rate on Series EE Savings Bonds, important tax benefits, and affordable denominations, more people own Savings Bonds than any other security in America.

Interest rates for Bonds vary, but the minimum rate for each Bond is set when purchased. For Bonds purchased between May 1 and November 1, 1987, and held for at least five years, the rate is 5.84%. If market rates fall before you redeem your Bond, you still are guaranteed 5.84% interest; if rates rise, however, your Bond will earn higher interest. In addition, you pay no state or local taxes on the interest earned, and federal taxes can be deferred until you cash the bond or it matures.

If you decide Bonds fit into your savings plans, they can be purchased at most area banks or through MMC. To arrange for payroll deduction or increase your present allotment, just call the Payroll Office, x2672.

OPEN HOUSE, from page one

nity of Caring," followed by brief testimonials from volunteers who derive satisfaction from helping others. In addition, there will be a guided tour of hospital areas in which volunteers are working.

MMC depends heavily upon volunteers. They provide an array of services that enhance the efficiency of patient care provided by the staff. Their interest, enthusiasm and warmth is of great value in maintaining the hospital's dedication to high quality, personalized health care for all patients.

Presently volunteers work in over 40 different areas of the hospital. Among the services they perform are:

- providing play activities for children in the Pediatric playroom.
- greeting patients at the receptionist desk in Admitting, Emergency, and the Special Care Unit.
- circulating both the Book Cart and Craft Cart offering books and handcrafts to patients.
- delivering all floral arrangements brought to the hospital
- assisting in research projects

The volunteer group at MMC is one of Greater Portland's largest, hardest-working and most effective service organizations. It is comprised of men, women, homemakers, college students, retirees, and working people. Volunteers are welcome whether they can give a small or large amount of time, days, evenings or weekends.

If you know of any relatives, friends or acquaintances whom you feel might be interested in attending the "Open House," please call the Volunteer Office, 871-2205.

Second language help needed for patients

If you are bi-lingual, the MMC Language bank needs your help. Volunteers in the Language Bank provide translation services for inpatients who cannot speak English. If you are interested, please call the Social Work Department, x2261, 8-4:30 PM.

About People

Barbara Senco, formerly a nursing assistant on P3CD, has graduated from Westbrook College's nursing program.

Alcoholism film series

This fall *HealthStyles* will offer an Alcoholism Film Series. The films are open to all MMC employees as well as their families and friends. No advance registration is required.

The Disease Concept of Alcoholism

Wednesday, September 16, 1987

Dana Center Classroom #1

4:30-5:30PM

Thursday, September 17, 1987

Dana Center Auditorium

12-1:00PM

This is a fascinating presentation by Dr. David Ohems on the definition and treatment of alcoholism as a disease. Discussion includes: the different progressive stages of alcohol addiction, chances for successful treatment at each stage, and current research on physiological factors that may contribute to alcohol addiction. This film should interest anyone concerned with the subject of alcohol dependency but is particularly recommended to caregivers of alcoholic patients. 40 minutes.

Adult Children of Alcoholics

Wednesday, September 30, 1987

Dana Classroom #1

4:30-5:30PM

Author Janet Woititz (*Adult Children of Alcoholics, Struggle For Intimacy*) speaks of the characteristic needs and behavior of adults who were raised in alcoholic families.

These qualities can produce real difficulties unless they're understood and used as a basis for developing new ways of feeling, responding and coping. This film carries an exciting and hopeful message for anyone who grew up in a troubled family. 30 minutes.

Another Chance

Thursday, October 15, 1987

Dana Center Classroom #7

12-1:00PM

In this film, Sharon Wegscheider-Cruse leads a family reconstruction therapy session as a woman relives various family scenes from her childhood and adolescence. Fellow group members role play the parts of her parents, who were both alcoholics, and her brother, who became an alcoholic as he grew up. We struggle with her as she verbalizes and releases the intense emotions surrounding these past experiences. We share her sense of relief as she learns she can make conscious decisions to

live her present life without being burdened by her past. Recommended for professionals who are interested in understanding the demands and rewards of this type of therapy. 30 minutes.

Feelings

Wednesday, October 28, 1987

Dana Center Classroom #1

4:30-5:30PM

Thursday, October 29, 1987

Dana Center Classroom #7

12-1:00PM

Father Joseph Martin, himself a recovering alcoholic, speaks directly and persuasively on the importance of feelings. Acknowledging that "emotions are what we have the most of and know the least about," Father Martin describes the difference between positive, loving feelings and negative, hateful emotions. Learning to handle negative feelings such as self-pity, resentment, anger and frustration is an essential part of alcoholic recover. So, too, is the process of admitting happiness, love and concern for others. 45 minutes.

ACCREDITATION, from page one

tion created by and composed of health care professionals nationwide. In January 1987, an on-site evaluation at MMC was conducted by the JCAH. In its evaluation, JCAH applied standards designed to further the objectives of high quality care and the safety of the environment in which care is provided.

The JCAH team, consisting of two physicians, a registered nurse and a hospital administrator, performed a four-day survey of various procedures throughout the hospital by evaluating policy manuals, medical logs, and records. The JCAH team later consulted with the medical and administrative staffs to share information related to patient care improvement.

"We're very pleased with the results from the survey and renewal of the accreditation," McDowell says. "This achievement reflects the dedication to quality service and the high performance of our physicians and employees."

MMC's approval is contingent upon improvements in medical record completions and streamlining operations to ensure prompt completion of records in the future. McDowell says such contingencies are common, as the JCAH evaluation is so rigorous it almost always finds room for improvement.

Marketplace

FOR RENT: Office available furnished/unfurnished, prime location near MMC. Suitable for therapist, consultant, research, writer. Call 772-7087. Leave message

FOR RENT: Apt. on Dartmouth Street in Portland. Unfurnished, 2nd floor, 6 rooms, fire place, deck off living room, complete kitchen, w/d hookup, and garage. Sec. dep. w/lease. \$575/mo. plus utils. No pets. Call 772-3173 or 799-3984

FOR RENT: Apt. large, 2 bdrm, liv, din, kit newly painted and papered. Quiet Portland neighborhood. \$525/mo. plus utils. Call 797-6123 after 5PM

FOR RENT: 1&2 bdrm apts. Mercy Hospital area. Parking, spacious yard, hardwood floors, attractive. Avail. 9/1/87 \$480-550/mo. Call 774-7058

FOR RENT: North Deering duplex. On bus line. 3 bdrms, w/d hookup, off-street parking, storage, lg back yard. \$500/mo. plus utils. Call 797-9130 eves

WANTED: Mature older person who loves animals, to occasionally live in a lovely Cape Elizabeth home and care for a gentle lab and two cats while owners are away. Ref. please. Call 799-7979

WANTED: Babysitter needed 2 days/week, 8-4:30, for 4 month baby girl. Your home or mine. Please call 772-0771

WANTED: Roommate wanted in Old Orchard Beach. 4 br house to share w/mother and 12 yr. old daughter. Up to \$300/mo plus utils. Call 934-0639

WANTED: Donations of cat food, any kind. Call 773-4217 days

WANTED: Ride from Lewiston to Portland, 7-3 shift. Call 783-3298

WANTED: Weekends, domestic companion for older couple. Call 781-3966

WANTED: Roommate, female, prefer non-smoker, no pets, luxury apt. in Saco. 2 bdrms, security, landscaping, good location, quick access to Rt.1 & I95, shopping centers, 3 miles from beach, quiet neighborhood. Call 283-0685 evenings

WANTED: Roommate, quiet, prof. female, non-smoker, to share apt. near MMC. No pets, parking, 4bdrms, \$200/mo. plus utils. Call 774-4826 evenings

FOR SALE: Merchant's special. 1979 Peugeot station wagon. Diesel engine. \$600 as is or best offer. Call 772-0829

FOR SALE: 1975 VW Rabbit car parts. \$200. Call 797-9352 after 4:30

FOR SALE: Honda Motorcycle 1972, 350cc, 18,500 miles, \$300 or best offer. Call 926-3376

FOR SALE: Peugeot Wagon, 1966, 74,000 miles, \$250 or best offer. Call 926-3376

FOR SALE: King size waterbed with mirror-bookshelf headboard. 1 yr. old, excellent cond. \$480 or best offer. Call 773-0478

FOR SALE: Matched, heavy duty Kenmore Washer and Dryer. Excellent Condition. \$250 for both. Call 871-7594 between 10AM-2PM

FOR SALE: Freezer beef, USDA inspected, grain-fed with no additives, custom processed, flash-frozen. Sides or half-sides. \$1.50/lb. (hanging wt.) plus processing. Call 865-3897

FOR SALE: Freezer lambs, grass fed, \$2.25/lb. (hanging wt.). Also a few bl. ewe lambs and yearlings for breeding stock. Call 926-4611 evenings

FOR SALE: 1984 Toyota Corolla, 4-door. Excellent condition, 45,000 miles. Call 772-0771

CHILD CARE: In So. Portland home. Reasonable rates, flexible hours. Call 799-8649

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.

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CHILD CARE: Unable to work because your sitter is sick? Call 799-8649

BABYSITTER: Gorham mother of two will babysit. Before, after and during school. White Rock busline. Call 892-5457

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 (by phone, 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 can only be run 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.

PLEASE NOTE: Marketplace ads submitted by mail must be accompanied by the name, hospital department and extension number of the employee placing the ad.

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Portland, Maine 04102

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