

what's happening

Maine Medical Center
Portland, Maine 04102

March 4, 1987

Vol. 18, No. 29

Lenten Services schedule announced

The MMC Department of Pastoral Services will present a series of Noon-time Interdenominational Lenten Services beginning Ash Wednesday, March 4. The Ash Wednesday service will be held at 1 PM in Classroom 3, and will be followed by the distribution of ashes. Participating in the Ash Wednesday service will be Chaplain Cairns, Chaplain Murray and Chaplain Monaghan.

The Lenten services will be held in the Chapel at 12 Noon on consecutive Wednesdays, and will be given by several Chaplains on the following schedule:

March 11

Chaplain Monaghan
Chaplain Cairns

March 18

Chaplain Cairns
Chaplain Baltzersen

March 25

Chaplain Milbury
Chaplain Sims

April 1

Chaplain Cairns
Chaplain Monaghan

April 8

Chaplain Monaghan
Chaplain Milbury

April 15

Chaplain Milbury
Chaplain Cairns

Specials announced for Nutrition Month

March is National Nutrition Month, and this year the Cafeteria is focusing on "Legumes, Seeds and Nuts." What can you do with those ingredients? The Cafeteria menu specials for March will provide some good examples.

Legumes, Seeds, and Nuts are good sources of fiber, protein, and a variety of

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Series to focus on nursing dilemmas

The Professional Perspectives Committee, a standing committee within the Department of Nursing, is planning a series of monthly educational programs on Nursing Dilemmas. The series is part of the Professional Perspectives Committee's continuing effort to provide a resource for study and recommendations relative to professional ethical dilemmas of MMC's nursing staff.

Within today's health care environment, nurses must deal on a daily basis with complex nursing dilemmas. Examples include the nurse's right to refuse to participate in the care of an individual patient and the nurse's responsibility in providing information to patients. The Nursing Dilemmas series is designed to increase the staff's awareness of the components of ethical and professional

dilemmas as well as increase their ability to analyze these difficult situations.

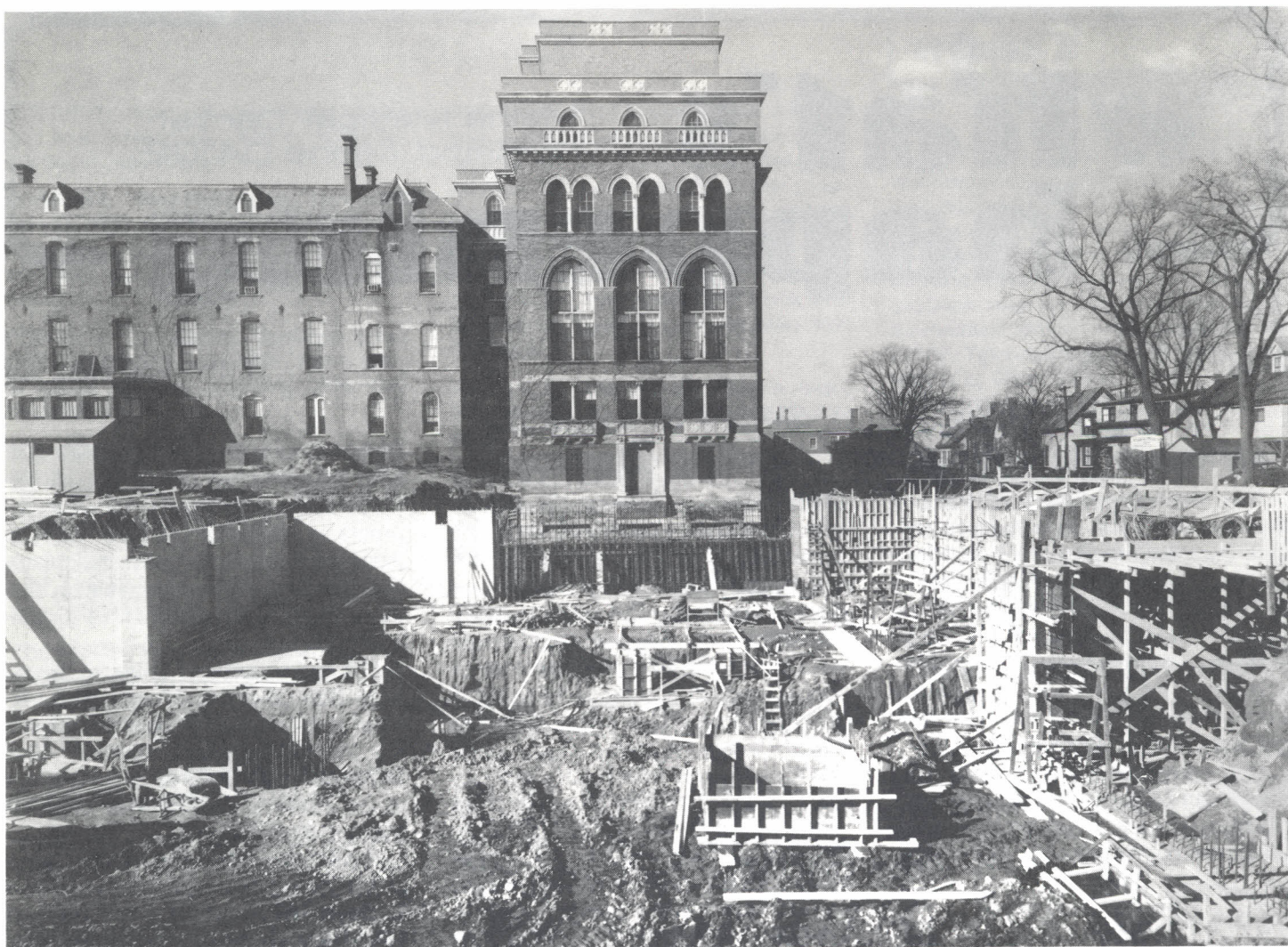
The series will consist of six one-hour programs offered on the third Wednesday of each month beginning March 18. The format for each program will be relatively informal, with ample time for discussion.

The first program is "Nursing Dilemmas: Recognizing and Analyzing the Issue." It will be held Wednesday, March 18, 12-1 PM, in Classroom 3. Participants should feel free to bring lunch to the session. 1 CERP has been requested from MSNA.

The Professional Perspectives Committee encourage members of the Department of Nursing to join them at these monthly meetings to discuss these pertinent nursing issues. Future program announcements will appear in *What's Happening*.



RUTH BEAUPRE retired from Housekeeping recently after 19 years of service. Her friends and coworkers said good-bye with a coffee on February 25. (A/V Photo)



ANOTHER PHOTO FILE FIND is this 1953 shot of the beginning of the 1956 Pavilion. Construction of this Pavilion marked the “bricks and mortar” transition from Maine General Hospital to Maine Medical Center. (A/V Photo)

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vitamins. During Nutrition Month, information cards will be available in the Cafeteria so employees can take advantage of these foods at home.

Monday, March 9

Chili
Cornbread with poppy seeds
Green beans almonline
Wild rice with peanuts and poppy seeds

Tuesday, March 10

Hummus, sprouts and sliced tomato in a whole wheat pocket
Peas
Rice pilaf with sunflower seeds and almonds

Wednesday, March 11

Pasta salad with walnut garnish
Succotash
Peas
Wild rice with peanuts and poppy seeds

Thursday, March 12

Cauliflower Maranca with sesame seeds
Lentel barley stew
Peas
Rice Pilaf with sunflower seeds and almonds

Friday, March 13

Chicken salad with nuts and sprouts on whole wheat bread
Minestrone soup
Wild rice with peanuts and poppy seeds.

Monday, March 16

Chili
Cornbread with poppy seeds
Peas
Orange rice with almonds

Tuesday, March 17

Hummus, sprouts and sliced tomato in a whole wheat pocket
Corned beef and cabbage

Wednesday, March 18

Pasta salad with walnut garnish
Tamale pie
Succotash
Wild rice with peanuts and poppy seeds

Thursday, March 19

Cauliflower Maranca with sesame seeds
Roman rice and beans

New Employees

MEDICAL RECORDS: Carrie L. Libbey

OUTSIDE BUILDING AND GROUNDS: Michael O'Brien, Paul R. Withee

A note from the Editor to the anonymous cartoonist: I'd like to see more. It has possibilities...

Thanks

Appreciation and many thanks to all the wonderful people of MMC for the acts of kindness and loving care given me during the 17 days on R6 (Orthopedics).

To all my doctors, nurses, aides, unit secretaries and the technicians a big thanks. Especially thanks to Physical Therapy for all their kindnesses, to X-ray, Lab, the Dietary, and food handlers. They did an excellent job.

Our Volunteers did an excellent job supplying me with books and things to do to take up idle time.

Our telephone operators did a splendid job as calls came in through the switchboard and as far as I know I got them all. My hat off to them!

Chaplin Milbury, I want to especially thank and the priests for coming in and chatting with me and prayers offered each time.

Thank you to our housekeepers for their good part in keeping our room so clean and orderly. God bless you all and keep the faith.

"Gentle Ben" Spearin

Substance abuse film series continues

The *HealthStyles* film series on alcohol and drug abuse, designed to provide employees with a broad perspective on the issue of substance abuse, is continuing. All MMC employees, as well as their families and friends, are welcome to attend the following films. No advance registration is required.

The Enablers Wednesday, March 4, 4:30–5:30 PM, Classroom 4, and **Intervention**, Wednesday, March 18, 4:30–5:30 PM, Classroom 4. These two films show the effects of alcoholism on the family and friends of an alcoholic. **Enablers** explores the ways alcoholic behavior is tolerated or actually encouraged by friends and family seeking to avoid the problem. **Intervention** shows the same family preparing to confront the alcoholic with her behavior in a formal meeting guided by a counselor. **Enjoying Sobriety** Wednesday, April 1, 4:30–5:30 PM, Classroom 1. Narrated from the point of view of a recovering alcoholic, this film is a powerful statement about the positive side of sobriety. The difficulties of achieving sobriety are dealt with directly, but the overall feeling of the film is all up beat and deeply moving.

Parent/Child series returns for Spring

The Spring Parent/Child Series from MMC's Office of Training and Development will feature five noontime sessions. (The first was held March 2.) Interested employees may sign up for one or more sessions by calling x2824. Please feel free to bring your lunch.

Changing Behaviors In The Family: A Look At Family Positions, Procedures and Patterns

Larry B. Roy, L.C.S.W.

This session builds on the Birth Order Presentation held last spring. Participants will be given an opportunity to examine structural aspects of family life such as alliances, boundaries, insider and outsider positions and triangles. Parents will look at what kinds of structures have been repeated over the generations as well as what they have chosen to change with their own children. Dramatization of family positions and patterns will be enacted to demonstrate family approaches.

Larry Roy is a social worker presently in private practice as a marriage counselor and family therapist at Maine Counseling Associates. He is a certified Parent Effectiveness Trainer and formerly was a Family Life Educator at the Community Counseling Center. March 16, Classroom 3, 12:00–1:00 PM.

How To Listen So Children Will Speak/How To Speak So Children Will Listen

Joan Martay

This presentation will focus on parent-child communication. Parents will learn specific skills they can use in order to listen more effectively. Participants will discuss how to be of assistance to any young person who is experiencing a problem. Parents will also learn how to express their feelings and ideas in constructive ways that will be heard by their children. Topics will include active listening and I-messages.

Joan Martay is a trained counselor and group facilitator. She teaches courses in Interpersonal Communication at the University of Southern Maine and St. Joseph's College. She has worked as a Family Life Educator specializing in parent education programs and courses for school departments and in a private practice. She conducts training programs for schools, businesses, and non-profit organizations in the areas of communication, stress management,

leadership, and team building. March 30, Classroom 3, 12:00–1:00 PM.

Children And Self-Esteem

Colleen A. McKenney, M.A.

Children develop both positive and negative images of themselves as they grow. This workshop will explore some of the ways those images are formed and the ways we as parents can enhance the positives. How children view themselves in our families and in the world impacts on all their behaviors all their lives, and we can help make that view a healthy one.

Colleen McKenney is currently with EPICENTER for Counseling and Education located at 938 Forest Avenue in Portland. She is an active member of the community serving on the Board of Directors for Cumberland County Child Abuse and Neglect Council and for Divorce Perspectives. She is on the Professional Advisory Board of Parents Without Partners and a member of Maine Mental Health Counselors Association. She is doing advanced study at Boston Family Institute with Dr. Fredrick Duhl, M.D. and is a Ph.D. Candidate through Columbia Pacific University. April 13, Classroom 1, 12:00–1:00 PM.

Making The Most of Single Parenting

David Sanford, Ph.D., L.C.S.W.

In this session, David Sanford will talk about the dynamics of single parenting from the perspectives of both adults and children, focusing specifically on challenges and opportunities. Particular attention will be paid to the sorts of attitudes and approaches that make single parenting as happy and workable as possible.

David Sanford is a clinical member of the American Association for Marriage and Family Therapy and a Marriage and Family Counselor in private practice with Maine Counseling Associates in Portland. In addition, he was a custodial single parent for eight years and now lives in a blended family with five children. He writes "Marriage Matters," a column appearing weekly in the Maine Sunday Telegram. April 27, Classroom 3, 12:00–1:00 PM.

Please Note

The MMC Gift Shop now opens at 7:30 AM.

Marketplace

FOR RENT: Spring St. near Mercy Hospital. Avail. March 9. Rooms with KT privileges. \$66-\$72/wk. Call 772-4253.

FOR RENT: Pine Point. Large 1st floor 2 BR apt. Year-round, across from beach. New carpet, parking. \$575/mo. with heat included. Lease and sec. dep. Call 883-2875.

FOR RENT: Falmouth. Spacious room with own entrance and bath. 5 min. walk to water. \$65/wk. including utils. Call 781-4775.

FOR RENT: Old Orchard Beach. Large 2 BR apt. with ocean view and extra large LR. W/D. Recently renovated. \$525/mo. includes heat. Call 934-9377.

FOR RENT: Scarborough. Mobile home with garage; private lot. \$500/mo. plus utils. Call 799-0151.

FOR RENT: Yarmouth near Village. Fully furnished 2 BR home. Nonsmoking single professional or couple. W/D, deck, yard. Avail. May 1. \$850/mo. plus utils., refs., sec. dep., and 1 yr. lease. Call 846-3977 after 8 PM Tues.-Fri.; anytime Mon. and weekends.

FOR RENT: Sunny 5 room apt. on quiet street. Newly carpeted and painted, all-new bath, large eat-in KT, 2 BR, lots of storage. Dryer avail.; washer hook-up. \$460/mo. plus utils.; hot water included. Call 773-5460.

FOR RENT: South Portland. 1/2 duplex in quiet neighborhood. 2 BR, private driveway, yard, deck, lots of storage. W/D hook-up. Avail. March 1. \$550/mo. plus utils. Call 799-6863.

ROOMMATE WANTED: To share house in Portland. \$280/mo. including utils. Call 797-6159 eves.

FOR SALE: 1985 Dodge Caravan. Black, 2.2 engine, 5-spd., AM/FM cassette stereo, Ziebarted, roof-rack, 34,000 miles. \$7,500. Call 934-5198 after 5 PM.

FOR SALE: 1982 Honda Accord. 4-dr. sedan, 5-spd., 30 plus mpg, 1-owner, excellent condition, front-wheel drive, AC, sunroof, CC, 4 new studded Vector snow-tires, 4 new all season tires. No rust; no accidents. Call 846-3977 Tues.-Fri. after 8 PM; anytime Mon. and weekends.

FOR SALE: 1980 BMW 320i. Black with tan interior, 5-spd., air, 91,000 miles. Call 775-2886.

FOR SALE: 1980 Pontiac Phoenix. 5-dr., 64,000 miles. \$1,200. Call 799-7259 after 5 PM.

FOR SALE: 1986 Toyota MR 2. 4-spd., automatic, AC, power windows, AM/FM cassette, spoiler, super red. \$11,500. Call 839-6688.

FOR SALE: China dinner set with 84 pieces (service for 12). White with rose spray on side and silver band. Used only a few times. Call 797-7929.

FOR SALE: Men's size 40 100% wool top coat in excellent condition. Worn a few times. Asking \$50. Call 774-2741.

FOR SALE: 80" couch with 3 cushions, blue floral print. 2 half-moon velvet matching chairs. 3 years old; Ethan Allan purchase. Asking \$700. Call 773-8544 after 5 PM.

FOR SALE: Contemporary 3 cushion sofa; beige with floral design. Excellent condition. \$175 or best offer. Call 839-3811 after 4:30 PM.

FREE: 2 Oriental short hair cats. 5 yrs. old; males; neutered, very gentle and special. To right home. Call 799-4156 after 6 PM.

WILL REPAIR storm damage to your trees and haul away. Call Jim at 767-2794 after 5 PM.

BABYSITTING: Warm, loving grandmother. Experienced with infants; will sit weekends. Call 772-5103.

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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Ski passes are back for the season!

The Employee Activity Committee has discount ski passes for several mountains at a variety of savings. Call Joyce, x2672 for information on passes. Following are the discount prices.

Sugarloaf adult-\$18.50, Jrs.-\$12.50;
Sunday River weekend-\$21.50, weekday-\$15.50; **Mt. Abrams** weekend-\$16.50, weekday-\$9.50;
Pleasant Mountain weekend-\$19.50, weekday-\$12.50, Jrs.-\$12.50. Saddle-back pass applications also available.

Tickets may not be purchased on Thursdays.

Please Note

The Employee Activity Committee has several new discount offers:

Svenska Tanning Salon is offering MMC employees a corporate rate of 5 half-hour sessions for \$25 and 10 half-hour sessions for \$50. Call 774-0203 for hours. *Tire Warehouse* is offering MMC employees a 10% discount on any tire in stock. Call 883-5308 for prices.

Cap'n Newick's Fish Market is offering MMC employees 10% off all fresh fish and lobster orders.

Portland Stage Company is offering MMC employees \$2 off coupons for its next two productions: "Long Day's Journey into Night," by Eugene O'Neill, and "Year of the Duck," by Israel Horowitz. Call Joyce at x2672 for coupons.

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