

# what's happening

Maine Medical Center  
Portland, Maine 04102

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## Eagles support radon research at MMC

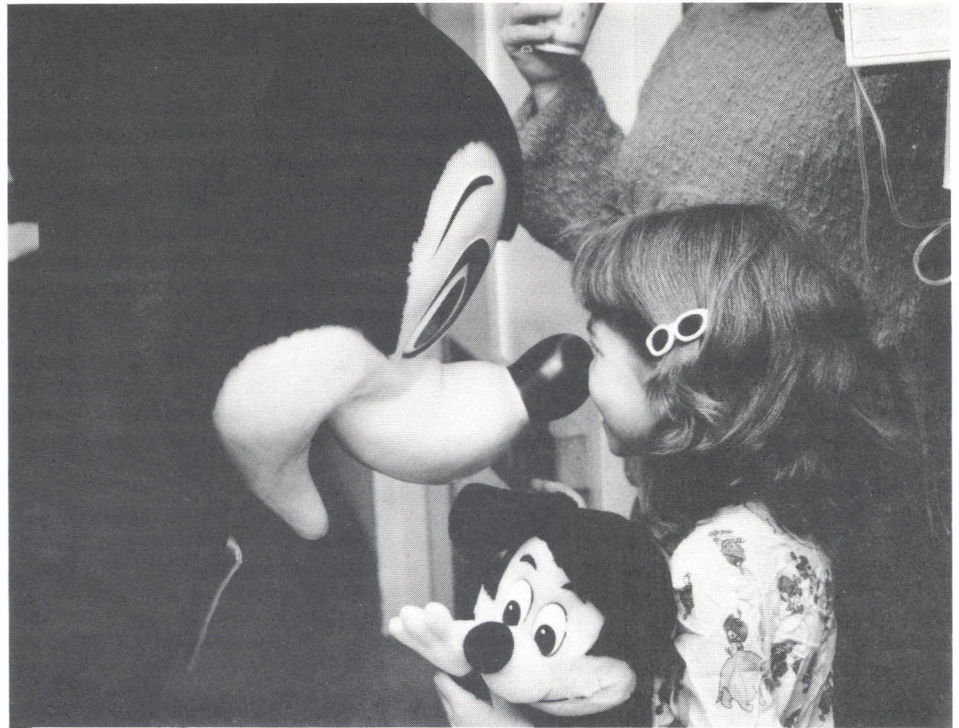
The Fraternal Order of Eagles has awarded a \$5,000 research grant to support Maine Medical Center's research into the health effects of radon gas. The award was presented to MMC Director of Research Peter W. Rand, M.D., who helped develop and has been involved in the Maine-based epidemiological study for four years.

The award was made possible by contributions from Eagle Aeries across the state, and is the third grant the Eagles have made to cancer research at Maine Medical Center since 1978. In expressing his thanks to the group, Dr. Rand congratulated the Eagles for their unflinching efforts to raise funds not only for cancer research but also for other important local health issues. Those efforts are exemplified, he said, by recent grants to projects involving autistic children and Alzheimer's Disease.

The MMC research project, being conducted with the Maine Department of Human Services and the University of Maine, is investigating the levels of radon—a natural radioactive gas found in granite bedrock under Maine and in other parts of the country—in Maine homes. The project will also attempt to correlate those levels with cancer incidence to establish risk factors. The Eagles grant will be used, Dr. Rand says, to complete the first portion of the study: field measurements of radon levels in the air and water supplies of the homes of participants in the study.

The Fraternal Order of Eagles has long been active in the funding of cancer research. Between 1947 and 1959, the international organization raised almost \$1.4 million, which was donated to the Damon Runyon Cancer Fund in New York City. The Eagles Cancer Fund was established in 1959, and was renamed

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**NOSE TO NOSE, Mickey Mouse and Sarah Barnes, 7, share a smile. Mickey and a friend, Donald Duck, visited MMC December 10. The visit was courtesy of Public Cable Company. (A/V Photo)**

## Local women receive recognition for work

The Portland YMCA recognized National Philanthropy Day November 15 with a breakfast honoring 32 local women prominent for their work and contributions in a wide range of local philanthropies. Most of the 32, according to MMC Director of Development Peter C. Barnard, have been or are associated with Maine Medical Center, in an especially significant way.

"They have played a variety of roles in support of the hospital," Barnard says, "as Trustees, as Corporators, as volunteers, as members of committees, as members of auxiliaries, as workers in various Development campaigns, and as generous donors to the hospital."

They are: Mrs. Thomas M. Armstrong (Rachel F.), Mrs. Sumner Bernstein (Rosalyne S.), Mrs. Howard F. Detmer (Josephine H.), Mrs. Emerson H. Drake (Nancy P.), Mrs. Alexander R. Fowler (Sally C.), Mrs. Sumner A. Hawley (Jean Gannett), Mrs. Michael T. Healy (Bridget D.), Mrs. Herbert S. Holmes, Jr. (Bett-sanne), Mrs. David G. Huber (Sherry F.), Elizabeth B. Noyce, Mrs. Harold L. Osher (Peggy L.), Mrs. Charles W. Redman, Jr. (Wilma Parker), Mrs. Barnett I. Shur (Clarice B.), Mrs. Phineas Sprague (Mary Lou), Mrs. Charles E. Stickney, Jr. (Anita Cooper), Mrs. Philip P. Thompson, Jr. (Mary Rines), Mrs. James G. Vamvakias (Sally G.), Mrs. Sidney W. Wernick (Charlotte B.), Mrs. Lester M. Willis (Rita S.), and Mrs. Roger F. Woodman (Katherine F.).

## EAGLES, from page one \_\_\_\_\_

in 1975 for its first chairman, Art Ehrmann, who died of cancer. In 27 years, the Eagles have raised in excess of \$4.7 million for cancer research in colleges, hospitals, and medical centers across the United States and Canada.

In 1978, the Eagles donated \$5,000 to MMC researcher Donna Thompson, M.D., for clinical cancer research, and in 1981 donated \$5,000 to Donald Howard, M.D., the Director of MMC's Immunology Laboratory, for research into Hodgkin's Disease.

There are about 3,555 Eagle Aeries and Auxiliaries in the United States, Canada, Mexico, and Europe, and each raises money in its own way. 100% of the money raised goes directly to research, with all administrative costs of the Fund absorbed by the Grand Aerie of the Fraternal Order of Eagles.

## Terminology course offered in January

MMC's Office of Training and Development announces registration for *Advanced Medical Terminology*. The course covers terminology relating to the major body systems and to cancer medicine. As with the Basic Medical Terminology course offered this Fall, the program aims to teach participants enough about the human body to ensure that terms are understood, not just memorized. Assignments and discussion provide practical experience in the use of medical language and frequent quizzes help participants assess their grasp of the material as the course progresses.

The course is offered in twenty-two 2-hour sessions, 3-5 PM, Mondays and Thursdays, January 26-April 16, 1987. To enroll, call the Office of Training and Development, x2824.

## About People

Peter C. Barnard, MMC's Director of Development is serving as President of the Rotary Club of Portland, Maine, for the 1986-87 term.

Rotary International has 22,500 clubs in 160 countries; the Portland group is #177, one of the oldest. Barnard is the first President associated with Maine Medical Center or its predecessor institutions.

## Dinner is "on us" if you work Christmas

As always, those employees whose schedules require them to work on Christmas Day are invited to have their dinners as guests of the hospital. For employees working during the day, dinner will be served from 10:30 AM until 1:30 PM. The evening meal will be served from 3:45 until 6:30 PM. Employees working a night shift are invited to attend whichever sitting is more

convenient, or to use their ticket for a comparably-priced breakfast Christmas Day.

Departments will issue a ticket to each eligible employee.

## Please Note

The public restrooms off the Bramhall Lobby, toward the Clinics, are closed for renovations that will make them more accessible for the disabled. They will be closed for two or three weeks.



**THE FLOWER BOX** overfloweth with holiday flowers. This photo was taken just after a delivery, and there will be poinsettias and other seasonal plants available in the Flower Box through Christmas. (A/V Photo)

## More Marketplace

**FOR SALE:** Pioneer AM/FM stereo receiver; Gerrard record changer; 2 speakers; approx. 5 yrs. old. \$100 firm. Call 772-4120 after 1 PM.

**FOR SALE:** Girl's size 4 Sherbrook figure skates in very good condition, \$12. Girl's size 2, Brookfield, blue, low-cut sneaker style roller skates in good condition, \$10. Call 774-1836 after 3 PM.

**CHILDCARE:** Infant, toddler or preschool care given in my Saco home. Preschool teacher with 7 yrs. experience. Excellent care and refs. Call Marie at 282-4369 after 5:30 PM.

**HOUSEKEEPING:** Experienced with excellent refs. Avail. days, eves., weekly or bi-weekly. Call 797-7162.

**BABYSITTING:** Loving mother wishes to babysit in her South Portland home. Call 774-3367

**WANTED:** Babysitter before and after school for 2 girls-1 in kindergarten and 1 in second grade. Westbrook area. Call 625-3991 after 6:30 PM.

**WANTED:** Warm, loving, grandmotherly person to care for 3 mo. old in Portland 2 days/wk. Call 774-9611.

**FREE** to good homes. French lop-ear bunnies make a warm and cuddly gift for your young one. Call 282-3765.

**FREE:** Kittens. Charcoal grey and white; male and female; box-trained; raised with children and dogs. Ready to go Dec. 16. Call 797-4682 eves.

## Smokeout follow-up keeps the goal alive

Now that the Great American Smokeout is over, how are you? Did you quit altogether? Did you stop smoking on November 20 only to slide back to smoking again? Want to try again? Here's your chance, brought to you by *HealthStyles*.

Bob Klotz, the Lifeline instructor who did the most recent smoking cessation program at MMC, says the transition from a smoking personality to a non-smoking personality can be accompanied by a tremendous sense of loss and associated stress. To help quitters and want-to-be quitters remain committed to their goals, *HealthStyles* will run a support group at MMC for at least the next ten weeks.

The group will meet Tuesdays, Noon-1 PM, in Classroom 5, and Klotz will be the instructor for the 2nd, 4th, and 8th weeks. If interested, call x2974 or stop by Classroom 5 for the sessions.

## Courses offer end to smoking and stress

*HealthStyles* is offering Winter sessions of two programs: "I Quit Smoking" will meet once a week, with a follow-up session two weeks after the end of the course. The course will focus on understanding whys of smoking, uncovering the willpower to quit, coping with urges and learning to relax, overcoming barriers to non-smoking, weight management, managing stress with smoking, and kicking the habit forever. It is offered on four consecutive Thursdays, beginning January 15, at 4:30-6:00 PM.

"Taking it in Stride" meets once a week for four weeks, covering the nature of stress and its recognition, time organization, energy wasters, communications skills, assertiveness training, humor, self-renewal, and planning for the future. Relaxation skills will be taught in each class. The course is offered 4:30-6 PM on four consecutive Tuesdays, beginning January 13.

Instructing both courses will be Helen Quigley of Helen Quigley Associates, author of the *L.L. Bean Guide to Fitness* and *The Heart Club Cookbook*.

### MURPHY'S CONSTANT

*Matter will be damaged in direct proportion to its value.*



## YOU CAN'T GET BLOOD OUT OF A SNOWMAN

But you can get it out of warm-hearted people who want to share the most precious of gifts: Life. Please give blood this week.

**Thursday, December 18**

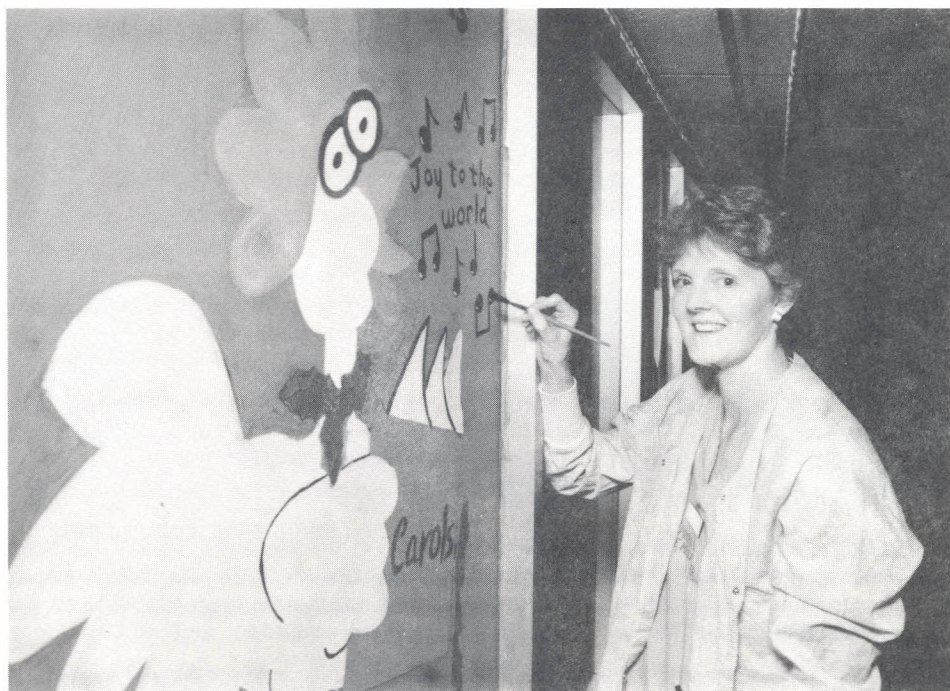
**11 AM-5 PM**

**Friday, December 19**

**6 AM-4 PM**

**Classroom 7**

**Maine Medical Center**



**CHERRY MORENO, RN, of the Recovery Room, was one the window painters hard at work in the Cafeteria on the afternoon of December 11. The efforts of all the artists will be a prominent part of the decor for MMC's Holiday Reception. (A/V Photo)**

## Thanks

*To all who made my retirement a time to remember with your best wishes and gifts:*

*"Gee it was nice!  
Can't thank you enough!  
You all have a way with  
that thoughtful 'stuff!'"*

*I leave with mixed feelings, and many happy memories of the hospital, and all the great people who make it "tick."*

*Eugenia Britt*

## New Employees

**HOUSEKEEPING:** Rosita P. Alcazar, Karen A. Cousins, Wayne Wilson

**CARDIAC SURGERY:** Kathy J. Henrikson

**PLANNING AND PUBLIC AFFAIRS:** Susan A. LaTorre

**PATIENT ACCOUNTS:** Norene E. Tibbetts

**DIAGNOSTIC RADIOLOGY:** Linda M. Powell

**PHARMACY:** Mary J. Simpson

# Marketplace

**FOR RENT:** Newly restored 2 BR apt. with LR, DR, LR, bath, laundry area. On fashionable side of Munjoy Hill. Avail. Feb. \$400/mo. plus utils. Call 799-5929 after 6 PM.

**FOR RENT:** Beautiful 2 BR apt. near Osteopathic Hospital. Large LR; DR with hardwood floor; stained glass window; large KT with electric stove and refrig.; bath with shower; storage area in cellar; storage shed. Parking. \$500/mo. plus utils., sec. dep., and refs. Call 772-6055.

**FOR RENT:** Year-round, unfurnished 2 BR house in Old Orchard Beach. Includes stove and refrig. \$90/wk. plus utils. and sec. dep. Call 934-9058 or 934-4343.

**FOR RENT:** 2 BR apt. near USM. Includes heat, hot water, and garage parking. \$445/mo. Call 797-8225.

**FOR RENT:** Brick Ranch in Portland. Furnished, 5 rooms, garage. \$675/mo. plus utils. No pets. Call 797-6139.

**FOR RENT:** Unfurnished 3 room apt. with full bath, hardwood floors, quiet building, heated, parking. No pets. \$385/mo. plus refs., and sec. dep. Call 772-3820.

**FOR RENT:** Large older single family house in Yarmouth. 3 BR, bath. Pets permitted. \$600/mo. plus utils. and sec. dep. Call 846-5796.

**FOR RENT:** Newly renovated 1-2 BR apts. within walking distance to MMC. \$335-\$435/mo. Call 772-6788 or 773-1814.

**FOR SALE:** 1½ acre lot in Cumberland. Asking \$35,000. Call 773-5755 after 5 PM.

**ROOMMATE WANTED:** Near MMC. Male professional seeks M/F nonsmoker to share apt. Heat, washer/dryer, cable included. \$250/mo. Call Ron at 773-6165 after 5 PM.

**ROOMMATE WANTED:** To share 4 BR Colonial home in quiet neighborhood in Portland with 3 professional/student women. Call 775-3520.

**ROOMMATE WANTED:** Third wanted for house in South Portland. Quiet neighborhood, nice yard, parking. \$300/mo. includes utils. Call 799-3241 after 7 PM; 761-1636 days.

**ROOMMATE WANTED:** Graduate student seeks person to share 2 BR apt. Walking distance to MMC; nice wood floors; piano and fireplace. \$245/mo. Call Dave at 774-6332 after 11 PM.

**ROOMMATE WANTED:** Seeking M/F professional to share new 2 BR condo in West End newly converted old stable. Woodstove/oil heat; off-street parking. \$350/mo. plus utils. Avail. now. Call Betty at 773-2894 anytime.

**ROOMMATE WANTED:** Avail. Jan. 1-May 30. Walking distance to MMC (across from USM). \$167/mo. plus utils. Includes fireplace, KT, basement storage, W/D, and 2 housemates. Call 774-3398.

**FOR SALE:** 1972 VW Bug with 4 new snow tires, AM/FM radio, sticker. Runs well. \$600. Call 829-5258 before 3 PM or after 6 PM.

**FOR SALE:** 1980 4-dr. hatchback Dodge Omni. 50,000 miles, loaded. Needs only minor body work. Well below book list. Asking \$1,600. Call 774-1096 after 5 PM.

**FOR SALE:** 1978 GMC pickup. 305 V8 automatic. Needs body work; good running condition. 2 good snow tires with rims included. Asking \$1,900. Call 883-4775 after 3 PM.

**FOR SALE:** 1983 Subaru GL station wagon. 5-spd.; lots of extras; excellent condition. Call 854-5386.

**FOR SALE:** 1973 VW Bug. 4-spd.; white; good condition. \$900. Call 934-9993.

**FOR SALE:** 1984 Toyota Camry. 5-spd., 17,300 miles, AM/FM stereo/cassette, CC. Excellent condition. \$8,800. Call Joe at 774-2060 eves.

**FOR SALE:** 1979 Pontiac Sunbird with standard transmission and new sticker. \$900 or best offer. Call 799-2181 after 5 PM.

## 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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**FOR SALE:** 1976 Chevy Vega. Excellent transportation. Low mileage; new battery, exhaust system and front springs; snow tires; power steering and brakes. Only \$650. Call 774-6178.

**FOR SALE:** 1963 Chevy pickup with 283, leather seat, lumber rack, step side ½ ton, new battery, very little rust. \$1,300. Call 772-3117 eves.

**FOR SALE:** Rossignol SP comp. downhill skis; 180cm with Tyrolia bindings, \$85. Antique parlor stove with eisenglass, \$125. Call 657-2104.

**FOR SALE:** Rossignol Concorde skis, 66 in. with Spademan binding, complete with Head ski poles, \$125. New pair Nordica ski boots size 7 1/2M in Allsop carrier, \$145. Twice-used Cross Country Trak-No Wax 78 in. skis, \$95-boots, 42, \$30. Call 799-4033.

**FOR SALE:** LR couch and chair set in earth tone colors and 2 large stoneware lamps, \$400. Call 773-5755 after 5 PM.

**FOR SALE:** Used upright quartz heater, \$30. Call 774-4155.

**FOR SALE:** Queen size waterbed with reduced motion mattress; 6 drawers beneath; nice half-circle head board. Call 892-5647.

**FOR SALE:** Rossignol 3G GS skis, 190cm., \$150. Coflack top-of-the-line ski boots, women's size 5/5 1/2, \$75. Both in excellent condition. Call Kate at 799-2337.

**FOR SALE:** Moosehead DR table with 4 matching chairs; excellent condition. Two women's wet suits; hats and mitts included; excellent condition. Call 865-3628.

**FOR SALE:** 185cm. Dynastar skis, MV-5 (GS), only 2 runs. \$200 without bindings. Call 773-1193 eves.

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