

what's happening

Maine Medical Center
Portland, Maine 04102

June 11, 1986

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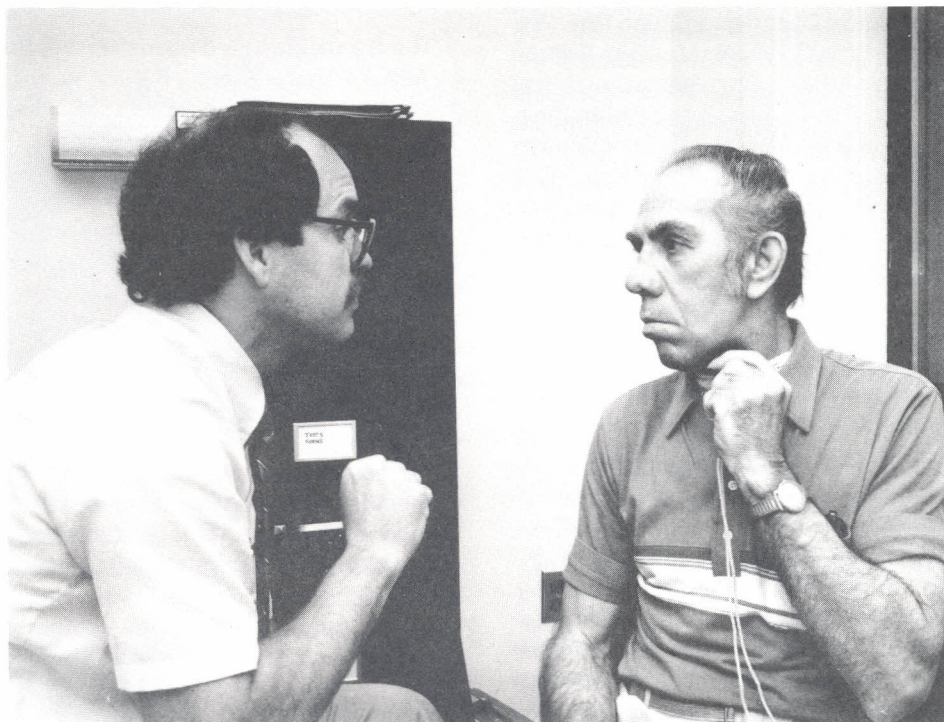
Speech/Language team job is communication

At 8:30 every morning, Speech-Language Pathologist Debbie Dabel works with a head-injured patient on MMC's Rehabilitation unit. The patient has been in the hospital since last November, and can say only a few words with varying degrees of clarity. Dabel is currently concentrating her efforts on helping the patient re-learn the skill of swallowing. Swallowing is important, she explains, because it uses the same movements required to form sounds, and because a more varied diet will follow an improvement in swallowing skills.

Along with the other professionals who work with him, and his family and friends, Dabel uses a daily diary to check and challenge her patient's short-term memory. He can, after many weeks' work, say "good-bye" and wave, and Dabel spends time retraining him to make the basic mouth and tongue movements necessary for clear speech.

Progress seems slow to the untrained eye, but Dabel says that in cases like this you mark progress in small steps that are major milestones. This patient started in the Special Care Unit able to communicate only by eyeblinks. He then progressed to using the "thumbs up" sign and then to using finger signs. He is now using a device called a "Voc-aid," which is a keyboard containing a voice synthesizer, to spell a few words.

Meanwhile, in another patient's room, Speech Pathologist Tom McOsker is using computer technology to help another patient learn to communicate. One of the programs scans the alphabet and common phrases; the patient activates a button as the cursor passes over the desired letter or phrase, and a voice synthesizer makes the sounds. The patient is quadriplegic and can only move a few facial muscles, but with an eyebrow switch and a computer he is able to com-



LARYNGECTOMY PATIENT Joseph Grimard of Westbrook is learning to use an electro-larynx to speak. Above, Speech-Language pathologist Mark Hammond, CCC-Sp, explains how to trap air and push it out the esophagus. (A/V Photo)

municate in a basic manner.

Computers, McOsker says, are useful not only as augmentative communications systems, but as tools for assessing and evaluating patients. If patients cannot communicate by usual means, it is difficult to evaluate their cognitive functions. The computer makes it possible for them to indicate that they recognize words, for instance, or can remember people and objects.

Dabel and McOsker are two of MMC's four speech-language pathologists. They, along with Joyce Goldberg and Division Director Mark Hammond, form the Division of Speech-Language Pathology within the Rehabilitation Medicine Department. All four have Master's degrees and hold the CCC-Sp certification from the American Speech-

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Rx

Don't Forget!

The deadline for the
EMPLOYEE PHOTO CONTEST
is 5 PM, Friday, June 20

Enter soon!

Contest rules are posted
near the Cafeteria

Critical Care Nurses elect 1986-87 leaders

The Southern Maine Chapter of the American Association of Critical-Care Nurses recently elected officers and Board members for 1986-87. They are: President, Nancy Sturdevant, RN, CCRN; President-elect, Mary Watson, RN, CCRN; Secretary, Caryn Perry, RN, CCRN; Treasurer, Karen Rowel, RN; Treasurer-elect, Beth Vogel, RN.

Also: Program Committee Chairperson, Patrice Tripp, RN, CCRN; Community Projects Chairperson, Glen Roy, RN; Membership Chairperson, Jane Colton, RN; By-Laws Chairperson, Carol Parcher, RN, CCRN; Publications Chairperson, Karen Rowell, RN; Nominating Chairperson, Susan Flewelling, RN, CCRN; Projects Co-chairpersons, Patti Jordan, RN, CCRN, and Claudette Mimeault, RN.

Certifications go to therapist, R4 nurses

Susan Butler, PT, MMSc., Clinical Specialist in MMC's Physical Therapy Department, has received certification in her specialty of Cardiopulmonary Therapy. The certification is from the American Board of Physical Therapy Specialties, and followed successful passage of a two-day written examination and certification of competency in clinical experience, education and research. As of this Spring, there were only three Physical Therapists in the United States with this certification.

Two staff nurses on R4, MMC's rehabilitation unit, have received their certification as Rehabilitation Registered Nurses (CRRN) from the Association of Rehabilitation Nurses. Debra Jensen and Eleanor Spear, successfully passed a formal four-hour exam. Other requisites for certification are two years of current practice in rehabilitation nursing and Registered Nurse status. Granting a CRRN recognizes an individual's expertise in rehabilitation nursing; nine staff nurses on R4 now have certification.

New Employees

FOOD SERVICES: Virginia M. Mitchell, Jody L. Paul

ENDOCRINOLOGY: Ellen B. Peterson

EMERGENCY DEPARTMENT: Margaret A. Vishneau

Library shifts to summer times

The MMC Library is now operating on summer hours. The schedule, effective through Labor Day is:

- Monday through Thursday, 7:30 AM to 7:30 PM
- Friday, 7:30 AM to 6:00 PM
- Closed Weekends.

Deadline coming for nursing scholarships

The Scholarship and Loan Committee of MMC's Department of Nursing will soon be considering grants for the 1986-1987 school year.

Deadline for applications is July 1, 1986.

Any MMC employee who is enrolled in or has been accepted into an accredited nursing program (MS, BS, AD, Diploma, LPN, CNA), is eligible to apply. The committee considers grants for both Spring and Fall semesters at the same time, so applicants should anticipate their full year's needs.

Applications are available in the office of the Vice President for Nursing. For further information contact committee chairperson Lois Bazinet, RN, CCRN, at 2397.

Weight Watchers works again in new classes

Weight Watchers will keep working at MMC—for newcomers as well as for people wanting to continue on from the sessions now in progress. Classes starting later this month make the fifth Weight Watchers program offered through *HealthStyles*.

Three 8-week segments will be offered as follows, all in the Dana Center:

Tuesdays, 4:00-5:30 PM, June 24-August 12.

Wednesdays, 1:30-3:00 PM, June 25-August 13.

Thursdays, 4:00-5:30 PM, June 26-August 14.

Each class must have a minimum enrollment of 20; advance registration is necessary. The cost is \$59.00, with a 50% rebate for those who attend seven of the eight classes.

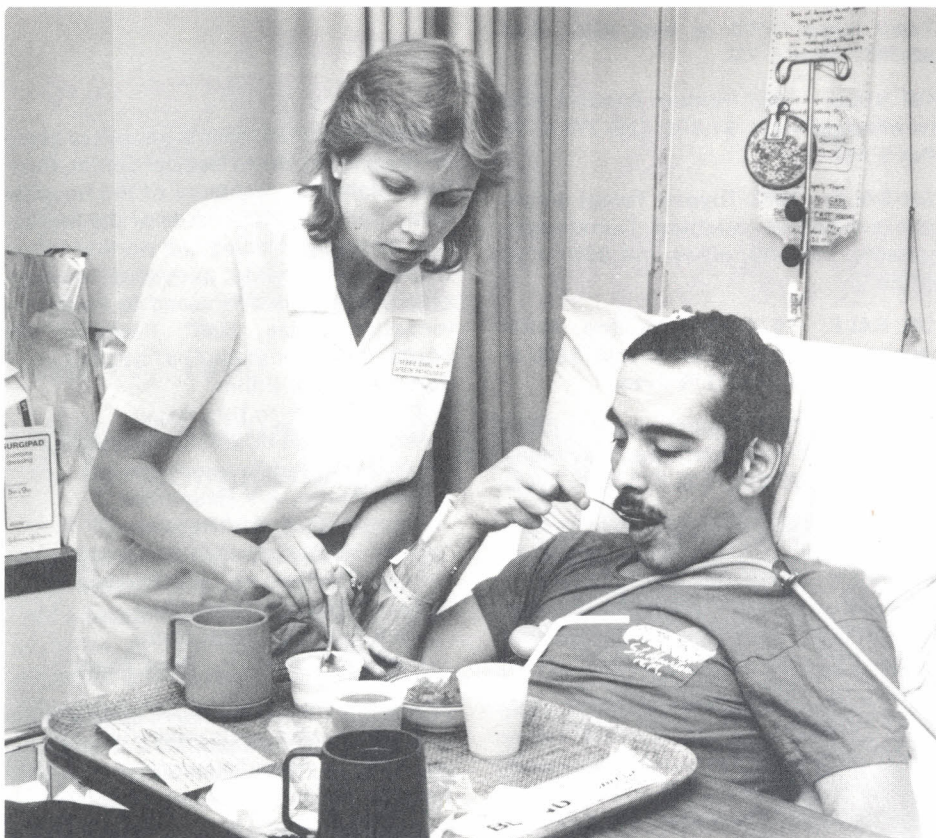
Call Anita Domina, ext. 2824, for further information or to register.

Morphology

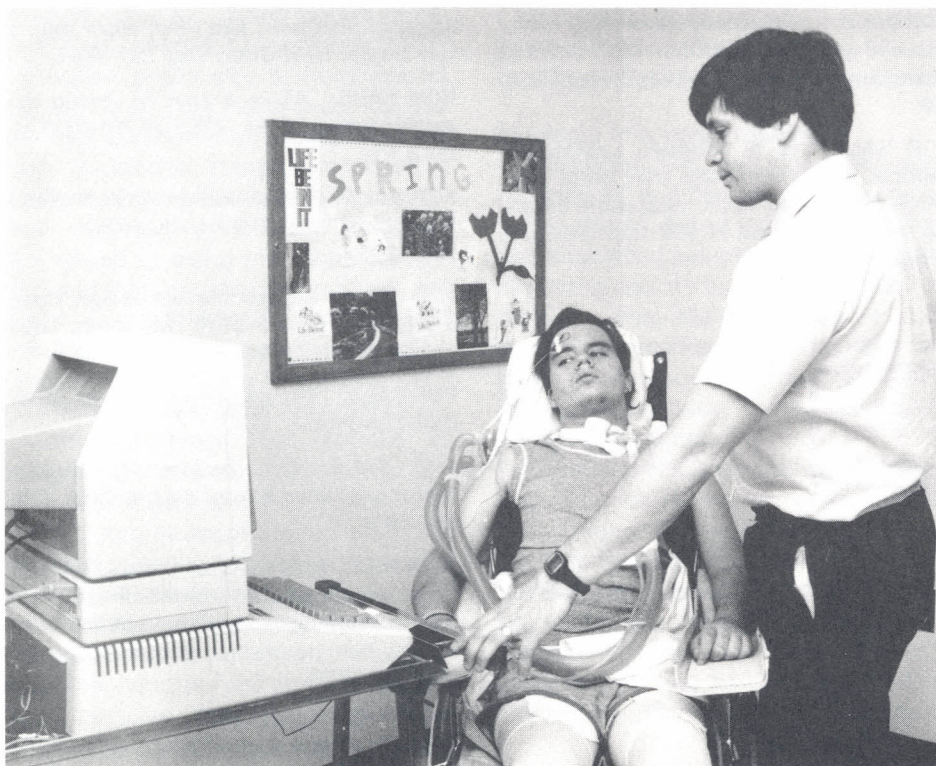
It is a simple task to make things complex, but a complex task to make them simple.



THIS COMFORTABLE ROCKING CHAIR was given to MMC for the SCU Waiting Room in memory of Karen Sue Fulcher who died January 26 following an automobile accident. Her mother Kay Fulcher (left) and her sister Lisa, both from North Easton, Massachusetts, presented the chair May 9. Accepting for MMC is SCU Patient/Family Counsellor Mike Thibodeau. (A/V Photo)



MANY OF THE REFERRALS to the Speech-Language Pathology Division of MMC's Rehabilitation Medicine Department are for swallowing disorders. Above, Speech-Language Pathologist Debbie Dabel, CCC-Sp, works with Tim Grassi on swallowing activities that will not only assist him in eating but will help him re-learn how to form basic sounds. Below, Speech-Language Pathologist Tom McOsker, CCC-Sp, sets up a computer for patient Rick Bineau. Using an eyebrow switch, Rick can communicate through the computer as it scans letters and words. (A/V Photos)



SPEECH, from page one_____

Language-Hearing Association. They work with patients who have lost all or a portion of their ability to communicate, including ventilator dependent quadriplegics, head injury patients, stroke patients, patients with laryngectomies, and those with swallowing and speech disorders.

In some cases, the speech-language pathologists can help return patients to normal or nearly normal functioning. In others, there is no possibility of the patient ever regaining full function; then it is the speech-language pathologist's job to make it possible for them to communicate as well as possible. McOsker's patient working with the computer, for example, may with more advanced equipment be able to communicate at a rate of 10 words per minute (normal communication being at about 180 words per minute). That is slow, but far better than without the rehabilitation.

Speech, hearing, and language disorders, Hammond says, are the nation's most prevalent handicaps, affecting about 10% of the population. At MMC, four speech-language pathologists receive about 30 referrals each month.

Smoking note:

The Department of Research has decommissioned its library as a designated smoking area. This was done prior to June 2, but too late to remove the library from the list of designated areas published in the May 28 *What's Happening*.

The Research Department library joins many other areas declared off-limits to smoking in the past few months, including all private offices in the hospital. The only remaining designated smoking areas are: the OR Smoking Lounge, the Housekeeping Smoking Lounge, the Radiology Department Smoking Lounge, the Labor/Delivery Smoking Lounge, and the designated areas in the Coffee Shop and Cafeteria.

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New Employees

NURSING: Roland D. Auger, Lisa P. Beckwith, Annabelle Breymann, Sena F. Bridges, Catherine S. Cooper, George Dressel Jr., Diane M. Everding, Marsha Lausier, Deborah H. Lowell, Kathleen A. Mercier, George A. Moreau, Carol P. Nelson, Susan M. Parker, Patricia Pellegrini, Michelle L. Reiger, Dorie A. Weir

Marketplace

FOR RENT: Woodfords area apt. Remodeled KT with dishwasher; DR with china closet and hardwood floor; LR with w/w carpet; hardwood floors in 2 BRs; lots of closet space; W/D hook-up; off-street parking plus more. \$475/mo. plus utils. and sec. dep. No pets. Call 774-2194.

FOR RENT: House in Portland Back Bay area. 4 BR, 2 baths, KT, LR with fireplace, DR, fully applianced, w/w, deck and yard. \$750/mo. plus utils. and dep. No pets. Avail. mid-June. Call 846-3228

FOR RENT: Portland. 3 BR apt. with modern bath and KT. No pets. \$450/mo. plus utils. Call 799-4675.

FOR RENT: Western Prom renovated carriage house apt. 2 BR, 2 bath, LR/DR, KT with dishwasher, disposal and W/D. Off-street parking and patio. 774-3695 eves.

FOR RENT: 3 BR apt. with LR, DR, large KT with washer. Newly decorated. Deering Oaks area. Off-street parking. \$525/mo. plus utils. Call 781-3121.

FOR RENT: On Western Prom. Spacious 2 BR, den, DR, LR, KT. Historic house. Newly renovated, carpeted. \$725/mo. Call 772-4981.

FOR SALE: 1793 center chimney Cape with 9 rooms; 7+ acres; attached barn; animal barn with 3 horse stalls and professional riding ring; 40 min. commute to MMC. Call 1-637-2143 eves. and weekends.

ROOMMATE WANTED: M/F to share 3 BR duplex apt. in So. Windham. Avail. July 1. \$142/mo. plus 1/3 utils. Call Debbie at 892-5598 eves.

ROOMMATE WANTED: 2 people looking for 3rd to share spacious house in Falmouth Foreside near water. Docking facilities avail. Call Claire Fisher at 772-0181 days; 781-3052 eves.

FOR SALE: 1982 Datsun 310 with 114,000 highway miles. Best offer. Call 854-8234 after 6:30 PM.

FOR SALE: 1974 F100 pick-up with 67,000 miles. \$600 or best offer. Call 892-5457 after 6 PM.

FOR SALE: 1980 Pontiac Sunbird with low mileage; 4-cyl. \$1,600. Call 774-5334 after 5 PM.

FOR SALE: 1983 Toyota Tercel hatchback in excellent condition. Transferable warranty. 50,000 miles. \$4,000. Call 767-5872.

FOR SALE: 1974 Volvo wagon. Much mechanical work done; some rust. \$800 or best offer. Call 766-2276 eves.

FOR SALE: 1985 Toyota pick-up. Extra cab, 5-spd., 5-year warranty, plus many more extras. \$6,500. Call 773-3270 eves.

FOR SALE: 1984 silver 4-dr. Mercury Marquis with charcoal gray interior. Mint condition, PS, PB, AC, cruise control, rear-window defroster, AM/FM stereo with cassette player, 31,000 miles. \$7,200. Call Mary at 883-3190 after 5 PM.

FOR SALE: 1984 VW Rabbit diesel. 37K, 5-spd., AM/FM cassette, sunroof, many extras. 47 mpg highway; well maintained; very sharp; must see. \$500 and take over payments. Leave message for Kevin at 774-3507.

FOR SALE: 1980 Datsun 210. 2-dr., hatchback, 5-spd., 62,000 miles, new Midas muffler. \$1,750 or best offer. Call 775-2613.

FOR SALE: 1983 25 ft. Coachman trailer in mint condition. Completely self-contained; sleeps 8 plus; has 2 tables; awning and many extras. Call 892-3504 after 6 PM.

FOR SALE: 1980 Chevy Blazer. All reconditioned and loaded; A/C; stereo cassette; power everything. Call 892-3504 after 6 PM.

FOR SALE: 19 ft. Wooden Lightninging sailboat. White with black trim; good condition; trailer and 75 lb. mushroom mooring included. Asking \$1,500. Call 766-2276 eves.

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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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FOR SALE: 16 ft. Whirlpool upright freezer in excellent condition, \$175. 6 ft. stained picnic table, \$25. Humidifier, \$10. Call 774-4598.

FOR SALE: Glenwood "C" wood cook stove, \$250. 12 ft. complete remote control Parachipse satellite system, \$1,500. Wood end heater, \$100. Chains and front bucket loader for 8N or 9N Ford tractor, \$150. Call 627-4191.

FOR SALE: Super high capacity air conditioner, \$150. Federal air-tight fireplace insert, \$250 or best offer. Decorative electric fireplace, \$100. Call 642-3585.

FOR SALE: Blonde wig and carrying case; human hair; like new; worn only a few times. Best offer. Call 781-3954.

FOR SALE: 41 in. x 16 1/2 in. swing-out awning type window, \$25. Call 781-4775 after 5 PM.

FOR SALE: 51 in. hide-away bed in Early American print (brown/gold). Call 854-5386.

FOR SALE: 2 Scandinavian design, deep rose love seats; \$975 for both. Call 799-2184 after 6 PM.

FOR SALE: Tempwood woodstove, \$250. Call 774-0405.

FOR SALE: G.E. heavy-duty clothes dryer; gas; used 6 mo.; asking \$350. Call 854-4931.

WANTED: Aide for convalescent woman in her oceanfront Cape Elizabeth apt. Free rent in exchange for a couple of hrs. help in eve. Female preferred; refs. required. Call 799-0368.

FREE: 6-7 week old kittens to good home. Call 774-4815 after 5 PM.

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