

what's happening

Maine Medical Center
Portland, Maine 04102

May 28, 1986

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HELPING TO CELEBRATE the 75th Anniversary of the Visiting Board of Children's Hospital last week were (from left): Visiting Board President Mrs. Robert B. Williamson, Jr., Chairman of the Board of MMC Mrs. Herbert S. Holmes, Jr., wife of the Vice President of the United States Mrs. George Bush, Chief of Pediatrics George W. Hallett, M.D., and MMC President Edward C. Andrews, Jr., M.D. (More photos of the celebration on page 3)

Walking is good for noontime or anytime

It's something most of us are pretty good at, something we've been doing for a long time, and something that's quite good for us. Walking, according to Al Wicken, P.T., Director of Physical Therapy in MMC's Rehabilitation Medicine Department, is a beneficial and enjoyable exercise. Unfortunately, he says, walking is so basic it has been overlooked in favor of its flashier relative, running.

Short walks at noontime are a good way to get into walking, Wicken says, and walking is a good way to get on the road to fitness. A brisk, uninterrupted

walk of 20 minutes or more is beneficial for cardiovascular fitness, burns a respectable number of calories, and helps reduce and control stress.

Those things are more often said about running, Wicken notes, and it's unfortunate that running has eclipsed walking. "The result of the fitness boom and its emphasis on running and other high-exertion activities," he says, "is that the fit have been getting fitter and the rest haven't been getting into fitness."

Walking can carry the same benefits as running, on a smaller scale, but doesn't carry the same risks of injury. It doesn't require expensive equipment like running shoes, and can be done vir-

WALKING, page 2

Visiting Board marks 75th in great style

Gracious guests, generous gifts, and a big surprise—all the components of a perfect birthday party were present on May 21 when the Visiting Board of Children's Hospital celebrated 75 years of service to Maine Medical Center.

More than 150 guests were on hand at an afternoon reception and program marking the Board's anniversary, and they shared a spirit of happy celebration with the program participants.

Barbara Bush, wife of the Vice President of the United States, was the guest speaker. She had visited the Pediatric Unit before joining other guests in the

VISITING, page 3

Smoking switch due in Cafeteria June 2

The smoking scene changes in MMC's cafeteria on Monday, June 2. The entire "main area" of the Cafeteria will be the non-smoking area, and the space made up of Conference Rooms A and B will become the designated smoking area.

The new smoking area has been outfitted with exhaust fans, and the sliding wall separating it from Conference Room C will be in place. All this will serve to keep smoke away from traffic and non-smoking tables more efficiently than was possible when the "smoking corner" of the Cafeteria was the designated area.

The move—combined with a sharp reduction in the number of designated smoking areas—completes the hospital's compliance with instructions received from the Board of Trustees on September 26, 1985. At that time the Board reaffirmed its policy on discouraging smoking at Maine Medical Center by restricting smoking to designated areas. It

SMOKING, page 2

SMOKING, from page one

also instructed Administration to review the more than 40 areas that were then designated for smoking to ensure that they met the criteria set forth by the Board.

As the review was carried out, the criteria established by the Board were rigidly interpreted. Many areas were found not to be in compliance with policy, and many departments eliminated their smoking areas accordingly.

The following are the only designated smoking areas that meet the criteria: OR Smoking Lounge, Labor/Delivery Smoking Lounge, Housekeeping Smoking Lounge, Research Department Library, Radiology Department Smoking Lounge, and the designated areas in the Coffee Shop and the Cafeteria.

The criteria, set in 1980 when the Board adopted the present policy, are that designated smoking areas must be: (1) well ventilated, (2) out of the general flow of patients and visitors, (3) accessible to all in the department, and (4) an area nonsmokers are not required to use.

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.



Continuing Education

Nursing Staff Development

• Critical Care Seminar: "Living Wills: What is the Law"

Donald Quigley, Esq.,
MMC General Counsel
Thursday, June 5
8-9 AM and repeated 2-3 PM
Classroom 4
Sponsored by CICU

Murphology

O'TOOLE'S COMMENTARY ON MURPHY'S LAW:

Murphy was an optimist.

WALKING, from page one

tually anywhere. A runner himself, Wicken says there's nothing wrong with running except that it's not for everyone—and walking *is* for just about everyone.

"A brisk twenty-minute walk at noon-time," he says, "is something almost everyone can do, and our part of Portland is fertile ground for walking." The Western Promenade is green and pleasant throughout the summer, and the West End is full of historic, attractive buildings. Greater Portland Landmarks, Wicken says, even has a walking-tour guide to the West End.

Most people should be able to walk in their normal work clothes. Heels more than one inch high are not a good idea, but otherwise any comfortable shoes or sneakers are fine for walking. It's always a good idea to stretch out before any exercise, Wicken says, but with walking it isn't essential. The only caveat, he says, is that as with all exercise it's a good idea for anyone over 35 who has been generally inactive to check with their physician beforehand.

What to do about lunch? Wicken suggests eating something light either before or after walking, and notes that some studies have indicated that one way to balance calories is to eat most of your calories during periods of the day you are most likely to burn them off.

Wicken is a member of the employee health promotion committee, *HealthStyles*, and he and *HealthStyles* Coordinator Mary Eileen Kiniry are working on a way to measure some specific walking routes around the West End. Wicken would also like to pursue the idea of a "stretching station" at the Promenade end of the hospital's property. He says runners and walkers alike could benefit from such a station.

Thanks

Thank you for all the care and attention you gave me from February 14 to March 17.

A special thanks to Karen and Michael, therapists, the nurses' station, and to Jan, the student nurse, who pampered me 3 mornings.

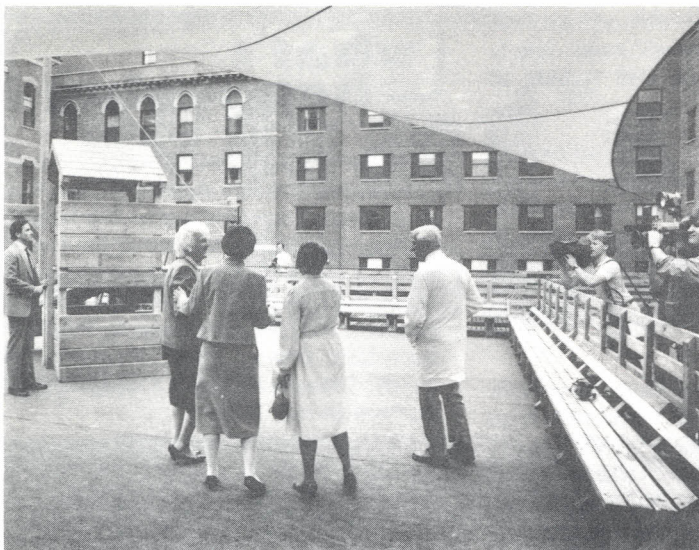
Also my many thanks to all the "guys and gals" who gave me so much of their time and attention—they are too numerous to mention by name! But my thanks anyway.

Again, my thanks to all who made my four-week stay so pleasant and enjoyable—considering my problems! I shall always remember them.

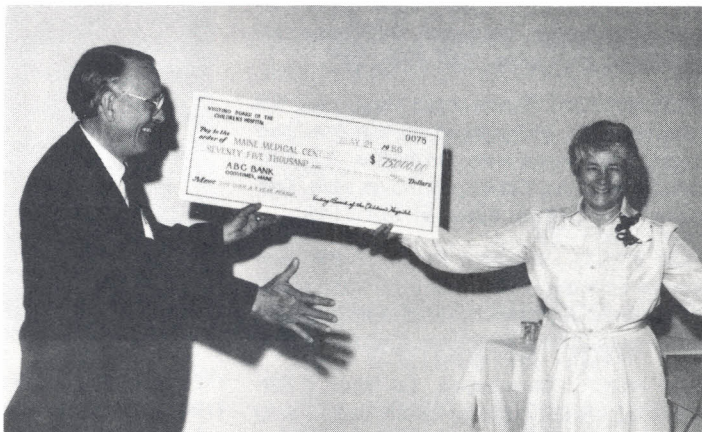
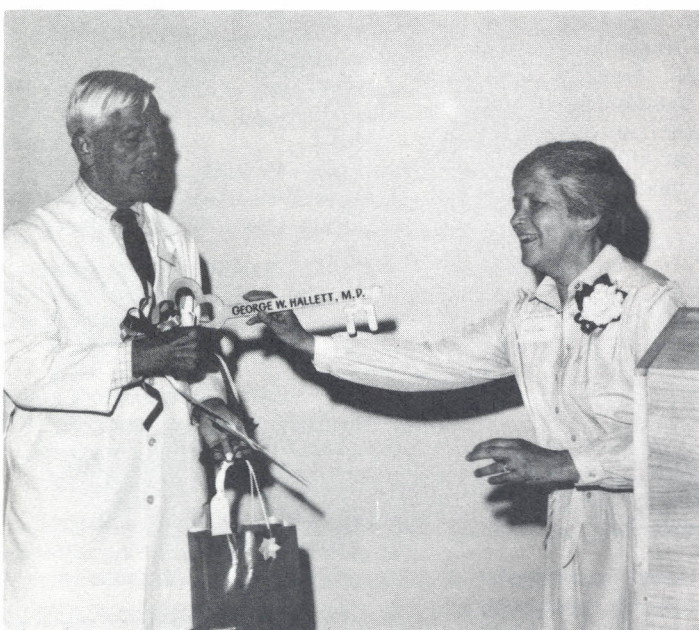
*Edith M. Calverley
Room 626B*



FRED B. CLARK, M.D., has retired as Director of the Division of Urology at MMC. He received the traditional "director's chair" at the May meeting of the Medical Staff. Above, Dr. Clark thanks his colleagues as F. Stephen Larned, M.D., and J. Howard Hannemann, M.D., look on. (A/V Photo)



AMONG THE HIGH POINTS of the Visiting Board's celebration were (clockwise from top left): Mrs. Bush, Mrs. Holmes, Mrs. Williamson, and Dr. Hallett preview the George W. Hallett Playground while the press views them; Mrs. Williamson makes introductions as Mrs. Bush greets fellow reception guests; Dr. Andrews and Mrs. Williamson reveal the Visiting Board's \$75,000 pledge to MMC; and Dr. Hallett receives the key to "his" playground. (A/V Photos)



VISITING, from page one

Dana Center, and she told the audience: "From what I have seen and heard, it is clear that Maine Medical Center has the best that modern medicine and technology can provide. Plus you have the secret ingredient: you have the benefit of the time and dedication of people who give that one step more. . . I have a strong, personal regard for the members of the Visiting Board."

Words of thanks and admiration for the Visiting Board came also from program speakers Mrs. Herbert S. Holmes, Jr., Chairman of the Board of MMC; Edward C. Andrews, Jr., M.D., President of MMC; Alistair G. S. Philip, M.D., Director of the Division of Neonatology; and George W. Hallett, M.D., Chief of the Department of Pediatrics.

Then came the Visiting Board's turn to reciprocate, in the person of its cur-

rent president Mrs. Robert B. Williamson, Jr. Both her announcements were about the gifts the Visiting Board had voted to give the hospital in honor of its own birthday:

- The Board pledged \$75,000 to MMC toward support of programs and projects to benefit Pediatric patients, and
- The Board officially presented the outdoor playground, which can now be seen taking shape adjacent to the Pediatric Unit, as another gift to MMC.

Then came the biggest surprise of all: Mrs. Williamson announced that the playground would be named in honor of Dr. Hallett and his 18 years of devotion to MMC's pediatric population. That announcement brought stunned silence from George W. Hallett, M.D., and a prolonged and loud standing ovation from the audience.

Thanks

This year gave me pleasure being a part of MMC, as I imagine the rest of us are. And I was real pleased about having a dinner at the cafeteria for Honor Night, as like a lot of others our jobs came first so we could not attend the dinner, and some of us had no way to get there. It was pleasant to get a ticket this year and I would like to compliment the one who had the feeling that we were left out and needed to be recognized with the others. Thank you, person, and a toast to the ones who made a delightful and tasty meal. It went with the pleasant appearance of the homey looks of our new cafeteria, which gives the feeling of being home. Also the lady who served me dinner was a princess in politeness---she made me feel like a king with her kindness.

Ralph Robbins, Housekeeping

Marketplace

FOR RENT: House in Westbrook near Portland line. 2 large BRs, DR, bath, large LR with fireplace, KT, full basement. \$600/mo. plus utils. Sec. dep. and refs. required. Avail. immediately. Call 772-7068.

FOR RENT: 4 rooms and bath. Near Lowell St. Medical Building. \$450/mo. with heat and hot water included. Call 774-8315 eves.

FOR RENT: 2 BR apt. in brick carriage house on Western Prom. Fully applianced KT with new refrig., 2 full baths, dining area, LR, W/D hook-up, off-street parking. \$600/mo. plus utils. Call 799-1416 or 799-2221.

FOR RENT: Large, unique 2-level furnished apt. in historic West End building. Sundeck, dishwasher, disposal. Ideal for couple. Avail. mid-June. 1 yr. lease. \$450/mo. includes parking. Call 774-7295 after 6 PM.

FOR RENT: New 2 BR apt. on outer Forest Ave. in quiet neighborhood. W/W carpet, dishwasher, disposal, W/D hook-up. \$450/mo. plus utils. Call 878-2237.

FOR RENT: Furnished apt. at 92 Lawrence St. in Portland on busline. 2nd floor; 7-9 rooms with 1½ baths, KT, LR, DR. Avail. June 1. \$500/mo. plus utils. Call days at 772-4638; eves. at 774-7142.

FOR RENT: Western Prom. 1 BR new condo with microwave, central vac., trash compactor and much more. Parking and laundry facilities. \$450/mo. Call 879-0223.

FOR RENT: Westbrook. 1st floor, 2 BR, 2 baths, LR/DR combo, family room. W/D hook-up, dishwasher, garage, nice yard, quiet residential neighborhood. \$600/mo. plus utils., sec. dep. and 1 year lease. Avail. July 1. Call 773-3215 from 10 AM-6 PM.

ROOMMATE WANTED: Nonsmoking F to share large 2 BR apt. on Woodford St. Off-street parking. \$200/mo. plus ½ utils. Call Janet at 773-7177 after 6 PM.

ROOMMATE WANTED: M/F to share 3 BR duplex apt. in So. Windham. Avail. July 1. \$142/mo. plus ⅓ utils. Call Debbie at 892-5598 eves.

ROOMMATE WANTED: M/F, professional, nonsmoker to share spacious house in Cape Elizabeth. 3 BRs, 2 baths, fireplace, sundeck, hardwood floors, ocean view, 15 min. commute to Portland. No pets. \$300/mo. plus \$225 sec. dep. and refs. Avail. July 1. Call Susan or Rachel at 799-0473 eves.

FOR SALE: By owner. North Yarmouth. 12 year old 2 BR ranch with eat-in KT, large LR, large yard, 1 acre of land. Nice neighborhood. Call 829-5761 weekdays after 5:30 PM or weekends from 8 AM-9 PM.

FOR SALE: By owner. 3 BR house in Portland. \$71,900. Call 839-6041.

FOR SALE: 1980 VW Rabbit diesel with sunroof, AM/FM radio; metallic gray; 83,000 highway miles; excellent condition. Aggressively maintained; have proof of all work done. 43 mpg on highway. Body sound; inspected this month. Includes 2 sets of tires and spare parts. \$2,500. Serious inquiries only. Call 773-7162 weekdays from 7-9 PM.

FOR SALE: 1982 Subaru GL 4-dr. sedan. 5-spd., AM/FM stereo cassette, wire wheel covers; excellent condition. Asking \$4,200. Call 657-3392.

FOR SALE: 1975 Olds Starfire with sunroof, front and back spoiler, radial tires; black with white interior. \$875. Call 775-6725 and leave message.

FOR SALE: 1984 Kawasaki Ninja 900 with 36,000 miles, radar detector, back rest. Like new. Paid \$3,700; will sell for \$3,100 or best offer. Call Anne or Steve at 773-3471.

FOR SALE: Aluminum shed, \$75. Century infant car seat, \$15. Webber kettle grill, \$15. Assorted toddler boy's clothes, \$1/each. Octagym multi-position exerciser, \$75. Also, 3 gray kittens free to good home. Call 883-3174 after 4 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.

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FOR SALE: 17 ft. Grumman canoe with keel. Used 2 seasons. Good condition. Asking \$389. Call 1-725-8944 after 6 PM.

FOR SALE: Beautiful queen-size sofa bed; 3 month old; brown. Paid \$799; will take \$600 or best offer. Call 854-1928 after 5:30 PM.

FOR SALE: Refrig. Runs and looks great. Moving; must sell, \$200 or best offer. Also, 2 mo. old 9 x 12 blue/gray carpet, \$50 or best offer. Call 854-5114 after 6 PM.

FOR SALE: 8 mm Opera length pearls; ½ carat diamond white gold ring; strand of Baroque pearls. Call 772-6415.

FOR SALE: White GE electric stove with self cleaning oven; approx. 9 yrs. old, \$100. Call 797-7786 or 797-4244 after 6 PM.

WANTED: Nurse or nurse's aid, active or retired, to be nursery attendant for local church Sundays, 8:30 AM-12:30 PM. Fee to be negotiated. Call 772-5801 or 642-4109.

WANTED: Summer job opportunity for a woman to live-in and care for 2 children in my home on the beach in Old Orchard for summer. Now through Labor Day. Room, board and salary. Refs. required. Call 934-2292.

FREE: 7 mo. old kittens to good home. Call Bonnie at 883-3835 eves.

ROTOTILLING: Cheaper than renting. Seedlings; manure; odd jobs. Call 797-5199.

WANTED: Nice home for beautiful 7 year old female Siberian Husky. Spayed. Friendly. Good with kids. Needs lots of outdoor space. Call Bill at 846-5362 after 5 PM.

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