

# what's happening

Maine Medical Center  
Portland, Maine 04102

May 14, 1986

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## Fair to tell what's in it for employees

The reason is information but the accent is on fun at the Employee Benefits/*HealthStyles* fair, May 16, 7:00 AM - 4:30 PM in the Charles A. Dana Health Education Center. The Fair is a reprise of last year's successful event, and will feature information on all the benefits and health promotion programs available to MMC employees. Mixed in with the information will be free food (of the healthy variety), raffles, health screenings, and more.

Do you have a question about your health insurance coverage or dental plan? Then come to the fair and talk to representatives from Blue Cross/Blue Shield and Unionmutual. Wondering about Tax Sheltered Annuities, Social Security, or the MMC pension plan? That information will also be available, with staff from Employee Benefits on hand to help.

There will also be information on MMC's tuition assistance program, the Child Care Connections child care referral service (Summer's coming!), and employee benefits in general.

*HealthStyles* will be there as well, as one of MMC's employee benefits. Along with information on current and future programs, the health promotion people will be sponsoring hypertension screening, body fat measurement, and pulmonary function testing. L.L. Bean will be sending Phil Savignano to the Fair to present a mini-Lunch 'n Learn on "Canoeing in Maine," and some of USM's Lifeline staff will be on hand to talk about the *HealthStyles* exercise programs.

The *HealthStyles* influence will be present in the snacks available for Fairgoers: Fruit juices, salt/preservative free potato chips, fresh vegetables tray with Yogurt Dill Dressing, fresh fruit, carrot

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## Barbara Bush to join in celebration at MMC

Barbara Bush, wife of the Vice President of the United States, will join in the celebration of the 75th Anniversary of the Visiting Board of the Children's Hospital, Wednesday, May 21, at Maine Medical Center.

Invitations are in the mail for the Anniversary Celebration which begins with a reception at 3 PM, followed by a program at 4 PM in the Pendred Noyce Auditorium of the Charles A. Dana Health Education Center.

The Visiting Board, organized in 1908 in support of the newly-chartered Chil-

dren's Hospital in Portland, is celebrating a history of service to pediatric patients of the Greater Portland community and the State of Maine.

The Anniversary program includes welcome and greetings from Mrs. Robert B. Williamson, Jr., President of the Visiting Board, and Mrs. Herbert S. Holmes, Jr., Chairman of the Board of Trustees of MMC; remarks by Alistair G.S. Philip, M.D., Director of the Division of Neonatology, George W. Hallett, M.D., Chief of Pediatrics, and Edward C. Andrews, Jr., M.D., President of MMC.

Mrs. Bush, as special guest speaker, will discuss "Volunteerism." Reflecting

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**A LITTLE PATIENT** named Melody reacts with wide-eye wonder as she meets a clown for the first time. A cadre of clowns made their traditional visit to MMC's Pediatric Unit when the Shrine Circus was in Portland in April. (A/V Photo)



PRIDE IN NURSING, a sentiment we share year 'round, came shining through most vividly last week as MMC celebrated National Nurses Day. Evidence of that pride was everywhere on May 6, as some members of the Department of Nursing appeared in traditional uniform, from crisp white cap to toe; physicians sent fruit baskets or flowers to many units; some units sent flowers in salute to other units they work with closely through the years; nursing directors sent flowers to their units. Special events of the day included a Professional Issues Seminar during which guest speaker, Maine State Senator Barbara Gill predicted that the State Legislature would attempt to commit increased funds toward health promotion and encouraged her audience to provide input, both as professional nurses and as consumers. Vice President for Nursing, Judith T. Stone, RN, shared her thoughts on "one of the most privileged of all professions" during two open meetings to which all nursing personnel were invited. She quoted an old but still valid definition of nursing that stated *nurses provide for those abilities or capacities that people would do for themselves if they had the strength, will or knowledge*. "Think about that a minute," she said. "Recount, remember, revisit some of those times when you as a nurse provided the thinking, mobilizing, ministering, and motivating that was missing at the time. You did this with skill and talent garnered from your education and your experience. Think how wonderful it feels to fill those vital human functions. How powerful we as individual nurses are when we assess all of our capabilities and capacities for enhancing another's world. . . ." In answer to requests for copies of the full text of Miss Stone's address, "Nursing--The Care Connection," they are available through the Public Information Office, ext. 2196. (A/V Photos)



## What nursing means: some shared thoughts

What does nursing mean to those who have chosen it as a career? Nurses on all MMC units were invited to share their thoughts and feelings

*Nursing is a profession which offers a number of gratifying experiences for the nurse. These include job fulfillment, professional commitment, memorable moments when touching another's life, and assisting patients to achieve and maintain a healthy state.*

*Nursing allows great personal growth in many ways. Among these are the opportunity for the nurse to confront such issues as death and dying, to deal with ethical dilemmas encountered in delivering care, and to come to appreciate the value of life.*

*Working on R7 has given us the opportunity to find fulfillment by allowing us to grow in our professional roles.*

*We, the nursing staff on P1C, believe this describes how we feel about ourselves, our patients, and the care we provide:*

C - Compassionate  
A - Advocates  
R - Resourceful  
I - Intermediary  
N - Nurturing  
G - Giving

P - Proud  
R - Reassuring  
O - Optimistic  
F - Funny  
E - Empathetic  
S - Sympathetic  
S - Sincere  
I - Involved  
O - Outgoing  
N - Nice  
A - Assertive  
L - Laudable  
S - Silly (Occasionally)

## Parents' group looks at teenage crises

The next meeting of the Parents of Children with Special Needs group at MMC will be Thursday, May 15, at 7 PM in Classroom 4. George Gautreau, a community educator and representative from Ingraham Volunteers, will talk about "Teens in Crisis." For more information, contact Connie Korda at 871-2477.

## Softball returns to intramural scene

Intramural softball is back for the summer! *HealthStyles* announces the formation of teams for the Summer 1986 season. More details will be announced soon, but the first Coaches' meeting is May 20, at 4 PM in the Cafeteria.

For more information, contact *HealthStyles* at x2974.



## FAIR, from page one

cake, cracked wheat rolls, bran muffins, and carrot-oatmeal cookies. Recipes will be provided for many of the offerings. A series of presentations in the Dana Center classrooms will cover mutual funds, child care, TSAs, IRAs, canoeing, and exercise programs:

9:00 – 9:30 AM

Kerry Courtice from A.G. Edwards  
on  
**Mutual Funds**  
Classroom 5

9:30 – 10:00 AM

Kathy Stead from  
Child Care Connections  
on  
**How to Plan and Negotiate with  
Your Child Care Provider**  
Classroom 5

10:00 – 10:30 AM

Dick LaRhette from  
LaRhette Insurance Agency, Inc.  
on  
**Unionmutual TSA/Loan Provision**  
Classroom 1

10:30 – 11:00 AM

USM Lifeline Staff  
on  
**Exercise Programs**  
Classroom 1

11:00 – 11:30 AM

Mark Gosselin from Mutual Benefit Life  
on  
**The Differences Between  
TSAs and IRAs**  
Classroom 5

12:00 – 1:00 PM

Phil Savignano from L.L. Bean  
on  
**Canoeing in Maine**  
Classroom 1

1:00 – 1:30 PM

Kerry Courtice from A.G. Edwards  
on  
**Mutual Funds**  
Classroom 5

2:00 – 2:30 PM

Dick LaRhette from  
LaRhette Insurance Agency, Inc.  
on  
**Unionmutual TSA/Loan Protection**  
Classroom 1

2:30 – 3:00 PM

USM Lifeline Staff  
on  
**Exercise Programs**  
Classroom 1

3:30 – 4:00 PM

Kathy Stead from  
Child Care Connections  
on  
**How to Plan and Negotiate with  
Your Child Care Provider**  
Classroom 5

## RNs, LPNs invited to Orthopedic meeting

The National Association of Orthopedic Nurses will be holding an introductory meeting, 7 – 9 PM on May 22, in Classroom 4 of the Dana Health Education Center at MMC.

Gerontology Nurse Specialist Doris Legere, RN, is the guest speaker.

All Registered Nurses and Licensed Practical Nurses are invited to the meeting. For further information call Pat Gulian, RN, or Roxanne Taylor, RN, at 871-2322.



## Continuing Education

Nursing Staff Development

### • Caring and Caregiving in the Later Years: "Clinical Issues for the RN"

Tuesday, May 20

7:45 AM – 4:30 PM

(Prior registration only)

MSNA approved for seven Contact Hours

### • Cardiovascular Update: "Care of the Patient with Ischemic Heart Disease"

Wednesday, May 21

8 AM – 4 PM

(Prior registration only)

MSNA approved for eight Contact Hours

### • Cardiovascular Update: "Dysrhythmia Update I"

Thursday, May 22

8:30 AM – 3:00 PM

(Prior registration only)

15 Contact Hours only with  
Dysrhythmia II following week

## Coffee Shop adding art to the menu

The Women's Board of Maine General Hospital, operator of the MMC Coffee Shop and Gift Shop, is now serving up art as well as breakfast, lunch, and snacks. Works of local artists are now exhibited in the Coffee Shop which is open from 7 AM – 5 PM, Monday through Friday.

Oils and watercolors by Anne Marshall will be on exhibit through the month of May. Following over the next few months will be works by Dorothy Wallace and Alice Harmon Shaw.

## 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.

## 75th, from page one

her own years as an active volunteer, Mrs. Bush is encouraging volunteerism and the giving by people of their time and energies for the betterment of others and their communities. Included among her many volunteer efforts is membership on the boards of The Washington Home and Children's Oncology Services of Washington, D.C., and the Morehouse School of Medicine in Atlanta; she is National Honorary Chairperson of the Leukemia Society of America, and serves in an honorary capacity with the National School Volunteer Program.

Also included in the Anniversary program will be a slide presentation recalling the history of the Visiting Board. Members of the Board have written a history of the organization as well, and that will be presented in booklet form to all attending the program.



# Marketplace

**FOR RENT:** 97 Pitt St. 2 sunny 2½ BR apts. Call 773-4976.

**FOR RENT:** Attractive professional office space with parking near Rheumatology Assoc. on outer Congress St. Avail. mid-summer. Call 775-3786.

**FOR RENT:** Near MMC. Clean and quiet brick building. One 2-room efficiency and one 3-room apt. Single adult or married couple. No smoking; no pets. Call 871-0619 or 998-2373.

**FOR RENT:** New apt. in Cheverus area. 4 rooms and bath. New appliances, carpeted, 2nd floor of private home. View of Back Bay Cove. Avail. to 1 or 2 persons. No pets. \$500/mo. plus heat. Call 773-8888 eves. or weekends.

**FOR RENT:** Elegant, newly renovated 4 BR apt. on 2 floors of restored Victorian house near MMC. \$725/mo. plus utils. Call 766-3320.

**ROOMMATE WANTED:** House to share in Gorham. Avail. immediately. Mature adult, nonsmoker. No pets. Own BR. ½ mile from USM Gorham campus. \$250/mo. includes utils. plus heat. Call Cindy at 839-2854 from 8-10 AM.

**ROOMMATE WANTED:** Professional M/F to share spacious, clean 2 BR apt. on the Western Prom with professional F. BRs at opposite ends of apt.; each with own full bath. Off-street parking. \$250/mo. plus ½ utils. Call 772-7267 after 5 PM and keep trying.

**ROOMMATE WANTED:** F to share 2 BR house in So. Portland near Willard Beach. \$250/mo. plus utils. Refs. required. Call 799-8262.

**ROOMMATE(S) WANTED:** Will consider responsible M,F, parent and child, or couple. 2 adjoining rooms with closets. Owner occupied Portland home. Garage with storage; sunroom; woods nearby. \$325/mo. includes heat. No smoking or pets. Call 773-9724.

**ROOMMATE WANTED:** 2 Christian females looking for third to share spacious 2nd floor apt. in Woodfords area. Call eves. at 774-2432.

**FOR SALE:** 1984 Saab 900S with 28,000 miles. Mint condition. Moving; must sell. \$10,600. Call 775-2599.

**FOR SALE:** 1981 Ford Escort in good condition. A/C, PB, PS, AM/FM radio/cassette, cruise control, 4-spd., rear-window defog, rear-window wiper. Asking \$2,600. Call Gary at 774-3507 and leave message.

**FOR SALE:** 1979 MGB in excellent condition with no rust and many extras. \$3,995. Call 774-9009 eves; 775-8775 days.

**FOR SALE:** 1972 Ford Gran Torino 4-dr. Needs some work. \$200. Call 774-9231 anytime or 883-8414 days.

**FOR SALE:** 1968 Starcraft aluminum boat; 1968 Shoreline trailer; 1984 Evinrude 30 hp. motor. All in excellent condition. \$3,300. Call 774-9231 anytime or 883-8414 days.

**FOR SALE:** Girls' or ladies' 3-piece pink luggage, \$35. Call 774-9231.

**FOR SALE:** Stereo including cassette, 3-way speakers, turntable, and Harmen-Kardon receiver. 2 years old. Cost \$1,000. Best offer. Call 797-0276 and leave phone number.

**FOR SALE:** Gold-tone dryer with perma-press settings, asking \$40. Wall heater, fireplace design, nice for apt. or camp, asking \$20. Call 829-3878 after 5:30 PM.

**FOR SALE:** Oster kitchen center, \$85. Strollee child's care seat, \$30. Call 829-5160.

**FOR SALE:** Alden single rowing shell in perfect condition, \$900 or best offer. Huskvarna 250 WR Enduro in perfect condition, \$900 or best offer. 72 in. sofa bed with small blue print; never used, \$550 or best offer. Country KT table with 2 inserts, 4 chairs; in good condition, \$150 or best offer. Call 882-6041 after 5 PM. Delivery possible.

## 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:** Girls' pink and white 20 in. Sweet Thunder bike; only 1 yr. old, \$30 firm. Call 773-5844.

**FOR SALE:** 3-piece LR set with couch, chair and loveseat. Rust Herculan; excellent condition, \$500. Call 797-7617.

**FOR SALE:** AKC registered English Springer Spaniels. Liver and white; excellent temperament; championship lines. Ready end of May. Call Cindy at 926-3389 eves.

**WANTED:** Part-time night help for Alzheimer's gentlemen. Call 781-2480.

**WANTED:** Summer job opportunity for someone to live-in on Chebegue Island. Room, board and pay to help care for stroke patient. Will consider day help, eves. or weekends. Call 846-3547.

**WANTED:** Room to rent, small apt. or roommate within walking distance to MMC for summer months for UVM student. Call x2226 days.

**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.

**DAY CARE:** Central St. in Westbrook. 6 mo. to 2½ yr. olds; fenced yard and deck; educational environment. Call 854-4842 from 7:30 AM - 5:30 PM.

**TREE CARE AND LANDSCAPING:** Reasonable rates. Free estimates. Call Jim at 767-2794 after 5 PM.

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