

what's happening

Maine Medical Center
Portland, Maine 04102



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Coordinator to move *HealthStyles* ahead

HealthStyles, the employee health promotion program at Maine Medical Center, now has a staff coordinator. The Personnel Department, through some internal staff adjustments, has been able to provide someone to organize and expand existing activities and add new activities.

The position is being filled by Nurse Recruiter Mary Eileen Kiniry, RN. Kiniry has been serving informally as coordinator for the *HealthStyles* program for two years, working with a committee of interested employees to develop and promote health promotion programs.

The creation of the *HealthStyles* coordinator position is significant, Kiniry says, because "it demonstrates clearly the hospital's commitment to better employee health." The hospital has always supported the health promotion committee's efforts, she says, and investing in a staff position is an indication of the increasing importance it attaches to the program.

Kiniry has watched the informal *HealthStyles* grow, and she believes a staff person is what it needs to reach its potential. "We need a designated position," she says, "in order to build and maintain momentum in a MMC employee health promotion program."

"The health promotion message is simple," she says. "*HealthStyles* wants to be able to offer employees a positive alternative to the high stress, sedentary lifestyle that so many of us are experiencing in our attempts to be super-parents, workers, friends, and more. Many of us here spend our days trying to make our patients better, teaching them how to get and keep themselves well. *HealthStyles* can help us turn the mirror around and look at ourselves as role models, then offer us what we need to improve our self image. As someone



THE TOP O' THE MORNING of March 17, 1986, went to Bradford J. Curry. Because he was born at 4:59 AM that day, he was the winner in Kelly Services' annual St. Patrick's Day contest. The local office of the "Kelly Girl" company annually presents a U.S. Savings Bond to the first baby born in Southern Maine on March 17. Susan Lothrop, Kelly Services Branch Manager, presented the \$50 bond to Brad and his mother, Catherine C. Curry of West Buxton, in their room in MMC's Hatch Pavilion. (A/V Photo)

said, 'if you don't take care of your body, where are you going to live?'"

Health promotion is also in an employer's best interest, Kiniry says. "It's one way of creating an environment in which you attract and keep employees who want to be here," she says. "You get healthier people who are more productive, happier, absent less often, and have a better mental attitude toward their work, toward things in general, and toward themselves."

The first order of business, according to Kiniry, is strengthening the in-house offerings like Lunch 'n Learn programs, Weight Watchers, and aerobics programs. Specialized educational programs, such as series about nutrition, balancing work and family life, and alcoholism, more intramural sports offerings,

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VHA rewards require members' commitment

When Maine Medical Center joined Voluntary Hospitals of America, Inc., in March 1985, conservative estimates were that MMC could save up to \$100,000 in the first year by participating in VHA's group purchasing program. One year later, we have realized savings over \$250,000.

"We're saving more than we ever could have anticipated because some major national contracts have come about and because VHA member hospitals have voluntarily committed to those contracts," says MMC Executive Vice President and Treasurer Don McDowell. "It's that commitment that has given VHA a significant advantage in terms of

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and MMC walking tours are also on the agenda.

Kiniry is also working on a new program that would provide employees with some reimbursement for participation in specific health and exercise programs in the community. "We recognize that Maine Medical Center is a 24-hour facility with a diverse employee population," she says, "and that we can't possibly offer in-house the number and variety of programs at all the necessary times to meet everyone's needs. A reimbursement program will allow employees to find a program that suits their particular needs, and allow us to avoid unnecessary duplication of community programs.

The existence of a *HealthStyles* coordinator will, Kiniry hopes, provide a focus for everyone's concerns about health promotion. She hopes anyone with ideas, questions, or concerns will contact her. The employee health promotion committee continues to meet, and more members are welcome. The *HealthStyles* telephone number is x2974.



MARY EILEEN KINIRY, RN (A/V Photo)

***HealthStyles* springs into more programs**

HealthStyles is kicking off the Spring season with a new round of programs. Lifeline programs will be offered at MMC and at Reiche School, and there will also be a series of in-house programs offered at the hospital. A 50% rebate of any registration fee is available for successful completion of the programs.

The deadline for sign-up for most programs is March 28, and some programs require a minimum level of enrollment in order to be offered. So call *HealthStyles* at x2974 today.

LIFELINE AEROBIC EXERCISE

Monday, Wednesday, Friday
5:15–6:15 PM
10 weeks, beginning May 5
McGeachey Hall

\$35 (plus \$25 fitness screening for first-time participants)

LIFELINE LOW BACK

Tuesdays and Thursdays
5:15–6:15 PM
6 weeks, beginning May 6
MMC Classrooms

\$35 (includes pre-program assessment)

LIFELINE RELAXATION EXERCISES

Tuesdays, 4:45–6:00 PM
10 weeks, beginning May 6

MMC Classrooms

\$10 (no physical evaluation required)

LIFELINE AQUATIC FITNESS

Monday, Wednesday, Friday
6:00–7:00 AM
10 weeks, beginning May 5

Reiche School

\$30 (plus \$25 fitness screening for first-time participants)

LIFELINE WALK-JOG

Monday, Wednesday, Friday
6:00–7:00 AM
10 weeks, beginning May 5

Reiche School

\$30 (plus \$25 fitness screening for first-time participants)

SMOKING CESSATION

Tuesdays, 4:30–5:30 PM
5 weeks, beginning May 6

MMC Classrooms

\$20

BALANCING WORK & FAMILY LIFE

Wednesdays, 4:00–6:00 PM
4 weeks, beginning May 7

MMC Classrooms

\$40

HEALTHWISE -- First Aid

Mondays and Wednesdays
4:30–6:00 PM
Beginning May 5

MMC Classrooms

FREE

COMING SOON:

Nutrition Lunch 'n Learns
Weight Watchers
Substance Abuse Films
Parent/Child Series
Self Defense



VHA, from page one
total volume purchasing power.”

It is significant that the number of VHA hospitals has grown (from 342 to 543) since MMC joined, McDowell says, but the real strength is the growing commitment to the VHA concept: banding together to do the same thing for non-profit hospitals that the for-profit corporations are doing for their hospitals.

The cornerstone of the VHA efforts is group purchasing, and the collective purchasing power of 543 hospitals is most effective—but the key is still commitment, McDowell says, and he cites as an example a contract VHA negotiated recently for an IV fluid system:

“If you can get 75 to 80 percent of VHA hospitals using a single IV fluid system—considering the trauma involved in changing an IV system hospitalwide—then you know you’re getting their attention, and it’s beginning to work.

“That’s quite a commitment because it’s not easy to ask a hospital to change its IV system,” he says. “We were lucky; we were already using the system offered in the VHA contract except in a few areas. But even then, we wouldn’t sign the contract until we were sure we could use it in all areas. Just clearing and coordinating the change with Pharmacy, with Nursing, with the Medical Staff and House Staff, with MIS—it took weeks before we were sure we could make the few

changes necessary to go completely with one IV system. When you think of what other hospitals are going through with total conversion, you begin to believe that this VHA effort is really gaining strength.”

The IV system contract will represent an annual savings of over \$100,000 for MMC, according to Director of Materials Management Tom Guare. He gives other examples for the past year and notes a wide range in the amount of savings: a sterilization wrap, \$40,000; an injection cap, \$6,000; a type of needle, \$5,200; gauze sponges, \$8,000; a type of bandage, \$1,500; pharmaceuticals, \$200,000; a particular type of forcep, \$5.76.

“Buying through the VHA contracts gives a range of savings, and occasionally we find that we’re paying more for a particular item than if we used other purchasing procedures.” McDowell notes. “But if you’re totally committed to the concept, you don’t pick and choose your prices, understanding that commitment means lower prices in the long run through VHA.”

Purchasing power nationwide is significant, but it is not all VHA has to offer Maine Medical Center. And MMC with the other hospitals in the VHA-New England regional partnership have much to offer each other and their affiliate hospitals. Coming up in April: the VHA in New England and Maine.

New Employees

CARDIOGRAPHY: Coral R. St. Pierre

ENCEPHALOGRAPHY: Mary Everett

NURSING: Bonny Jean Bernier, Bonita L. Bulmer, Patrick Caporino, LuAnn Jellison, Allison Kastella, Mary J. Lambert, Teresa Ann Largay, Mary I. Loura, Maida Sue Martel, Claudette Rossignol, Kari Beth Sellberg, Nancy Ellen Smith, Nancy C. Symington, Eileen Tarsi, Pamela D. Yale, Margaret Zecchino

OR: William D. Chilles

RADIOLOGY: Irene M. Delicata

DIAG. RADIOLOGY: Candace N. Fitzpatrick

FOOD SERVICE: Marghurite Gouette, Heidi L. Stoddard

OPERATIONAL MAINT.: Mark R. Hendricks

HOUSEKEEPING: Jerry A. Hilton, Cheryle A. Trufant

Used book sale is coming next month

The Downeast Used Book Sale is returning April 10, 11, and 12, through the efforts of the Auxiliary to the Cumberland County Medical Society. The volunteers who put the annual sale together will once again bring thousands of donated books to the South Portland Armory for the event, which benefits health education activities at Maine Medical Center and Mercy Hospital.

The Auxiliary has had some very special help each year in the more physical aspects of the Sale, specifically from Earle W. Noyes and Son. The local moving company has donated its men and trucks each year for 14 years, to move the books from the staging area—at present the MMC Offsite Warehouse—to the Armory. No small task, and the Auxiliary sends a special word of gratitude to the company, and to the people at the MMC

Caretaking examined in special session

The role of the caretaker will be the focus of a presentation Wednesday, April 16, 4–5 PM, as Registered Substance Abuse Counselor Judith Redding speaks about how we can create external and internal support systems for ourselves.

Ms. Redding is in private practice, and is former chairperson of the Maine State Board of Examiners to Register Substance Abuse Counselors. She will address issues including: why do we become caretakers in our families and our professions? what are our needs within the caretaking relationship? what do we need to do to make sure that these relationships don’t create dependencies or drain our own resources?

The program is scheduled for 4–5 PM, April 16, in Classroom 2. To register, call Anita in the Office of Training and Development at x2824.



Continuing Education

Nursing Staff Development

• Critical Care Seminar: “Renal Access Devices,”

Irene Eaton, RN and Nancy Forslund, RN

Tuesday, April 1

8–9 AM, Classroom #1

2–3 PM, Classroom #9

Thanks

A note of thanks to the person who found my 20-year MMC pin and returned it to the Security Office.

Mary M. Regan

Murphology

ELLENBERG’S THEORY:

One good turn gets most of the blanket.

Offsite Warehouse for their efforts.

Donations are still being accepted for the sale. Call 799-6912 or 865-3905. The book sale will be Thursday, April 10, 9 AM – 6 PM; Friday, April 11, 9 AM – 6 PM; and Saturday, April 12, 9 AM – 4 PM, at the South Portland Armory

Marketplace

FOR RENT: Near MMC, beautiful 1 BR heated apt. with 2 fireplaces, laundry. \$475/mo includes all utils. Other fine options avail. Call 772-7880.

FOR RENT: Two homes within walking distance to MMC. Both feature full appliances and laundry facilities. Both are spacious and immaculately maintained; have small yard and parking. For more info please call Brian Clifton at 878-2857.

FOR RENT: Four BR waterfront cottage on Lake Cobbosseecontee. Two baths, dishwasher, disposal, W/D. Fully furnished and sleeps 7 comfortably; plus a youth bed and crib. \$400/wk. plus sec. dep. and refs. Avail. May 1 thru Sept. Call 799-1232 or 767-3678.

FOR RENT: Townhouse in Portland Deering area at Glenridge. Two BRs, 1½ baths, energy efficient, window quilts. \$575/mo. plus utils. Call 799-5207.

FOR RENT: Portland. Newly renovated 3 BR apt. with parking included. No pets. \$450/mo. plus utils. Call 839-4844.

FOR RENT: Three BR apt. on Briggs St. near MMC. KT, pantry, LR, full bath, yard and off-street parking. \$390/mo. plus utils. Call 775-0009.

FOR RENT: Ocean front, 4 BR house on private beach in Cape Elizabeth. 2½ baths, DR, LR, modern KT. Avail. Sept. 1-May 31. \$1,200/mo. plus utils. Call 799-6100.

FOR RENT: One BR apt. near MMC. Newly renovated, fireplace, gas heat. No pets. \$240/mo. plus utils. Call 775-3265.

FOR RENT: Emery St. near MMC. Large 2 room efficiency apt. Sunny; hardwood floors; quiet building. \$325/mo. heat included. Call 839-3824 eves.

ROOMMATE WANTED: Spacious 4 BR house near USM. Off-street parking avail. Nonsmoker; must like animals. \$250/mo. with utils. included. Call Toby or Jan at 772-0491.

ROOMMATE WANTED: M/F nonsmoker for large 2 BR apt. located near USM/Deering High School. Avail. immediately. \$212.50/mo. plus ½ utils. Call Candy, Mon.-Fri. at 871-1111 ext. 496 or 761-4742 eves. and weekends.

ROOMMATE WANTED: Responsible person to share owner occupied home in quiet neighborhood by ocean in Falmouth Fore-side. Call 781-4515.

ROOMMATE WANTED: Female nonsmoker to share 3 BR apt. \$166.67/mo. plus ⅓ utils. Near MMC. Call 775-3765 after 4 PM.

ROOMMATE WANTED: Female to share 2 BR apt. on West End near MMC. \$250/mo. plus \$225 sec. dep.; includes utils. Call 775-1138.

ROOMMATE WANTED: Female professional wanted to share attractive So. Portland home. \$275/mo. plus utils. Call 773-6895 days or 799-5055 after 6 PM.

FOR SALE: 1974 Grand Torino with 4-drs., 100,000 plus miles. Good condition; needs new muffler system. \$500 or best offer. Call 774-9231 anytime.

FOR SALE: 1972 Saab 99 in excellent mechanical condition. Many spare parts. \$850 or best offer. Call 829-5895 and keep trying.

FOR SALE: 15 ft. Starcraft aluminum boat with new paint, windshield, carpeting, mooring hardware, bilge pump, compass, plus many more extras. Seats 4; very clean; like new. 30 hp. Evinrude motor with electric start and controls, electric choke, approx. 65 hrs. Shoreline trailer with new lights, tires, bearings; good condition. Hummingbird LCR 2000 depth sonar. Anchor, chain, dock lines, fenders included. Asking \$4,200. Call 883-4121 days or 774-9231 days and eves.

FOR SALE: Four almost new Goodyear Eagle GT radial tire size P205/70 by 14 inch, \$250 or best offer; list price when new was \$135/each. Call 775-0851 after 5 PM.

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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. Barbara Burns, Editor.

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FOR SALE: RCA 25 inch console color TV in excellent condition. Originally \$550; will sell for \$350. Moving; must sell. Call 767-4661.

FOR SALE: Easter bunnies. Ear-resistable, extra fluffy, Angora, 5 weeks old, \$15. Call 793-8531 eves. and weekends.

FOR SALE: Stationary exercise bicycle DP Fit-for-Life Pacer #200. Asking \$65 or best offer. Call 883-4081.

FOR SALE: 1985 Chevy truck, like new, heavy duty ¾ ton, step-and-toe bumper, power steering and gauges, rustproofed, 7,000 miles. \$7,900. Call 799-5253.

HOUSECLEANING: Experienced and dependable. Call 772-6953

INTERIOR PAINTING: Free estimates and refs. Call Joe at 773-0934.

WANTED: Ride from MMC to Eastern Prom at 11 PM Mon. through Fri. Work in OR. Will share expenses or pay fee. Call 772-1353 days until 1:45 PM.

WANTED: Upright piano in workable condition; low cost. Will make arrangements to truck. Call 773-9591. Keep trying.

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