

# what's happening

Maine Medical Center  
Portland, Maine 04102

March 12, 1986

## Social Workers Month puts accent on aging

March is National Social Workers Month and its purpose, as stated by the National Association of Social Workers (N.A.S.W.), is to emphasize the contributions that social workers have made on the national, state and local levels. The 1986 theme for Social Work Month is "Aging Parents: Return the Gift of Caring."

At Maine Medical Center, 12 medical social workers and 19 psychiatric social workers cover all areas of the hospital, according to Pam Taylor, Director of the Department of Social Work. "All our Social Workers share a common body of knowledge and have a minimum of four-year degrees with state licensure. Many have masters degrees with state licensure and some have passed the Maine Licensed Clinical Social Worker Examination, the highest level of licensure in Maine," she says.

"Because of the 1986 focus on aging, we would like to highlight National Social Workers Month with Geriatrics," Taylor says.

"The Geriatric Psychiatry service at MMC emphasizes the bio-psycho-social model of treatment, and that is especially congenial to social work that tries to look at the patient as a whole person within a life situation that includes significant others," says geriatric social worker Paula Moulton, MSW. "With inpatients over the age of sixty, who attend a day program in McGeachey Hall tailored to their special needs, the social worker conducts group therapy sessions dealing with such issues as aging, loss, grief, and life review.

"Most patients have associated or related medical problems; but equally serious is their own set of social and economic problems. Many of them are dealing with loneliness, isolation, and

**SOCIAL**, page 3

## MMC is grateful for healthy Annual Fund

The 1985 MMC Annual Fund was a record breaker with more donors than ever contributing an amount well over the goal. The fund closed December 31 with \$230,505 raised against a goal of \$212,000. The number of donors increased from 1,423 the previous year to 1,581 in 1985.

Now a grateful institution is in the process of saying "thank you" to all who made the Annual Fund such a gratifying success---those who worked so hard on the campaign, and those who responded so generously.

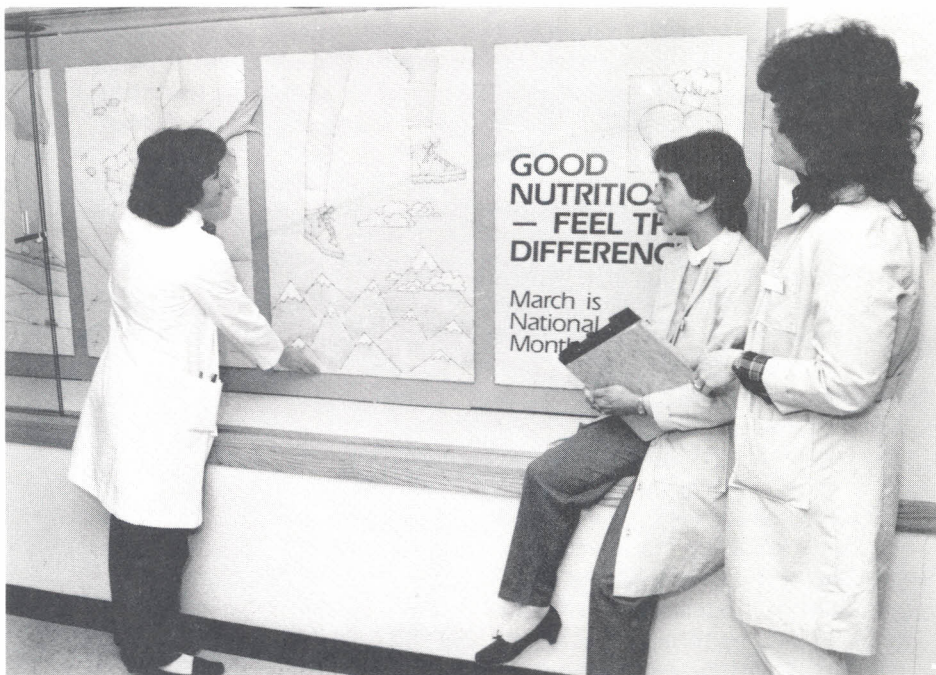
The MMC Board of Trustees in its February 27 meeting, said a warm and official thanks as Chairman Mrs. Herbert

S. Holmes, Jr., presented the traditional engraved pewter plates to Mrs. Michael T. Healy, Chairman of the 1985 Annual Fund, and to William E. Herbert, Jr., M.D., Chairman of the Medical Staff Subcommittee of the campaign.

Next come the two Appreciation Days, March 28 and April 1, with their programs designed to give special thanks to all Annual Fund donors. The Appreciation Day programs are planned to provide special insights into various aspects of Maine Medical Center; they include staff presentations and guided tours. The 1985 programs include:

**Friday, March 28** "Update on Maternity Services," by C. Irving Meeker, M.D., Chief of Obstetrics/Gynecology; and "Gerontology and Neonatal Perspec-

**THANKS**, page 2



**NUTRITION MONTH ACTIVITIES** at MMC in March include a display in the Richards basement corridor display case. Above, Nutrition Month Committee co-chairpersons Debbie Blume, RD (left) and Dietetic Technician Leanne Dansreau, middle, and committee member Deborah Elliott, Dietetic Technician. (A/V

Photo)



## EAC discount program adds several offers

New discounts available from the Employee Activity Committee are:

*International House of Pancakes* will give employees with photo ID cards 10% off all lunch and dinner entrees, until Memorial Day. The restaurant is at 391 Maine Mall Road in South Portland.

*Tire Warehouse "Tires for Less"* will give employees with Photo ID cards 10% off all new tires and retreads in stock. Tire Warehouse is at 347 Post Road in Scarborough.

*Battery Post*, located at 1109 Forest Avenue in Portland, will give Photo ID-carrying MMC employees 15% off the regular retail price of any battery.

*Video Biz* will take 10% off the price of memberships for MMC employees with photo ID cards. The offer expires on Memorial Day. Video Biz is located at 753 Broadway in South Portland, Bradlee's Plaza in Westbrook, and Forest Avenue Plaza in Portland.

*Movies & Munchies*, in the Union Station Plaza in Portland, has a number of special prices available to Photo ID-carrying MMC employees. Call the store at 772-1627 for details.

## If you're hurting, maybe you can help

Anyone who has sprained an ankle, knee, or wrist in the last 72 hours and has not taken any pain-killing medication in the last 24 hours, may be eligible to take part in a research project now underway in the Outpatient Department. Or anyone who suffers such a mishap within the next several weeks may also be eligible.

The research project is being conducted to test a new drug for the treatment of sprains and strains; the advantage of the drug, call Etopenamate, is that it is applied directly to the injured area rather than ingested or injected.

Participants in the project will be provided free medication, laboratory tests, and follow-up visits. The test includes application of the medication three times a day, completion of a questionnaire after each application, and two or three follow-up visits to the Outpatient Department. A \$25 volunteer fee will be paid each participant on completion of the study.

Those interested in participating should call (within 72 hours of injury) Len Keilson, M.D., or Ruth Cody at 871-2919.

## Toll-free number has facts on nutrition

During the entire month of March, the American Dietetic Association is operating the FoodFax Hotline, a toll-free national foodservice nutrition hotline. A staff of registered dietitians will be available to answer nutrition-related questions, 8 AM - 3 PM, Monday - Friday, at

**1-800-782-7799**



**ON BEHALF OF MAINE Medical Center, Chairman of the Board of Trustees Mrs. Herbert S. Holmes, Jr., presents official "thank you's" for a job well done to Mrs. Michael T. Healy (above right) Chairman of the 1985 Annual Fund, and (below) to William E. Herbert, Jr., M.D., chairman of the Medical Staff Subcommittee of the campaign. (A/V Photo)**



## Personal protection program is offered

MMC employees have a chance to learn how to protect themselves with a new *HealthStyles* program called "Choices for Safety." The six-session course will help participants develop emotional and physical well-being for dealing with emergency situations. Emphasis will be on awareness, prevention, and protection.

The course will be taught by John Jenkins, who is a member of the U.S. World Karate Team and U.S. World Ju-Jitsu Team. He was World Ju-Jitsu Champion in 1985. He has also instructed the Olympic Wrestling Team and taught at the Maine State Police and Criminal Justice Academy, and has conducted a variety of training programs for other groups.

"Choices for Safety" will be offered Thursdays, 4:30 - 5:30 PM, in the McGeachey Hall gym, beginning April 17. Call Anita in Training and Development, x2824, to sign up.

**THANKS**, from page one —  
tives," by John L. Randall, M.D., Chief of Family Practice. Tours will be of the Labor and Delivery Unit and the Neonatal Intensive Care Unit, both in the Hatch Pavilion.

Greeting the audience will be Appreciation Days Chairman Nelson L. North and MMC President Edward C. Andrews, Jr., M.D., and Chairman of the 1986 Annual Fund James A. Willey, Jr., will make closing remarks. The program begins at 9:30 AM with coffee and registration in the Charles A. Dana Health Education Center.

**Tuesday, April 1** "Biomedical Ethics," by J. Howard Hannemann, M.D., Director, Division of Radiation Therapy; and "Newer Treatment of Hematological Malignancies," by Robert S. Hillman, M.D., Chief, Department of Medicine. Tours will be of the Ambulatory Surgical Unit in the Leon L. Bean Memorial Building, and the Radiation Therapy Division in the Southern Maine Radiation Therapy Institute.

Chairman of the MMC Board Mrs. Holmes will join with Mr. North and Mr. Willey in presenting greetings and remarks. The program begins at 5:30 PM with refreshments and registration in the Dana Center.

Invitations are in the mail to all Annual Fund donors, who may choose to attend one or both of the programs.



## **SOCIAL**, from page one

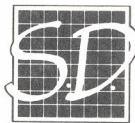
physical and emotional losses. This program offers our older patients the security of an inpatient medical setting, but stresses daily the reassurance of a more residential setting," Moulton says. "The combination is working not only to treat the psychiatric illness but also to provide the older patient with more confidence, energy, and resources to keep going and upgrade his life once he leaves the hospital."

Moulton, who coordinates programming and participates in the therapeutic milieu, meets regularly with the treatment team which includes psychiatrists, nurses, and occupational and recreational therapists. After discharge, patients who are seen in follow-up by their physician may also be referred to her for outpatient psychotherapy.

Recovery and a return to the community is the message carried clearly through the wide variety of activities planned by the multi-disciplinary team that works with the older patients. Moulton and the other team members meet individually with patients and their families and in group therapy; there are community meetings of patients and the staff most directly involved in their care as well. A variety of goals are set for each patient by each discipline, and there is an emphasis on early discharge planning.

Social work in the Outpatient Geropsychiatry Clinic involves carrying a case load of such therapy patients and others who enter the system as outpatients. The worker provides intake to patients who are next seen by one of MMC's geriatric psychiatrists for evaluation. An intake consists of a psychosocial history gathered from the patient and relevant other, medical records and information from the patient's primary physician or clinic, screening assessments, and initial work with the patient's family or other caregivers.

In addition to direct clinical and case management services, social work involves maintaining liaison between MMC and other community agencies involved with the care of the elderly, including attempts to influence policy at the local and regional level, Moulton says. Serving on boards of agencies or on task forces formed to address issues affecting Maine's elderly and providing training sessions to staff and the general public, she notes, are integral parts of the social worker's role.



## **Continuing Education**

Nursing Staff Development

### • **"Nursing Care of the Patient with Neurological Trauma"**

Tuesday, March 18

8 AM – 4 PM

Prior registration required

### • **"Shock: A Clinical Syndrome"**

Wednesday, March 19

8 AM – 4 PM

Prior registration required.

## **Critical care nurses to meet March 12**

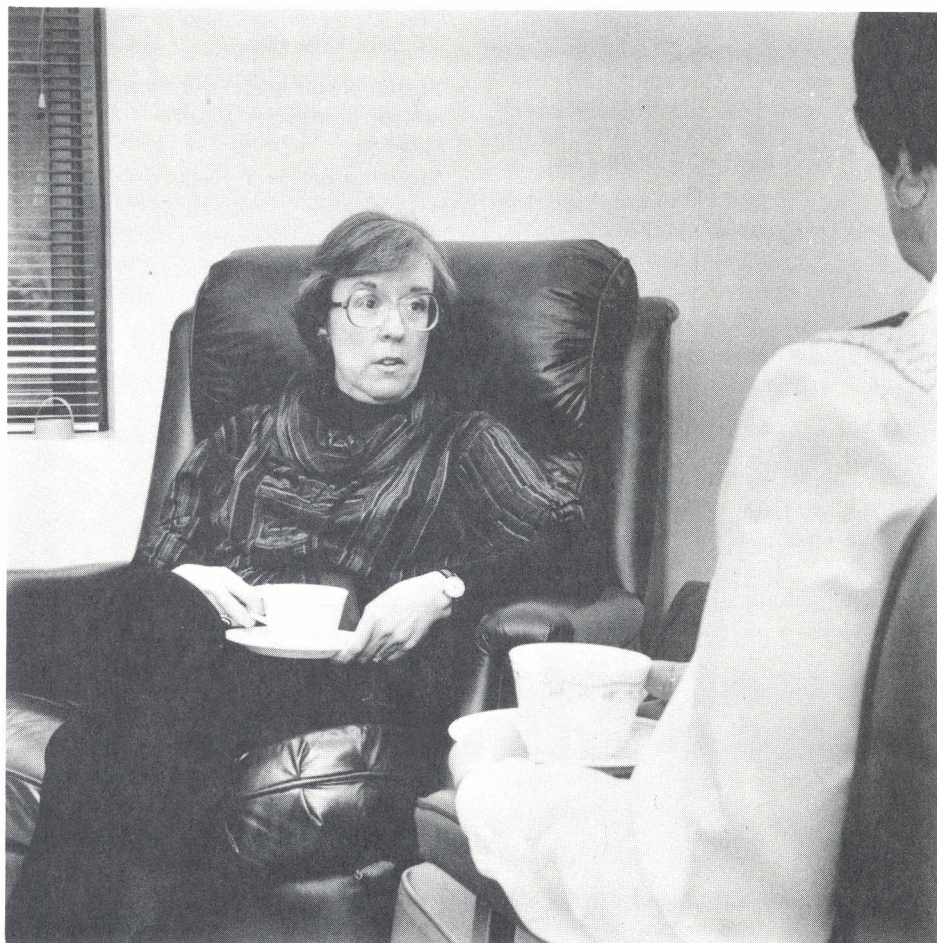
The Southern Maine Chapter of the American Association of Critical Care Nurses will meet at Regional Memorial Hospital in Brunswick Wednesday, March 12, at 6:30 PM. Dr. Edward Schmidt will discuss "Hypothermia." A \$3 guest fee will be charged to non-members.

## **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.

The books 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.



**GERIATRIC SOCIAL WORKER Paula Moulton, MSW, finds the McGeachey Hall day room a pleasant setting for a talk with a patient. (A/V Photo)**



# Marketplace

**FOR RENT:** Payson St. large 1 BR apt. New; all electric utils. Call 774-5511.

**ROOMMATE WANTED:** Professional M/F to share 3 BR house in Portland. Responsible; nonsmoker only. \$215/mo. plus 1/3 utils. Call Glenn at 775-5600 or 772-8171.

**ROOMMATE WANTED:** Female to share cozy 2 BR apt. near MMC. \$187.50/mo. plus 1/2 utils. No cigarettes or pets. Call Kathy at 774-5178 eves. or 773-7122 days.

**ROOMMATE WANTED:** (2) M/F to share 3 BR apt. in Portland. \$175/mo. plus 1/3 utils. Nonsmokers. Call 839-4844.

**FOR SALE:** 1954 Chrysler New Yorker in mint condition. No rust, 67,000 original miles, 1 owner. \$4,800 or best offer. Call 761-0575 after 5:30 PM.

**FOR SALE:** 1974 Porsche 914 with 5-spd. transmission, new sticker. Excellent condition. \$3,495. Call 767-3411 after 6 PM.

**FOR SALE:** 1977 Datsun hatchback with 64,000 miles; 1 owner; good condition. \$1,495. Also, cap for long-bed truck. Call 799-7925.

**FOR SALE:** 1980 Honda Civic with 60,000 miles, no rust, new paint, great condition. \$2,400. Call x2451 or 799-1926.

**FOR SALE:** SkiDoo snowmobiles: 1978 Everest and 1978 Citation with trailer. \$1,950 or best offer. Call 773-2723.

**FOR SALE:** Delta wood turning lathe/sanding disk with sturdy oak stand. All accessories included. \$350. Call 773-2723.

**FOR SALE:** Karl Hofner full-size violin with bow and case. Excellent condition. Call 892-6872 after 3 PM.

**FOR SALE:** 3/4 size Hollywood bed; three piece LR set (has been re-upholstered); AM/FM radio/stereo in maple cabinet; two antique high back "piano" chairs. Call 892-6872 after 3 PM.

**FOR SALE:** Serta twin-size mattress, box spring, frame. Good condition; clean. \$75. Call 773-8912 days.

**FOR SALE:** Girl's books: 17 Nancy Drew; 25 Traxie Belden; 8 animal stories; 15 assorted books for young girls including some classics. Call 929-4485.

**WANTED:** Residential work. Specializing in drywall hanging, textured ceilings and some finishing. Reasonable rates; free estimates, 5 yrs. experience. Call Mike at 787-3818.

**BABYSITTING:** Mother of 2 girls will sit for 2 or 3 children. Mercy hospital area. Prefer days but will negotiate. Very good refs. Call 773-0141.

**FOUND:** Gold pin with gold wire intertwined and inscription. Call Security x2124 to identify.

## Parent/Child series offered to employees

Parents are invited to attend a continuing series of Parent/Child presentations covering a wide range of topics. Sponsored by the MMC Office of Training and Development, the series is scheduled for Noon every other Wednesday. To sign up, call x2824.

**Sugar, Food and Your Children's Behavior** *March 19, Noon - 1 PM, Classroom 3.*

Susanne Sickel, a Registered Dietitian, will present current research on the relationship between sugar and behavior, signs of food sensitivities, and guidelines for improving health and behavior through good nutrition.

**Depression in Children and Adolescents** *April 2, Noon - 1 PM, Classroom 7.*

Bernard Gordon, M.D., an Associate Attending Physician in MMC's Psychiatry Department, will provide an overview of the signs and symptoms of depression

## 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.

Barbara Burns, Editor.

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in our kids and what can be done about it.

**Surviving Adolescence** *April 16, Noon - 1 PM, Classroom 3.*

Judith Redding, a Registered Substance Abuse Counselor, will talk about strengthening self-esteem for adolescents and parents, the importance of family rituals, and what we can do to help ourselves through hard times and heal ourselves afterwards.

## New Employees

**MEDICAL RECORDS:** Stacey L. Daggett

**HOUSEKEEPING:** Jean A. Dahms, Thomas P. Higgins, Robert I. Rice

**PARKING:** Barry Gonyer

**CANCER REGISTRY:** Martha Hamilton

**FOOD SERVICES:** Deborah H. Lowery

**CSD:** Sarah R. Meehan

**DIAG. RADIOLOGY:** Cynthia J. Perry

**SOCIAL WORK:** Cynthia R. Witt

**NURSING:** Jacquelyn Yardumian

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Portland, Maine 04102

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## Murphology

**LAW OF SELECTIVE GRAVITY:**

*An object will fall so as to do the most damage.*