

# what's happening

Maine Medical Center  
Portland, Maine 04102

November 27, 1985

Vol. 17, No. 17

## Come for coffee and please spend money!

Long awaited, eagerly anticipated, newly renovated, expanded, improved . . . all the right words apply as two of MMC's most familiar, and sorely-missed areas get set to re-open. The Coffee Shop and the Gift Shop will be open for business better than ever, Tuesday, December 3.

Coffee will be served free all day Tuesday as a welcome back to customers, according to Mrs. Raymond J. Mercer, president of the Women's Board of Maine General Hospital which operates the two shops.

The re-opening of the two shops will combine some business-as-usual with some new and exciting changes, Mrs. Mercer says. The shops' hours will be from 8 AM - 5 PM, Monday through Friday.

The Gift Shop, which has expanded into the area vacated by the Flower Box, will be stocked with its usual offerings, ranging from gifts for newborns to mystery novels, toiletries and jewelry, gifts in good taste for patients of all ages, and practical pick-up items for visitors and employees as well. Gift Shop manager Addie Munroe, and the shop volunteers will have far more attractive and spacious quarters now in which to display and sell the stock; and shopping will be far more convenient for those who drop in, says Gift Shop chairman Carol Low.

SHOPS, page 2

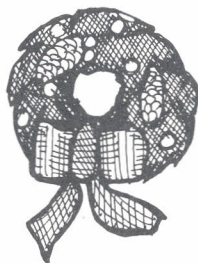
## Holiday reception is coming, with changes

Maine Medical Center's Holiday Reception 1985 is on the way. The annual event returns December 17, with holiday food, fun, and prizes. Some significant changes have been planned for this year's reception; details will be announced soon.



**CHRISTMAS FAIR VOLUNTEER** Esther Wood re-stocks the shelves in preparation for the last big week of the holiday benefit event sponsored by the Women's Board of Maine General Hospital. The Fair is continuing through December 6 in the MMC Admitting Lobby. Hours are 9 AM to 4:30 PM, Monday through Friday, and Noon to 3 PM on Saturday. (A/V Photo)

## The Christmas Fair



Now through December 6  
In MMC's Admitting Lobby

presented by

Women's Board of  
Maine General Hospital

## Flower Box makes a festive appearance

A "Christmas Wonderland" effect will take shape in the MMC Flower Box, starting Monday, December 2, and holding through the holiday season. Hand-some holiday arrangements, fresh Christmas centerpieces, and beautiful Christmas silks will be among the festive floral items available in the flower shop.

There will be a wide variety (especially for early shoppers) of decorated grape vine wreaths and decorated green silk wreaths. Other items included in the "Christmas Wonderland" will be holiday novelties, tree ornaments, and many permanent flower arrangements designed and made by members of the Visiting

HOLIDAY, page 2



## **HOLIDAY**, from page 1

Board of Children's Hospital, operators of the Flower Box.

Fresh Boxwood trees will be on display and on sale; they can be ordered, in two sizes, up to the 20th of December.

Flower Box hours are from 9 AM to 4:30 PM, Monday through Friday, and 11 AM to 3 PM on Saturdays. There's a preview sampling of many of the holiday items that will be available now in the display cases in the basement corridor of the Richards Wing.

Proceeds from the "Christmas Wonderland" holiday sale will benefit the MMC Pediatric Unit and its patients, as do the proceeds from the Flower Box's year 'round operation. The Visiting Board of Children's Hospital is made up of 50 active members who volunteer in many areas of the hospital as well as the Flower Box. Board member and shop manager Peg Wohltjen will supervise the sale.

## **SHOPS**, from page one

The Coffee Shop, with its handsome new furnishings and equipment will have seating now for about 100 people; this increase over seating for 85 is possible because the shop has expanded into the patio area. Some new menu items will include: Eggs Benedict for breakfast, a special Coffee Shop Club Sandwich, homemade soups and chowders, and a daily luncheon special consisting of the soup of the day (or chowder on Friday) and half a sandwich, according to Ceil Harnden, Coffee Shop chairman.

Their most important feature, and most important to remember about the Coffee and Gift shops is that they are operated by the Women's Board in support of the Board's projects to benefit MMC and its patients. The Women's Board has been organized and active in support of the hospital since 1877, and they opened the Coffee and Gift shops' predecessor---a canteen with one table and a counter seating eight, plus a gift counter---in 1947.

Since its founding the Women's Board has contributed nearly \$1 million to hospital projects and programs, including research, laboratory and clinical equipment for various areas, scholarships, and building and renovating projects. The Board is presently completing its pledge of \$200,000 to MMC's capital campaign, "To Meet The Need."

Last year, 119 volunteers gave more than 6,400 hours of service to the two shops and their customers.



**JOHN F. GIBBONS, M.D.**, is seated in the Captain's chair traditionally presented to retiring MMC Department Chiefs. Dr. Gibbons, who retired in 1983 as Chief of the Department of Radiology after serving 28 years in that post, is now Chief Emeritus of Radiology and an active member of the staff. President of the Medical Staff **F. Stephen Larned, M.D.**, assisted by Chairman of the Board of Trustees **Mrs. Herbert S. Holmes, Jr.**, and MMC President **Edward C. Andrews, Jr., M.D.**, presented the chair at the November 14 meeting of the MMC Medical Staff. (A/V

Photo)

## **New Employees**

**NURSING:** Lora Jane Anderson, Sara Bianchi, Anne-Marie Cafasso, Jacqueline Campbell, Jill P. Gonzales, Jean E. Hammond, Sandra J. Hayes, Joanne Lamontagne, Barbara McClellan, Christine L. Miller, Alice A. Olsen, Lauren Ann Roche, R. Randall Slivoka, Nancy K. Terison, Caroline M. Wagner

**OT:** Christine Draves

**HOUSEKEEPING:** Mary Jo Guisti

**MED. REHAB:** Marcia Grant

**DATA MANAGEMENT:** Debbie Plante

**PSYCHIATRY:** Sandra K. Radis

**PULMONARY MEDICINE:** Robert T. Sennett

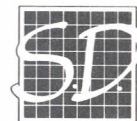
**CHEMISTRY:** Ann M. Delekto, Lynn M. Watson

**FOOD SERVICES:** Elizabeth Anderson, Earl Cole Jr., Joanne B. Poore

**PEDIATRICS:** Dory E. Bridges

**DIAG. RADIOLOGY:** Jeanne M. Dennison

**PHLEBOTOMY:** D. Espeaignette



## **Continuing Education**

Nursing Staff Development

- *Orientation Assistant Workshop*  
Wednesday, December 4  
8:30 AM - 2 PM  
Prior registration only  
(8 CERP's requested)
- *Critical Care Seminar: "Substance Abuse: A Panel Presentation"*  
Susan Benoit, RN, Moderator  
Thursday, December 5  
8 AM & 2 PM Classroom 2  
(1 CERP requested)

## **Booklet has facts, figures about MMC**

*Facts & Figures*, the pocket reference booklet about Maine Medical Center, has been updated and reprinted.

Any employee, resident, student, volunteer, physician, or member of the public may obtain a copy or copies of *Facts & Figures* by contacting the Public Information Office, 871-2196.



## Quitters hear from those who went before

If experience counts for anything, the would-be ex-smokers who attended the panel discussion on the day of the Great American Smokeout had plenty to draw upon. Three ex-smokers on the panel represented 38 years of smoking and 12 years of ex-smoking. Each had a different smoking history, and each had quit by a different method.

The panel discussion was organized by *HealthStyles* to provide employees who were smoking out on November 21 with the benefit of the experiences of their colleagues who had quit. Ex-smokers Judy Thomas, RN, Staff Development, Betsy Bolton, RN, P1A, and Wayne Clark, Public Information, were joined by Clinical Psychologist Melvyn Atfield, Ph.D., also an ex-smoker, and Oncology Clinical Nurse Specialist Karen Kane, RN, a never-smoker.

Judy Thomas began smoking in college and worked her way quickly to three packs a day. Seven years ago, she and a friend went to a clinical psychologist for a single hypnosis session, and she hasn't had a single puff since.

Betsy Bolton, RN, started smoking when she was 15, and quit last year after taking a *HealthStyles* smoking cessation course with Mel Atfield.

Wayne Clark smoked two packs a day for nine years, starting in college, and quit cold turkey four years ago.

The three had different reasons for quitting, and went about it differently, but the single common theme was the commitment to quitting. Each one came back to the desire to quit and the decision to quit as the key to success. In fact, they agreed that once the decision had been made, the actual act of quitting was anticlimactic.

The new ex-smokers at the discussion talked about how their Smokeout day had gone. There were complaints of headaches, fatigue, and higher anxiety levels, but the group as a whole was doing well. Some had just completed the three-day intensive smoking cessation course offered by Mel Atfield, and others had approached the day in their own ways.

What did those "smoking out" learn? That others had been through it and survived, that their attitude was the most important concern, and that the benefits of quitting were well worth the temporary discomfort.

## the great american smokeout



**AS STARTERS FOR STOPPING**, some MMC employees who planned to quit smoking attended an intense three-part cessation program, conducted by Clinical Psychologist Melvyn Atfield (above) over the three days preceding the Great American Smokeout. Then, on Smokeout Day itself, they and others attended a discussion presented (below) by a panel of ex-smokers. The panel (left to right): moderator Atfield, quitters Wayne Clark, Public Information, Betsy Bolton, RN, P1A, and Judy Thomas, RN, Staff Development, and moderator Karen Kane, RN, Oncology Nurse Specialist. (A/V Photo)





# Marketplace

**FOR RENT:** West End apt. with large BR, cathedral ceilings, hardwood floors, exposed brick, new Jotul woodstove, off-street parking. Avail. approx. Dec. 15. \$450/mo. (negotiable) plus utils. Call 773-0428 after 5 PM.

**FOR RENT:** 3 room apt. on Western Prom. Quiet, heated, parking, secure, 1st floor. Perfect for single. Call 774-9752.

**FOR RENT:** West End 2 BR unfurnished apt. with full basement, sauna, weight machine, enclosed yard, large porch. \$600/mo. plus utils. Call 799-3327 and leave message.

**FOR RENT:** 4 room apt. in So. Portland. BR, DR, LR, KT and full bath. \$300/mo. plus utils. Appliances included. Call 799-7837 from 12 noon - 4 PM.

**FOR RENT:** Emery St. 3 large rooms includes eat-in KT with stove and refrig., hardwood floors. \$325/mo. plus utils. Refs. and sec. dep. Call 772-7292.

**FOR RENT:** 2 BR apt. with water views, off-street parking. Convenient to town. \$550/mo. including heat and gas. Call 774-4259 after 5:30 PM or weekends.

**FOR RENT:** 3 BR house with LR with fireplace, country KT with woodstove, 1½ baths. Woodfords/Baxter Blvd. area. \$530/mo. plus utils. Call 773-3527 eves.

**FOR RENT:** 2 story 2 BR So. Portland house. Hardwood floors, fully applianced KT, LR, DR and 1½ baths. Washing machine avail. Fenced-in backyard, 1 car garage. Lots of storage space. \$600/mo. plus utils. Call 799-7758 or 1-326-4662.

**ROOMMATE WANTED:** To share 3 Br Victorian house in Baxter Blvd./Deering area. Female, professional preferred; no pets; nonsmoker. Private beach, fireplace, laundry room, off-street parking. Avail. immediately. \$275/mo. plus ½ utils. (approx. \$60). Call 775-3642.

**FOR SALE:** 1980 Horizon with 45,000 miles, no rust, excellent condition. \$2,000. Call 799-4887 after 6 PM.

**FOR SALE:** 1982 Pontiac Firebird with V-8 engine, white with black interior, glass T-roof, all options except air, 18,000 miles, excellent condition. Asking \$9,000. Call 799-2827 after 5 PM.

**FOR SALE:** 1978 Mazda GLC. 2 dr- hatchback, 4-spd., 4-cyl., AM/FM radio, rear window defrost, electric hatch release. Runs excellent. \$1,200 or best offer. Call 282-6823 after 6 PM or Monday and Tuesday all day.

**FOR SALE:** Ford Pinto wagon. 4-spd., 4-cyl., runs good, good body, recently inspected, 73,000 miles. Asking \$825 or best offer. Call 772-7143.

**FOR SALE:** 1979 Subaru. Standard, new tires, great stereo. \$1,200 or best offer. Call 799-3866 after 6 PM.

**FOR SALE:** 1980 Datsun pick-up with cap, new timing chain and brakes, \$2,000. Also F350 4-wheel drive, \$4,000. Call 854-5073 after 6 PM.

**FOR SALE:** 1981 Jeep pick-up, 4x4, 31,000 miles, 6-cyl., 4-spd., AM/FM, aluminum cap, Ziebarted, never plowed or driven off-road. Must sell, \$6,300. Call 892-2724.

**FOR SALE:** 1985 Suzuki 230 Quad-Sport in excellent condition. Less than 10 hours use. \$1,400. Call 892-2724.

**FOR SALE:** 4-drawer captain's bed with mattress. Excellent condition. \$200. Call 854-8839.

**FOR SALE:** Clayton Marcus plaid couch and chair and braided rug. \$250 for all. Call 799-8014 days.

**FOR SALE:** Remington Shotguns. Never been used. 20-gauge 110 auto 26 in. barrel. New \$438; now \$275. 12-gauge 2¾ in. Wingmaster 870 pump 26 in. barrel. New \$319; now \$175. Call 773-9591.

## 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:** Cute handmade Cabbage Patch clothes. Get them now for Christmas. Reasonable prices. Call 892-5816.

**WANTED:** Ride from MMC to Bracket Road, Gorham (Saco St. end) 6 PM Mon., Thurs., and Fri. Will share expenses. Call Chris as 839-5997 after 7 PM.

**WANTED:** Driver and skier for older couple, weekends or mid-week. Sunday River. Refs. required. Call 781-2480 early eves.

**WANTED:** Babysitter for 14 mo. old, 3 afternoons and 1 eve. (Fri. or Sat.) each week. North Deering area. Call 797-7014.

**WANTED:** Reliable babysitter, Mon.-Thurs. from 12 Noon - 6 PM for 4 mo. old in outer Forest Ave. area or near MMC. Prefer less than 4 children in group. Call 797-6242 before noon.

**LOST:** Radio Shack PC-2 computer in black pouch. Reward. Lost 11/12 at MMC. Call beeper #646 or 761-4320.

**CHAIR CANING:** Splint, spline and rush seats. Woven by hand. \$25 and up. Call Mike at 854-5188 between 8 AM - 2 PM weekdays.

**PAINTING, WALLPAPERING AND TAPING:** Call 799-1547 or 854-9807.

**DAY CARE:** Licensed. 2 full-time openings avail. in the So. Portland/Cape Elizabeth area. Facility has large playroom, nap room, large yard and hot meals. Ages 2-6. Call 799-4329.

**CHRISTMAS CALLIGRAPHY CARDS:** Custom made to your specifications plus Christmas gifts, expertly done at reasonable prices. Call Elaine at 829-6619.

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