

# what's happening

Maine Medical Center  
Portland, Maine 04102

November 20, 1985

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## Get ready, get set: kill that cigarette

Any smokers still out there, looking to be adopted for the duration of the Great American Smokeout? Any quitters who haven't picked up their survival kits yet? There's still time to prepare for the 24-hour crusade against smoking which begins as we wake up tomorrow, the 21st of November.

The Smokeout is a nationwide event, of course, sponsored by the American Cancer Society. Within Maine Medical Center, *HealthStyles* is helping all who wish to join in do so with confidence, and varying degrees of preparedness.

Many MMC smokers hoping to kick the habit for good will have attended the three-part intensive smoking cessation program that started Monday, under the direction of Clinical Psychologist Melvyn Atfield. Many smokers planning to quit for Smokeout Day at least (and forever at best) have put themselves up for



adoption by nonsmokers or ex-smokers for the Day; these adopted quitters will benefit by the support, interest, and incentives offered by their adopters.

Survival kits --- a supply of low-calorie nibbles like raisins, life savers, apples, peanuts, sugarless gum, etc. --- are free for all smokers who promise to quit for the Day, and are available in the Personnel Office. The *HealthStyles* Office (ext. 2974) will also act as an adoption agency for smokers and potential helpers interested in the "Adopt a Smoker" campaign.

SMOKE, page 2

## 200 MMC employees earn service awards

Some 200 Maine Medical Center employees received service awards at the November coffee --- nine of whom have served the institution for more than a quarter of a century. Presiding at the awards program last week were MMC President Edward C. Andrews, Jr., M.D. and Director of Maternal and Child Nursing Jean Sanborn, RN. The Reverend Roland Stanford gave the blessing.

Leading the list of honorees was Nurse Anesthetist Leda Regina of the Department of Anesthesiology; she has been with MMC for 40 years.

Honored for 35 years of service were Gloria Nichols, Lead Dietary Aide in the Cafeteria; Merle Usher, Lead Cook in Food Services; and Nursing Assistant Shirley Eastman from R5.

Nursing Staffing Manager Elaine

Smalley, RN, was honored for 30 years of service.

Honored for 25 years of service were Lead Electrician Theodore Morin, Electrical Maintenance; Research Assistant Eleanor Lacombe, Department of Research; Clinical Services Coordinator Marcia Halloran, RN, OR; and Janette Smith, LPN, R4.

Honored for 20 years of service were Joan Bakker, RN, OR; Barbara Jensen, RN, NICC; Margaret Herrman, NUC, P3CD; Thelma DiPierro, Receptionist/Clerk, Radiology; Ruth Walsh, Housekeeping Manager; and Alden Whitney, Baker's Assistant, Food Services.

Honored as well were:

**15 YEARS OF SERVICE:** Sandra Perry, Medical Staff NICC; Lynn Jackson, Utilization Review; Gordon Heath, M.D., Psychiatry; Linda Capron and Daniel Soule, Emergency Medicine;

**SERVICE,** page 2



**LEDA REGINA, CRNA, headed the list of honorees at the November 11 Service Awards Coffee. The Nurse Anesthetist, who has been with MMC forty years, receives her pin from President Edward C. Andrews, Jr., M.D. (More photos inside.)**



## Coffee and Gift shops set to re-open soon

The official word from the Women's Board of Maine General Hospital, operators of MMC's Coffee Shop and Gift Shop, is that the two shops will be back soon. Renovated and expanded, they'll be open for business on Tuesday, December 3.

## No food pick-up on Thanksgiving

It's important for people who use the EAC Food Discount program to note that there will be no food delivered for pick-up on Thursday, November 28 (Thanksgiving). Food ordered for next week will be here on Tuesday, November 26, instead. It can be picked up at the usual time, 2-6 PM and at the usual place, Gilman Circle.

## SMOKE, from page one

On Smokeout Day, some MMC people will present a panel discussion on a variety of ways to quit, such as cold turkey, hypnosis, behavior modification. The panelists will be speaking from experience; quitters all, they are: Melvyn Atfield, Clinical Psychologist; Karen Kane, Oncology Nurse Specialist; Wayne Clark, Public Information; and Judy Thomas, Nursing Staff Development. The program will be from Noon to 1 PM in Classroom 7 of the Dana Health Education Center. The program is free, and lunch will be served; for registration information, call *HealthStyles* at ext. 2974.

## New Employees

**MENTAL HEALTH OCCUP. THERAPY:**  
Elizabeth Belanger

**NURSING:** Dianne E. Giddinge, Julia Haygreen, Sharon Oikelmus, Cyndy K. Rutledge, Arlene E. Schilling

**HOUSEKEEPING:** Scott R. Giroux, Timothy W. Torrey

**DEVELOPMENT:** Phyllis J. McKellar

**FOOD SERVICES:** Van The Nguyen

**PULMONARY MEDICINE:** Dan K. Trent

**PHLEBOTOMY:** Kimberly Westcott

**MEDICAL REHAB:** Ann M. Jordan

SERVICE, from page one



AMONG THE 200 EMPLOYEES honored for service anniversaries were (clockwise from above): Shirley Eastman, Nursing Assistant on R5, receiving her 35-year pin from Dr. Andrews; Joan Bakker, Staff Nurse in OR, receiving her 20-year pin; Housekeeping Manager Ruth Walsh also receiving a pin for 20 years; the chief presenter of pins getting a hug (and a tie tack for his own ten years at MMC) from Director of Maternity and Child Nursing Jean Sanborn, RN, who served as co-presenter for the program; and, in this grouping of Maternity Nursing people, Wilma Reed, RN, right, receiving her 15-year pin from Head Nurse Cindy Bridgeham, RN, as Nancy Bancroft, LPN, and Pat Crosby, RN, both of whom received five year pins, look on. (A/V Photos)







Katherine Roy, Chemistry; Barbara Beaudoin, Cytology; Evelyn Weiss, Hematology; Ida Demakis, Cardiology; Debbie Dambrie, Food Services; Ralph Robbins and Gail St. Jock, Housekeeping; Donat Gorneault, Linen Processing; Helen Chamberlain, Patient Accounts; Debbie Boroyan, President's Office; James Fraser, Safety; Timothy Page, Data Management.

*Nursing, 15 Years:* Anna Cicarelli, Delivery Room; Audrey Anderson and Rosalie Trask, Float Nursing; Martha Johnston and Marlene Moulen, P3A; Ethel Ball, P3CD; Wilma Reed, Maternity; Sandra Aube-Langella and Ruth Corbett, P6; Annette Dearborn and Suzanne Gokey, R6; James Cummings, ASU; Rosalyn Flaherty, School of Surgical Tech; Linda Philbrick and Maureen Bien, OR; Kathleen Bacheldor, Jacqueline Beaulieu, and Linda Farley, R3; Karen Fillebrown, SCU; Edwin Gallant and Arthur Stevenson, Unit Managers; Simone Blanchette, Nephrology Nursing; Patricia Donovan, Primary Care Clinic.



*10 YEARS OF SERVICE:* Joanne Drost and Mark Kjeldgaard, M.D., Pulmonary; Roberta Meserve, Medical Records; Charlotte Bickford and Linda Kelley, Endocrinology; Robert Lapham, and Susan Leighton, Emergency; Mary Morin, Microbiology; Diane Loggins, Pathology; Elizabeth Crozier, Radiology; Debra Bean, Marc Lausier, and Dean Lovell, Pharmacy; Kenneth Hill, Anesthesia; Dale Ellis and Arlene Hodgdon, Housekeeping; Helen Davison, Accounting; David Foster and Julie Wooden, Data Management; Martha Blackwelder, Dorothy Curran, and Carol Libby, Patient Accounts; Mary Fleming, Switchboard; Edward Andrews, Jr., M.D., President; Donald Nicoll, V.P., Planning and Public Affairs.

*Nursing, 10 Years:* Elizabeth Darling and Carole Messenger, NICC; Karen Ham, P1A; Elaine Barry, P2D; Gayle Barstow and Brenda Cushman, P3A; Debra Kimball and Ellen Murphy, Recovery Room; Elaine Conner, R1; Diane Brown and Elaine Duguay, R6; Patricia Bernard and Mary MacDaid, SCU; Nancy Sturdevant, Staff Development; Jutta Nappi and Kenneth Sawtel, Central Services; Barbara Eyerman, Katherine Hinrichs, and Karen Taylor, Emergency Nursing; Margaret Taylor, Burn Unit; Veronica Davis, OB/GYN Clinic; Karen Saucier, Primary Care Clinic; Cynthia Branco, Diane Davies, and Pamela Dulac, OR.



*5 YEARS OF SERVICE:* Margaret Crowley, Philipee Luedee, and Randy Shelley, Pulmonary; Marcia Webber, Pediatrics; Constance Jones, Medical Staff NICC; Eileen Dockendorf, Ella McKay, and Dianne Newbegin, Medical Records; Robin Rand, Library; Betty Jarratt, Psychiatry; Nancy Loring, Day Treatment, Psychiatry; Bruce Campbell, Poison Control; Mary Glidden, Pathology; Wendy Grover and Ralph Hanson, Blood Bank; Paula Vokey, Phlebotomy; Theodore Volger, Pathology; Donna Hooper and Deborah Ruminski, Radiology; Ronald Spinella, Medical Rehabilitation; Janice Harling and Peggy Shapiro, Physical Therapy; Katrina Meech, Cardiology; Dennis Creeden, Joseph Murphy, and Robert Weiss, Pharmacy; Evelyn Butterworth and Debra Hall, Anesthesia; Deborah Freeman, Kenneth Graffam, Douglas Kaiser, Erma Reynolds, and Marie Tremblay, Food Services; Edward Maurais and Raelene Gardner, Food Service Consultants; Francis Fontaine, Operational Maintenance; Robert Dimauro, Carpentry; Leo Simoneau, Buildings & Grounds; Robert Leeman, Anthony Martin, Dennis Rebello, and Timothy Riley, Parking; Jacqueline Graffam, Cafeteria; John Dyer, Gail Larson, Gina Montecalvo, and Joan Rhuda, Housekeeping; Donald McDowell, Executive V.P. & Treasurer; Laura Barter, Debra Hobbs, Roberta Kingsbury, and Lillian Wimert, Patient Accounts; Helen Deering, Switchboard.

*Nursing, 5 Years:* Zoi Gervais, CICU; Sharon Huff, Mary Hutchinson, Shirley Reichert, and Lena Virginio, Delivery Room; Albert Bernier and Corinne Conley, Float Nursing; Ann Theresa Carroll and Cathy Cestaro, NICC; Sherry Littlefield, Newborn Nursery; Bettie Leonard, Nursing Office; Joyce Greenlaw, P1C; Susan Porth, P2D; Gail Difiore and Deanna Winchenbach, R1; Cynthia Fasulo, R6; Cynthia Clough and Ann Heath, R5; Jane Larson, R7; Mary Watson and Paula White, SCU; Emmy Hunt, Emergency; Linda Mooers and Linda Nye, Surgical Vascular Lab; Nina Aberle, John Chasse, Janet Goforth, Elaine Kerr, and Susan Nelson, OR; Martha Hawkins, School of Surgical Tech; Molly Baker, Labor and Delivery; Beverly Bartley, P3A; Nancy Bancroft and Patricia Crosby, Maternity; Patricia Dunn, P6; Louise Beaulieu, Recovery Room; Thomas Connolly, Mark Flaherty, Doris Lajeunesse, Sue Randall, and Donna Shackley, CSD.



# Marketplace

**FOR RENT:** MMC/Mercy area. 1st floor, 2 rooms and bath. \$375/mo. heated. Sec. dep. Call 775-0532 or 767-5475.

**FOR RENT:** Near MMC. Quiet building. LR, BR, KT and bath. Parking avail. One person. Refs., sec. dep. No pets. Heated. Call 775-1077.

**FOR RENT:** Large 3 BR apt. on Eastern Prom. Modern KT, dishwasher, W/D hook-up, disposal. W/w carpet, fireplace, parking. \$575/mo. Free rent for Nov. Call 799-4049 after 6 PM or Pat at 773-8111 days.

**FOR RENT:** 1 BR apt. to sublet. Newly renovated, bay window with view of harbor, pine floors, quiet neighborhood, within walking distance to MMC, small yard, easy parking. Avail. 2nd week of Dec. \$395/mo. Call 772-6359.

**FOR RENT:** 2nd floor office space in Stevens Ave. Westbrook College area. Call days at 772-2359 or eves. at 775-2613.

**FOR RENT:** Apt. sublet on Winter St. Efficiency with KT. \$325/mo. including heat, electricity, and parking. Avail. Dec. 1. Call 773-6335 after 4 PM and keep trying.

**FOR RENT:** Crescent St. Sunny, 1 BR apt. Recently painted. \$335/mo. includes hot water and all utils. Call 773-0023.

**ROOMMATE WANTED:** Share large 2 BR apt. on Forest Circle. \$200/mo. plus 1/2 utils. Call 878-2277 eves. or weekends.

**ROOMMATE WANTED:** Share 3 BR house in So. Portland. Fireplace, large LR and DR, porch, and yard. Quiet neighborhood. Call 799-1663 or 774-5201.

**FOR SALE:** 1977 Ford Pinto wagon. 4-spd., 4-cyl., radial tires and radio. Runs well; looks good; recently inspected. Asking \$850 or best offer. Call 772-7143.

**FOR SALE:** 1981 Escort GL. 2-dr., hatchback, AM/FM, RW defroster, excellent condition. \$2,500. Call 856-6768 after 6 PM.

**FOR SALE:** 1979 Ford Fairmont. 4-cyl., 2-dr., 4-spd., good running condition. \$1,200. Call 767-2085 after 6 PM.

**FOR SALE:** 1982 Firebird. 54K, 6-cyl., auto., excellent condition. Must sell. Book value or best offer. Call 775-8312 or 883-3196 eves.

**FOR SALE:** 1984 Chevy Cavalier with 1,500 miles; like new; parked in heated garage. \$5,950. Call 781-3674 eves.

**FOR RENT:** Large BR, LR, bath with shower; possible KT privileges. So. Portland. Call 799-7864 eves.

**FOR RENT:** Luxury 2 BR condo 5 min. to MMC. Wooded area, pool, tennis, basketball, cross country. \$600/mo. plus utils. Leave message for Kevin at 781-2345.

**FOR RENT:** New 2 BR townhouse duplex in convenient Portland location. All appliances, nice yard. Both sides avail. \$550/mo. plus utils. Call 781-2435 and leave message.

**FOR RENT:** 2 BR ranch in So. Portland. Oil heat. Pets okay. \$550/mo. plus utils. Avail. Jan 1. Call 799-6324.

**FOR RENT:** 2 BR log home on Forest Lake 20 min. from Portland. \$450/mo. plus utils., sec. dep., and lease. Avail. Jan. 1. Call 797-0630.

**FOR RENT:** 3 BR condo on Neal St. LR, DR, KT. Hardwood floors, working fireplace. \$850/mo. Call Marion at 775-6055.

**FOR RENT:** Intown MMC area. 2 BR, DR, KT, bath, and hardwood floors. \$395/mo. plus utils. Call 799-6282 and leave message.

**FOR SALE:** 12 in. Toro Electric Snowthrower with 100 ft. cord. Hardly used. \$75. Call 799-3598 after 5 PM.

**FOR SALE:** Three A7813 tires. Make offer. Call 878-2218.

**FOR SALE:** Two men's 10-spd. Concord bikes in like-new condition, \$100 each. Call 871-0527.

## 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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**FOR SALE:** Centrifuge machine for hematocrits and urinalysis. Almost new, good condition. Asking \$300 or best offer. Call 799-8196.

**FOR SALE:** 19 in. Panasonic color TV (less than 6 mo. old) with stand, \$200. 13 in. B/W Panasonic TV, \$25. Blond wood bookcase, \$10. 2 table lamps, \$35. Roll-away cot, \$35. Bow (as in bow and arrow), \$50. Call x2828 days or 773-8064 eves.

**FOR SALE:** Piano console, fruitwood, Wurlitzer's highest quality, excellent condition, regularly tuned and maintained, \$1,500. Call 781-2076 eves. and weekends.

**WANTED:** CB radio, 23 channel is fine. Also, automatic camera. Cheap is important. Call x2828 or 773-8064 eves.

**WANTED:** Carpool to MMC from Pine Point/Old Orchard Beach approx. 8 AM - 4:30 PM, Mon. - Fri. Call Jackie at x2911 or 1-934-9356.

**WANTED:** Ride needed between Brunswick and MMC. Will share expenses. Arrive MMC by 7:20 AM; leave at 4 PM. Call Larry at 729-1082 after 6 PM.

**WANTED:** Rideshare from Yarmouth to MMC. 3 days/wk. 8 AM - 5 PM shift. Call 846-4476 between 6-8:30 PM.

**WANTED:** Round coffee table. Call 772-3360.

**FREE:** 14 mo. old male, mostly white puppy. Well behaved, good with children. Call Sandy at x2781 or 839-6253.

**FOUND:** Brownish stone gold ring on parking ramp about a month ago. Call 883-9019.

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