

what's happening

Maine Medical Center
Portland, Maine 04102

November 13, 1985

Vol. 17, No. 15

Smokeout to feature special classes and celebrity quitter

The Great American Smokeout is November 21, and at Maine Medical Center the event will feature free smoking cessation classes and a major "Adopt a Smoker" campaign. Setting an example at the top of the MMC organization will be President Edward C. Andrews, Jr., M.D., who has agreed to let Vice President for Employee Relations Ronald Baril "adopt" him for the day. "It's time to give it another major effort," Dr. Andrews says, and adds with a smile, "If I don't make it this time I'll know who to blame."

All would-be ex-smokers are invited to a free intensive three-day smoking cessation program on the days leading up to the Smokeout. MMC Clinical Psychologist Melvyn Atfield will conduct hour-long sessions at 11:30 AM Monday, Tuesday, and Wednesday as a "count-down" to the Smokeout. Lunch will be provided.

On Smokeout day itself -- Thursday,

the
great
american
smokeout

November 21 -- *HealthStyles* will sponsor an 11:30 AM panel discussion for those "smoking out," featuring a panel of MMC ex-smokers who have quit using a variety of methods. The idea is to give potential quitters the benefit of the experience of those who have already been through it.

A new Maine law has given added weight to the many already good reasons for quitting. Effective January 1, 1986, all

SMOKE, page 3



CHARLES AND MARGARET GEYER of Sebago Lake celebrated their 61st wedding anniversary on November 1---unfortunately while Charles was a patient on R7. When his nurses learned of the anniversary, they arranged for a photograph to mark the event. And then they learned this was not exactly a first-time experience for the Geyers. Their 50th anniversary was celebrated in MMC as well; that was in 1974, and Margaret was the patient. Joining the Geyers for their anniversary portrait is their daughter Peg Davis (right) of Westbrook.

Booklet has facts, figures about MMC

Facts & Figures, the pocket reference booklet about Maine Medical Center, has been updated and reprinted. The booklet contains brief information on the mission, history, employees, services, and programs at MMC; it offers financial data and selected statistics ranging from occupancy levels to numbers of diagnostic procedures to patient days by payment class. It is not comprehensive, but is intended to serve as a quick reference for basic information about MMC.

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.

The Christmas Fair



Now through December 6
In MMC's Admitting Lobby

presented by
Women's Board of
Maine General Hospital

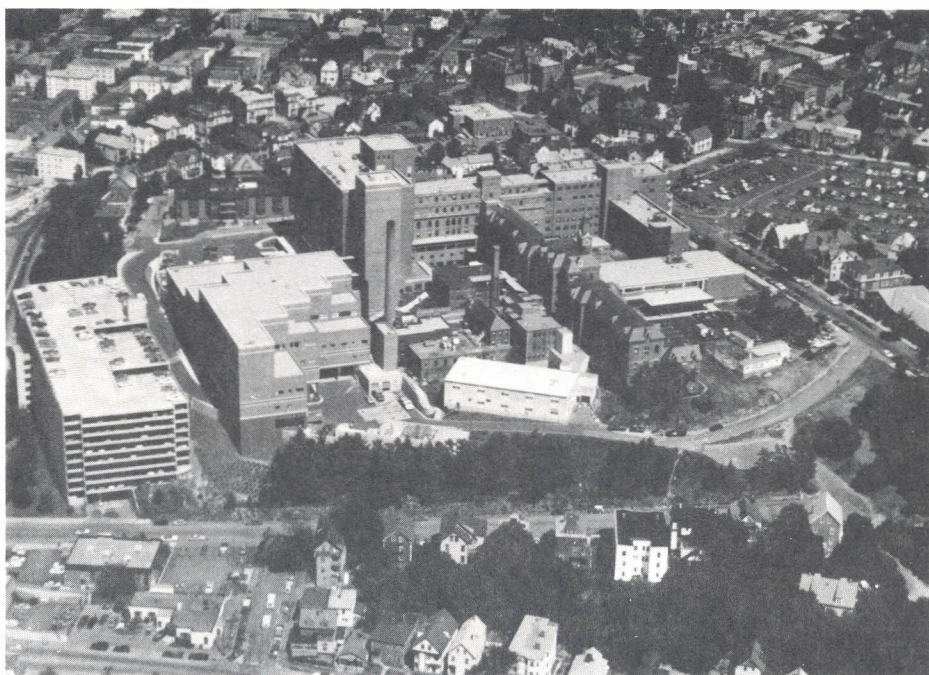
Adopting a smoker shows you care

HealthStyles urges all nonsmokers and ex-smokers to consider joining the "Adopt a Smoker" campaign at MMC, by "adopting" a smoker for the day -- as Vice President for Employee Relations Ronald Baril has done by adopting President Andrews. It's all good-natured fun, a challenge, and a chance for both adopter and adoptee to accomplish something worthwhile during the Great American Smokeout, November 21.

The idea of the Smokeout is to have smokers commit to quitting for a twenty-four hour period; if they continue, so much the better. Adoptive nonsmokers play a special role in the Smokeout, lending moral support, incentive, and perhaps a bit of good-natured pressure.

If you do Adopt a Smoker, *HealthStyles* has a few tips for Smokeout Day:

- Show that you care -- you have a vested interest in keeping your adoptee in good health.
- Provide them with a survival kit of low calorie nibbles -- carrots and celery, cinnamon sticks, sugarless gum, etc.
- **DON'T NAG OR THREATEN!**
- Try to make yourself available either in person or by phone for the *entire* day.
- Take them out for breakfast or lunch. Or promise a special dinner in their favorite restaurant.
- Go public with your adoption. Enlist the help of others in giving moral support to your adoptee.
- Especially if you're a never-smoker, consider giving up something for the day, too... i.e. candy, desserts, coffee, etc.
- If you're an ex-smoker, share your experiences rather than lecture on the dangers of smoking. What worked for you may work for others.
- Send flowers for a post-Smokeout celebration.
- Offer a lift to work or home in the afternoon.
- Schedule an evening activity that minimizes the temptation to smoke, i.e., see a movie in a theater that prohibits smoking in at least one section... or try a strenuous activity like racquetball, bowling, or a swim at the local pool... or stage a get-together with fellow adopters and their "foundlings."
- Be a cheerleader -- offer praise, encouragement and finally, at the end of the day, congratulations!
- Urge them to stay off cigarettes now that they've made it for a day!



THIS AERIAL PHOTOGRAPH of the Maine Medical Center complex was taken in mid-August, and provides a good perspective of the new construction and its relationship to the existing buildings. The Leon L. Bean Memorial Building is sited between the parking ramp (far left) and the nine-story Richards wing, the tallest of MMC's buildings. The Charles A. Dana Health Education Center is at the far right, on the Bramhall Street side of the complex. (Linwood R. Leland Photo)

Thanks

I wish to express my appreciation on behalf of my staff and myself for the assistance, cooperation, and patience given by all concerned during our move September 5, 6, and 9.

It helped make for an easier transition for everyone.

Thank you very much!

Robin M. Rand
Director, Library Services

New Employees

DIAG. RADIOLOGY: Arthur R. Duplessis, Paula G. Walls

OCCUPATIONAL THERAPY: Lise K. Lapointe

PERSONNEL: Pamela J. Parker

SURGICAL PATHOLOGY: Joyce A. Strohsahl

NURSING: Natalie L. Hague

HOUSEKEEPING: Elizabeth Farley

CAFETERIA: Patricia A. Flint, Sandra L. Mills

INTERNAL AUDITING: Gerald A. Hobson

NURSING: Beatrice E. Thomstad

Final parent/child sessions scheduled

The last two sessions of MMC's parent/child discussions are set for November 27 and December 11. Pre-registration is requested; for information or to register call the Office of Training and Development at x2824.

Two Films on Parents and Infants Wednesday, November 27, 12 Noon - 1:00 PM, Classroom 3 "In the Beginning: The Process of Infant Development," showing the unfolding that takes place during the first year of life. "On Their Own/With Our Help," an examination of adult intervention when a baby needs help.

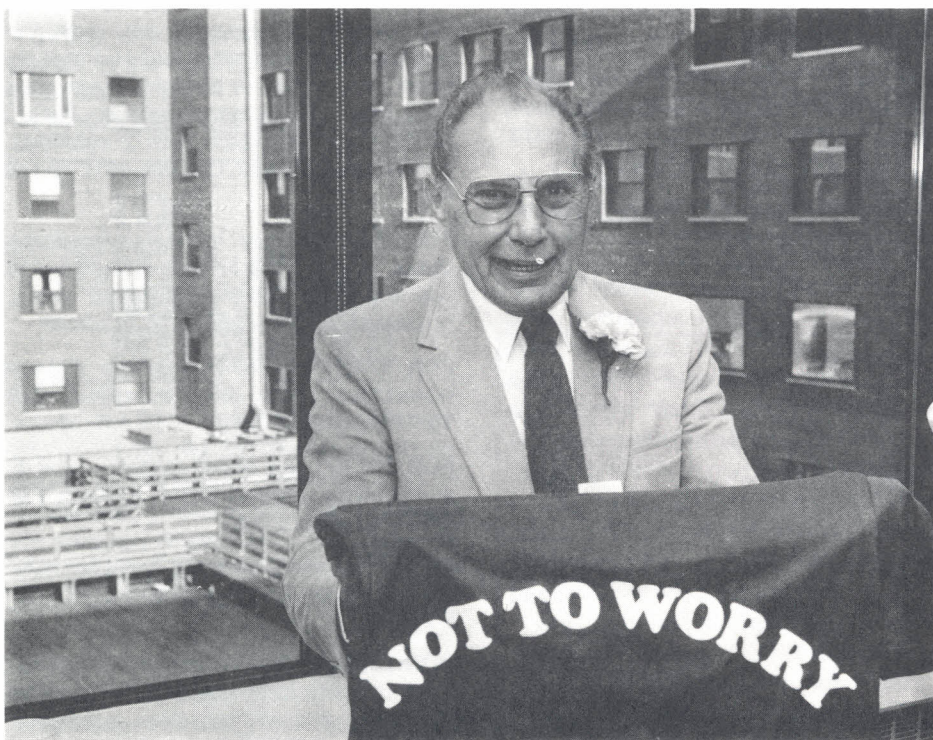
Preventive Health Issues Wednesday, December 11, 12 Noon - 1:00 PM, Classroom 3. The effects of nutrition on health, wintertime health, and the new HIB vaccine for meningitis. Presented by John F. Goodrich, M.D., a pediatrician and former Chief of Pediatrics at Mercy Hospital.

CAPONE'S LAW

You can get much farther with a kind word and a gun than you can with a kind word alone.



RETIRING ANESTHESIOLOGISTS Howard P. Sawyer, M.D. (above) and Talivaldis Rubins, M.D. (below) are winding up long careers which have seen remarkable changes and rapid progress in their area of medicine. Dr. Sawyer joined MMC in 1956 when there were just nine ORs and two staff anesthesiologists. (Now it's 17 ORs and a staff of 17.) Dr. Sawyer, who was MMC's Chief of Anesthesiology from 1975 to 1977, served in the U.S. Army before coming to MMC, and his assignments during the Korean conflict included hitches at the 8063rd MASH unit and the 21st Evacuation Hospital. Dr. Rubins, born and educated in Latvia, recieved his M.D. from the University of Hamburg in Germany, served his medical residency at Staten Island Hospital in New York, began his anesthesia residency at MMC in 1969, and joined the staff in 1972. He can recall a blood gas test taking three hours to complete, a process that now averages about five minutes. The two physicians were guests at a double retirement party hosted by their department in October. (A/V Photo)



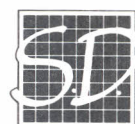
SMOKE, from page one

Maine employers are required to establish and enforce smoking policies that prohibit smoking except in designated smoking areas.

MMC's smoking policy has been in effect for more than five years, and in light of the legislation, the MMC Board of Trustees recently reaffirmed the existing smoking policy for the hospital. The policy:

Effective February 1, 1980, visitors and outpatients will only be allowed to smoke in designated areas within the Maine Medical Center. Patients will be allowed to smoke in their rooms only if their physician feels that an abrupt smoking withdrawal would be detrimental to their health. For staff and employees, smoking will be banned at all meetings of two or more persons, in all lobbies, classrooms, conference rooms, and patient care areas. Individual departments will be asked to designate only one area for employee smoking and this area should be: (1) well ventilated, (2) out of the general flow of patients and visitors, (3) accessible to all in the department, and (4) an area nonsmokers are not required to use. Approximately one-fourth of the Cafeteria and Coffee Shop will be available as a smoking area.

The Board of Trustees has directed that the enforcement of the policy be maximized, and that the number of designated smoking areas be minimized. Department heads are currently being asked to update the designation (or non-designation) of smoking areas in their departments.



Continuing Education

Nursing Staff Development

- *Nursing Care of the Patient with Acute Respiratory Failure*

Tuesday, November 19

Prior registration required

(7 contact hours approved)

During the month of November, you can sample the County Connection commuter bus free! The Public Information Office has a limited number of free passes for the bus—just stop by and pick one up with your rate schedule and timetable. First come, first served!

Marketplace

FOR RENT: Avail. Dec. 1. Pine St. 1 BR apt. with hardwood floors. \$525/mo. includes heat. Parking avail. Refs. and lease required. Call 773-3676.

FOR RENT: 2 BR duplex with LR, DR, KT. Fully renovated 3rd floor for den or BR. Full basement with W/D hook-up. Use of garage. Bancroft St. \$550/mo. plus utils. Call 774-7924 after 5 PM.

FOR RENT: Portland near USM. Furnished house with 4 BRs, 1½ baths, quiet area, W/D. Avail. late Dec.-May 1 (date flexible). \$600/mo. plus utils. and sec. dep. (rent negotiable). Call 773-8417.

FOR RENT: Westbrook. ½ duplex with 3 BRs, private yard, w/w carpet, W/D hook-up, storage avail., off-street parking. \$500/mo. plus utils. Call 854-1540.

FOR RENT: Near MMC. Large 1 BR apt. with 2 fireplaces, w/w carpet, large KT with disposal, refrig., stove. \$415/mo. with heat included. Call 797-7944

FOR RENT: So. Portland harborfront, harbor view, spacious, sunny 5 room apt. 3 rooms with w/w carpet; 1 with hardwood floors. Modern KT with W/D. \$625/mo. plus heat and utils. Call 767-2315.

FOR SALE: 1½ story cape. 3 BRs, 1½ baths, LR, DR, KT. Fenced-in yard, garage. Have to see inside of home to appreciate. On bus line; 2 miles from MMC \$68,900. Call 774-6678 or 839-6326 and keep trying.

FOR RENT: Wildwood in Cape Elizabeth. Luxury 2 BR condo with 2 baths, LR with fireplace, all appliances including W/D and microwave, garage. \$800/mo. plus utils. Call owner at 799-1232.

FOR RENT: Munjoy Hill. 4 BR apt. with LR, DR, appliances KT, full bath. 2nd floor, newly renovated, off-street parking, storage in basement. \$525/mo. plus utils. No pets. Lease and sec. dep. required. Call 871-8613 eves.

ROOMMATE WANTED: Quiet M/F wanted to share my home 20 miles from Portland. Close to lake with right-of-way to beach \$150/mo. plus ½ of electric and oil. Call 642-4194 eves. or 774-5961 x233 days and ask for Bruce.

ROOMMATE WANTED: Female, professional, non-smoker looking for same to share large house in So. Portland. W/D, garage, large yard. \$300/mo. includes all. Call 799-8377.

ROOMMATE WANTED: Female to share 2 BR apt. \$215/mo. plus ½ utils. Call 797-6256.

ROOMMATE WANTED: Non-smoking M/F to share large heated 2 BR apt. on Western Prom. \$215/mo. plus ½ utils. Call 775-0374 after 6 PM or if no answer call 892-2967.

ROOMMATE WANTED: Neat, Professional male to share large, newly renovated 2 BR apt. \$250/mo. plus ½ utils. Call 761-4359.

ROOMMATE WANTED: Attractive So. Portland home to share with non-smoking professional M/F. \$275/mo. plus ½ utils. Call 799-5055 or 773-6895.

FOR SALE: 1983 Buick Skyhawk. 32,000 miles, front wheel drive, sunroof, AM/FM stereo, tilt wheel, spoke hubcaps. Asking \$4,900. Call 883-8278 or 883-9456.

FOR SALE: 1979 AMC Concord. 4-dr., 4-spd., excellent body, good running condition. Asking \$1,400. Call 283-0004 after 6 PM.

FOR SALE: 1982 Subaru. 5-spd., excellent condition, AM/FM stereo/cassette, sunroof, luggage rack. \$4,400 or best offer. Call 775-4034.

FOR SALE: 1983 Toyota Corolla. 5-spd., AM/FM, 23,000 miles, excellent condition. Asking \$4,800. Call 775-0268 or 883-6472.

FOR SALE: Grumman 12 ft. aluminum boat with trailer, 5 hp Mariner outboard motor. Reasonable priced. Call 775-5016 after 6 PM or x2758.

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: 1979 Pontiac Sunbird. 63,000 miles, 30 mpg, 1 owner, excellent condition. \$1,900. Call 799-0663.

FOR SALE: 1950's style enamel table with 4 chairs, \$100. Call 642-4153.

FOR SALE: Hammond organ (Piper II). Also desk. Call 773-0180 after 4 PM.

FOR SALE: Storm windows with screen: 27½ in. x 35½ in. x 51½ in., \$20 each. Call 929-6972.

FOR SALE: Lloyd stereo with cassette and record player, AM/FM radio, \$80. Call 854-2281 between 11 AM - 6:30 PM.

FOR SALE: 7 piece DR set: red mahogany table with extra leaf and custom table pad, buffet, 4 straight chairs plus host chair. Excellent condition. Asking \$500. Also, LR couch with 2 cushions; good condition, \$60. Call 854-9810 after 6 PM.

FOR SALE: Lacy Victorian wedding dress, size 7, \$120 or best offer. Also 18 wk. old male Chinese Pug; all shots; housetrained. Call 865-4870 or x2449.

FOR SALE: Vermont Castings Vigilant woodstove. Best offer accepted. Call 767-4002 after 8 PM.

FOR SALE: Girl Scout uniform, size 8, and Brownie uniform, size 7, \$7 each. Call 282-1748 after 6 PM.

WANTED: Pony/horse or burro for companion for my horse. Call 655-3941 after 5 PM.

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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