

what's happening

Maine Medical Center
Portland, Maine 04102

May 1, 1985

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Mothers, babies get shaped up together

Sometimes they like it, sometimes they don't, and sometimes they're just not sure, but the babies in the *Shape-Up With Baby* class at MMC certainly know they're involved. The Shape-Up classes are offered as part of the program of Associates for Prepared Childbirth, an educational organization at MMC operated by staff Labor/Delivery Nurse Pam Tozier, RN, BSN. She is a Certified Childbirth Educator, and with several other MMC staff nurses teaches a variety of courses for parents for before, during, and after their baby's birth.

The Shape-Up With Baby class is a five-week program for post-partum mothers. It features special exercises involving both mother and child, to help mother get back into shape and condition baby to movement and fun. Also included are dance routines, games to play with baby, infant stimulation techniques, a mother's talk group, discussion on parenting, baby care and growth, a slide/tape show and guest speaker, and a luncheon party.

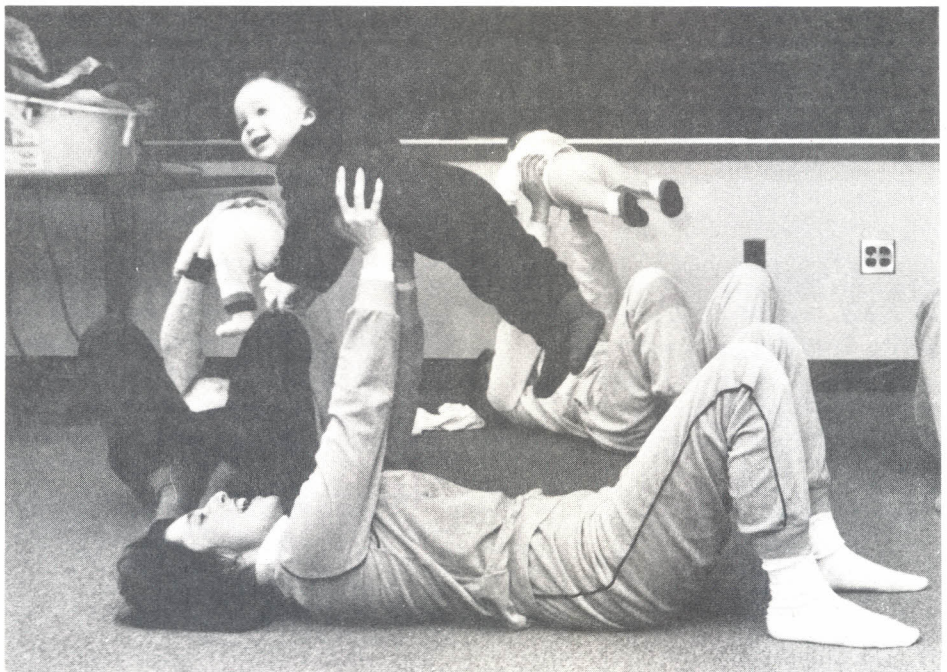
"Most of the mothers were in our lamaze classes," Tozier says, "and start the exercise classes when the baby is

BABIES, page 3

First two-day blood drive is on its way

The first two-day blood drive is coming to MMC May 9 and 10. It is hoped that spreading the drive over two days will eliminate long waiting times and make it easier for potential donors to fit giving into their schedules. The drive is scheduled for 10 AM to 6 PM Thursday, May 9, and 7 AM to 4 PM Friday, May 10, in Classrooms 7 and 9 of the Charles A. Dana Health Education Center.

The watchword for this blood drive is **BLOOD**, page 2



REID TOZIER, age one year, heads skyward as his mother Pam leads her Shape Up with Baby class in a Dana Center Classroom. More photos inside . . .

Recognition Day: Pride in Nursing

Monday, May 6, is National Nurses' Recognition Day, the start of a week-long observation of pride in the profession. It's a pride that can be shared by many in the Maine Medical Center family: by more than 1,000 women and men who work in the Department of Nursing, by all other MMC employees who share the hospital's mission with them, by the thousands of patients who benefit from their skill and care, and by their fellows in the community.

The Department of Nursing plans to mark the week with a special display, soon to appear in the new main corridor. Part of that display will be the announcement of a further nursing recognition event to come: it's a day-long program, set for *Thursday, June 6*, dealing with *The Image of the Nurse*. The program,

based on findings after years of research on the image of nursing in the mass media, will be presented by two professors from the University of Michigan, Dr. Beatrice J. Kalisch, Chairperson of the Parent/Child Nursing Department, and Dr. Philip A. Kalisch, Professor of History, Politics and Economics of Nursing. The Kalisches, widely recognized in their field, have been co-investigators in a research project designed to examine the image of professional nurses in the mass media; they express the hope that "study results will provide a basis for current and future efforts to better articulate and present the image of the nurse to the public and to help maximize her/his value to the delivery of health care services."

The program will be presented free of charge to MMC registered nurses --- a **NURSING**, page 2

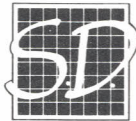
NURSING, from page one ———

recognition gift from the Department of Nursing --- and will be open to non-MMC nurses for a \$20 fee. The Kalisches' program, much in demand across the country, presents the image of the nurse from many perspectives (historically, currently in news and entertainment media) and suggests strategies to develop a more ideal image for the future. Bringing the program to Portland (to MMC's Charles A. Dana Health Education Center) has required long and careful planning. Working on the Planning Committee are: Jean Atherton, RN, Head Nurse, ER; Phyllis Bastone, RN, BS, Head Nurse, P1C; Rebecca Blanchard, RN, Head Nurse, R2; Jan Collomy, RN, BS, Head Nurse, R7; Virginia Erickson, RN, MS, Staff Development Instructor; Linda Pearson, RN, M. Ed., Director of Nursing Education; Nancy Sheldon, RN, BS, Head Nurse, Labor/Delivery; Judith Stone, RN, MS, Vice President for Nursing; and Judy Thomas, RN, BSN, CCRN, Staff Development Instructor.

Deadline for program registration will be May 31; the Staff Development office (871-2397) has further information.

Please Note

The new *HealthStyles* t-shirts are in! Anyone who has successfully completed an aerobics course and has not received a t-shirt can pick it up at the Nurse Recruitment Office during business hours.



Continuing Education

Nursing Staff Development

- *Critical Care Seminar: "Cerebral Artery Bypass Surgery,"* William D'Angelo, M.D.
Thursday, May 9, 1985
2 - 3 PM
Dana Classroom #1
(1 CERP approved)
- *Critical Care Seminar: "Cerebral Artery Bypass Surgery,"* William D'Angelo, M.D.
Friday, May 10
8 - 9 AM
Dana Classroom #1
(1 CERP approved)

BLOOD, from page one ———

"convenience," making it as convenient as possible for people to give. In addition to the two-day format to provide greater opportunity to give and eliminate scheduling problems, the blood donor recruitment committee has arranged to make lunchtime giving easier as well. Those giving during lunch hours may choose from assorted sandwiches as after-donation snacks, in addition to the traditional cookies and juice.

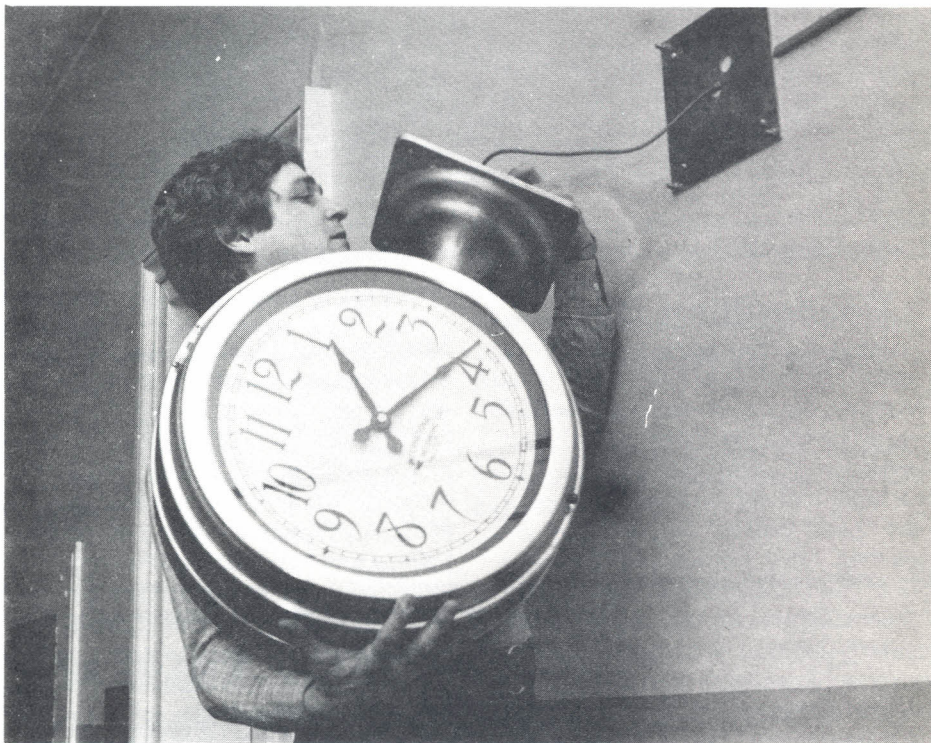
Recruiters have been making their rounds, and there will be a sign-up table in the Admitting Lobby all week before the drive. The recruitment committee -- chaired by Vice President for Employee Relations Ron Baril and co-chaired by Employment Representative John Orlowski, Labor/Delivery Head Nurse Nancy Sheldon, RN, and Assistant Pharmacy Director Bill Gousse -- has spared no effort to get the word out and make donating easy. The rest is up to potential donors. Please come and give the gift of life.

Running and walking herald Springtime

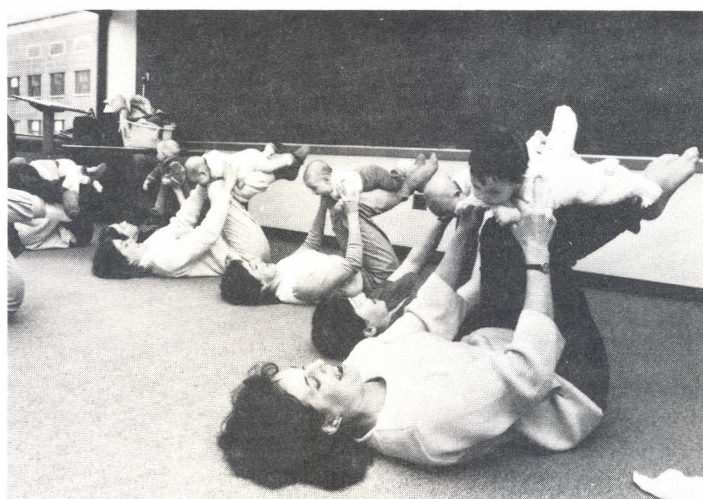
Two outdoor events are coming up later in the season, and *HealthStyles* says now is the time to register. The Southern Maine Volkssport Association is sponsoring a sanctioned 11-kilometer volksmarsch Sunday, May 19, in Westbrook. A volksmarsch is a non-competitive walk along a prescribed route at an individual pace. It is free of charge, although awards are available for a small fee. Volksmarschers have the entire day to finish the 6.8 mile course.

More competitive but still designed for fun is the JBI Run, a four-mile run sponsored by the Jackson Brook Institute in South Portland. The Saturday, June 29, event features prizes and trophies in an open division and in various age groups. JBI has challenged other hospitals and healthcare organizations to "outparticipate" them, and *HealthStyles* is looking for runners of all ability levels to carry MMC's banner into battle (wearing a free *Healthstyles* t-shirt, of course).

To register for either event, call the *HealthStyles* office at x2974. Those MMC employees who register for either event will receive a free *HealthStyles* t-shirt -- the new, improved model -- on the day of the event. And remember, the point is not to have lots of winners or even lots of finishers from MMC; the point is to have MMC well-represented!



THIS GRAND VINTAGE CLOCK, rescued during demolition work in the old Operating Rooms, now hangs in the MGB main corridor by the entrance to the Charles A. Dana Health Education Center. Patented by the International Time Recording Company of Endicott, New York, in 1929, it has been part of the Maine General Hospital building since the early 1930s. MMC engineers working in the old OR recognized it as a treasure, despite its disguising coat of thick white paint. The Paint Shop restored its gleaming copper casing, and Electronics Technician Dana Thompson, pictured here, re-installed it last week. (A/V Photo)



MOTHERS AND BABIES work out together in the Shape Up with Baby Class. Above, 4-month old Benjamin Wood, (left, with mother Jane) doesn't mind a leg raise, but Hannah Browder, 3½ months, (with mother Eleanor) isn't quite sure. Above right, from left: Mary Jean Crowter watches her son Matthew, 4½ months; Matthew checks out Benjamin Wood; Hannah and Eleanor Browder check out each other; and Katelyn Miller, 3½ months, with mother Nancy, looks to the side. Right, 3-month old Kelley Merette gets a bird's eye view of mother Nancy, foreground, as do Alex Massanek (on mother Betsy's legs), and Katelyn, Hannah, and Benjamin down the line.

(A/V Photos)

BABIES, from page one —
four to ten weeks old. It's an opportunity not only to exercise, but for the mothers to socialize as well."

The exercise classes are part of a continuum offered by Tozier and her associates -- Mary Hutchison, Laurel McDougall, Cathy Shea, and Andrea Tetreau. The other programs are *Lamaze I*, a comprehensive pre-childbirth education program; *Encore*, a refresher course on lamaze techniques and update on childbirth methods and policies; *Cesarean*, for planned C-section births (special classes for those planning a vaginal birth after a C-section are also available); *Pregnancy Fitness*, a program to keep expectant mothers flexible, fit, and relaxed; *Expectant Grandparents*, to bring grandparents up to date on childbirth methods; and a special *Siblings* program for new brothers- and sisters-to-be.

Registration fees vary for the different classes; call Pam Tozier at 797-8155 for information.

Nursing scholarship deadline approaching

The Scholarship and Loan Committee of MMC's Department of Nursing issues a reminder: July 1, 1985 is the deadline for applications for scholarships for the 1985-1986 school year. This is the start of the new format in which the committee will meet once a year to consider grants for both Fall and Spring semesters at the same time, so applicants should anticipate their full year's needs.

Guidelines and methods of applying remain the same as in years past: any MMC employee who is enrolled in or has been accepted into an accredited nursing program (MS, BS, AD, Diploma, LPN) may apply. Applications are available in the office of the Vice President for Nursing. For further information contact committee chairperson Lois Bazinet, RN, CCRN, at x2397.

New Employees

PHYSICAL THERAPY: Patricia Farrell
DIAG. RAD.: Kathleen Anderson
HOUSEKEEPING: Ma Belen Castillo, William Greenleaf, Michelle King
ENDOCRINOLOGY: Brenda Butler
CAFETERIA: Timothy Follette
OR: Denise Guay, Carolyn Yeo

More Marketplace

ROTOTILLING: A Troy-Built does it best. Custom tilling; expert service; prices are dirt cheap. Call Jack at 767-2423.

BABYSITTING: Will babysit in your home. Transportation needed. Avail. eves. Call 773-0180.

PORTRAITS BY WINDOWLIGHT, formal or informal. Call Don Brown at 865-6071 eves.

ENERGETIC, responsible college student will do Spring cleaning and Summer maintenance; yards, gardens, boats, camps, and other odd jobs. Call 926-4611 eves.

Marketplace

FOR RENT: Partially furnished apt. on 3rd floor of large Western Prom home. 2 BRs, bath, large LR with KT area. Off-street parking. Prefer single, non-smoker, no pets. \$325/mo. includes heat and utils. Call 774-6468 or 773-5659.

FOR RENT: 137 Dartmouth St. Unfurnished apt. on 2nd floor. 2 BRs, LR with fireplace, DR, stove/refrig., sundeck, washer/dryer hook-up, garage for 1 car and parking for 1 car. \$500/mo. plus sec. dep. No pets. Call 799-3984.

FOR RENT: Neal St. Cozy, quiet, 1 BR apt. Ideal for professional single. No pets. \$385/mo. includes heat and parking. Call 799-5391 and leave message.

FOR RENT: Adults only. 2 BR apt. with bath, KT, LR. No pets. Near busline, MMC and Mercy. Refs. required. \$350 sec. dep. and \$65/wk. Call 775-2581.

FOR RENT: Need temporary housing? Share older, beautiful house on the ocean, with porch, KT privileges, garden. Non-smoker, no pets or children, please. \$85/wk. Call 799-4748 between 9 AM-Noon or 7-9 PM.

FOR SALE: Oceanfront luxury condo in the Pine Point area. Spectacular view, 50 ft. from water's edge. 2 BR, 2 baths, pool, appliances, 20 min. from MMC. \$129,500. Call 773-0066 eves.

ROOMMATE WANTED: Single, non-smoking professional to share house near Baxter Blvd. Water view, quiet neighborhood. Share rent and utils. Avail. June 1. Call 799-0907 eves. and weekends.

ROOMMATE WANTED: Cape Elizabeth. Would like to share home with non-smoking professional female. Quiet neighborhood. \$50/wk. Call 799-1768 after 5 PM.

FOR SALE: 1982 Datsun Sentra. Standard, AM/FM, front wheel drive, 41,000 miles. Good condition, no rust. Call 879-0639 after 5:30 PM.

FOR SALE: 1976 Dodge power wagon with 4 WD, mud tires, dual exhaust, plus more. Mint condition. \$2,800. Call 727-3017.

FOR SALE: 1985 Ford LTD Brougham. Loaded, 4,000 miles. Have company car. \$9,150. Call 799-0097.

FOR SALE: 1976 Ford Pinto with low mileage. \$800 or best offer. Call 775-1531.

FOR SALE: Jig saw, 1/2 horsepower Craftsman, \$100. Art table, \$50. Both in excellent condition. Call 781-4775 afternoons or eves.

FOR SALE: King size bedspread, like new, with matching drapes (89 in.). Blue/rose/gold print. \$40 or best offer; will sell separately. Call 773-3412 eves.

FOR SALE: Rowing exercise machine. Brand new, \$50. Call 725-4722 eves.

FOR SALE: Cabbage Patch Kids, boy and girl, \$50 each. Fur coat, natural muskrat, size 9, in excellent condition, asking \$400. Call 787-2162.

FOR SALE: Women's size small wet suit. Asking \$75. Call 883-6692.

FOR SALE: Hi-fly 333 sailboard in very good condition with vertical cut sail, \$350 complete. Call 775-7421 x268 and ask for Polly.

FOR SALE: Windsurfer Classic sailboard with aluminum boom. Used 2 seasons. Very good condition. \$400 complete. Call 797-5151 and leave message.

FOR SALE: Two-piece sectional sofa, 46 in. each piece. Original blue/green upholstery, in excellent condition. Gold slipcovers included, \$150. Also 700 used bricks in fair condition for 10¢ each or \$150 for all. Call 799-2793.

FOR SALE: Ariens snowblower in excellent condition. \$325. Window air conditioner, 9,000 BTU, will cool several rooms, \$200. Call 773-0066.

FOR SALE: Baby carriage, \$35. Playpen, \$35. Guitar, \$55. 275-gal. oil tank, \$40. Call 892-7720.

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: VW Beetle in good condition. Very reliable. Call 883-9917 eves.

FOR SALE: 1982 Yamaha 650 Maxim with low mileage. Call 767-3650 after 6 PM.

FOR SALE: 1979 Chevy Camaro Z-28. 350 V8, 4 bbl, 4-speed, Ram air, 3:73 posi, PS, PB, power windows, t-tops, no rust, very good condition. \$4,500. Call 282-8549.

WANTED: Cottage or house to rent for the first 2 weeks of July. Preferably in Yarmouth or Cousin's Island. Call 846-3627 eves.

WANTED: Seeking housesitting/Summer rental in Greater Portland area. Two week or longer period of time. Couple with young child. Call 865-6916 eves.

WANTED: Incoming resident needs to rent house with yard. Animals must be welcome. Call 967-2105 eves.

WANTED: Warm, affectionate day care for active 6 mo. old. 4 day/wk., 7 hr./day. Flexible. Call 772-3822 eves.

WANTED: 1 BR apt. or efficiency for Sept. 1 for nursing student. Clean, non-smoker. Please call Pam at 774-1640 and leave message and return number.

WANTED: UVM student needs apt. to share or room to rent for summer. Must be within biking distance to MMC. Please call Andy at 802-656-3844.

WANTED: Workshop space. Can pay modest rent or will share comprehensive set of woodworking tools in exchange for space. Boatbuilding (small boats). Call Joel at 839-6944. Prefer Gorham/Westbrook/Buxton area; would consider in-town location.

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