

what's happening

Maine Medical Center
Portland, Maine 04102

April 24, 1985

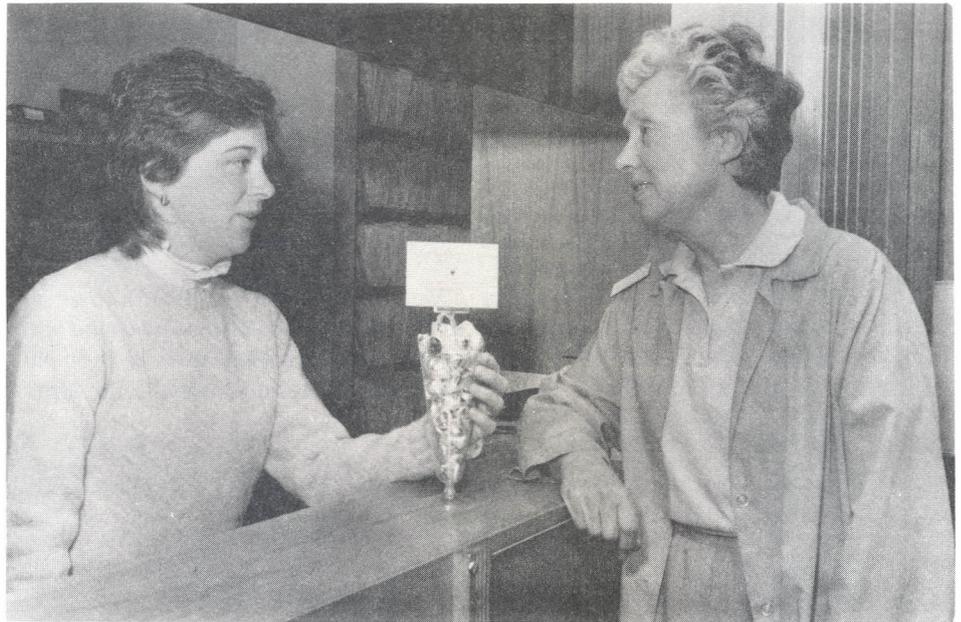
Vol. 16, No. 39

Scrumptious Succulent Energizing Satisfying

A lot of people worked long and hard to make Nutrition Month (March) the success that it was. The reviews have been as excellent as the food, according to Assistant Director for Food and Nutrition Services Mary Keysor and, as final feedback on the month, she'd like to place the credit where it's due.

Dietitian Mary Buteyn and Dietetic Technician Liz Bagonzi co-chaired the entire program. They started with brainstorming sessions a full three months in advance, and evolved a three-part approach to observing the month: create an attention-getting display; plan appealing menus for the cafeteria; find a way to make nutrition information available to the MMC family without force-feeding.

Meeting with Audio/Visual's Writer/Designer Ella Hudson, Buteyn and Bagonzi described their desire for a display that would be catchy but not at all preachy, one that would speak to the pure pleasure of good food. Hudson and A/V's Production Manager Doug MacKenzie, Graphic Designer Chris Saucier, and Medical Photographers Leigh Whittemore and Larry Gorton designed, photo-
FOOD, page 3



THIS IS NATIONAL VOLUNTEER WEEK, and to mark the occasion, MMC has placed candy and cards of thanks at the more than 40 hospital locations where our volunteers work. The cards remind us that "volunteers make life sweeter," and our 553 volunteers do just that with their valuable presence more than 52,000 hours a year. Sampling the sweets are Radiation Therapy Receptionist Ellen Pitt and Volunteer Win Rice. (A/V Photo)

Photo Contest is back with changes

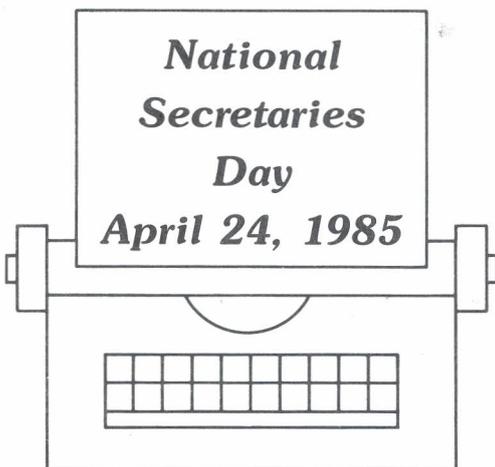
The MMC Employee Photo Contest has returned with Spring, and it's "new and improved" for 1985. Changes have been made in the types of photos that may be entered, the categories have been shifted and streamlined, and the rewards for winning are greater.

First, the rewards. Several departments and organizations at MMC have "adopted" categories and provided prizes for the first, second, and third place winners. They are the Medical Services Federal Credit Union, the Public Information Department, *HealthStyles*, and the Employee Activity Committee.

HealthStyles is also responsible for the first-ever "themed" category in the Photo
PHOTO, page 2

**National
Secretaries
Day**

April 24, 1985



The Downeast Used Book Sale

April 25, 26, 27

South Portland Armory

10 AM — 6 PM

Thursday & Friday

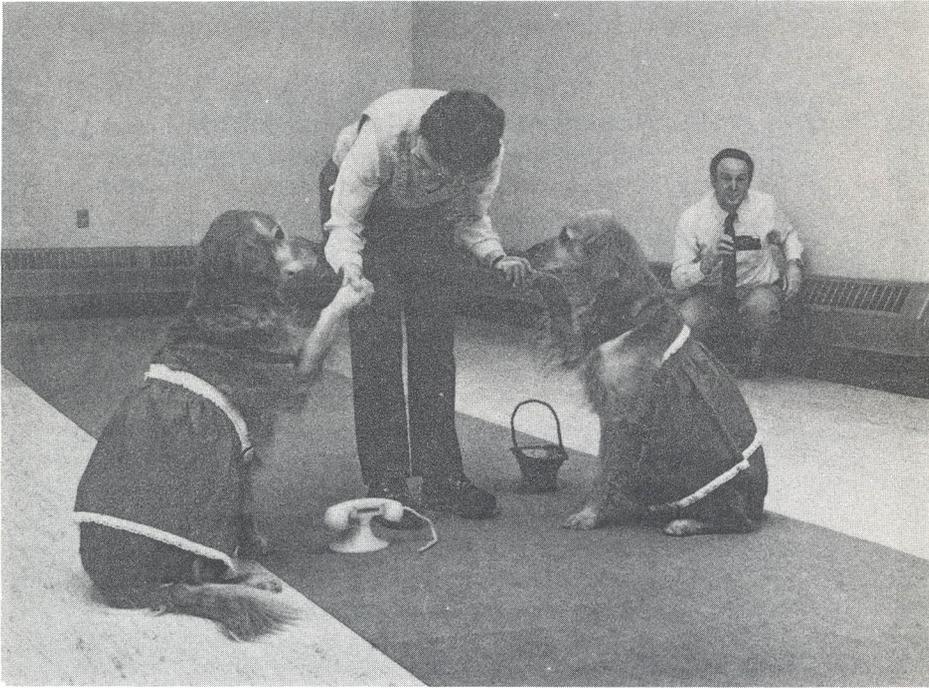
10 AM — 4 PM

Saturday

sponsored by the

Auxiliary to the Cumberland
County Medical Society

to benefit medical libraries
and health education



HOLLYBERRY AND MUFFIN came to tea in McGeachey Hall last month to entertain patients (and staff) in the Geropsychiatry Day Program. The dogs travel with Rockland trainer Maxine Bartlett, enjoying the pleasure they give to their audiences. Photographing the act from backstage is Laurence Herst, M.D., Director of Geriatric Psychiatry. (A/V Photo)

1985 Photo Contest rules announced

- All part-time and full-time employees are eligible, as well as all volunteers, students, and members of the medical staff.
- There will be five categories: 1) Scenic, 2) People, 3) Open, 4) HealthStyles (anything healthy, active, etc.), and 5) Snapshot. Black & White and Color photographs will be mixed in each category.
- Entries shall be in the form of prints (no slides). Except for the Snapshot category, all photographs *must* be enlargements (5" x 7" or larger).
- Prints must be unframed, preferably unmounted.
- Each entrant may enter as many photos in as many categories as desired.
- The following information must be fastened (no paper clips!) to the *back* of each print on a separate piece of paper: entrant's name, title of print (if any), department, telephone number, and category entered. No name or other information is to be visible on the front of the print. *Any entry with incomplete or incorrect information will be disqualified.*
- Prints must be submitted to the Public Information Office (MGH-1) between 8:30 AM and 4:30 PM, Monday-Friday, or to the Security Office during other hours. Deadline for submission of entries is June 7, 1985.
- Entries must be submitted in person, and entrants must have a MMC Photo ID.
- There is no entry fee.
- Entries will be judged by a panel of judges from the Greater Portland area. The judges' decisions are final.
- First, second and third places will be awarded

in each category. The judges may award special citations if they desire, or refuse to award a place if they feel no entry is qualified.

- Winners will be announced June 19, 1985.
- All possible care will be exercised in handling entries, and the prints will be returned after the contest (winners will be placed on display for a time). However, the sponsor cannot be held liable for damage or loss.

PHOTO, from page one _____ Contest. Eligible for this category, appropriately called "HealthStyles," are any photographs showing people engaged in healthy leisure activities, sports, athletic training, or similar activities.

Black & White has been eliminated as a category this year, because of a small number of entries in past years. Black & White photos are still eligible, of course, in all the other categories. The Color Open category has been redesignated "Open," to become a wide open category. There is also no Animal category this year, but animal photos may be entered in the Open category.

All photos except those entered in Snapshot must be enlargements, 5" x 7" or larger. This change stems from judges' observation in the past that many photos were competing against enlargements in the other categories, and that enlargements were impinging on the Snapshots.

Organ Donor Week brings awareness

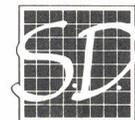
The more than 100,000 Americans waiting for organ and tissue transplants to save or improve their lives have only one hope: people willing to become organ donors in the event of their deaths. April 21-27 is National Organ Donor Awareness Week, an attempt to focus attention on the critical need for organs and tissues.

Maine Medical Center's Renal Transplant Program is one of hundreds of programs and organizations nationwide participating in Organ Donor Awareness Week. A new brochure on organ donation, produced by the MMC program and the Kidney Foundation of Maine, will be distributed with the MMC payroll during the week. Renal Transplant Program Director Donald A. Leeber, M.D., asks all MMC employees to consider becoming organ donors and to discuss donation with their families.

Further information is available from the Transplant Program, x2417, or from the Kidney Foundation of Maine, 772-7270.

Some facts about organ and tissue transplants:

- about 7,000 Americans are now waiting for kidneys, 25 for hearts, 130 for livers.
- more than 20,000 corneas are transplanted each year in the United States, and in 95% of the cases vision is improved after transplantation.
- Virtually all of America's blood supply is provided by voluntary donations.
- about 100,000 skin graft procedures are done each year in the U.S. Another half million patients could benefit if enough skin were available.



Continuing Education

Nursing Staff Development

- *Respiratory Care of the Pediatric Patient*, Dan Bergeron, RN. Sponsored by SCU.
Monday, April 29, 1985
8 AM and repeated 3 PM
Dana Classroom #1
(1 CERP approved)
- *Nursing Care of the Patient in Acute Respiratory Failure*
Tuesday, April 30, 1985
8 AM - 4 PM
Dana Classroom #9
(prior registration only)

FOOD, from page one

graphed, and produced the display. (In this case, production included shopping for the perfect veggies and other good stuff shown in the display, and photography meant fighting the effects of time and hot studio lights on such fragile subjects as fresh strawberries and pats of butter.) The remarkable result is the display that has pleased so many passers-by in the Richards corridor. The striking color photographs, by the way, are destined to become a permanent part of the decor when the Food Services/Cafeteria area renovations are complete.

A minimum of preaching and a maximum of pleasing was also their goal as Mary Buteyn and Liz Bagonzi worked with the Food Services crew to plan the nutritious features offered in the Cafeteria during March. Production Manager John Romano, Assistant Production Manager Verle Hutchison and Dietetic Technician Leanne Dansreau helped to put it all together and the Cafeteria staff served it up in style. All this, Mary Keysor points out, went on with the Food Services area in the midst of renovation.

The bottom line proves the effort was worth it: vegetarian entrees sold as well if not better than any other entrees; high-fibre offerings sold well; in short, nutrition business was good.

The third feature of Nutrition Month never happened in March. The one day employees were to be offered individual computer analyses of their personal nutrition habits produced a snowstorm instead; the computer and the people operating it couldn't get to MMC from the University of Maine in Orono. Employee interest remained high, however, and when the program was offered one day in April, the computer was busy. Employees fed information on their eating habits into the computer, and the computer operators, students from the U of M's Residential Life Program, took batches of data back to the campus to begin producing individual analyses.

More Marketplace

BABYSITTING: Will babysit in my Buxton home weekdays, full- or part-time. Call 929-4837.

CHILD CARE: Experienced mother/teacher looking for 1-2 children to care for in rural Saco setting. Many activities and field trips. Excellent refs. avail. Call 282-4369.

DAY CARE in my So. Portland home. 10 min. from MMC. Part-time or full-time, days only. Refs. avail. Call 767-2587.



MARY BUTEYN, RD, AND LIZ BAGONZI, DT, (standing left to right) co-chaired MMC's Nutrition Month. Here, they check employees' nutrition analyses with the University of Maine students who operated the popular computer program.



THE A/V TEAM who produced the Nutrition Month display included (from left) Ella Hudson, Chris Saucier, Leigh Whittemore, and Larry Gorton. (A/V Photo)

New Employees

HOUSEKEEPING: Louis Alexander
Nancy Gokey

NURSING: Lora J. Anderson, Phebe Anderson, Patricia Cote, Shelly Galarneau, Timothy Gillen, Terese Hoffman, Ellen E. Huff, Kristin Johnson, Carla Joyce, Suzan Mistler, Lisa Morrill, Patricia Noonan, Patricia Rickards, Ann Ward

DEVELOPMENT: Pauline Bernal

DIAG. RADIOLOGY: Diane E. Emmons

PHARMACY: Maurice G. Fortin

OR: Amy B. Hyland, Ronald P. Lajoie

PHLEBOTOMY: Donna M. Moulton, April I. Sparks

HOUSEKEEPING: Cheryl Bennett, Pauline A. Mills, Timothy J. Ryan

PHYSICAL THERAPY: Lucy Haskell

PULMONARY MEDICINE: Thomas O'Connell

PERSONNEL: Lisa Tourangeau

Marketplace

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

FOR RENT: Naples. Medium size barn, secure, accessible, ideal for 1-2 boats or storage, cars etc. Launch ramp included. \$55/mo. Call 774-2950.

FOR RENT: Pleasant Ave., Portland. 2 BR apt. \$435/mo. plus utils. Call 767-2424.

FOR RENT: 6 room apt. off the Eastern Prom. Stove/refrig. included, unheated. Adults preferred. \$400/mo. Call 772-7566 after 4 PM.

FOR RENT: Woodfords area. 5 room pleasant apt. on 1st floor. Stove/refrig., off-street parking. Convenient to bus lines, USM, MMC, and downtown. \$300/mo. Sec. dep. Call 772-4143.

FOR RENT: Neal St. Cozy, quiet 1 BR apt. \$385/mo. including heat and parking. Ideal for professional single. No pets. Call 871-8286.

FOR RENT: Efficiency apt. in So. Portland. Avail. May 1. W/w carpeting, appliances, private parking. \$350/mo. includes lights and water. \$175 sec. dep. Call 774-3443 after 4 PM.

FOR RENT: 2 room, newly renovated, sunny efficiency. 5 min. walk to MMC/Mercy. Sec. dep. and refs. \$275/mo. plus utils. Parking included. Call 772-8128 or 775-0532.

ROOMMATE WANTED: Single M/F wanted to share house in So. Portland. \$275/mo. includes all. Call 799-6324.

ROOMMATE WANTED: Will share home in Cape Elizabeth. Would prefer female non-smoker. \$50/wk. Call 799-1768 after 5 PM.

ROOMMATE WANTED: to share expenses in single home in So. Portland. Call 799-4530 between 6-9 PM.

ROOMMATE WANTED: Non-smoking female to share So. Portland home. \$325/mo. includes utils. Call 799-5055.

FOR SALE: VW Beetle. Best offer. Call 892-5241 eves.

FOR SALE: 1970 Yellowstone slide-in camper. Sleeps six. Good condition. \$1,000 or best offer. Call 829-5214.

FOR SALE: Sail boat, 14 ft. catamaran. Fast, stable. Trailer, life jackets included. \$1,500 with trailer, \$1,200 without trailer. Call 773-7115.

FOR SALE: 36 ft. Cheoy Lee Luders sloop. A gorgeous cruising boat with beautiful teak decks and trim. Inboard diesel and completely equipped. Call Lawrence Leonard, M.D. at 781-2426.

FOR SALE: Grumman 18 ft. double end aluminum canoe with motor bracket and tie-downs. 5 hp outboard; like new. Used only in fresh water. \$750 or best offer. Call Paul at 865-4683.

FOR SALE: G.E. portable dishwasher. \$50 or best offer. Call 799-6324.

FOR SALE: 2 Bob Jackson "Super Tourist" bicycles. Frame sizes are 20 and 21.5 in.; like new; set up for touring; 15 speeds, fenders and front and rear racks. \$650 each. For details call Ella Hudson at 772-7359 after 5 PM.

FOR SALE: Must sell! 2 drawer metal walnut formica topped desk, \$35. Formica KT table with 4 chairs, \$35. Full size box spring and mattress, \$30. Call 774-9231 anytime.

FOR SALE: Women's nurses uniforms, size 11-12, \$5 and \$10, pants and dresses. Call 775-1599 and ask for Donna.

FOR SALE: King size waterbed, mattress, frame, pedestal, mattress pad, 3 yrs. old. Call x4484 or 773-0620.

FOR SALE: Leather jacket, size 12, black, never worn, \$110. Call 767-2398.

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.

Contributors to this issue:

Wayne L. Clark, Public Information
Lidia Dill, Public Information
Larry Gorton, A/V Resources
Charlotte Hurd, A/V Resources
Judy MacKenzie, A/V Resources
Leigh Whittemore, A/V Resources
Sandy Walling, Print Shop
Mark Eversole, Print Shop
Henry J. Guiod, Jr., Print Shop

FOR SALE: Eureka Space 10 (10 x 10) free standing canvas tent with front canopy. In excellent condition, \$175. Call Andy at 934-4983.

WANTED: 2 professional females want to rent 3-4 BR house near Portland or surrounding areas. Desired occupancy end of June. Call 773-2463 before 8 AM or after 6 PM.

WANTED: Professional woman with mature daughter wishes to rent rooms or apt. Cape Elizabeth or South Portland area preferred, but Portland accepted. Excellent refs., non-smoker, reliable, quiet tenant. Please call 772-3404 between 9 AM - 5 PM or 774-8619 after 6 PM.

WANTED: Camp to rent on lake or pond within driving distance of MMC for weeks of June 16 and June 23. Call 797-0892 or 797-7015.

WANTED: 3 BR apt. or house to rent in MMC area by 2 professional, non-smoking, responsible women plus 1 child. Please call 767-5884 after 5 PM.

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

WANTED: Mature lady to care for and assist in activities of daily living. Call 829-5380 and ask for Joanne.

LOST: Silver, wire frame glasses. Last seen in bathroom on G3. Please return immediately to Jeanine in Physical Therapy at x2266.

continued inside

what's happening
Maine Medical Center
Portland, Maine 04102

NON-PROFIT ORG.
U. S. POSTAGE
PAID
Portland, Maine
PERMIT NO. 35