

what's happening

Maine Medical Center
Portland, Maine 04102

April 3, 1985

Poison prevention is doing well in Maine

Poison prevention education in Maine is "going better than ever before," according to Maine Poison Control Center Supervisor Bruce Campbell. "We have two educational programs in place," he says, "and a growing number of people statewide who are making the effort to distribute materials and conduct educational programs."

The Maine Poison Control Center is located in the Emergency Department at Maine Medical Center, and maintains a 24-hour a day poison information service for individuals and medical professionals. The service is available free of charge from anywhere in the state by dialing a toll-free number. In recent years, the Center has increased its prevention efforts and become an educational resource as well as a source of help.

The culmination of what Campbell describes as "an enormously successful year" was Poison Prevention Week March 17-23. During that week alone, he says, the Maine Poison Control Center distributed about 1,800 pieces of information. The key to the distribution was the help of twenty-nine hospitals and health centers, ten physician group practices, and nearly two dozen more pharmacists, hospital auxiliaries, physicians and others.

"If you accept the premise that accidental poisoning—which accounts for 85% of all poisonings—is preventable through education," Campbell says, "then a successful education program has far-reaching benefits." Sixty percent of all poisonings involve children one to five years old (8,000 cases in Maine last year), so the Center's education programs have been designed to target children and their parents.

Captain Ott and the Ottas are the stars in the Center's major educational package. They are featured in a fifteen-

minute videotape that Campbell says has been shown in schools, day care centers, and other locations from Bangor to Berwick to Presque Isle. Along with a coloring book and other support materials that are so popular demand outpaces supply, the videotape gives children the simple message that nothing should go in their mouths unless they are familiar with it or it was given to them by a responsible adult.

Another program developed in Maine is Peter Poison Proofer, also used in classroom settings to provide children with education on specific poisonous substances. Other educational activities promoted by the Center include distribution of poisonous plant guides, telephone stickers with the Center's toll-free number, and instruction sheets in case of ac-

POISON, page 3

Vol. 16, No. 36

Underwood wins 1985 Silver Plate Award

Bob Underwood, MMC's Director of Food, Nutrition and Shared Services, has been named the International Foodservice Manufacturers Association's (IFMA) 1985 Silver Plate recipient in the hospital and health care category. The IFMA awards the prestigious Silver Plates each year to eight outstanding food service executives, each representing a major segment of the industry.

Award recipients are selected based on their "significant contributions to their own organizations, the industry as a whole, and society," according to IFMA president Michael J Licata who announced the winners. They are chosen by a jury composed of food service edi-

AWARD, page 2



PUNCH 'N JUDY came to MMC's Pediatrics Unit recently, courtesy of two members of the Shoestring Theatre. Behind the stage are Nancy Parker and Greg Frangoulis. (A/V Photo)

The free lunchtime programs continue. . .

Presenting a series of lunchtime and othertime programs from *HealthStyles*, absolutely free, and held at MMC for your convenience. Advance sign-up is requested but not required, and please: bring your lunch, coffee, or snack if you like.

Tuesday, April 9 YOGA CLINIC

by Lifeline staff
7:30 - 8:00 AM
and 8:00 - 8:30 AM
Classroom 3

Wednesday, April 10 YOGA CLINIC

by Lifeline staff
11:00 - 11:30 AM
Classroom 7

Thursday, April 11 YOGA CLINIC

by Lifeline staff
11:30 AM - 12 Noon
and 12 Noon - 12:30 PM
Classroom 7

Wednesday, April 24 WHITewater RAFTING

*Slides and discussion on rivers
in Maine and the western U.S.,
by veteran rafter Robin Rand,
MMC's Director of Library Services*
11:30 AM - 12:00 Noon
and 12:30 - 1:00 PM
Classroom 7

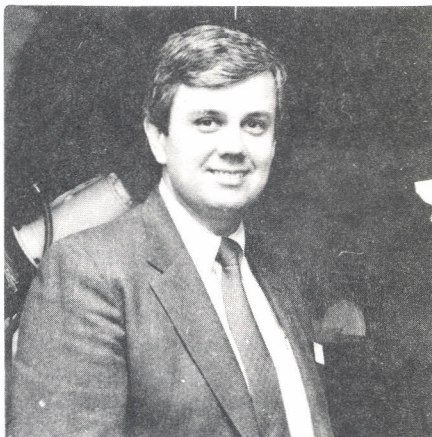
Wednesday, May 1 BICYCLING IN MAINE AND BICYCLE REPAIR

*Maine bicycle trails and basic
on-the-road repairs, by bicyclist
Doug MacKenzie, Production Manager,
MMC Department of A/V Resources*
12:00 Noon - 1:00 PM
Classroom 7

AWARDS, from page one

tors and the 1984 Silver Plate recipients.

A major trade association including 400 of the world's largest food, equipment and supply manufacturers in the food service industry, IFMA fulfills the educational, governmental, market

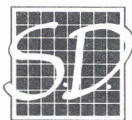


BOB UNDERWOOD

research, and public relations needs of its members.

Underwood will receive his award personally at the IFMA's 31st annual awards banquet, May 20 at the Hyatt Regency Chicago.

"This is certainly a milestone for me, and I'm honored," Underwood says, "but while these awards are given to individuals, they are not individually made possible. I consider the Silver Plate individually and collectively a compliment, because it really is a reflection of everyone here in the department."



Continuing Education

Nursing Staff Development

- *Pull Through Procedures in Pediatric Surgery*, Michael Curci, M.D., sponsored by Recovery Room
Thursday, April 11 — 8 AM and 2 PM
Dana Classroom #2
(1 CERP approved)

Service Award Coffee is set for April 9

The April Employee Service Award Coffee for 1985 will be held Tuesday, April 9. It will begin promptly at 9:30 AM in the Dana Auditorium and conclude by 11:00 AM. Employees will be recognized for five to thirty years of service at MMC, attained between January 1 and July 31, 1985.

Sepsis is topic of joint program

The Southern Maine Oncology Nursing Society and the Southern Maine Chapter of the American Association of Critical Care Nurses will present a joint program Wednesday, April 10, at Maine Medical Center. "Sepsis in the Immunosuppressed Cancer Patient" will feature guest speaker Marjorie Boyd, M.D., Director of Hematology at MMC, and a case presentation on Multiple Myeloma by MMC staff nurses Carla Hutchinson, RN, and Connie Tidd, RN.

Registration is at 6:00 PM, Dr. Boyd will speak at 7:00 PM, and the case presentation is at 8:00 PM. The program is free to members of SMONS and AACN, \$2 for others. Two CERPS have been requested. It will be held in the auditorium of the Charles A. Dana Health Education Center at MMC.

National Nutrition Time

???Ask Your Nutritionist???

Q. I have heard that green leafy vegetables have iron in them, especially spinach. But I have also heard the iron is bound and not absorbed for body use. I would like to "wake up and smell the coffee," but need to know the truth.

A. To the person who correctly questioned the absorbability of iron in spinach: you're right, spinach is not our best source of iron as it interacts with the oxalic acid in spinach to form a poorly-absorbed compound. The iron from animal foods, such as meats and fish, is better absorbed. Another good way to add significant iron to your diet is to cook in cast-iron pans!

EAC is off again to the Big Apple

The Employee Activity Committee is planning a trip to New York City Friday, May 31 to Sunday, June 2. The cost of \$185 per person (double occupancy) includes round trip transportation, tickets to a Broadway show, a dinner, and two breakfasts. A few seats are still available; contact Bev Cookson in the Cafeteria. A deposit of \$50 is required, with full payment due by April 15.



HEATHER LYNNE ZIMMERMAN was the first baby born at Maine Medical Center on March 17, making her—in addition to her parents' pride and joy—the Founder's Day Baby for the Ko-Ga-Te Adventure Group of the Portland District of Camp Fire. Founder's Day was part of a weeklong celebration of the founding of Camp Fire, a coeducational group involved in outdoor and civic activities. Making the presentation of a Teddy Bear to Heather and Camp Fire Candy to her parents, Madolynne and Roger, were Jennifer Bailey, left, and Jessica Gorey. Members of the presentation group, not pictured were Kimberly Andrews, Jennifer Campbell, Kristin Downing, Lynn Marchilli, Melissa May, and Michelle Sandler, led by Gloria Marchilli of MMC's Cytogenetics Lab. (A/V Photo)



THE 28th GRADUATING CLASS of the Maine Medical Center School of Surgical Technology. Front row, from left: Kelly Barker, South Paris, Maine; Stacey Cummings, Lewiston, Maine; Joyce Nichols, Portland, Maine; Tammara Keene, Bucksport, Maine; Elizabeth Deans, Portland, Maine; Carolyn Yeo, Cumberland Center, Maine. Back row, from left: Denise Guay, Lewiston, Maine; Amy Hyland, South Windham, Maine; Ronald Lajoie, Lewiston, Maine; Betty Small, Portland, Maine; and Cynthia Stover, Portland, Maine. (A/V Photo)

POISON, from page one _____
cidental poisoning. Campbell says hospital pharmacists, along with their colleagues in the community, have been very aggressive about distributing materials and have volunteered their time for educational activities.

The results of education and increased awareness are showing up in the Center's statistics. Most of its 15,000 annual calls are from individuals worried about their children, relatives, friends or themselves, but in 70% of the cases, any necessary treatment can be managed at home. Only 18% of the calls result in treatment by a doctor or hospital. The number of calls made strictly to obtain non-emergency information about the toxicity of substances is up to 12% of the total (from about 5% three years ago.)

The cases that are treated at home save the consumer the cost of a visit to the doctor or hospital emergency room. Campbell estimates the cost to the Center to handle one of these calls at about \$10, far below the cost of treatment. Funding for the Center comes from grants from Maine Medical Center, the Maine Department of Human Services, the United Ways of Maine, and other sources.

More training is on the Spring schedule

Still to come for the first part of this year from the Training and Development program from Personnel:

- Time Management—April 11 and April 25, 1:00 – 3:00 PM (2 sessions).
- Conflict Management—April 16 to May 14, 9:00 – 11:30 AM (5 sessions)
- Social Styles—May 2 to May 30, 12 Noon – 3:00 PM (5 sessions).
- Module III—May 8 to June 12, 1:00 – 4:00 PM (6 sessions)
- Time Management for Supervisors—June 6 and June 20, 9:00 – 11:00 AM (2 sessions)
- Managing Change—April 17 and May 1, 9:00 AM – 12 Noon (2 sessions).

For more information or to register, call Training and Development at x2824.

New Employees

PURCHASING: Anita Anderson

LINEN PROCESSING: Kea Aun

INVENTORIES: Lucien L. Camire

COMPUTER MAINTENANCE: Theresa Doughty

Marketplace

FOR RENT: Beautiful, renovated, spacious, 2 BR apt. on Woodford St. Lovely house in nice neighborhood. \$450/mo. plus utils. Parking. Refs. and sec. dep. Call 871-8286

FOR RENT: Neal St. Cozy, charming, newly decorated, small, 1 BR. Ideal for professional single. \$385/mo. includes heat and parking. No pets. Sec. dep. Call 867-5391 or 867-5575 and leave message.

FOR RENT: 2 apts. Newly renovated. Discount to partner or manager. Near MMC/USM. Call 772-2204.

FOR RENT: Cozy, newly renovated room near MMC/USM. Call 772-2204.

FOR RENT: Sebago Lake in North Windham. Brand new 1 BR apt. with 1½ baths, w/w carpeting throughout, 2 parking spaces, fully appliances. Owner will furnish if desired. 600 ft. private beach rights. Avail May 1. No pets. Sec. dep. and 6 mo. lease. \$625/mo. plus utils. Call 829-5829 Mon.-Fri. after 6 PM.

FOR SALE: 4 yr. old 3 BR ranch with family room and woodstove hook-up in basement. Dead end street in Morrill's Corner area of Portland. Great for kids. Call mornings at 772-9035 or 774-2408 at other times.

FOR SALE: 1972 240Z in excellent condition. No rust. \$2,900. Call 854-5603.

FOR SALE: 1977 Pontiac LeMans with power steering, automatic trans., power brakes, AM/FM radio. Well taken care of. Call 767-2990 after 6 PM and keep trying.

FOR SALE: Pair of men's Kaulau cross country skis. Size 210, used once, also includes poles and size 10 boots. Original price was \$96; will sell for \$60. Call 773-0620 after 5 PM.

FOR SALE: Handknit, fisherman knit or Icelandic seaters; cardigans and pullovers. Call Dot at 797-4182 between 8 AM - 4 PM.

FOR SALE: 1979 Subaru sedan with new body and paint. Good mechanical condition, 68,000 miles. \$1,900. Call 892-7720.

FOR SALE: 1974 Chevy Van with 54,000 miles, some body rust, excellent running condition; engine well maintained; new tires, battery and water pump; insulated walls and ceiling; panelled and carpeted; double sleeper, under-bed storage; double back doors and sliding side door; radio, 2 rear speakers, \$800. Call 934-2645 and keep trying.

FOR SALE: 1976 Honda CVCC Civic with 83,000 miles. Runs but needs body, exhaust, brake work. \$300. Call 767-5872.

FOR SALE: Classic 1951 GMC pick-up. No rust. Call before 2 PM at 773-7882 and ask for Titus.

FOR SALE: 1983 VW GTI. Silver, 31,000 miles, excellent condition, new 4 speaker stereo and equalizer, rust proofed. Asking \$6,500. Call Dan at 767-2020 between 9 AM - 2 PM.

FOR SALE: 17 ft. O'Day DaySailer sailboat with 4 hp. engine, tilt trailer, reefing claw, many other extras. Call 775-8986 days or 767-5895 eves.

FOR SALE: 14 ft. Laser #66127 with trailer. Excellent condition, 1 season old sail, compass, storage cover, board bay, etc. Asking \$1,650. Call Glenn at 772-8171.

FOR SALE: Adorable Cabbage Patch doll clothes. Assorted outfits. Call 799-0715.

FOR SALE: Golf Clubs: 3 woods, 9 irons, bag and cart, \$75. Call 772-4036 after 4 PM.

FOR SALE: Eureka Space-10 (10 x 10) Free standing canvas tent in excellent condition. \$175. Call Andy at 934-4983.

FOR SALE: Famous Pa's firewood. All guaranteed hardwood, state required measurements, written receipts, full loose thrown cord, in 16", 18", 24" lengths. Cut, split and delivered. \$80/cord. One cord orders taken for a limited time only. Call 655-7745 or 892-6351.

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

WANTED: Apt. to sublet for summer, beginning June 1. Call 989-6844.

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

PORTRAITS by window light, formal or informal. Call Don Brown at 865-6071 eves.

MEDICAL SECRETARY will do typing at home. 10 yrs. experience. Call 998-2887 anytime.

PROTECT your property and loved ones with burglar alarms, smoke detectors, fire extinguishers and water purification. Call Bob Miller at 998-2887 after 5 PM.

New Employees

SWITCHBOARD: Virginia Hanson

CSD: Michael Hanscom

DIAGNOSTIC RAD.: Michael Kretz

OR: Elizabeth Libby

FOOD SERVICE: Lauren McInnis, Judith Ann Ryder

SOCIAL SERVICE: Carol Murphy

ANESTHESIOLOGY: Edith St. Pierre

HOUSEKEEPING: Robert Webb

Murphology

HUROK'S LAW:

If people don't want to come, nothing will stop them.

— Sol Hurok

what's happening Maine Medical Center
Portland, Maine 04102

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