

# what's happening

Maine Medical Center  
Portland, Maine 04102

February 13, 1985

Vol. 16, No. 29

## Fair had fun, prizes, lots of information

More than 600 people took themselves to the fair February 1. Those who visited the Health Promotion and Benefits Fair were treated to a variety of healthy foods (recipes provided), information about the benefits available to them as employees, and the chance to win one of numerous door prizes.

And the winners were: \$25 L.L. Bean gift certificates to Joan Smaha, Nephrology; Sandy Child, CICU; Lou Ann Fisher, Microbiology; and Trudy Smith, P3A. \$15 Good Day Market gift certificates to Susan Chandler, Microbiology, and Betty Larrabee, Housekeeping. Six-month Lifeline Leisure/Learn memberships to Lisa Woodman, Physical Therapy, and Bill Attenweiler, Personnel. Blue Cross/Blue Shield "Staying Well Personal Fitness Logs" to Shirley Mansir, Utilization Review; Linda Carver, Special Care; Natalie Bergeron, Housekeeping; Eithne McCann, M.D., Medical Rehabilitation; and Barbara Pettengill, Delivery.

The Medical Services Federal Credit Union had door prizes as well: an office chair to Stephen Woodsum, Chemistry; a clock to Linda Cook, Patient Accounts; wallets to Bonnie Witham, Quality Assurance; Betty Larrabee, Housekeeping; Mary Jean Libby, Occupational Therapy; Martha Blackwelder, Patient Accounts; Carlene Bragdon, Nursing Office; Linda Kelly, Endocrinology; Torry DiDonato, Internal Audit; Mike Thibodeau, Critical Care; Diane Watts, Housekeeping.

All who dropped in were winners, of course. Information on benefits was available from representatives of Employee Benefits, Blue Cross/Blue Shield, Unionmutual, HealthStyles, Lifeline, L.L. Bean, the Internal Revenue Service and the Maine Bureau of Taxa-

FAIR, page 3



**EMPLOYEES LEARN ABOUT THEIR BENEFITS** at the Benefits Fair February 1. Those at the Fair to provide information included, from left foreground: Lifeline, Employee Health, Employee Activity Committee, Internal Revenue Service, Social Security Administration, Kemper (tax-sheltered annuity), and Child Care Connections. (A/V Photo)

## Patient's letter says "thanks" and more

Many MMC patients and their families send letters of praise and thanks to the hospital, addressed to the President's office, Personnel, the Public Information office, or to *What's Happening*. One patient, however, recently addressed his praise to the "Voice of the People" page of the *Portland Press Herald*. His letter is reprinted here, with the paper's permission:

*As a newcomer to the Portland area and recent patient at the Maine Medical Center, I wonder if Maine residents realize what a great facility they have and the superlative medical service it provides.*

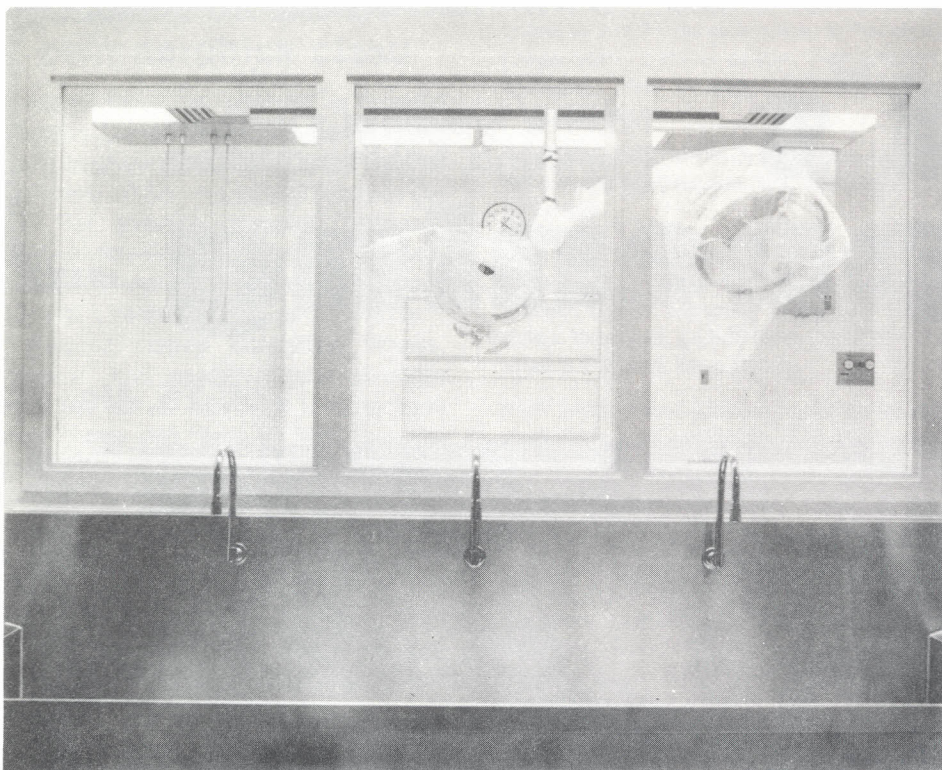
*I am afflicted with an incurable neuro-*

*muscular disease called myasthenia gravis. This disease can attack any or all muscles causing great weakness or complete failure. We formerly lived in Connecticut and I have spent long periods in Yale-New Haven Hospital -- rated as one of the top 10 in the United States.*

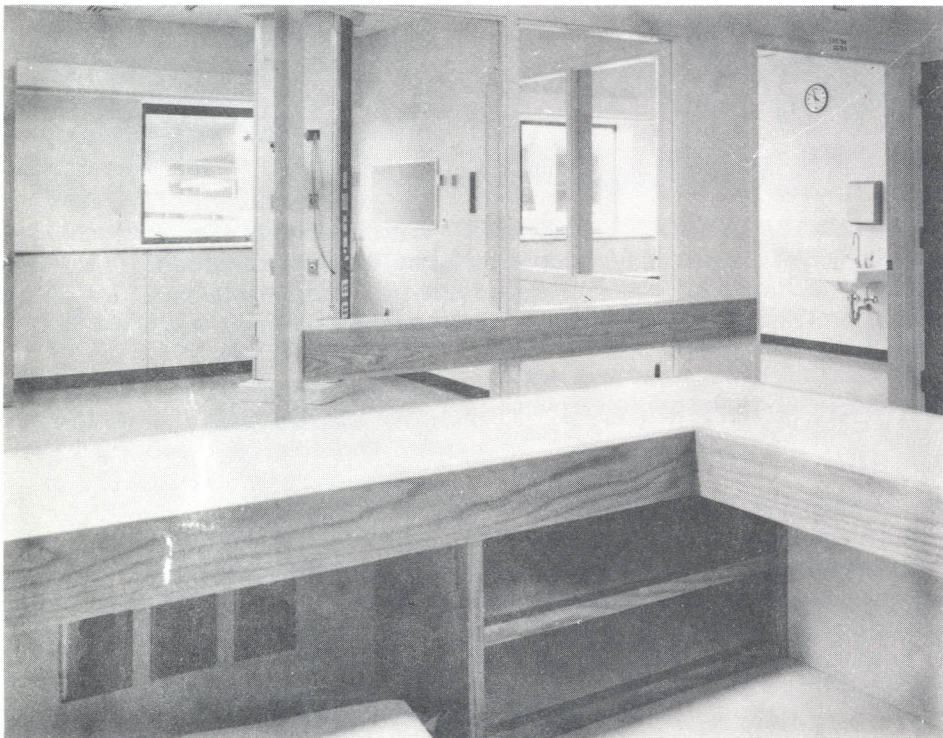
*The myasthenia had been in remission for over a year when we moved to Cape Elizabeth. However, in November the myasthenia returned with a vengeance and I entered MMC's Special Care Unit for a 47-day stay, suffering from respiratory arrest, inability to chew or swallow and severe weakness of all muscles.*

*Since I had been through the same harrowing experience twice before in Yale-New Haven Hospital's Neurological*

THANKS, page 2



**WAITING FOR the first scrub, an operating room stands almost ready for use. The move to the new ORs begins this weekend, February 16-18. Below, the new Burn Unit is being readied for a March 4 move-in. (A/V Photos)**



## Please Note

Roman Catholic priests will distribute ashes in the MMC Chapel, 11:00 AM and 3:30 PM, on Ash Wednesday, February 20. There will be a 20-minute Lenten

meditation at Noon on Ash Wednesday and each Wednesday thereafter through Holy Week. The Wednesday of Holy Week will be celebrated with Holy Communion. All members of the MMC family, as well as patients and family members, are welcome.

**THANKS**, from page one\_\_\_\_\_

*Intensive Care Unit, I can assure you that the MMC affords the highest degree of professional care. Its medical equipment and life-support systems are the latest. Its technicians, especially in respiratory therapy, are well-trained and skilled. In general, the facility is equipped to provide the best of care and comfort for the seriously ill patient.*

*The doctors, residents and interns are well-versed in the most modern medical practices and provide constant help. Finally, its core of nurses are the finest I have known. They not only were always striving to make me comfortable and well again, but also provided constant encouragement and showed they really cared. Their dedication and never-ending attention will never be forgotten.*

*Our doubts about leaving the New Haven area have been completely dispelled. MMC is tops in every way and its staff of dedicated employees should feel proud.*

*Maine residents are indeed very fortunate.*

*John Powell  
Cape Elizabeth*

## New Employees

**CAFETERIA:** Rebecca A. Ingraham

**COPY CENTER:** Gail P. Norton

**CSD:** Frederick Anderson

**DIAGNOSTIC RADIOLOGY:** Sharon M. Dunn

**EMERGENCY:** Debra V. Barry

**HOUSEKEEPING:** Walter E. Arsenault, Mark A. Cohen, Robert G. Googins, Nhut V. Nguyen, James W. Reynolds

**MEDICAL RECORDS:** Diane E. Cabana

**PERSONNEL:** Gretchen Zimmerman

**PULMONARY MEDICINE:** Gerald W. Doherty

**SWITCHBOARD:** Marguerite Seehagen

**HOUSEKEEPING:** Melissa Allen, Kum Cha Gallant, Paul McNeil, Craig Reynolds

**ACCOUNTING:** Sharon W. Berry

**CSD:** Philip Bouchard

**ENDOCRINOLOGY:** Edith E. Campbell

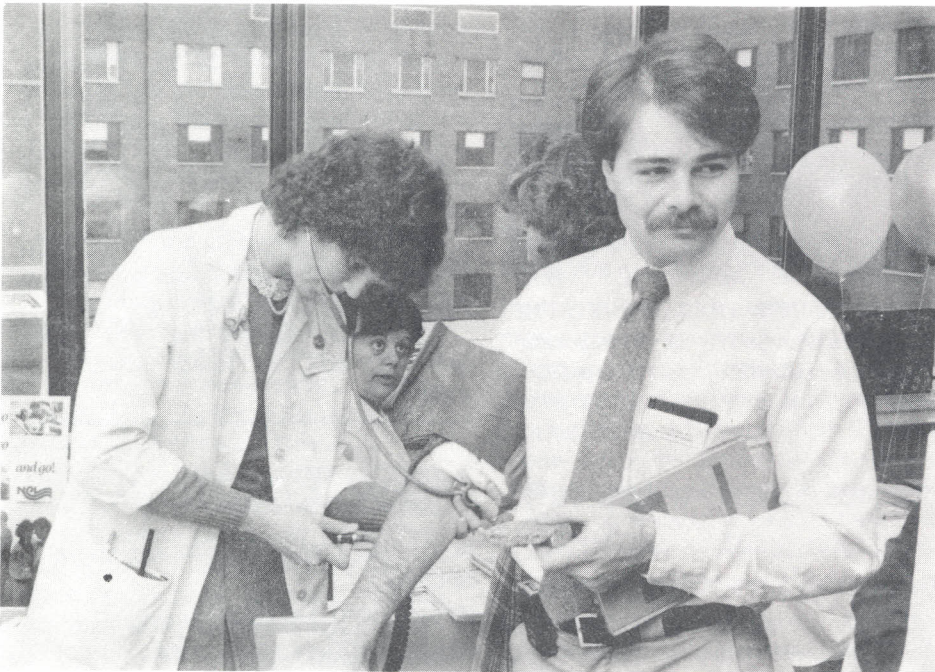
**FOOD SERVICES:** Ruth Dufresne, Eleanor M. Joyce, Karen Michaud, Debra Scott, Julie Small

**NURSING:** Linda Fenton, Bonnie C. O'Brien

**PEDIATRICS:** Ruth Keech



**ADMINISTRATIVE INTERNS** from UNH now spending a semester on the job at MMC are Julie Beaulieu, seated, and Carol Halle. (A/V Photo)



**HEALTH RISK APPRAISALS** were a popular attraction at the Benefits Fair. Sponsored by Employee Health, the appraisals provided a profile of an individual's risk of dying of various diseases, based on age and other factors, and suggested practices to reduce those risks. (A/V Photo)

## Next Parent's meeting addresses education

The next meeting of MMC's Parents of Handicapped or Chronically Ill Children group will be Thursday, February 21, at 7:00 PM in Classroom 4. "Making School Work" will be the

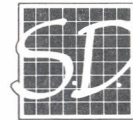
topic, to help parents get appropriate services for their children's special needs. Guest speaker will be Charles Lyons, Ed.D., Director of the Offices of Health Professions Education at the University of Southern Maine.

For information, contact Connie Kor-da, Group Facilitator, at x2477.

## UNH students here for internships

Two University of New Hampshire Juniors are spending a full semester at Maine Medical Center as Administrative Interns. They are majoring in Health Administration and Planning at the University, and their internships at MMC will provide dynamic, on-the-job experience to supplement classroom learning.

Carol Halle and Julie Beaulieu began their hospital orientation in January and will be at MMC through mid-May. Ms. Halle will be working in the Planning Office, providing staff support and becoming involved in several on-going planning studies, while Ms. Beaulieu will be working in the Outpatient Departments, focusing on all aspects of primary care; both will also be exposed to all parts of hospital administration. They will be under the Preceptorships of Vice President for Planning and Public Affairs Donald E. Nicoll and Director of the Division of Ambulatory Medicine Leonard Keilson, M.D.



## Continuing Education

Nursing Staff Development

- *Professional Issues Seminar: "Confidentiality,"* Joyann Henderson, RN, MS and John Tooker, MD  
Wednesday, February 20  
4:00 - 5:30 PM  
Classroom #4  
(2 CERPs approved)

## FAIR, from page one

tion, Child Care Connections, three different Tax Sheltered Annuity plans, the Employee Activity Committee, the Medical Services Federal Credit Union, and others.

The healthy menu arranged by *HealthStyles* included fruit juices, salt-free chips, yogurt-dill dressing with fresh vegetables for dipping, fresh fruit, carrot cake, cracked wheat rolls, bran muffins, and carrot-oatmeal cookies. Recipes were provided to recreate the healthy snacks at home.

The benefits information available at the fair is still available from the Employee Benefits Office (x2973) or the *HealthStyles* Office (x2974) anytime during regular hours.

## Evening people get own aerobics class

*HealthStyles* is offering a special Aerobic Dance class for the evening shift, beginning February 25. The sessions are 10:30 – 11:20 AM (early in the day for evening people), Monday-Wednesday-Friday, in the USM gymnasium. Deadline for signup is February 15; call Lifeline directly at 780-4170.

Aerobic Dance combines fitness, posture, and cardiovascular strength with the fun of dancing. Lifeline says even those with "two left feet" can enjoy the choreographed workouts and relaxation exercises.

The cost of the program to first-time Lifeliners is \$55 (includes \$18 for a physical evaluation). For those who have had a Lifeline evaluation, the cost is \$37. Maine Medical Center will give participants a 50% rebate upon successful completion of the course.

## Marketplace

**FOR RENT:** 530 St. John St. Efficiency apt. with separate KT and bath, parking and laundry. 1 person. \$300/mo. including heat and elec. Call 883-6249.

**FOR RENT:** MMC area on Crescent St. 3 rooms and bath, stove/refrig., heat and elec. included. Lease and sec. dep. No pets. \$375/mo. Call 797-6038.

**ROOMMATE WANTED:** ASAP. Looking for a mature M/F, non smoker, responsible individual to share a nice, roomy, 2 BR apt. with w/w carpeting. Near MMC. \$150/mo. plus utils. Call Jim Henick mornings at 879-0779 and eves. at work at 854-8652.

**ROOMMATE WANTED:** Professional non-smoking female to share 2 BR apt. in Olde English Village. \$180/mo. includes heat. Avail. immediately. Call 772-5074 after 5 PM.

**ROOMMATE WANTED:** Easy going female in 30s to join 2 others in house in Portland. Large yard, garden space, non-smoker. \$175/mo. plus 1/3 utils. Call Rhonda at 774-7789 eves.

**ROOMMATE WANTED:** To share large 3 BR apt. off Washington Ave. \$225/mo. Call 871-1320.

**FOR SALE:** 1984 Pontiac Grand Prix in excellent condition, rustproofed, AM/FM stereo, under warranty with only 3,500 miles. Must sell. \$9,500 firm. Call 772-4310 after 5 PM and keep trying.

**FOR SALE:** Hand-knit Icelandic sweaters; cardigans and pullovers. \$75 each. Call Dot at 797-4182 from 8 AM to 4 PM.

**FOR SALE:** Pa's famous firewood. All guaranteed hardwood, state-required measurements, written receipts, full loose thrown cord in 16", 18", 24" lengths. \$85/cord within a 20 mile radius of the woodlot. One cord orders taken for a limited time only. Call 655-7745 or 892-6351.

**A SPECIAL WAY TO SAY "I love you"** on Valentine's day: Have a poem, special saying, or favorite song done in **CALLIGRAPHY** for your special sweetheart. Make your unique expression of love a wonderful keepsake to be cherished for always. Call Elaine at 829-6619.

**CARPENTRY:** Quality work. Remodeling and restoration. Over 20 yrs. experience. Call Marty at 625-8276 after 5 PM.

**MARKETPLACE MECHANICS:** *This column is maintained as a service to the extended MMC family of employees, physicians, trustees, corporators, volunteers, and their own immediate families. It is meant to be an informal forum for the exchange of goods and services and is based on a belief in the basic honesty of all participating. Those buying and those selling do so at their own risk. What's Happening cannot be*

## 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.

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*held responsible for any problems arising from transactions made through Marketplace.*

*Ads must be submitted (by phone, in writing, or in person) to the Public Information Office by noon on the Wednesday preceding publication. In the event of space problems, ads are printed on a first-come, first-served basis. Ads can only be run once; repeat ads must be resubmitted.*

*MMC employees may not use hospital telephone extensions in ads without the express consent of their supervisors.*

*The editor reserves the right to abbreviate, edit, or reject advertising material.*

## New Employees

**PLANNING & PUBLIC AFFAIRS:** Merrill Robbins

**RADIOLOGY:** Andrea D. Savage

**DEVELOPMENT:** Janice Swift

**INSTITUTIONAL REVIEW BOARD:** Joyce Dieckmann

## Morphology

**THE POINT OF NO RETURN LAW:**

*The light at the end of the tunnel could turn out to be the headlight of an oncoming train.*

**HOWE'S LAW:**

*Every man has a scheme that will not work.*

**what's happening**

Maine Medical Center  
Portland, Maine 04102

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