

what's happening

Maine Medical Center
Portland, Maine 04102

January 2, 1985

Vol. 16, No. 23

Maternity, L/D hours allow for family time

The birth of a baby is an event to be shared between the new parents and their family. The hospital stay is a busy time for the new mother: she needs her rest, and she needs supportive instruction from the hospital staff. Maine Medical Center has adjusted its visiting hours and policies in an attempt to better meet the new mother's needs, according to Jean Sanborn, RN, Director of Parent/Child Nursing.

"Visits with family and friends are important," Mrs. Sanborn says, "and they should be enjoyable and beneficial parts of the hospital stay. The new hours and policies are designed to make visiting as easy and flexible as possible for each patient, but without causing problems for other patients on the unit." The changes, meant to enhance the delivery and post-delivery experience for everyone, and to promote thoughtful consideration for others and especially for roommates, are as follows:

On the Maternity Unit:

- The father may visit at any time, as usual.
- Other family members, including siblings, may visit anytime between Noon and 6 PM. This can be a special time for the new baby and the family to get to know each other.
- General visiting will be possible every evening between 7 and 8 PM.

In the Labor/Delivery Suite:

Following delivery the family, including siblings and grandparents, are welcome to visit with the mother and baby in the labor area as soon as a room is available.

These hours, Mrs. Sanborn says, "are planned to offer the maximum opportunity for the family to be together. Roommates will find that, with a little planning,



GOING HOME FOR CHRISTMAS and, by Newborn Nursery tradition, wrapped in a bright red stocking, is Sarah Gavett, the daughter of Eileen Gavett, LPN, who works on P1A. Sarah is pictured enjoying a farewell cuddle with Head Nurse Cindy Bridgham, RN. (A/V Photo)

they can avoid overcrowding and still get the rest they need.

"Children are naturally curious," she continues, "and a hospital seems like a wonderful place to explore. It is important that when siblings visit, an adult be with them to help keep their visit fun but not disruptive to others.

"When the new baby is in the room it is important for everyone to begin the habit of washing their hands before picking up the baby and, while in the hospital, wearing a clean gown to cover outside clothes."

Thank you, everyone for holiday sharing

Being hospitalized over the holiday season is hardly high on anyone's wish list. But those who were here were tops on the list of many kind and generous people. Much thought and caring went into the sharing of this holiday season as people remembered the patients at MMC.

The gifts came in gaily wrapped
SHARING, page 2

Lloyd Holmes assumes campaign leadership

Lloyd Holmes, a Trustee of Maine Medical Center and vice chairman of its Capital Campaign, has assumed the leadership role of the "To Meet the Need" Campaign. He succeeds general chairman Vincent B. Welch who died on December 3, 1984. MMC Chairman of the Board of Trustees Mrs. Herbert S. Holmes, Jr., (*Editor's Note: No Relation*) announced Lloyd Holmes' appointment.

"Although the fund-raising aspect of the campaign is over, there still remain many detailed projects to be completed, not the least of which is the collection of pledges receivable," Mrs. Holmes said. "Vinnie Welch's strong leadership of the campaign resulted in its tremendous success, and now we are fortunate to have someone of Lloyd's stature directing the wind down of this major project.

"The Board of Trustees is pleased and relieved that he has assumed these responsibilities," Mrs. Holmes said.

MMC President Edward C. Andrews, Jr., M.D., expressed his profound sorrow at losing Welch's guidance and counsel at the helm of the campaign, noting the outstanding and remarkable records achieved under his chairmanship. He added: "When Lloyd agreed to serve as vice chairman, we all were pleased.

HOLMES, page 3

Care connections may now be easier to make

Maine Medical Center employees looking for a child care provider now have help available for that often difficult task. The services of Child Care Connections, a project of the Diocesan Human Relations Services, Inc., became available through the Employee Benefits Office as of January 1, 1985.

Child Care Connections is a resource and referral service that will help parents clarify their child care needs and understand the options available, and refer them to several providers. The program works with *all* legally approved child care providers, giving employees a larger range of options than listings in the telephone book or word of mouth referrals could provide.

The service is available simply by calling the Employee Benefits Office, x2973.

In conjunction with the institution of this new benefit, Employee Benefits and *HealthStyles* will present a Lunch 'n Learn program on what to look for in child care. Nick Kirby of St. Elizabeth's Child Development Center will be the featured speaker. The session is January 10, from Noon to 1:00 PM, in Classroom 7 of the Charles A. Dana Health Education Center.



Continuing Education

Nursing Staff Development

- "Communication Challenges with Cancer Patients," Karen Kane, RSN, MSN, and Pat Todorich, RN, MSN. Wednesday, January 9, 1985 4-5 PM, R1 Classroom 1 CERP approved

AACN presents film program January 9

The American Association of Critical Care Nursing presents "CNS effects Post-resuscitation," a film presentation by Connie Walleck. The film will be shown 7-8:30 PM Wednesday, January 9, (registration at 6:30 PM), in the Charles A. Dana Health Education Center at MMC. Guests are welcome, at \$3.00 each.

THE GOLDEN RULE:

Whoever has the gold makes the rules.



THE WYNZ SANTA dropped by to visit and take last-minute requests from youngsters on his Christmas list. (AV Photo)

SHARING, from page one

packages or in sweet sounds of Christmas carols; the gift givers came in groups or they came alone. And all of them shared the most precious of Christmas commodities, their time and their love.

For all the patients they cheered, MMC says "thank you" to:

- Amity Center, some of its staff and some of its visitors, who came one evening to sing carols for patients in Richards and the Pavilions.
- St. Johnsbury Trucking employees who delivered to the Pediatric Playroom a full-scale play kitchen unit stocked with pots, pans and china; a VCR and plenty of tapes; and a "soundbox."
- WCLZ Radio whose staff traded one of their sponsors some air time for some merchandise (toys, toys and more toys) and delivered it all to pediatric patients.
- The Salvation Army who delivered gifts of toiletries to more than 125 patients on various units.
- Paul Johnson of SMVTI who baked and delivered to Pediatrics a deliciously decorated gingerbread house.
- WYNZ-AM and Y101FM Radio whose Santa delivered candy and visited with Pedi patients and, sounding a lot like Bob Rose, handled some delicate questions about letters to the North Pole with great tact.
- The Yarmouth Quorum whose

members came dressed as clowns to entertain young patients on a Sunday afternoon.

- Admitting and Switchboard people who wrapped themselves up for the holidays, much to the delight of all passers-by.

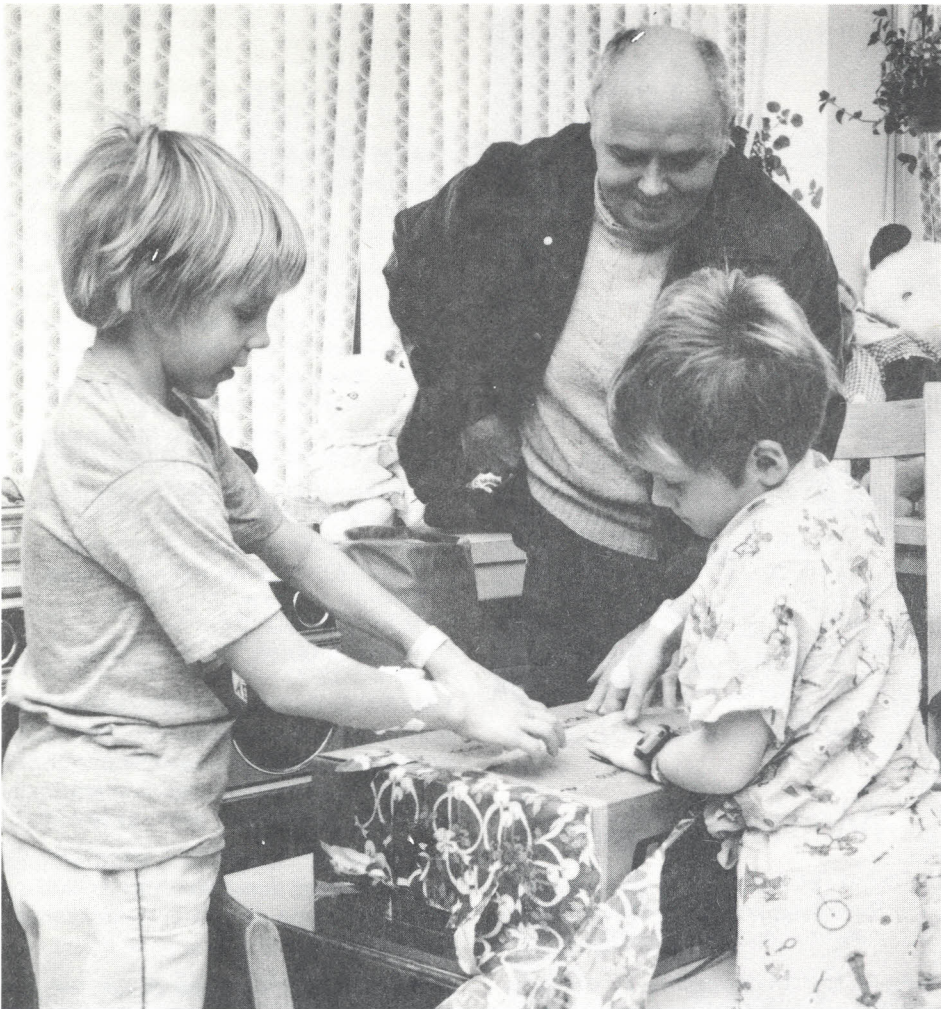
- Porteous' Santa Claus who, with help from the store's staff, chose presents for each patient on Pediatrics, and delivered them in person at a special party.

- The South Portland Key Club whose members brought books and toys for youngsters in the hospital.

- Advent Christian Church members who came to carol on the Saturday night before Christmas, and stayed long after their budgeted time -- at patients' and staff's request -- to sing on almost every unit.

- Esposito's Restaurant employees who checked with the Pedi staff on Christmas Eve, and came with Santa to deliver presents tailored for each individual young patient on the unit that night.

These are the nice things we know about, and we're grateful for the chance to say "thank you." Anyone who knows of other holiday happenings that should not go unnoticed, please call x2196. Well deserved thanks are always better late than never.



PEDI PATIENTS PITCHED IN to help unwrap the VCR and the "soundbox" which were gifts from St. Johnsbury Trucking employees. (A/V Photo)



THE PORTEOUS SANTA arrives for the Pedi party at which he traditionally presents gifts he selected personally for each patient on the unit. (A/V Photo)

HOLMES, from page one_____

Now, having been briefed in that capacity, he can carry on with the leadership role.

"He is energetic, diligent, and dedicated to serving his community," Dr. Andrews said. "All of us at Maine Medical Center are grateful to have his interest and concern focused on overseeing the final stages of the largest fund-raising endeavor in the hospital's history."

Lloyd Holmes has a strong background of commitment to both civic and charitable organizations. He serves in the Greater Portland area on the Boards of the Greater Portland Chamber of Commerce and Outward Bound. He has served as Chairman of the Primary Gifts Division of the MMC Capital Campaign, board member of the YMCA, Vice President of Blue Cross-Blue Shield, President of the Board of Junior Achievement and a past Campaign Chairman of the United Way.

President of Holmes Distributors and The House of Lights, he is a graduate of Deering High School and the Maine Maritime Academy. He is on the Board of Governors of the Portland Country Club and the Investment Committee of Woodfords Congregational Church. He and his wife, Janet, live in Portland. They have three children.

Please Note

All Medical Rehabilitation Divisions are now listed under one general telephone number, x2463.

New Employees

ANESTHESIA: Jayne P. Osolin

NURSING: Teri Jean Brennan, Janice B. Charek, Lynda E. Cyr, Loretta A. Hafner, Deborah A. Nowak, Judith Aino Waltz, Barbara A. Lovejoy

OCCUPATIONAL THERAPY: Cynthia Asherman

FOOD SERVICE: Carl C. Hatch

DEVELOPMENT: Margaret Kilkelly

HOUSEKEEPING: Charlotte Levesque, Richard B. Nason, Pauline Reynolds, Ronald Vezina, Sr.

PHLEBOTOMY: Constance McLean, Valerie Smith

ENGINEERING: Paul J. Silva

PHYSICAL THERAPY: Wanda J. Pease

OR: Sheryl F. Siket

CSD: Brian J. Peters



A CHRISTMAS ISSUE of Business Digest magazine was baked and decorated as a gift for MMC patients. (A/V Photo)

Thanks...

To MMC SCU, 9th floor

It is almost unbelievable, the wonderful care and skill administered to Joyce during her severe illness. I never thought she could be saved when I realized her condition. Certainly Maine Medical or any other hospital with such skillful, competent doctors and nurses is something to be proud of, and we are so lucky to have this in our state. I know the hand of God is with our doctors and nurses on these cases.

It was a very time consuming and difficult case for all.

It means so much to us to have her alive and home again.

Joyce Andrews' mother

Marketplace

FOR RENT: 2 BR mobile home on own land on Hollis/West Buxton line. \$250/mo. plus utils. Call 727-3304 and keep trying.

FOR RENT: 2 BR apt. with w/w carpeting, bath, KT, LR, stove/refrig. Adults only; no pets. Near MMC, Mercy, busline. Refs. and sec. dep. \$350/mo. or \$65/wk. unheated. Call 775-2581.

FOR RENT: 1 BR apt. in private location in Yarmouth. All utils., plus extras. \$450/mo. Sec. dep. No pets. Call 846-4583.

FOR SALE: Farmhouse with 60 ± acres, fields and woodlot in Saco River Valley. Commuting distance from MMC. 5 BRs, KT, DR, LR with Franklin fireplace, guest cottage in apple orchard and attached barn. Privacy and proximity to Portland. Asking \$74,500. Call P. Goldfine, M.D. at 871-2428 or Phil Raymond at 625-3222.

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. Barbara Burns, Editor.

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FOR SALE: By owner, 3 BR mobile home presently located in Saco. Low down payment; possibility of assuming current mortgage. Shown by appointment only. Call Kelly at x2664 or eves. at 282-0041.

ROOMMATE WANTED: Middle-aged female wanted to share Gorham mobile home with same. \$200/mo. includes utils. Call 839-6807.

FOR SALE: 1972 VW Super Beetle. Recently acquired a rebuilt engine. Solid body, adequate heat. Asking \$500. Call 774-2103 eves.

FOR SALE: 1983 VW Rabbit with 30,000 miles, meticulously maintained. Asking \$5,499. Call 883-6868.

FOR SALE: A.K.C. Collie puppy. Sable male, 22 wks. old. He loves children and other dogs, has had shots and is clear eyed and of show quality. Both parents have been extensively shown and are on the premises. Call 839-6807 or 727-3304.

WANTED: 27 yr. old quadriplegic needs a female nurse to travel and take care of him to California early in 1985. Please send any questions, telephone number, address, experience, etc. to PO Box 176, Rockland, ME 04841.

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Maine Medical Center
Portland, Maine 04102

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Murphology

WEILER'S LAW:

Nothing is impossible for the man who doesn't have to do it himself.

SIU'S RULE

Don't insult the crocodile until you have crossed the river.