

what's happening

Maine Medical Center
Portland, Maine 04102

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Handicapped Skiing helps Maine children

To a skier there is nothing more exhilarating than a successful run down a challenging slope. To a family of skiers there is nothing so close- and comfortable-feeling as facing the challenge and feeling the thrill together. And to Meredith Elcome there is nothing quite so rewarding as helping a handicapped child become a part of it all.

A Physical Therapist in MMC's Department of Rehabilitation Medicine, Meredith is also an instructor-trainer for Maine Handicapped Skiing, a non-profit educational program designed specifically to teach handicapped children to ski. She has spent most of the last two winters with the program, and is gearing up to go again.

The program is new; its first season was the winter of 1982-83, and Meredith has been with it from the beginning. Omar D. Crothers, M.D., Attending Physician in MMC's Division of Orthopedics, had learned -- through a remarkably positive experience of one of his patients -- about the Winter Park Handicapped Ski Program in Colorado. He began looking for people interested in starting a similar program for Maine. A skier, Meredith was definitely interested and, in November 1982, was sent to a three-week training session presented by the Winter Park program.

"It was amazing," she says of the Winter Park experience. "They had 15 full-time instructors, and 250 volunteers teaching some 1,000 handicapped children. It was incredible to see all kinds of prostheses stacked against the wall of a ski lodge while their owners were up on the slopes learning to ski."

She returned to Maine with the skills and the enthusiasm to help launch the first season of Maine Handicapped Skiing.

"We started in January of 1983 with

five children, skiing one day a week at Sunday River Ski Area in Bethel, she recalls. "Three more children joined us in March. We had four with spina bifida and four with cerebral palsy, so we divided them into specialty days, and ran the program twice a week in March.

"We skied ten weeks the first season; conditions were excellent," she says. Cooperation was also excellent. Dr. Crothers had formed the non-profit Maine Handicapped Skiing program (MHS) and among the enthusiastic supporters he had recruited was Leslie B. Otten, president and owner of Sunday River.

"It would have been difficult even to start the program without Sunday
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Food Fair gives new discount tasty start

The five senses were hard at work at the Food Fair October 23, as the Employee Activity Committee brought Kilton's Foods to MMC to show its wares. Employees were invited to taste samples of the foods available through the wholesale buying program, to smell it cooking, to see for themselves the quality of the foods, to hear Kilton's representatives describe the offerings, and even to heft the packages and poke the meats.

The mechanics of the program are quite simple: every two weeks, employees may place an order (for as
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MEREDITH ELCOME, RPT, checks out a projector on her way to presenting a slide program on Maine Handicapped Skiing. (A/V Photo)

Please Note

Open meetings for all employees to learn more about the study of MMC's wage and salary administration program continue this week as follows: Wednesday, October 31, at 9 PM in Classrooms 3 and 4; Thursday, November 1, at 2 PM in Classroom 4; and Friday, November 2, at 7:30 AM in Classrooms 3 and 4.

New Employees

HOUSEKEEPING: Louis Alexander, Jennifer K. Leonard

PHYSICAL THERAPY: Susan M. Butler

ULTRASOUND: Lorrie Ann Ciraulo

MED TECH SCHOOL: Karen Anne Deep

FOOD SERVICES: Mary S. Foltz, Sherryann Green

MECHANICAL SERVICES: Ronald R. Young

CARDIOGRAPHY: Judith Ann Orr

HOUSEKEEPING: Jeannine R. Guimond, Paul Hallstrom, Jr.

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River," Meredith says. "There was an area just perfect for us: a beginner and intermediate slope with a lodge of its own, set apart from the main ski activity. And the Sunday River staff and ski instructors were very understanding and supportive."

What that first MHS ski season did was to help eight handicapped children discover a freedom of movement that only skiing could give them. Last year, the 1983-84 season worked the same wonder for 30 more. In addition to children with cerebral palsy and spina bifida, the program has made confident skiers out of children who are developmentally disabled or blind or autistic, children who are amputees or have histories of multitrauma.

"It's hard for us to realize what the coming of winter does to a handicapped child," Meredith says. "There's the dread of months and months to be spent mostly indoors, and the first snowfall signals a long siege of limited mobility. That's especially difficult in Maine where skiing is a way of life for a lot of families,

and the handicapped child is left out of a lot.

"Basically the MHS program gets the children going, lets them know they can do it. Every child has his own pace, and generally knows when he can 'graduate' from the program. That's at the point where the child feels confident, and the family feels secure. Some children go from the MHS program into regular ski area instruction programs."

The MHS program relies on some incredible (to the layman) devices designed for the handicapped skier. There are Outriggers which are a combination of crutch and ski pole with a short ski replacing the basket of the pole; there are Ski Bras which prevent ski tips from crossing; and there is "K2D2" which is made up of a walker mounted on K2 skis.

It also relies on contributions to keep going. MHS provides each child with lift tickets, special equipment, and lessons. Families are responsible for transportation, food, clothing, and supervision when their children are not skiing. The cost for each child for a 10 or 12 week season is \$500.

And, the program relies on the love and dedication of a lot of people. There must be one volunteer assistant per child. Volunteers, who must be at least beginning-intermediate or intermediate level skiers, must commit to one day a week for the season and to a pre-season training period. Meredith, who trains the volunteers as well as teaches the children -- also recruits volunteers at every chance she gets. She manages the MHS season by taking a four-month leave of absence from MMC. This gives her the time to schedule and plan the season, train the volunteers, and supervise the skiing activities. She is also a fund raiser for MHS, and has a slide program she presents to civic and social organizations, PTAs, any groups interested in hearing how they could help a handicapped child. This she does year 'round, in the evenings and on her free days.

"Our goal is to enable as many children as possible to participate in the program," Meredith says. High on her fund-raising wish list for this year is a van. "We're hoping for a van or bus, so we could transport people from some central locations in the state. The program is attracting people from great distances, and it's difficult for some families to bring their children in. But they're determined -- so we're determined to make it easier for them."

LAST WEEK, we printed the right caption and the wrong photograph of the 1984-85 officers of the Friends of MMC. Here with our apologies is the same photograph with the right caption:



THE FRIENDS OF MAINE MEDICAL CENTER elected officers at their Annual Meeting last week. Serving during the 1984-85 term will be 1st vice president Mrs. John Fulda; assistant treasurer Mrs. Alan Leathers; corresponding secretary Mrs. James E. Gagan; president Mrs. Harold Fralich; recording secretary Mrs. Joseph J. Wagnis; 2nd vice president Mrs. F. Paul Frinsko; and treasurer Mrs. Donald E. Nicoll. (A/V Photo)

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much or as little as they like) with their coordinator. A week later, they can pick up their order from the Kilton's trailer parked on the future site of the Medical Services Federal Credit Union office on Park Avenue. Payment is due at the time the order is placed, by check or money order only.

The first order date was Friday, October 26, as those who attended the Food Fair know (food ordered then will arrive Thursday, November 1). The next order date is Friday, November 9 (by 12 Noon), and employees may get information and order forms from the coordinator handling their area:

Louise Bowley: *CICU, R7.*

Lorraine Johnson: *Delivery Room, Neonatal Intensive Care, Nursery, P4D.*
Debi Roy: *Nursing Office, Quality Assurance, Nurse Specialists, Staff Development.*

Eileen Conley: *P1A, P1C, R1, Float Pool.*
Tom Linehan: *P2A, P2D and Pediatrics, Recovery Room, R2, R5, Dialysis, Infection Control.*

Art Stevenson: *P3A, P3CD, R3, Unit Managers.*

Sue Morrison: *P6, Mental Health.*

Mary Sacco and Michael Kotch: *Burn Unit, R4, Occupational Therapy, Physical Therapy, Medical Rehabilitation, Pulmonary Medicine, EEG, ASU.*

Beverly Cookson: *Food Services, Cafeteria.*

Ed Meehan: *All Engineering Departments.*

Natalie Bergeron: *Housekeeping, Linen Services, Sewing Room.*

Sally Nason: *Parking, Social Services, Switchboard, Administration, Development.*

Evelyn Weiss and Julie Gillies: *Audio/Visual, all Pathology Departments.*
Theresa Napolitano: *All Radiology Departments.*

Judy Castle: *Outpatient Clinics, Family Practice, Patient Accounts.*

Mannie Janosik: *Patient Accounts, Coffee Shop, Medical Records, Accounting.*

Jeri Mundi: *Materials Management, Purchasing.*

Rick Dambrie: *Inventories.*

Kay Pellecchia: *Security.*

Annemarie D'Alfonso: *House Staff, Health Education, Medicine.*

Charlotte Bickford: *Research, Endocrinology, Library.*

Joyce DeCesere: *Cancer Registry, Neurology, Cardiology, Heart Catheterization, Print Shop, Utilization Review, Data Management, Copy Center, Internal*

Audit, OB/GYN, Personnel.

Sheila Ek: *Operating Room, School of Surgical Technology, Surgery, Cardiac Surgery.*

Edie Gribbin: *Special Care Unit, Medical Staff -- Critical Care.*

Kelly Jackson: *Emergency, Poison Control.*

Mark Flaherty: *Central Services.*

Norma Meehan: *Anesthesia.*

Suzanne Hawkins: *Pharmacy.*

Joyce DeCesere, EAC President, asks everyone to remember that the coordinators are volunteers, and will need our help and cooperation. Orders *must* be in on time, and *must* be paid for with the order, by check or money order (*no cash*). The program depends on the coordinators, she says, so it's in everyone's interest to help them along.



Continuing Education

Nursing Staff Development

- *Critical Care Seminar: "Cardiovascular Drug Update,"* Warren Alpern, M.D.
Thursday, November 8, 1984
8-9 AM and repeated 2-3 PM
Conference Room R9
(1 CERP requested)

Donations requested for 1985 Book Sale

The organizers of the Downeast Used Book Sale are gearing up for the 13th annual edition of the event. They are now putting out the first call for donations of used books, the number and variety of which determine the Sale's success. Proceeds from the event, organized by the Auxiliary to the Cumberland County Medical Society, benefit health education and the medical libraries at MMC and Mercy Hospital.

This year's dates are April 25-27, the location the South Portland Armory. Generous donations will ensure a good sale, and early donations will give the Auxiliary members a head start in the enormous task of sorting and pricing the books.

Books may be dropped at the following locations: Shaw's Supermarkets in Falmouth, Millcreek, Northgate and North Windham; Shop 'n Save Supermarkets in Gorham and North Windham; Pond Cove IGA in Cape Elizabeth; Brighton Avenue Pharmacy in Portland; Village Store in New Gloucester; Coastal Health Services in Portland; and the MMC Volunteer Office. Pickup for large numbers of books may be arranged by calling Betsy Bennett at 799-6912 or Janie Iverson at 865-3905.



CHECKING OUT THE GOODS at the Food Fair October 23, employees saw just what they'll be getting if they get in on the new wholesale food purchase program from the Employee Activity Committee. (A/V Photo)

Marketplace

FOR RENT: New 2 BR condo in No. Yarmouth. Completely carpeted and fully appliances KT. No pets. For particulars call 829-3676. Will be avail. 12/1/84.

FOR RENT: House in Freeport near harbor and L.L. Bean. Solar greenhouse, woodstove, and elec. heat, 2½ BRs up, KT with stove and refrig., full bath, LR and DR. down. Full basement with washer/dryer, large yard with garden. Pets and children welcome. Quiet street. \$550/mo. plus utils. Call 865-6048.

ROOMMATE WANTED: Female to share large apt. in intown location. Non-smoker preferred. Rent very reasonable, includes heat. Call 774-2067.

ROOMMATE WANTED: Professional woman and single parent seeking professional person (single parent with 1-2 children) to share house in Cape Elizabeth. \$262.50/mo. plus ½ utils. This includes 2 BR, private LR with fireplace. Share KT, bath, and appliances. Also have large yard. Call 799-3743 to leave message.

FOR SALE: 1977 Chevy Impala. 4-dr., automatic, white with blue interior. All new major parts. This car has high mileage but runs like new! No rust. Very reliable transportation. Asking \$1,250. Call 781-3560.

FOR SALE: 15 cu. ft. upright freezer in excellent condition. Moving, must sell. Call David at 688-4811 x417 days.

FOR SALE: 1983 Subaru station wagon in excellent condition. 5-sp., lots of extras. Moving, must sell. \$6,500. Call David at 688-4811 x417 days.

FOR SALE: 1975 Ford F-100 custom ½ ton pickup with cap. 3-sp. trans., 6-cylinder, some rust. Runs well. Must sell. \$1,200. Call 829-3420.

FOR SALE: 1980 Yamaha 250 motorcycle. Red, good condition, best offer. Radial snow tires (two) size 14. Call 883-2384 after 5 PM.

FOR SALE: Solid maple Moosehead trestle table with two leafs, like new. \$200 or best offer. Call 829-3657.

FOR SALE: Realistic hand scanner. 1 yr. old, excellent condition, 4 channels. \$120. Call 774-4045 after 5 PM.

FOR SALE: Dining room table with leaf, in good condition, \$50. Four matching chairs, \$50. Blue Willow dishes, service for 8, \$10. Call Betsy at 797-0339 after 6 PM.

FOR SALE: New queen-size waterbed with four-post frame, semi-baffled mattress, Ponderosa Pine with walnut stain, still warranted, \$300 or best offer. Call 799-3230.

FOR SALE: 18 inch B/W RCA TV. Asking \$50. Call Ray at 775-2165 after 4 PM.

FOR SALE: 18 cu. ft. chest freezer, basket, etc. Brand new! \$225. Also, boy's Huffy bike, 1 yr. old, \$40. Call 892-5311 eves.

FOR SALE: Two steel-belted radial snow tires on Honda wheels. Size 175/70 SR 13. Will fit Prelude or Accord. \$70 or best offer. Call 655-4240.

FOR SALE: 22 inch front wheel drive Sears lawnmower. Still under warranty, in excellent condition. Asking \$250. Call 282-6909 after 5 PM.

FOR SALE: Sealy twin size firm mattress and box spring with frame. In excellent condition. Asking \$125. Call 282-6909 after 5 PM.

FOR SALE: Pioneer manual turntable with Shure cartridge. In excellent condition, \$45. Small brown GE freezer, \$45. Wood/coal stove comes with hearth, \$200. 50 hp Mercury outboard motor with controls, new electric harness. Excellent running condition. Must sell. Asking \$550. Fake fur high back bucket seat covers (gray) in good condition. Make an offer. Call 846-6237 after 5:30 PM.

BABYSITTING: Will babysit in my home for toddlers and up. Big fenced-in back yard. Call 797-2681.

WANTED: Single professional male looking for inexpensive year-round small house or cottage. Call 773-1646 eves.

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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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Changes made to EAC restaurant discount

Three restaurants are dropping out of the Executive Dinner Club program offered by the Employee Activity Committee. The Top Hat in Yarmouth and the Berliner Bear in Falmouth are no longer participating, effective immediately. Rozzi's Old Fire Barn in North Windham will leave the program effective December 31.

The list of participating restaurants: Alberta's, Portland; Press Room, Biddeford; Marco's, Lewiston; The Homestead, Lewiston; Barnhouse Tavern, North Windham; Marshview, Scarborough; The Galley, Falmouth; Seasons, South Portland; Tortilla Flat, Portland; J.R. Maxwell's, Bath; The Country Way, South Paris; Harpswell Inn, North Harpswell; and Steckino's, Lewiston.

The Club card costs \$18 (a \$25 value), and offers the lower-priced of two entrees free at a combination of the participating restaurants. Memberships are good for one year from the date of purchase. The restaurants are grouped in pairs; the card may be used once at each of the two restaurants. Some restaurants have restrictions on the cards; complete information comes with the card. Call Joyce DeCesere, x2672, for information.

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Portland, Maine 04102

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Morphology

FINAGLE'S RULE #6

Do not believe in miracles -- rely on them.