

what's

Maine Medical Center
Portland, Maine 04102

happening

October 10, 1984

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MMC announces new budget, rate changes

Maine Medical Center's new rates were set as part of the 1985 budget, which is the first developed under limitations imposed by the new Maine Health Care Finance Commission. "The major impact of the new law on MMC," says MMC Executive Vice President and Treasurer Don McDowell, "has been to decrease the size of discounts taken by the major third-party payors like Blue Cross and Medicaid.

"This, combined with our continued favorable experience under the new federal prospective payment system, allows us to live under the revenue cap imposed by the state," he says.

Maine Medical Center has announced that most of its room rates and charges for services in Fiscal Year 1985, which began October 1, 1984, will be at October 1983 levels. Daily room rates, which were reduced an average of 5% in April 1984, have been restored by 5%, a net change of 0%.

Charges for ancillary services were increased an average 3.3% for Fiscal 1985. Ancillary charges had decreased an average of 6.6% in April 1984, so the 1985 charges represent a net 3.3% decrease from original Fiscal 1984 charges.

The rate reduction in April, midway through Fiscal 1984, was made because the hospital was receiving more revenue from Medicare than was expected under the new federal prospective payment system.

The cost of operating Maine Medical Center will be 10.34% higher for Fiscal Year 1985. Inflation, volume, and increases in compensation account for 4.83% of the increase. McDowell notes that is .67% lower than the comparable figure last year.

The opening of MMC's new wing is
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Corporators, Trustees hold annual meetings

Maine Medical Center's Board of Corporators meets in annual session today, at 2:30 PM in Classrooms 3 and 4. The business agenda calls for the election of new corporators, election of trustees, and reports from MMC President Edward C. Andrews, Jr., M.D., Executive Vice President and Treasurer Donald L. McDowell, and President of the Medical Staff, F. Stephen Larned, M.D. Chairman of the Board of Trustees, James L.

Moody, Jr. will preside.

Allen L. Pusch, M.D., Chief of Pathology and Laboratory Medicine will give the feature program. His presentation is titled: Laboratory Medicine in the 1980s.

Immediately following the Corporators' meeting, the Board of Trustees will meet to elect officers for 1984-1985.

The Board of Corporators is the corporate body that serves as the cornerstone of MMC's structure as a non-profit institution. The Board's primary

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THE SECOND ANNUAL Julia M. Watson Rehabilitation Seminar speaker, presented by MMC's Department of Rehabilitation Medicine on September 28, was Gregg Vanderheiden, M.S. (left) Director of the Trace Research and Development Center at the University of Wisconsin-Madison. His presentation, "The Dual Role of Computers in Education, Employment, and Independent Living for Individuals with Disabilities," was part of a two-day seminar co-sponsored by the Maine Speech-Language-Hearing Association, the Northeast Communication Enhancement Group, and MMC. B. Cairbre McCann, M.D., Chief of the Department of Rehabilitation Medicine, is pictured giving Vanderheiden a memento of the seminar. (A/V Photo)

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responsible for 5.51% of the increase in operating expenses. The new wing will see its first service during Fiscal Year 1985, and its impact on rates and charges will be phased in over several years.

Total patient charges at MMC, derived from a weighted average of room rates and ancillary services, have increased less than 8% since October of 1982. This means, according to McDowell, that a cross-section of typical hospital bills in Fiscal 1985 will be on average less than 8% higher than the same bills in Fiscal 1983.

The daily rate for a semi-private room at Maine Medical Center is now back to \$225 (from a temporary \$214), a private room is back to \$255 (from \$242), and the Special Care Unit rate is back to \$729 (from \$649). The only exceptions to the 5% room rate increase are the Neonatal Intensive Care Center (NICC), which remains at the lower rate of \$561 per day, and the Cardiac Intensive Care Unit (CICU), which increases 15% to \$575 per day. An increasing number of patients makes it possible to retain the lower NICC rate. The increase in the CICU rate corrects an historically lower charge for the unit in relation to the hospital's other intensive care units.

Basic Life Support program offered

HealthStyles is offering a special hour-long program on Basic Life Support, open to *all employees*. MMC Respiratory Therapist Charles Kettell, an instructor-trainer in Basic Life Support, will present a lecture on recognizing risk factors that could cause sudden death from heart attack, early warning signs of heart attack, and why and how the general public can provide immediate basic life support at the scene. Marge Nickerson, RN, Assistant Head Nurse on R7, will demonstrate resuscitation of respiratory arrest victims, resuscitation of cardiac arrest victims by one and two rescuers, management of obstructed airways, and resuscitation of infants.

The program is open to all employees, and is scheduled for Thursday, October 11, from 4 to 5 PM, in Classroom 2. To sign up, call Lois Scott-Hadley at x2824.

O'BRIEN'S LAW

Nothing is ever done for the right reasons.



BETTY McDONOUGH, RN, Senior Infection Control Practitioner, has retired after 30 years at MMC. Among those seen at the September 28 reception in her honor were (from left) Ron Baril, Vice President for Employee Relations; McDonough; pourer Nancy Beuerle, MT, Infection Control Practitioner; and Cathy Cohen, RN, Director for Operating Room Nursing. (A/V Photo)



MMC's SCHOOL OF SURGICAL TECHNOLOGY graduated its 27th class on September 14. Members of the Fall Class of '84 are (seated, left to right): Roxanne E. Barker, Sebago Lake; Mendiejane Isaac, Waterboro; Lauren M. Lagerson, Lewiston; Sandra D. Havey, Frankfort; Gary J. Utgard, Jr., North Berwick; (standing): Frank H. Glover, Hebron; Tina M. Pierce, West Buxton; Sharon L. Smith, Dover-Foxcroft; Kathleen M. McKenney, Old Orchard Beach; Tina L. Josephs, Butler, Pennsylvania; Catherine F. Cummings, York Beach, and Brenda L. Howe, Portland. (A/V Photo)

Alzheimer's disease is topic for Friends

The Friends of Maine Medical Center will host a panel discussion on "Living with Alzheimer's Disease" at their annual Membership Meeting, Friday, October 19. Laurence D. Herst, M.D., Director of MMC's Geropsychiatry Clinic, will serve as moderator.

The meeting is open to the public and all interested MMC employees. Coffee will be served at 9:30 AM, and the meeting starts at 10 AM in Classrooms 3 and 4.

Panelists will be Paula T. Moulton, M.S.W., Assistant Director of Community Psychiatry at MMC, and Marilyn Paige, State Coordinator of Family Support Groups for Alzheimer patients.

It has been estimated that Alzheimer's Disease affects five to ten percent of those people over 65 years of age. It is not normal aging and must be differentiated from benign senescent forgetfulness, and from depression which may also affect memory. Certain organic conditions must also be ruled out.

What are the symptoms of this illness and how do they unfold? How is the diagnosis made? Is there any effective treatment? How does it affect the individual and his family? When should guardianship be sought? When should nursing home placement be initiated?

As our population ages there may be no other disease that will have as much impact on our health care system as Alzheimer's Disease. What plans are we making for the future?

Dr. Herst and panel members will be answering these questions and other questions you may have.

File outstanding medical claims

All employees who have outstanding medical claims that were incurred before October 1, 1984 should file them as soon as possible. Submitting these claims now will result in a more prompt determination and payment, says Employee Benefits Manager Don Sedenka, as the Benefits Office handles the change from the Unionmutual Major Medical Plan to Blue Alliance Major Medical.

If you need major medical claim forms or want help in completing a claim, don't hesitate to contact the Employee Benefits Office at ext. 2973.

United Way moving closer to the goal

The United Way campaign within Maine Medical Center drew to its official close with just over \$42,000 raised. That's 81 percent of the goal and, according to chairman Mike Swan, it comes with 70 percent of all cards turned in.

Cards are still coming in, Swan says, and if they maintain the present rate, MMC will close the books on a very successful campaign. And they would like to close the books soon, he says, for the sakes of the employee solicitors, the people in Accounting, in fact everyone who has helped with this so-far very successful campaign.

As a Pacesetter—along with Maine National Bank, Hannaford Brothers, Co., Union Mutual Life Insurance Co., Shaw's Supermarkets, Inc., and Fairchild—MMC has helped raise \$256,820 toward the Greater Portland campaign goal of \$3.5 million. The community campaign started October 2.

A run in the rain kicks off campaign

Among those who will remember forever that Tuesday, October 2, 1984 was a miserable, cold, wet, windy day are the following MMC people: Mike Kotch, Project Director, Rehab Medicine (the leader of the pack); John Campbell, Housekeeping Aide; and Paul Maniscalco, Medical Technologist - Chemistry, Steve Woodsum, Medical Technologist - Chemistry, and Allen L. Pusch, M.D., Chief, all of Laboratory Medicine.

They are the five who represented Maine Medical Center in the United Way Run, the traditional kick-off event for the Greater Portland Campaign. And run they did, reports MMC campaign chairman Mike Swan, over hill, over dale, and through a few puddles.



Continuing Education

Nursing Staff Development

- *Exploring Issues within the Cancer Experience*, Karen Kane, RN, MSN
Wednesday, October 17
4 - 5 PM
Classroom 3
1 CERP approved

Small Bites can lead to large reductions

MMC employees with twelve or more excess pounds have an opportunity to lose them with a special in-house weight control program. Small Bites is a 12-week program based on practical applications of nutrition principles, lifestyle management, and fitness. The course will be presented by Barbara Footer, MS, RD, a Portland-based Registered Dietician.

Sessions will consist of a weigh-in, discussion/lecture, and group problem-solving and support. In addition to the in-class work, each participant will be expected to keep daily records of food intake and activity.

Two schedules are offered: Mondays, 1 to 2 PM, Classroom R1, beginning October 22, and Wednesdays, 4 to 5 PM, McGeachey Hall fourth floor classroom, beginning October 24. The cost is \$40, half of which is refundable upon completion if nine of twelve sessions are attended, if the minimum 12-pound weight loss is achieved, and if at least half the food/activity records are completed.

Deadline for enrollment is October 15. Call Lois Scott-Hadley at x2824 to enroll.

Substance abuse is topic for tonight

"Substance Abuse" is the program subject for the next meeting of the Southern Maine Chapter of the American Association of Critical Care Nurses, October 10 in the Mercy Hospital Auditorium. Registration is at 6:30 PM; the program will be from 7 to 9 PM. There is a guest fee of \$2.00.

The speakers—Dr. Stanley Evans, Jeanette Caron, and Eileen Collins, RN,—will present a panel approach to substance abuse.

CORPORATORS, from page one—

legal role is the election from its membership of a Board of Trustees, which is the ultimate governing authority of the hospital. Corporators, 260 in number, have the opportunity to become more deeply involved in hospital activities, and they serve on various committees including those dealing with fundraising, planning and program review. Corporators, representing a cross-section of MMC's service area, represent the hospital in the community, and they bring to the hospital the interests of the communities they represent.

Marketplace

FOR RENT: Falmouth executive home with 3-4 BRs, 2½ baths, large KT, formal DR and LR. Cross-country skiing, barn, 4½ acres. No pets. Call 781-2430 or 781-2661 from 6-8 PM.

FOR RENT: Oakdale area. 1st floor 4½ room heated apt. with stove/refrig. Sec. dep. \$450/mo. Call 772-4143.

FOR RENT: Winter St. near Danforth. Apt. in historic brick building with large LR/KT, BR and sleeping loft, bath. Refinished floors, new KT. Sec. dep. and refs. \$425/mo. including heat and hot water. Call 773-1268.

FOR RENT: Condo sublet. 2 BRs, LR, DR, KT, and full bath in beautiful Cape Elizabeth location. \$535/mo. plus utils. Call 871-2292 before 5 PM or 799-7166.

FOR RENT: Avail. Nov. 1. Be the first to live in this new luxurious penthouse condo with 2 BRs, bath, fully-applianced KT with microwave and trash compactor, unique LR with huge skylite, private off-street parking for 2 cars, laundry on premises, storage facility, 5 min. to MMC. Rent and no pet rule negotiable. Lease and 1 mo. sec. dep. Call Michael at (617) 872-5723 and leave message or call 775-2417.

FOR RENT: Sublet for 1 yr. starting immediately. 4 BR ground floor apt. with parking, dishwasher, washer/dryer hook-up. \$400/mo. Heat and elec. not included. No pets. Sec. dep. Call 773-3577 eves.

FOR RENT: Large, newly-remodeled 6 room, 3 BR apt. in residential area of So. Portland. Appliances, washer/dryer hook-up, parking. Ideal for professionals to share. Lease, sec. dep. and refs. \$525/mo. plus utils. Call 846-9470.

FOR RENT: Furnished, 2 BR home in quiet country setting, only 8 min. from MMC (Maine Mall location). \$400/mo. plus utils. Sec. dep. and \$50 cleaning dep. required. No children, no pets. Avail. until Spring. Call 773-9704 between 5-7 PM.

FOR RENT: Super insulated, all new 2 BR apt. in quiet area of So. Portland. 2 miles from MMC. Private sundeck, ½ mile from beach. \$400/mo. plus utils. Call 799-4985 for appointment.

FOR SALE: One ¾+ building lot in Cumberland. 20 mins. to MMC. Lot is level, wooded with southern exposure. Quiet residential St. Reduced to \$18,500. Call 829-3648.

ROOMMATE WANTED: Seeking female to share large newly renovated apt. with 3 BRs. \$150/mo. includes heat and hot water. Within walking distance to MMC on Grant St. Call 773-8062 after 4:30 PM.

ROOMMATE WANTED: Professional M/F to share So. Portland home. Well furnished. \$190/mo. plus ½ of utils. Call 772-6709 and keep trying.

ROOMMATE WANTED: Female to share 6 room apt. with professional woman and 11 yr. old. Alcohol- and drug-free household. Own sunny private room within 3 min. walk of MMC. \$200/mo. includes utils. Call 772-2154.

ROOMMATE WANTED: Mature female wanted to share house on the water in Cape Elizabeth with nurse. 3 BRs. fireplace. \$250/mo. plus ½ utils. Call 767-2431 after 4 PM.

FOR SALE: World Book Childcraft, Vols. 1-15, and Childcraft Annual, Vols. 1970-1980. Both sets in excellent condition, \$75 for both. Also, World Book's Cyclo-Teacher Learning Aid. A tool to help you teach your child in the following subjects: social studies, math, science, english, spelling; family activities section is also included. Excellent condition, \$45. Call 774-3719 between 6:30-9 AM or 6-9 PM.

FOR SALE: Gunne Sax semi-formal dress. Worn once. Size 9. Cream colored. Professional curling iron, \$10. Call 283-1396 after 5 PM.

FOR SALE: Utility trailer, 6½ ft x 4 ft., \$100. Used college books (Casco Bay). Call 892-6995 after 4:30 PM.

what's happening

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FOR SALE: 1983 Volvo DL, dark green 4-door sedan with standard trans., p.s., p.b., 30,000 miles. Asking \$11,000. Call 846-6226 before 11 AM and after 6 PM.

FOR SALE: 1981 Subaru wagon GL in excellent condition. 5-speed with luggage rack. Getting larger car. \$5,000. Call 839-4585 eves.

FOR SALE: 1982 Yamaha 750 Virago in excellent condition and many extras, \$2,160. Call 775-8115 days and 854-2826 eves.

FOR SALE: 1973 450 Honda in good condition. \$500 or best offer. Also Scandia woodstove, \$50. Call 774-1722 eves.

FOR SALE: New Whirlpool convertible dishwasher, \$375. 30 in. Kenmore elec. stove, \$75. 2 elec. fireplace heaters, \$25 each. Window insert solar panel, 4 ft. x 5 ft. with blower, \$150. Call 929-6180 between 6-9 PM.

FOR SALE: Due to remodeling. GE dishwasher, works well, \$25 or best offer. Standard size brown storm door with all hardware, \$15. Call 772-7193.

FOR SALE: 155/13 radial snowtires. Used part of 1 season, \$40 negotiable. Pioneer PL112 manual turntable with Shure cartridge in excellent condition, \$50. Sears wood/coal pot-belly stove with base, \$200. 50 hp. Mercury outboard with new elec. harness, runs excellent, has controls, \$600. High-back bucket seat covers (gray fur). Used 3 mos., \$20. Call 846-6237 after 5:30 PM.

WANTED: Ride from Limington/Standish area to MMC for day shift. Call 637-2971 eves. or Ed at x2596 days.

WANTED: Car pooler(s) from Biddeford/Saco/Kennebunk area. Mon.-Fri. Hours can be flexible. Call 283-1396 after 5:30 PM.

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