

what's happening

Maine Medical Center
Portland, Maine 04102

October 3, 1984

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Employee benefits improvements noted

The group health insurance plan for MMC employees was significantly enhanced, effective October 1, 1984. Employee Benefits Manager Don Sedenka explains the details:

"The type of coverage has been upgraded and although utilization has increased, MMC employees will not experience an increase in cost. This has been accomplished by: changing the major medical coverage from Union-mutual to Blue Alliance, developing a plan for self-insuring all our group health services filled within MMC, and by the Employee Benefits Office, in conjunction with the Health Promotion Program, assisting employees in the education of wellness and health care utilization. The emphasis this year will be on monitoring our costs closely and attempting to stabilize and perhaps decrease our group health utilization in order to keep future increases to MMC and its employees to a minimum.

"In addition, the costs for our Dental Assistance Program have increased due to utilization, however, this increased cost of the current program will be absorbed by the Medical Center.

"As of October 1 Maine Medical Center has upgraded its health insurance program to include Blue Shield 80% Usual, Customary and Reasonable (UCR) coverage and replaced Union-mutual (major medical) with Blue Alliance Mutual Insurance Company (BAMICO) for its major medical coverage. This increase in benefits will provide employees with better medical/surgical benefits. Previously, if an employee or covered dependents had surgery, a benefit was paid according to a "fixed fee" schedule. The maximum surgical allowance would have been \$1,850. As of October 1, surgical procedures, in-

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THE NEW EMERGENCY/ASU area is in full and fast renovation stages, as this photo (taken last week) shows. A MEDCU unit is pulling up to the temporary ER entrance under the new canopy, as a demolition crew is removing the last of the old ER entrance. When construction is completed here, the new approach to the ER will be to the East (far left in the photo) toward Charles Street. (A/V Photo)

United Way pace is looking real great

Officially, the United Way campaign within MMC is over, but it will be a while before we hear how well we did. At report time last week (September 26) we had raised \$28,697. That's 55 percent of our goal, with 46 percent of employees' cards turned in. That's also a terrific pace, boding well for the final tally.

The end of the campaign never means it's over, says chairman Mike Swan; there will be a predictable percentage of cards still out (for a variety of reasons) and pledges and donations will continue coming in for a time.

"It is time for me to say thank you," Swan says. "I really can't say enough for the people who've helped me with this

campaign; no one I've asked for help has hesitated to pitch in. People in Accounting, Administration, Audio/Visual, Cafeteria, Data Management, Public Information, Personnel, all have been great.

"The solicitors have been especially terrific. And Carol Cosand, who's co-chaired the campaign, has given me a lot of support and a lot of her own time to the campaign," he said.

It won't be until all cards are accounted for and the books are really closed, that Swan will be able to hold the drawing for winners of the United Way incentive prizes. But here—in hopes of hurrying up some stragglers—is a rerun of the list of prizes for people and departments participating in the 1984 United

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patient medical services, services of an anesthesiologist and emergency accident care rendered within 72 hours of an accidental injury when billed by a physician will be paid at 80% UCR. The 20% balance can be filled with major medical.

"If the physician's billed amount is above the UCR allowance and the physician has a Participating Agreement (has signed a Blue Shield contract), then the charge over the UCR allowance cannot be billed to the patient and the physician must write off the balance. This is an excellent benefit as it protects each employee from unlimited medical/surgical expenses.

"As previously mentioned, there has been a change in the major medical carrier effective October 1. The major medical contract will be with Blue Alliance Mutual Insurance Company (BAMICO) which is packaged together with Blue Cross and Blue Shield. The benefits are the same as previously held with a \$100 deductible; however the new family deductible coverage states that once two family members have met a deductible then other members can receive an 80% reimbursement, if applicable. The former coverage required a \$300 family deductible. If you have met your deductible, or any part of it, through the current Unionmutual Plan, it will be honored by Blue Alliance through December 31, 1984. There has also been an increase in the benefits regarding the maximum out-of-pocket expense. With the Unionmutual plan it was possible to incur \$3,500 in out-of-pocket expenses and with the new plan the total cost would be a maximum of \$500.

"The entire process of filing claims and coordinating Blue Cross/Blue Shield with Blue Alliance Major Medical will be facilitated under this new plan.

"Retirees of MMC enrolled in Companion Plan I as of October 1 are eligible to purchase Blue Alliance Mutual Insurance Company (BAMICO) Major Medical Benefits. This is a benefit that our retirees were previously not eligible for. It is an excellent benefit in that it cannot be purchased on an individual basis and offers the protection from catastrophic medical expenses for the retiree. The policy has a \$1,000,000 maximum benefit above Medicare's payment and Companion Plan I's benefits."

Within the next several weeks each employee in the group health insurance plan will receive new membership cards and a packet explaining the new plan

and the claims process.

Workshops are in session this week to explain the new plan to employees and, if they wish, spouses. Remaining workshops are: today (Oct. 3) at 4 PM in Classroom 2; and Thursday, (Oct. 4) at 2 PM in Classroom 3. Additional workshops will be arranged if needed, Sedenka said.

NOTE: There will be an open enrollment period during the month of November for employees and their dependents. All employees eligible to participate in the group health plan *who have not signed up* may, from November 1 to November 30, 1984, enroll themselves and/or their dependents without providing evidence of insurability. If you wish to obtain coverage or modify your coverage, you must contact the Employee Benefits Office during the open enrollment period. *This open enrollment occurs only once each year.*

Time to recertify Basic Life Support

Instructors and Instructor Trainers in Basic Life Support should note that it's recertification time in Cumberland County. A series of recertification programs, presented by the American Heart Association, Maine Affiliate, Inc., will be held this month and next:

Instructor Trainer recertifications will be held October 20, from 8:30 AM to 12:30 PM at the Scarborough State Police barracks; and October 25, from 6 to 10 PM in Classrooms 3 & 4 of Maine Medical Center.

Instructor recertifications will be held November 3, from 8:30 AM to 12:30 PM at the Scarborough State Police barracks; November 5, from 6 to 10 PM in Classrooms 3 & 4 at MMC; November 10, from 8:30 AM to 12:30 PM, at the Scarborough State Police barracks; and November 15, from 6 to 10 PM at Mercy Hospital.

New Employees

SOCIAL SERVICES: Louise M. Robbins

LAUNDRY: Mark Wildes, Sr., Michelle R. Wildes

CAFETERIA: Christine Montecalvo

COMPUTER MAINT: Victoria Smith

SURGICAL PATHOLOGY: Donald Herbert

CARDIOGRAPHY: Deirdre A. Whelan

Calling all nurses to chart a course

Nurses in practice and student nurses will find help making decisions about jobs, goals and future careers at "Charting Your Nursing Course," a day-long conference and career day set for Friday, October 5 at the Sonesta Hotel, Portland.

The day is presented by The Maine Nursing Concern in cooperation with the nursing schools of southern Maine. It is offered free of charge to nursing professionals and students.

The day starts at 10 AM with the opportunity for networking and information gathering, and the chance to talk with more than 30 Nurse Recruiters from a variety of New England health care institutions and organizations. Speaker and panel programs begin at 1 PM.

Once Upon a Time In Maine is the keynote address (at 1 PM), a history of nursing in Maine, presented by Agnes Flaherty, RN, B.S., M.S.

There will be three panel discussion programs:

One Year Later (2:30 PM), perspective of the new graduate given by four young nurses representing three hospitals and a nursing home.

Strategies For Success (4:00 PM), transition from student to professional from the viewpoint of a panel of nursing educators, managers, and clinicians.

Non-Traditional Nursing Careers (6:30 PM), panelists representing a variety of health care professions talk about their career paths.

The nursing schools participating are: Westbrook College School of Nursing, S.M.V.T.I. Department of Nursing, Saint Joseph's College Department of Nursing, and U.S.M. School of Nursing.

CCRN meeting topic is substance abuse

"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.



A NEW TRADITION BEGAN at MMC when Clement A. Hiebert, M.D., (left) passed the Medical Staff President's gavel on to F. Stephen Larned, M.D.. (A/V Photo)

L.L. Bean presents "Walking in Maine"

There's no better time or place to enjoy the great outdoors than in Maine in the fall. . . and walking is a great way to go. *HealthStyles* has arranged a program guaranteed to whet your appetite for exploring and give you some ideas on where to go. Whether you prefer strenuous hiking or an easy stroll, the possibilities are boundless—from Monhegan Island to Mt. Katahdin—and the rewards are endless.

The program is called "Walking in Maine." It will be presented by a member of the L.L. Bean staff, scheduled for Thursday, October 18, from noon to 1 PM in Classrooms 3 & 4.

There is no cost to participants, but there must be a good number of people signing up in advance if the program is to work. So, round up some friends—from tenderfoot to trouter—and plan to enjoy. To sign up, call Erika Asbas at ext. 2974.



Continuing Education

Nursing Staff Development

- **Critical Care Seminar: Holistic Approach to Nursing Practice**, Kim Beaulieu, RN
Thursday, October 11
8 - 9:00 AM
Conference Room R9
(1 CERP requested)

New Employees

FOOD SERVICES: Debra E. Blume

NURSING: David Burt, Jr.

CSD: Thomas J. Denney, Elizabeth Macisso

COFFEE SHOP: Dorothy L. Dow, Hazel L. Mavis

PHARMACY: Daniel D. Fogg

PSYCHIATRY: Kellie D. Harris

MEDICAL RECORDS: Jennifer L. Marcia

RADIOLOGY: Ancilla Parent, Denise A. Picard, Debra W. Sloan

HOUSEKEEPING: James W. Portas, James A. Harrigan, Ngoc T. Huynh, Marytracey Millington, Brenda Simoneau, Dominica Montecalvo

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Way campaign at MMC:

1. One week of free meals in the MMC Cafeteria for one individual.
2. Lunch at HuShang's with Dr. Andrews for three individuals.
3. Lunch at the Snow Squall with Don McDowell for three individuals.
4. A Longfellow Cruise for two on Casco Bay.
5. A 15-pound turkey for one individual.
6. A free Sundae at MMC's Cafeteria for "first time" payroll deductions of 50 cents per week or more.
7. MMC Campaign solicitors who return 90 percent of their cards by September 28 will be placed in a drawing for an Executive Dinner Club book

Unique gavel starts new MMC tradition

When the presidency of the MMC Medical Staff passed last month from Clement A. Hiebert, M.D., to F. Stephen Larned, M.D., so did a very special and symbolic gift. It is a gavel, newly made but with an incredible history. Dr. Hiebert himself made the gavel and presented it to Dr. Larned for all Medical Staff presidents to come. He also explained its origins:

- the wood for the handle came from an 8 x 8 inch spruce timber from the tower of the 1870 Building of Maine Medical Center

- the wood for the mallet head is from a grove of cherry trees near Philadelphia

- inside the ebony bung is a cavity containing a leaf fragment from the tree under which, by tradition, Hippocrates held forth on the Island of Kos (obtained for Dr. Hiebert by Professor Kurt Schmidt, Chairman of the Department of Anesthesia at Tufts University School of Medicine).

"The gavel represents a part of the birthplace of modern medicine, the birthplace of this country, and the birthplace of Maine Medical Center," Dr. Hiebert said. "I had fun making it and hope it will be both useful and symbolic for future presidents of the MMC Medical Staff."

On receiving the gavel, Dr. Larned said: "I know I speak for the entire staff in expressing appreciation and thanks to Dr. Hiebert for his thoughtfulness in conceiving, crafting, and offering this elegant, practical, and meaningful gift to the Medical Staff of the Maine Medical Center."

donated by the Employee Activity Committee.

8. All departments having a participation rate of 80 percent or greater will be placed in a drawing for one month of free parking, on hospital property, for all United Way participants in the winning department.

Thanks once again, MMC blood donors

Eleven first-time donors were among those who gave blood at the September 21 drawing at MMC. In all, 168 people presented. With 24 people deferred, the blood drive netted 144 pints.

Marketplace

FOR RENT: South Portland. 2 BR apt. in 2-family house. Quiet, yard, parking. \$425/mo. plus heat and utils. Lease and sec. dep. required. Call 799-0213 from 7-9 PM.

FOR RENT: Unfurnished intown apt. 4 BRs, LR, KT, DR, 2 full baths. \$420/mo. plus utils. Refs. and sec. dep. required. Call 774-0831 after 6 PM.

FOR RENT: Westminster Ave. apt. (behind Deering H.S.). Sunny, 2 BR, KT, DR, LR. Quiet location, off-street parking. \$425/mo. plus utils. and sec. dep. Call 775-2599.

FOR RENT: 1/2 of house near hospital. 4 rooms, yard, off-street parking. \$500/mo. plus utils. Call 772-6018.

FOR RENT: 1 BR apt. in Portland. Recently redecorated, heated, parking for 1 car. \$350/mo. Call 772-3820.

FOR SALE: Executive house. 6 or 7 BRs, 3 1/2 baths, finished basement, secluded back yard, 2 car garage. Asking \$159,000. Call 772-8066 eves.

ROOMMATE WANTED: Male non-smoker to share Western Prom condo. Off-street parking, wood stove, washer/dryer. \$200/mo. plus utils. Avail. Oct. 1. Call Diane at 780-7170 days, or 773-0271 eves.

ROOMMATE WANTED: 22 yr. old professional female wishes to share spacious, sunny 3 BR apt. with 1 or 2 others, male or female. Non-smoker preferred but not necessary. Call 871-7152 anytime after 5 PM and ask for Kathy.

ROOMMATE WANTED: Female to share private home; own 2 rooms, utils., KT privileges, parking. Call 772-7316 eves. and weekends, 773-4140 days, ask for Mrs. Taylor.

ROOMMATE WANTED: Female to share 2 BR 3rd floor apt. on Ocean Ave. \$247/mo. includes heat and elec. Has porch with view. Please call Diane at 773-4875 eves.

ROOMMATE WANTED: Male/female wanted to share professional couple's home in quiet residential area of So. Portland. Must be neat, responsible and like cats. \$300/mo. includes utils. Call 799-1496.

FOR SALE: 1978 Chrysler LeBaron station wagon with auto. trans., AM/FM radio, roof rack, and new tires. One owner, approx. 72,000 miles. Call 799-3735 after 6 PM.

FOR SALE: 1983 Subaru station wagon. 5-sp. trans., rust proofing, excellent condition. \$7,500 or best offer. Must sell. Call 926-4836 after 5 PM.

FOR SALE: 1979 Dodge Omni, auto. trans., p.s., new tires, Ziebart, excellent condition, 52,000 miles. \$2,300. Call 829-3802 after 4:30 PM.

FOR SALE: 1974 Datsun 260Z, black with chrome wire wheels, good condition. \$2,700 or best offer. Call 797-8787.

FOR SALE: 1975 AMC Hornet with new sticker, good tires, runs good. \$450 or best offer. Call 854-5650 after 6 PM.

FOR SALE: 1978 Porsche 924 convertible with sunroof, clean. \$6,000. Call 1-657-2104.

FOR SALE: Harley-Davidson 125 SX Enduro in excellent condition, \$395. Call 772-7143.

FOR SALE: Windows, combos, and doors. Used. Make offer. Also, woodstove. Perfect for camp, \$50. Call 883-5821.

FOR SALE: Newly refinished and decorated (antique gold) school desk with attached chair, \$40. Adjustable art table in excellent condition, \$60. Call 871-2477 mornings, and 781-4775 other times.

FOR SALE: Westbrook College nursing book and completed medication file cards. Also, Westbrook College nurses' cap. Call 926-4836 after 5 PM.

FOR SALE: Gibson, side by side, frost-free refrig., large family size, coppertone, works fine, \$175. Call 883-4812.

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: Appliances: avocado Kelvinator refrig. (16 cubic ft.) and Modern Maid elec. stove with self-cleaning oven. Best offer. Call 655-7332.

FOR SALE: Kitchen cook stove with coal grates and new liners. All chrome re-nickled, near perfect, \$550. Call 1-657-2104.

FOR SALE: New Sears Central Home humidifier, \$50. Call 797-6250.

FOR SALE: 19 in. RCA black/white TV in excellent condition. Plays great, \$50. Call Ray at 775-2165 after 4 PM.

WANTED: Ride daily from Stevens Ave. to MMC 7:30 or 7:45 AM. Call x2951.

WANTED: 10-pin bowlers. Come have fun. Weds. 9:30 AM at Prides Corner Bowling and Recreation Center. Babysitting provided at minimal charge. Call Ginny at 772-3620.

WANTED: Boat trailer for 20 ft. boat. Call 767-2911 after 8 PM.

BABYSITTING: Will babysit Mon.-Fri. in my home in Gorham High School area. Full-time or part-time with refs. Call 839-2089 anytime.

BABYSITTING: Loving mother of 1 will babysit in her Woodfords/Deering Center home weekdays. Have refs. Call 773-9676.

DAY CARE: There are immediate openings at the Growing Place Nursery School Co-op for children 3-5 yrs. old. Also, a waiting list for enrollment for Sept. 1985. Call 775-1250 for information.

LOST: In MMC. Gold heart with chain. Please call Linda at 772-1089 between 7 AM - 3:30 PM.

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