

what's happening

Maine Medical Center
Portland, Maine 04102

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May 2, 1984

Visiting outside of hours can be problem

"We want our patients to have visitors," Cindy Bridgham, RN, says, "but sometimes we do have to say 'enough.'" The pressure of too many visitors at too many times during the day (especially when the patient is an employee) is a problem throughout the hospital, but especially on Maternity and Newborn Nursery, where Cindy is Head Nurse.

"Everyone wants to see a new baby, and check on the mother," she says, "and it's good for patients to have visitors-- to a point." The difficulty, she explains, is that "we have not one but two patients, and both must be cared for, have time together, and have time to rest. The father or support person and other close family members also need time with mother and child, and

we encourage it as a way of developing family unity."

On Maternity, with its already small and crowded rooms, the sheer numbers of people visiting can create problems. It's not just father, family, and friends who want to see the mother and child, but also an obstetrician, a pediatrician, residents and students, two or more nurses, dieticians, phlebotomists, and the TV hostess.

Cindy notes that the average stay on Maternity is down to just three days, and that this puts a lot of pressure on education efforts. Education in postpartum care, breastfeeding, and so on must take place in about a two-day period, along with everything else. The babies spend as much time with their mothers each day as possible, and the presence of visitors during that time interrupts the important mother/child interaction.

Patients, Cindy says, often aren't willing to tell an off-hours visitor they're tired, and often don't realize themselves just how worn out they are. Having short visiting hours and asking people to not visit at other times helps keep the patient from becoming overtired.

Visiting hours on Maternity and Newborn Nursery are 2:30 - 4:00 PM, and 7:00 - 8:00 PM (fathers or support persons anytime). Antepartum patients are often transferred in from long distances, and visiting hours for them are more flexible because of the importance of having family visits. . . Cindy says, "We hope visitors -- especially employees -- will observe the hours. It's the best thing for all concerned."

Honor Night 1984 is ready to happen

Maine Medical Center's 36th Honor Night will be celebrated Tuesday, May 8 at the Downtown Holiday Inn. As always, the occasion will be in recognition of all employees who have completed at least five years of service (as of July 31), and retirees. The Honor Night tradition includes dinner and dancing, as well as formal remarks from Trustees, Administrators, and others.

Two changes from tradition will make Honor Night 1984 even more special than usual. *First, employees attending may invite a spouse or friend to join them after dinner (at 8:30 pm) for dancing.* Space limitations won't allow the invitation to include dinner, but spouses and friends are encouraged to come for the dancing.

Also, plaques will be presented to those who have retired within the past year in special recognition of their service to MMC.

Questions about Honor Night should be directed to the Personnel Office at x2325.



ROBERTA PARKER, RN, P4D Staff Nurse, sets out the Visiting Hours sign on the Maternity unit. (A/V Photo)

Honor Night raffle tickets are on sale

The Employee Activity Committee's annual Honor Night Raffle is underway. Tickets — \$1.00 each or five for \$4.00 — are available from any EAC member, and will be on sale in the Cafeteria Thursday, May 3, Friday, May 4, Monday, May 7, and Tuesday, May 8, from 7:30 – 8:00 AM, 11:30 AM to 1:00 PM, and 4:30 – 5:00 PM each day. Winners will be drawn at Honor Night.

At stake in the raffle are a \$150 gift certificate to Shaw's, a \$100 gift certificate to Shop 'n Save, and a \$50 gift certificate to Shop 'n Save.

Diabetes is topic of May 12 conference

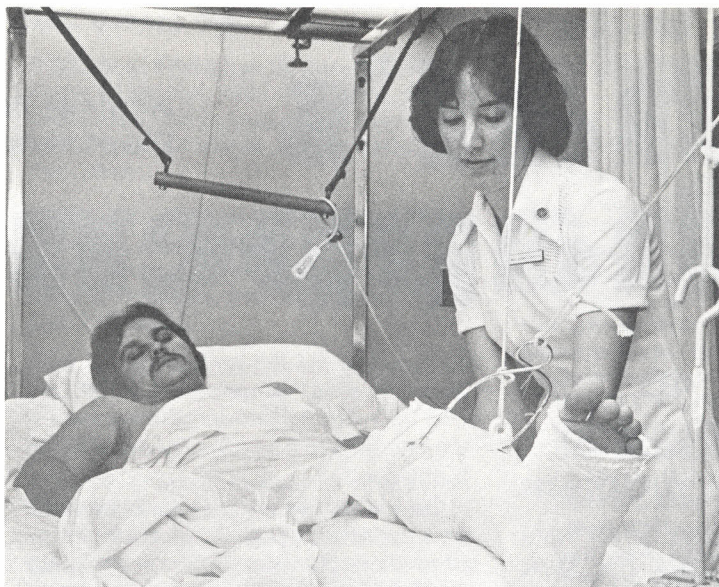
Insulin-dependent diabetics will have a chance to learn about their disease from a number of experts at an afternoon conference at the University of Southern Maine Saturday, May 12. Several MMC people are participating in the conference, which is sponsored by the Portland Chapter of the Juvenile Diabetes Foundation.

The emphasis of the conference is on practical information that diabetics can use in their daily care, and on the sharing for information with professionals and among the participants. Topics include: "Diet and Good Control," with MMC Dietitians Mary Buteyn, RD, and Kathy Halpen, RD; "Daily Management," with Robert R. Hackford, Jr., M.D.; "Children and Diabetes/Glucose Testing," with Patricia Stenger, RN, Eastern Maine Medical Center; and "Future Trends in Diabetes Management," with William C. Ervin, M.D. Doctors Hackford, Hedstrom, and Ervin are members of MMC's Medical Staff.

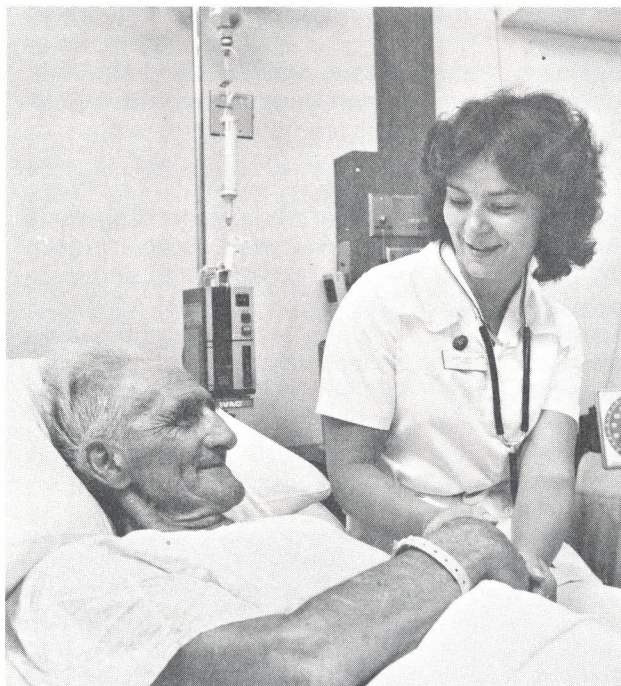
For more information or to register, contact Evelyn Carson, 12 Skillings Street, Gray, Maine, 04039. Registration will also be accepted at the door. The cost is \$2.00.

Photo Contest is ready for entries

Entries are now being accepted for the 1984 MMC Employee Photo Contest. All employees, volunteers, and members of the medical staff are invited to submit their favorite photographs. The only requirements are that the photos be original, and that they be submitted to the Public Information Office by 5:00 PM, June 1.



SUNDAY, MAY
is
**NATIONAL
NURSES'
DAY!**



Specific rules are posted on the *What's Happening* bulletin board on the ground floor.

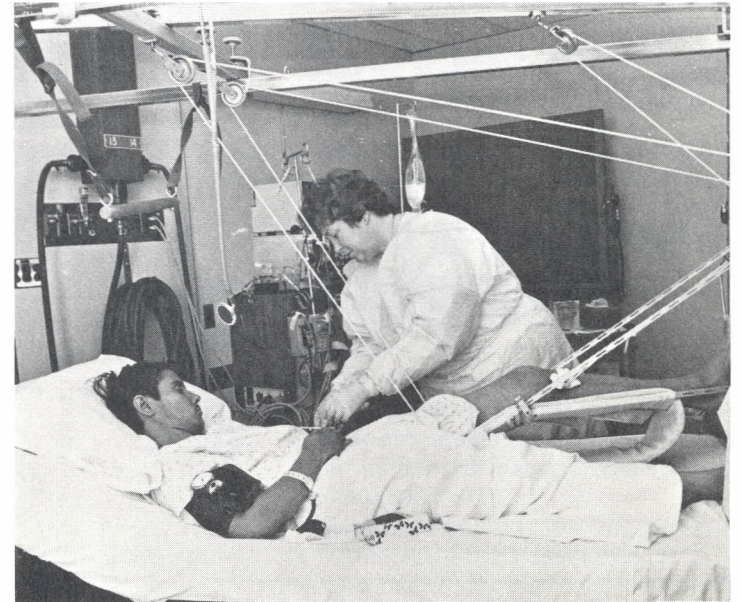
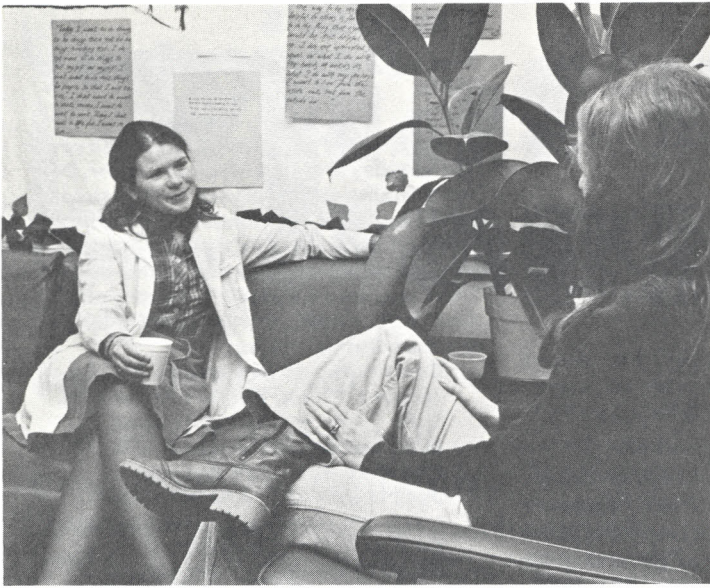
Call x2196 with any questions.

Pulse Group plans open celebration

The Pulse Group of Alcoholics Anonymous at MMC will observe the second anniversary of its organization on Friday, May 4. The group is inviting the public to an open meeting to celebrate the occasion.

Coffee will be served at 7:30 PM in MMC's Cafeteria Conference Rooms. The meeting, featuring three speakers, will begin at 8 PM and will be followed by an open buffet at 9 PM.





Marketplace

FOR RENT: Beautiful, sunny, 5-room, 2nd floor apt. 2 BR, modern KT, tile bath and shower, stove and refrig., hardwood floors throughout. Near MMC and law school. Adults, no pets, avail. May 1. Call 773-4976.

FOR RENT: MMC area. Large 2 room efficiency on 1st floor. Parking, heat and all util. \$325/mo. Call 657-4715 eves. or anytime Fri., Sat. and Sun.

FOR RENT: 1st floor of two family on Edwards St. near MMC and OHM. Avail. July 1. Open KT, LV, DR with center fireplace, 2 BRs, full bath, and den, one car garage, storage and washer/dryer in basement. \$450/mo. plus util. Call 774-0446 after 5:30 PM.

FOR RENT: Room in my home. Possible KT privileges, washer/dryer privileges. \$60/wk. On the Western Prom. Call 772-0774.

FOR RENT: Single family two story house on quiet street off Washington Ave. Situated on 4 city lots surrounded by chain link fence. Three BRs, opportunity for gardening. Includes woodstove and appliances. \$475/mo., 1 yr. lease and sec. dep. required. Avail. June 1. Call 998-4985 eves.

ROOMMATE WANTED: Female, 23-35 yrs. old to share lake home in Windham. 30 min. to MMC. Use of garage, garden, yard, lake, and laundry. Non-smoker. \$250/mo. Call Jean at 892-5480 or 774-3491.

FOR SALE: 10-speed bike in excellent cond. Used only a few times, \$100 firm. Call 883-5304 after 5 PM.

FOR SALE: 10-piece drum set, \$300. Call 774-6552 after 5 PM.

FOR SALE: Sacrifice Baldwin organ, walnut case and bench, 2-keyboard, 1 octave foot pedals, rhythm and chords, 7 yrs. old. Present value \$650, will sell for \$425. Call 773-2734 after 6 PM weekdays, anytime on weekends.

FOR SALE: Homelite chain saw XL100, \$55. Call 929-8405.

FOR SALE: Pine BR set in good condition, colonial design; dresser, mirror, chest-of-drawers, full or queen size headboard and metal bed frame. Asking \$500. Call 799-3866.

FOR SALE: 20" girl's 2-wheel bike, \$20. Child's Chips motorcycle, \$7. Child's Hedstrom tricycle, \$10. Strawberry Shortcake roller skates, \$10. Will accept offers. Call 773-5844.

FOR SALE: Walnut DR set in excellent condition. Rectangular table with leaf, 6 chairs and sideboard, \$390. Call 767-2218.

FOR SALE: Princess Atlantic cook stove. Enamel, excellent condition, complete with 2 (55 gal.) oil drums, automatic lift pump and control valves. Can easily be converted to wood, \$600. Call 767-2218.

FOR SALE: Clean, used brick, make an offer. CB radio w/antenna, \$30. 3 yds. new, rust upholstery material, \$15. Call 657-3915 eves. and weekends.

FOR SALE: 1980 Datsun 310 GX, 5-sp., 50,000 miles, AM/FM radio/cassette with 4 speakers. 1 owner. Rust-proofed and in good condition. \$3,750. Call 797-5873.

FOR SALE: 1975 Chevy Monza 2-plus-2, runs well, some rust. Best offer. Call 883-4867 eves.

FOR SALE: 1976 Dodge Aspen station wagon in very good condition. 79,000 miles, 6 cyl., AT, PS, PB, air cond., tilt wheel, power seat and windows, AM/FM stereo, 2 extra wheels for snow tires. \$1,300. Call 767-2218.

FOR SALE: 1978 Toyota wagon. Good condition. 4 speed, roof rack. Asking \$1,875. Call 767-3915 eves.

FOR SALE: New, 2 lawn chairs, never used, \$6 each. 32" 3-way lamp, \$19. Comfortable, tan leatherette swivel chair (not rocker), \$33. Thermostat electric heater, \$15. Attache case, good condition, \$12; prices negotiable. Call 799-6340.

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: 22 ft. Venture with 3 sails, anchor, 6 hp outboard, trailer, sleeps 5. \$4,200. Call 799-0946.

FOR SALE: Hammond pipe organ, \$750 or best offer. Call 934-2102 after 4 PM.

WANTED: Riding lawnmower or garden tractor with lawnmower in good cond. Call 657-3915 eves. and weekends.

WANTED: To rent cottage or apt. in Gray/New Gloucester area for approx. 3 mos. starting June. References on request. Call Maureen at 774-6108 weekdays or 247-6908 after 7 PM.

WANTED: UVM student needs room to rent near MMC May 27 - Aug. 24. Please call x2226.

WANTED: Cap for 1981 Chevy "Luv" pickup. Call 799-5133.

WANTED: Am interested in sharing your house or apt. Non-smoker. M/F or look for one together. Call before 10 PM at 774-5481.

WANTED: Have 22' truck leaving for Seattle late May and returning mid-June. Accepting freight either direction, and will consider deviations from main route. Call 775-3856 early AM or late eves.

FREE: To a non-working person 14 mo. old Labrador, spayed, needs lots of attention. Call 929-8405.

PORTRAITS BY WINDOW LIGHT and wedding photography. Call Don Brown at 865-6071 eves.

DAY CARE opening May 21st. Warm home atmosphere. Much experience with children. Accepting all ages (licensed for 6). Call 767-2082.

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