

what's happening

Maine Medical Center
Portland, Maine 04102

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July 6, 1983

New house officers join eight services

Thirty-eight new House Officers reported last week for orientation and get-acquainted sessions preparatory to beginning specialty services at Maine Medical Center. The doctors, in their first through fourth years of post-graduate residency, began staff duties on July 1.

The new residents are in eight specialty areas:

Anesthesiology: Christopher Brann, M.D. (1st postgraduate year) and Carrie Goliger, M.D. (1st). David Andrews, M.D. (2nd) will join the staff in January 1984.

Family Practice: Spencer Amesbury, M.D. (1st), Michael Bither, M.D. (1st), Janet Gregory, M.D. (1st), and Laurie Ludington, M.D. (1st).

Internal Medicine: Stephen Brabeck, M.D. (4th - Cardiology), Thornton Cody, M.D. (1st), Peter Corrigan, M.D. (4th - Pulmonary Medicine), Laura Davidson, M.D. (1st), Philip Frederick, M.D. (1st), Michael Gillum, M.D. (1st), Ralph Hamill, M.D. (4th - Cardiology), Jonathan Himmelfarb, M.D. (1st), Nathaniel James, M.D. (1st), David Kumaki, M.D. (4th - Cardiology), Robert McCroskey, M.D. (1st), and Karen Olson, M.D. (1st).

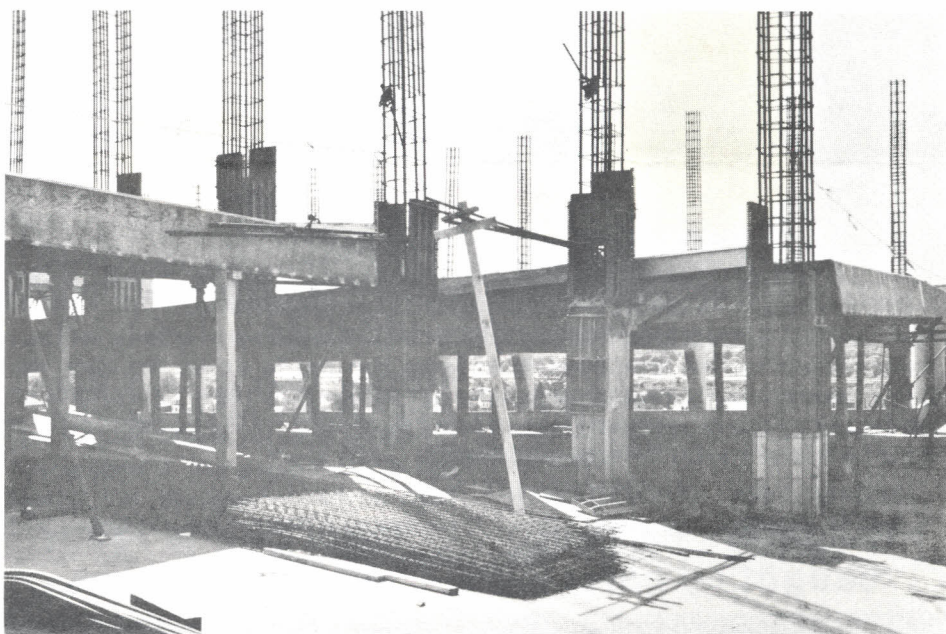
Obstetrics/Gynecology: Vickie Nash, M.D. (1st), and James Wilberg, M.D. (1st).

Pediatrics: Sara Avery, M.D. (1st), Sanjay Ghosh, M.D. (1st), and Brad Raisher, M.D. (1st).

Radiology: Steven Amberson, M.D. (2nd), Lawrence Blinn, M.D. (1st), Carey Buhler, M.D. (2nd), and William Winters, M.D. (1st).

Surgery: Jonathan Ames, M.D. (1st), Daniel Curhan, M.D. (1st), Joseph Esagro, M.D. (1st), Patricia Lerwick, M.D. (1st), Matthew Shapiro, M.D. (1st), and Martha Zeiger, M.D. (1st).

Psychiatry: Leonard Cruz, M.D. (3rd), Edward Gogek, M.D. (1st), David Heilner, M.D. (1st), and Carol Spencer, M.D. (1st).



CLOSER AND CLOSER comes an expanded parking ramp for MMC. Work is progressing well, with completion scheduled for late September. Three levels will eventually be added, bringing the total capacity of the ramp to 1,200. (A/V Photo)

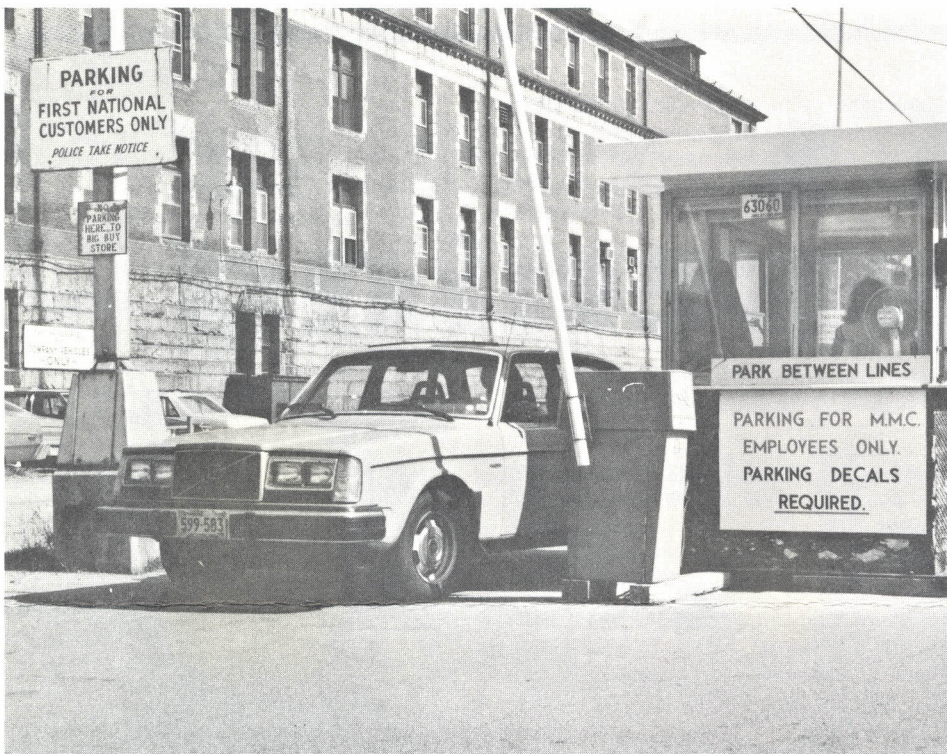
the card is coming, the card is coming!

In fact, it's here! Medical Services Federal Credit Union is now officially part of the InstaCard banking system, and members who pre-qualify should be receiving their cards any day now. Holders of *the card* will be able to access both their share accounts and share draft accounts at any of the 70 in-store InstaCard banking centers across Maine, and at the automatic teller machine at Maine Medical Center.

All banking centers and the three automatic teller machines (there are also ATMs at Unionmutual in Portland and Eastern Maine Medical Center in Bangor) offer the same services: deposits and withdrawals to or from either account. Credit Union members wanting *the card* must have both a share account and a share draft account, and be qualified. Details are available at the Credit Union office, 871-2811.



A SOLITARY SPOT OF SHADE makes a pleasant place to read at lunchtime, now that summer is in full swing. (A/V Photo)



THE GATE AT MMC'S OFFSITE PARKING LOT is a one-at-a-time arrangement, requiring the attendant to activate the bar to go up for each car. Some employees, not realizing that the bar comes down again automatically (activated by the rear wheels), have been surprised by the bar dropping on their hoods or roofs. Patience, patience. . . (A/V Photo)

Tailgaters can get caught by gates

It's generally considered unsafe to tailgate another car, and a few MMC employees have found that applies even in the offsite parking lot. The exit gate, a PVC pipe that raises to allow passage, is activated by the gate attendant. It *lowers* automatically, however, triggered by the car's rear wheels. Another car trying to go through before the attendant activates the gate again is almost certain to get caught short -- at about the middle of the hood.

The gate attendant can override the gate, but it is the driver's responsibility to make sure he has done so. The attendant must also deal with incoming traffic, so it may be necessary to wait a moment. The gate is designed for one-car-at-a-time passage, and unless it is locked in the up position (as it is occasionally) drivers who *don't* wait will risk the ravages of the PVC pipe. The pipe isn't as rough as the two-by-fours that used to be the gates, but can still ruin a paint job.

Most of the problems have been with the exit gate, but the entrance gate operates on the same principle, so equal caution is called for both coming and going.

Salty Dog is ready to sail the seas

Ed (Salty Dog) Meehan is organizing an Employee Activity Committee deep-sea fishing trip July 23 aboard the *Indian II* out of Portland. The cost is \$20 per person, and includes rods, reels, and bait. Fishermen and -women may bring their own food or purchase it on the boat.

The *Indian II* will depart Long Wharf at 9:00 AM Saturday, July 23, and return at 4:30 PM the same day. For information and reservations, call Ed Meehan in Painting Services, x2307.

Discount program to start shaking it up

Enerjoy Health/Fitness Programs has joined the Employee Discount Program of the Employee Activity Committee. Enerjoy is offering two styles of aerobic exercise classes: aerobic dance and advanced aerobic workout. Ten-week sessions begin July 5 at the Riverton Community Center, 1600 Forest Avenue, Portland. A discount is available to all MMC employees who enroll. For days, times, and prices, call 797-2981 days or 775-1859 evenings.

Summer is a time to be careful of injury

With summer in full swing, the National Spinal Cord Injury Association wishes to remind us that spinal cord injuries are a danger during this active season and has released the following data:

- The 5 most frequent causes of spinal cord injury are motor vehicle accidents (50%), falls (15%), sports and recreational activity (15%), diving (10%), and violent events (10%).
- 80% of the injuries occur to males, primarily between the ages of 15 and 30. The incidence among females is rising, however.
- Nearly half a million persons in the United States have become paralyzed by spinal cord injury.
- Every year an additional 20,000 persons will become paralyzed by spinal cord injury.

The National Spinal Cord Injury Association also has a few suggestions on avoiding the trauma of spinal cord injury this summer:

- When diving into the water, always check the water depth *first*. Rafts drift, water levels fluctuate, and objects can become submerged in a swimming area, so daily checks of the water depth are imperative. The Association recommends eight feet as the minimum safe depth.
- Stairways around the home should be kept clear of clutter and ladders should be firmly anchored.
- If you arrive on the scene of an accident and the victim complains of numbness and/or neck pain, be very careful. Do not attempt to move the victim -- in fact, do not attempt to move any injured person unless spinal cord involvement is ruled out first. Always inform arriving emergency medical personnel of a possible spinal cord injury.
- And of course, obey the speed limit, wear seatbelts and shoulder straps, and don't drive under the influence of alcohol or drugs.

Nursing Continuing Education Program

- "Electrocardiographic Manifestations of Myocardial Infarction," Paul Sweeney, M.D. (1 Contact Hour requested from MSNA)

July 12, 1983 R-9 Conf. Rm.
8:00-9:00 AM
3:00-4:00 PM

For further information please contact Staff Development at 2397.

Festive start set for health program

There will be an informational Employee Health Fair July 22, 7:30 AM-7:00 PM, in Cafeteria Conference Rooms A and B. The Fair is the official kick-off of the MMC Employee Health Promotion program, courtesy of the Employee Health Promotion Committee and the Personnel Department.

Information on a wide variety of topics will be available at the Fair, including upcoming programs at MMC dealing with various health promotion activities. Also, information on health-related activities in the community will be available from companies offering programs in weight control, aerobics, fitness, smoking cessation, dance, and so on. There will be health promotion films in Classroom 2 during the day.

The first issue of the health promotion program newsletter will be out soon, containing information on various health topics and a calendar of coming events.

Campaign "Clubs" recognize donors

Vincent B. Welch, Esq., Chairman of the MMC Capital Campaign, has announced "Donor Recognition Clubs" which will be used to recognize campaign contributors, including individuals, businesses, clubs, organizations, and individuals. The recognition levels are:

Pacesetter Club - Donors of \$250,000 and up.

Leadership Club - Donors of \$100,000 to \$249,999.

Primary Club - Donors of \$50,000 to \$99,999.

Major Club - Donors of \$25,000 to \$49,999.

Special Club - Donors of \$10,000 to \$24,999.

Key Club - Donors of \$2,500 to \$9,999.

Chairman Welch expressed the hope that all donors will be duly recognized

To Meet
the Need

for their contributions to this vital effort. Those who truly want to remain anonymous, he noted, should indicate so on their pledge card or call the Campaign Office (871-2756).

LPN Association convenes in Portland

The Maine Licensed Practical Nurses Association held its 29th annual convention June 6 and 7 at the Holiday Inn West in Portland. State Representative Mavourneen Thompson, (D-South Portland), delivered the keynote address on "The Nuclear Freeze Movement in Maine." Resolutions were adopted regarding health care cost containment, intravenous therapy, nuclear disarmament, Maine ERA, and chemical abuse among LPNs.

Maine Governor Joseph Brennan was guest speaker at the annual banquet Monday evening. Tuesday was devoted to an all-day workshop on "Nursing Legalities and the LPN." Election of officers was held, and Timothy M. McBrady, LPN, of MMC's Emergency Division, was elected President.

About People

Nancy Wing has been appointed Supervisor of the Radiology File Room, and Colleen Nelson has been appointed her assistant. The appointments followed the resignation of Mildred McDonough, who left MMC to pursue a business venture with her husband.

EAC has discounts for home and away

The Employee Activity Committee has added two discounts to its Employee Discount Program. *Caffe Domus*, at 10 Exchange Street in the Old Port Exchange, will offer Photo ID-carrying MMC employees a 10% discount on all entrees Monday-Thursday. Dinner is served 5:30-9:30 PM.

Portland Glass has changed its discount offer. The company has added Colony paint to its product line, and MMC employees with either a Photo ID or a Portland Glass-MMC Discount Card can get 25% off the list price. A 10% discount is available on glass and glass-related items.

New Employees

HOUSEKEEPING: Nancy I. Bissonnette

PARKING: Titus H. Wheatley

PATIENT ACCOUNTS: Lynell E. Friesen

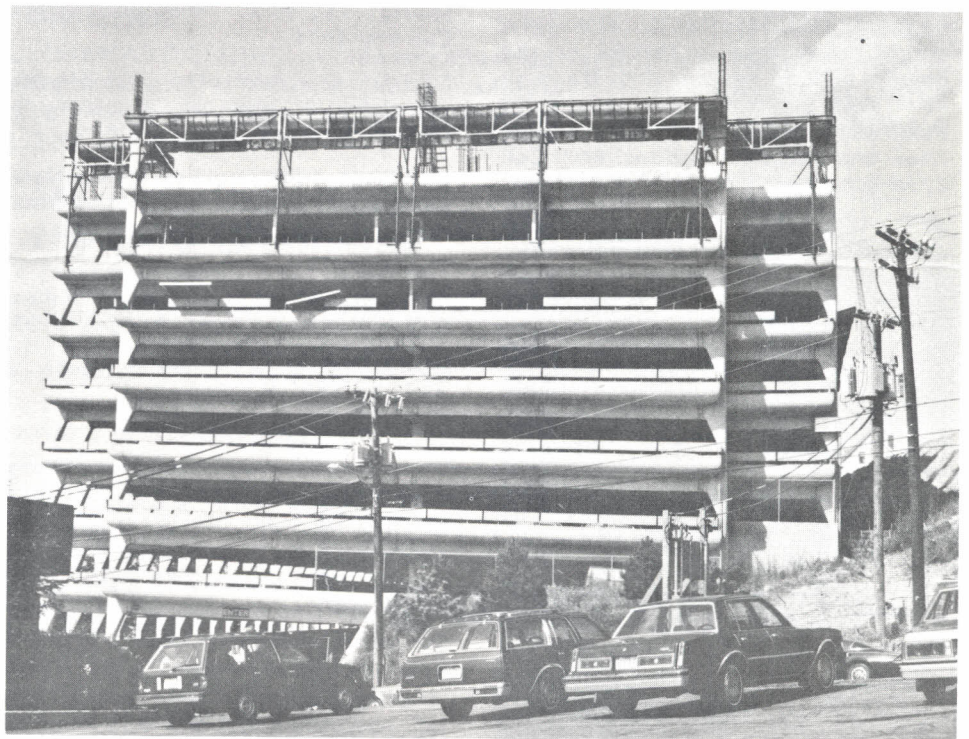
PSYCHIATRY: Heather Holmes, Joyce E. Lowell

RADIATION THERAPY: Kimberly Lewis

DATA MANAGEMENT: Elizabeth Bennett

DEVELOPMENT: Jody L. Moulton

FOOD SERVICES: Virginia A. Barry, Sabina Brych, Chris A. Coxe



THIS VIEW OF THE WORK on MMC's parking ramp (taken from the Gilman Street side) shows the formwork for another level in place at the very top. The next level down is brand spanking new, tangible evidence that work is moving along. (A/V Photo)

Marketplace

FOR RENT: Furnished studio apt. in Western Prom area. Clean, quiet building, parking available. All utilities included. Nonsmoker preferred. For appointment to see, call 774-0514. If no answer, 998-2373.

FOR RENT: Modern garden apt. 3 rooms, stove and refrig., ceramic tile bath. Furnished or unfurnished. Clean, quiet building, parking available. Nonsmoker preferred. For appointment to see, call 774-0514. If no answer, 998-2373.

FOR RENT: Cape Elizabeth efficiency apartment. Washer/dryer hookup, separate entrance. \$280/mo. Call 799-6698.

FOR RENT: Beautiful 2 BR apt. Modern kitchen, tiled bath, stove and refrig., hardwood floors. 1st floor, near Law School and MMC. Adults. Avail. July 15. Call 773-4976.

FOR RENT: Waterfront cottage on Highland Lake, Bridgton. Sandy beach, excellent for children. Sleeps six. \$300 per week. Call 829-5052 anytime.

FOR SALE: 2-pc. plaid colonial LR set. \$75 or BO. Call 773-5844 eves.

FOR SALE: Attractive 2 BR condominium with skylights, wooden beams, new appliances, offstreet parking. Near MMC. Low 30s. Call 773-4708, keep trying.

FOR SALE: 50mm, f 1.7 lens, 135mm, f 2.8 lens, 2x converter. All with screw mount for Yashica or Pentax, or any camera with an adapter ring. Make an offer. GAF Super 8 movie camera, 6x automatic or manual zoom. Slow motion, filter, and backlight buttons. \$50. Call 282-1895 after 5 PM.

FOR SALE: Two-year-old Kirby vacuum cleaner with carpet cleaning accessories. \$375 new, asking \$200. Negotiable. Call 799-6647.

FOR SALE: Gulbransen organ two keyboard spinnet. \$425. Call 892-4829 after 5 PM.

FOR SALE: Atari 2600 in exc. cond. with 11 cartridges including Pac-Man, Pitfall, and Donkey Kong. \$200. Call 772-2246 after 5 PM week nights, anytime on weekends.

FOR SALE: Queen-size boxspring and mattress. 1 yr. old, exc. cond. \$300 or BO. Moving, must sell. Call 767-5832.

FOR SALE: 16'7" Boston Whaler (1975) with 55 HP Evinrude (1976). Hull good, engine very good. \$2,000. Call 871-2163.

FOR SALE: 1974 Cape Dory Typhoon, Weekender. 19½ ft., 4-HP Evinrude outboard, genoa jib, mainsail, mooring, life jackets, many extras. Call 774-9641 between 10 AM and 9 PM.

FOR SALE: New queen-size sheets for waterbed. ½ price. Pale mint green. Call Susan at 829-3158 after 5 PM.

FOR SALE: Lobster trap coffee table with smoked glass top. \$50. Call Pati at 2232 or 773-3215.

FOR SALE: Gold Coldspot refrigerator. 19.3 cu ft, frostless, auto. icemaker, freezer compartment (5.71 cu ft). \$375. Call 772-3343.

FOR SALE: 1977 Honda Wagon. Standard, good condition. \$1,400. Call 780-3416 or 829-5137.

FOR SALE: 1977 Buick Skylark. Small, sporty V-6 automatic. Must sell. \$1,100. Call 883-4971.

FOR SALE: Everett Jennings Electric Wheelchair. 2½ years old, not used much. Perfect condition. Call 761-0634.

FOR SALE: 1974 Audi Fox. New battery, tune-up, sunroof. Some problems. \$500 firm. Call 799-7438 after 5:30 PM.

FOR SALE: 1977 Cutlass Brougham. 2-door, power steering, power brakes, A/C, radial tires. \$2,995. Call 646-9395.

FOR SALE: 1956 Chevrolet Bel Air. 4 door. \$3,200. Call 799-0932.

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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ROOMMATE WANTED: Clean and refined roommate for 2-BR apt. in Baxter Blvd. area. \$250/mo. Call 892-8911.

ROOMMATE WANTED: Female seeking roommate to share apt. in Scarborough. \$192.50 plus utilities. Call 883-4037, keep trying.

ROOMMATE WANTED: Professional woman looking for same to share house in Cumberland Center. Call 780-3416 or 829-5137.

WANTED: To housesit or share house in Portland area. Need space and/or yard. Can relocate in a month. Have good references. Call 773-4187, keep trying.

HOUSECLEANING: Relax this summer. Call Johanna to do your cleaning. Free estimates and references. Call 773-7098.

WEDDING PHOTOGRAPHY: Deluxe or thrifty. Call Don Brown at 865-6071 eves.

PAINTING AND WALLPAPERING: Interior and exterior. Free estimates. Call Joe at 773-0934.

Murphology

THE TWO-STEP STRESS MANAGEMENT SYSTEM

- 1) Don't sweat the small stuff.
- 2) Remember, it's all small stuff.

BURNS' COROLLARY

Does anyone remember who was the Captain of the Titanic?

SHEDENHELM'S LAW OF BACKPACKING

All trails have more uphill sections than they have level or downhill sections.

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