

what's happening

Maine Medical Center
Portland, Maine 04102

Vol. 14, No. 38

April 20, 1983

Awards Coffee honors 219 for long service

"I've been doing this twice a year for a long time, and I always seem to wind up saying the same thing." With those words, MMC President Edward C. Andrews, Jr., M.D., began the presentation of awards at an Awards Coffee April 12. "I always try to put it a little differently," he continued, "but it always comes out the same: I'm proud to honor you who have been here so long. You people know the institution; you know why we're here; and I'm genuinely proud to acknowledge your service."

Awards at the coffee went to two 40 Year veterans, Ruth Russell of OR and Warren Sanborn of Food Services. 35 Year awards went to Rose Graham, Nursing Office, Eugenia Britt, Quality Assurance, and Mary Ann Shaw, Blood Bank. 30 Year pins were presented to Cathaleen Hodgkins, R4, Virginia Curry, Nursing Office, and Claire Cross, Float Nursing. A 25 Year award went to Louise Citrine, Mental Health, and 20 Year pins to Margaret Goodwin, Food Services, Hazel Rubito, OR, Barbara O'Leary, Microbiology, Louise Patterson, P1A, Mabel Knowles, Housekeeping, Joann Groff, Ambulatory Surgery, Pauline Searway, Patient Accounts, Joan Stilphen, R1, and Priscilla Whalen, R3.

Other honorees were:

15 Years Greta Pinette, Patient Accounts, Eleanor Boyle, Housekeeping, Helen Lewis, Housekeeping, Elaine Gilpatrick, Diagnostic Radiology, Mary Sacco, Physical Therapy, George Hallett, M.D., Pediatrics, Marjorie Deniso, Mental Health Day Treatment, Ruth Beaupre, Housekeeping, Arnold Berthume, Linen Processing, Andrew Demakis, Food Services.

15 Years Nursing Hazel Stubblebine, R1, Chrystal Ouellette, Ambulatory Surgery, Margaret Uldall, P3CD, Earlene Stein, Nursery, Donna Conley,



THE HIGHEST AWARDS OF the April 12 Awards Coffee went to, from left: Claire Cross, Float Nursing, 30 years; Rose Graham, Nursing Office, 35 years; Ruth Russell, OR, 40 years; Warren Sanborn, Food Services, 40 years; Eugenia Britt, Quality Assurance, 35 years; and Cathaleen Hodgkins, R4, 30 years. Not present were Mary Ann Shaw, Blood Bank, 35 years, and Virginia Curry, Nursing Office, 30 years. (A/V Photo)

R1, Patricia Garvin, CICU.

10 Years Harold Osher, M.D., Cardiology, Deborah Thurston, Health Science Library, Rose Thompson, Health Science Library, Norma Reynolds, Medical Records, Peter Barnard, Development, Bonnie-Jo Jackson, Phlebotomy, Priscilla Kwiecien, Cardiology, Mary Peters, Food Services, Diane Diconzo, Radiation Therapy, Lucille Pirone, School of Surgical Technology, Joyce Phinney, Diagnostic Radiology, Jacqueline Roode, Diagnostic Radiology, Frank Maiola, Housekeeping, Evelyn Lamonde, McGeachey Hall, Edith Pulkkinen, Housekeeping.

Mary Burnham, Family Practice, David Johnson, Poison Control, Richard Giroux, Electrical Maintenance, Charles Kettel, Pulmonary, Joleen Louise Russell, Phlebotomy, Phillip Conley, Inventories, Grace Cole, Parking, Regina Bruton, Medical Records, Elizabeth

AWARDS, page 2

Survey results show interest in health

The results of the Health Promotion Interest Survey are in! 1,825 employees -- nearly 55% of the MMC workforce -- responded to the survey, which was designed to determine the level of interest in employee health promotion activities at MMC. The size and nature of the response indicates the interest is "healthy," to say the least.

The tabulated results would be too complicated to include here, but the highlights are:

- 1,825 employees responded, including 1,192 from the first shift, 310 from the second shift, 67 from the third shift, and 256 who didn't indicate a specific shift. The responses of the three shifts and the unidentified shifts were remarkably similar, so they've been averaged for this report.

HEALTH, page 2

AWARDS, from page one

Lemieux, Health Education, Sandra Taylor, Personnel, Heidi Pelletier, Inventories, Thomas Freeman, Pulmonary, Nancy MacDougall, Patient Accounts, Mark Stoffan, Pulmonary, Donna Berry, Housekeeping, Henry Gould, Printing.

Pamela Pellerin, Food Services, Kathleen Spizzuoco, Food Services, Peter Carter, M.D., House Staff, Mark Aranson, M.D., House Staff, Philip Peverada, M.D., House Staff, Debra Mathews, Computer Scanning, Cathy Crozier, Hematology, Theresa D'Amato, Hematology, Roxanne Rogers, Pulmonary, Patricia James, Food Services, Thomas Estee, Pulmonary, Kathy Sensecqua, Chemistry, Dorothy Fickett, Linen Processing, Linda Simonsen, Physical Therapy.

Beth Ann Berry, Copy Center, Kathleen Beatty, Phlebotomy, Cynthia Collins, Diagnostic Radiology, Linda Cook, Patient Accounts, Deborah Kemna, Diagnostic Radiology, Julia Gaskins, Chemistry, Kathy Shaw, Patient Accounts.

5 Years Nursing Marie Mercier, R5, Angela Campbell, P3CD, Theresa Peterson, Emergency Nursing, Laura Cripps, R3, Joyce Berthiaume, CICU, Sue Kufta, Nursing Office, Robin Grigsby, Delivery Room, Brenda Bisson, Nephrology Nursing, Irene Eaton, Nephrology Nursing, Janine Spindler, Burn Unit, Mary Corbin, R2, John Duarte, R4, Charlene Szczechowicz, P3CD, Janet Thompson, R7.

Rona Shriner, P3CD, Ann Boissonneau Cross, Nursing Office, Rowena Doherty, R3, Bonnie Pierce, P3A, Joyce Thompson, R2, Barbara Ford, Burn Unit, Eileen Cross, Neonatal Intensive Care, Edwin Hawkes, R2, Lorraine Johnson, P4D, Linda Greene, Nursery, Jane Stockwood Turner, CICU, Lorraine Zimmerman, Special Care.

Mary Quap, Emergency Nursing, Stanley Cahill, R4, Louise Cady, P2A, Heidi Shaw, Special Care, Rachael White, R2, Therese Qualey, P2D, Paula Downing, Recovery Room, Terry Hiltz, Float Nursing, Joan Guerrette, Float Nursing, Sharon Marks, R2, Marie Rogers, NICU, Lori Smith, NICU.

Susan Grinnell, R2, Sheila Reed, P3A, Mary Morin, R1, Deborah Warren, NICU, Nina O'Neill, Delivery Room, Sharon Carr, R1, Linda Leighton, P6, P.A. Murphy, P2D, Lee Ann Costello, P2D, Nancy Trefethen, R2, Kathy Aranson, NICU, Kim Beaulieu, Special Care.

John Slavin, Mental Health, Darlene Farnum, Utilization Review, Janice Batron, Medical Staff, Critical Care,

Sylvia Meehan, Pulmonary, Suzanne Mullin, Switchboard, Maria Kirby, Chemistry, Meredith Elcome, Physical Therapy, Ruth Conley, Cancer Registry, Sally Walsh, Microbiology, Rena Wallace, Housekeeping, Elizabeth Cloutier, Switchboard, Joanne Croft, Occupational Therapy, Barbara Parker, Medical Records, Donald Klopp, M.D., Anesthesia, Danny Cummings, Food Services, Judy Lindeman, Cardiac Surgery.

Evelyn Jones, Housekeeping, Ann Read, Surgical Pathology, Charles Johnson, Mental Health, Charles Kunkel, M.D., Neurology, Richard Kosack, Pharmacy, Andrew Branigan, Pharmacy, Paul Cox, M.D., Medical Staff, Critical Care, Allen Schuler, Electrical Maintenance, Antoinette Pesce, Microbiology, John Coyne, Chemistry.

10 Years Nursing Bette Pelletier, P2A, Janice Wyman, Recovery Room, Janice Brown, Float Nursing, Judy Thomas, Staff Development, Rachel Rolfe, P2D, Patricia Charette, P3CD, Carol Nadeau, R7, Gail Clark, Emergency Nursing, Donna Irish, R5, Catherine McIntire, R1, Mary Kaczowka, OR.

Kathryn Laslie, P2A, Lena Hawkins, Nursery, Nancy Rowe, P3CD, Mary Bazinet, Staff Development, Leola Curran, Nursery, Pamela Davis, P1A, Louise Bowley, CICU, Lorraine Brennan, R4, Dayle Moulton, Burn Unit, Donna Lemay, R3, Carol MacDonald, CICU, Eugene St. Pierre, R3, Parker Conner, Recovery Room, Maureen McDonough, P2D, Joanne Sayward, Nursery.

5 Years Josceylyne Hussein, Cytology, John Simpson, Chaplain, Bruce Small, Inventories, Sheila Welsh, Family Practice, Michael Michaud, Carpentry, Cecelia Bouchard, Radiation Therapy, Candace Flint, Diagnostic Radiology, Robert Underwood, Food Services, Norma Spearin, Medical Staff NICC, Mary Dowe, Housekeeping, Michael Pacanza, Clinical Engineering, Robert Dalpee, Painting.

Aline Dixon, Patient Accounts, Lena Lathrop, Food Services, Denise Amergian, Clinic Primary Care, Shawn McGrath, Housekeeping, Margaret Veroneau, Patient Accounts, Robert Kotsonis, Pulmonary, Diane Dodge, Housekeeping, Albert Dibbons, M.D., Surgery, Michael Curci, M.D., Pediatrics, Betty Jones, Family Practice, Elaine Doyle, Food Services, F. Hardy Norris, Operations Maintenance, Thomas Joseph O'Brien, Poison Control, Susan Darling, Food Services, Edina Market, Housekeeping.

MSFCU has a deal with little interest

The Medical Services Federal Credit Union has a special automobile loan offer for the month of May only. For all new car loans initiated and closed during May, the annual interest rate will be 11.5%, and only 10% down will be required. The offer applies only to loans made during May, and only to new (not previously titled) cars.

For more information, including terms and conditions, call the credit union at 871-2811.

HEALTH, from page one

● The following percentages of employees indicated an interest in certain employer-sponsored programs (multiple replies were possible):

JOG 25.5%	WALK 34%
BIKE 31.5%	AEROBIC DANCE 43%
RACQUETBALL 29.5%	SWIM 47%
TENNIS 21%	NO INTEREST 9%

● 59.5% of those responding indicated they were overweight.

● Of those who felt they were overweight, 71.5% said they would participate in a nutrition/weight reduction program.

● 76.5% of those who smoke said they would participate in a quit-smoking program.

● 47% indicated an interest in a Stress Management program, 64% in Cardio-Pulmonary Resuscitation training, and 58% in First Aid training.

● Interest was also expressed in lunch-and-learn lectures on various topics.

● Most people, regardless of shift, chose after work as the best time for exercise and training programs.

The survey was not a scientific measurement, and should not be taken as such. However, the big picture is clear: there is overwhelming interest in developing employee health promotion programs at MMC. A detailed analysis of the survey may be examined in the Personnel Office, and more details of the response will be coming soon.

In response to the positive reaction the survey received, the employee health promotion committee is gearing up for action. To keep everyone informed on the progress of program development and to allow for as much individual input as possible, an employee health promotion newsletter is on its way.

One problem with the newsletter is—a name. If you have any suggestions for a fitting name for the newsletter and the health promotion program, please call Susan Williams, x2824, or Mary Eileen Kiniry, x2974.

Maine Medical Center says a heartfelt "Thank You" to its 537 volunteers, who

type, stuff, collate, inventory supplies, deliver mail, deliver flowers, make puppets, make ID tags, package supplies, read to patients, play games with patients, provide information, give tours, give directions, make craft kits, put flowers in the chapel, fill water pitchers, run errands, distribute books and magazines, make beds, hang pictures, help families, interview patients, visit patients, escort patients, deliver equipment, manage and staff the flower shop, coffee shop, gift shop, and blood drives, and just plain listen, help, and care -- for 51,743 hours each year.

National Volunteer Week April 17-23

EAC discount program goes country April 24

The Employee Activity Committee has a special offer for C & W fans. Employees with Photo IDs can save \$1.00 on tickets to the Country Music Festival dance April 24, featuring country recording artist Big Al Downing and local favorites Kim Curry and the Nashville Express.

Not only will ticket buyers get all that country music, they'll also be contributing to a worthy cause: proceeds from the dance go to benefit the Kidney Foundation of Maine. The event is part of the national Country Music Festival being held April 23-24, as a major fundraising event for the National Kidney Foundation and local affiliates.

The tickets -- at \$5.00 each -- are available from either the Social Services office or the Public Information office at MMC. The dance is scheduled for 3:00 PM, Sunday, April 24, at the Italian Heritage Center on Westland Avenue in Portland. A cash bar and food will be available.

Please Note

The MMC Health Sciences Library now has a book drop -- large and bright tangerine -- that can't be missed. Patrons are asked to place returned books in the drop so they can be properly checked in before they go out again. After hours, there is a drop outside the Library door.

Photo contest makes the shutters flutter

Now is the time to start readying your photographs for entry in the 1983 Maine Medical Center Employee Photo Contest. With a choice of six categories and no limit on the number of entries, there's plenty of room for everyone. And while there's no entry fee, there may be prizes for the best photos (more on that later).

Official contest rules are posted on the bulletin board beside the *What's Happening* drop box near the ground floor Richards elevators. Here is a quick summary: The contest is open to full and part time employees, volunteers, and members of the medical staff. There are six categories: people, animals, scenic, color open, black and white open, and snapshot. You may enter as many photos as you like in as many categories as you like. Slides are not acceptable, and prints should be unframed, and preferably unmounted. The deadline for entry is May 13 -- drop entries at the Public Information Office. Each photo *must* have name, department, telephone extension, and category on the *back* of the print (no information on the front).

There's a category for every photo. Shots of people go in that category, and likewise with animals and scenery. The Color Open category has been included this year to provide a place for color photographs that don't quite fit anywhere else. Landscapes obviously go in Scenic, for instance, but what do you do with a boat, an architectural detail, or a shot that makes use of patterns or reflections? That is the kind of shot for which Color Open was designed.

The Black and White Open category will pit all black and white photos against each other. You're free to enter a black and white shot of a person, animal, or scenery in the other categories, of course, but remember that the competition will be in color.

The snapshot category is intended to provide a place for the products of Polaroids, Instamatics, and other

cameras wielded by casual picture-takers. Almost all of us own some sort of camera, and the Snapshot category allows for snapshots to be judged against their peers. This category has consistently produced some very interesting -- and very good -- photographs. You may, of course, enter a snapshot in one of the other categories, but bear in mind that most of the other entries in those categories will be enlargements, and most of them taken by 35mm or larger cameras. Of course, snapshots right off the roll have won in the past, so the decision is yours.

So, there's something for everyone in the 1983 Photo Contest. From casual shutterbugs to ardent camera buffs, from black and white enthusiasts to those who worry about color balance, you all have a reason to enter. And whether you've shot a beautiful scenic vista, a speeding train, a cute child, or anything else at all, there's an appropriate category.

Good luck . . .

True Symposium looks at health screening

The Sixth Annual Robert M. True, M.D., Symposium is scheduled for April 29. This year's topic for the day-long family practice oriented seminar is "Screening Concepts for Office Practitioners: The Coronary Artery Disease Model." The Symposium will present information on preventive screening techniques, from the perspectives of physicians, health planners, epidemiologists, health promoters, and insurance executives.

Attendance is open to physicians, insurance agents and officials, industrial health nurses, family nurse associates, physician assistants, and other interested professionals. For information, contact J. Philip Nelson, Coordinator, at 871-2875. The Symposium will be held at Verrillo's Convention Center, Exit 8, Maine Turnpike, and is sponsored by the Family Practice Residency Program, Maine Medical Center-Mercy Hospital.

Nursing Continuing Education Programs

- *The Physics of CT Scanning*, Joseph Blinick, M.D.
April 26, 1983 8:00-9:00 AM R9 Conf. Rm.
- *CT Scanning as a Diagnostic Tool*, Reed Altemus, M.D.
April 26, 1983 3:30-4:30 PM R9 Conf. Rm.

For further information, please contact Staff Development at x2397.

Marketplace

TWO TICKETS TO PARIS, FRANCE! Room & board and flight for \$600 each. April 23 to May 7. Anyone interested, please call 839-3436.

FOR RENT: House on Cushing Island for July, preferably the whole month. 2 baths, 4 BR, fireplace and porches. Fifteen-minute ferry ride from Portland. Commuter schedule. Call 772-0868.

FOR RENT: Single house, 2 BR next to Harraseeket Yacht Club. Call 865-6985.

FOR RENT: 2 BR third floor apt. in Reiche School area, Gray St. Large living area, skylights, wood floors. Parking. \$365 plus utils. Call 774-2458 days, 773-8287 eves.

FOR RENT: Western Prom brick townhouse. Cozy, bright, 2 BR, with washer/dryer, parking, attractive living space. \$475/mo. plus utils. Call 774-2458 days, 773-8287 eves.

FOR RENT: Juniper Point, West Boothbay Harbor. Oceanside summer cottage with striking view. 2 BR and loft, lg. living area, 2½ baths. Avail. early May to mid-July and Sept. 26 to Oct. 12. Call 774-2458 days, 773-8287 eves.

FOR RENT: 14 weeks on Bonny Eagle, June 1 to Labor Day, 3 BR, wood stove. \$2,600. Call 727-3290.

FOR SALE: 1978 Fiat 131, good cond., AM/FM stereo and cassette, A/C, 53,000 miles. Call 929-6972 after 5 PM.

FOR SALE: Ford '77 truck cover, very good cond., asking \$100. Call Ron at 797-6222 or leave message at 797-8155.

FOR SALE: Panasonic tape/cassette player with headphones, like new. \$50. Call 883-3794 in AM.

FOR SALE: Vermont maple syrup. Quarts, half gallons, and gallons. Call 829-5035.

FOR SALE: Sears Kenmore portable washer with std. hookup option. 3½ years old, exc. cond. Asking \$175 or best offer. Call 829-5035.

FOR SALE: 1979 Dodge Omni, exc. cond., 42,000 miles, \$2,995. Call 775-1962 after 6 PM.

FOR SALE: 1979 Camaro Berlinetta, blue and black interior, 3 spd., T-top, Cragars & new Armstrong tires, AM/FM stereo, Rusty Jones, polyglycoat, 48,000 miles. \$6,000. Call 773-9704 after 3 PM weekdays or thru the day Saturday & Sunday.

FOR SALE: 3 BR garrison in Deering High area, 2-car garage, large backyard, w-w carpeting, fireplace, DR, LR, 1½ baths, full basement, disposal, dishwasher, stove, on quiet cul-de-sac. Call 775-1291. \$67,000. No brokers.

FOR SALE: 1980 Mobile home, 14 x 70, daylight basement, 2 BR, wood or oil heat, on 4 wooded acres. \$45,000. Call 865-3777.

FOR SALE: 1981 Datsun 310 GX 5 spd. FM cassette w/4 speakers, sunroof, rust-proof and many other extras. Exc. cond. Asking \$4,800. Must sell -- buying new car. Call Val at 603-664-7676 after 5:30 PM.

FOR SALE: 1982 Chevrolet Chevette 2-door; silver blue w/dark blue vinyl interior; auto. trans., 6,000 miles, still under warranty; Rusty Jones, all weathertires, immaculate. \$4,995 firm. Call 799-2405.

FOR SALE: Bureau w/mirror and matching headboard/footboard, \$100 or best offer; full-size mattress, spring and metal frame, \$50; twin-size mattress, \$35. Moving, must sell. Call 773-1080 after 6 PM.

FOR SALE: Nice 2-acre lot in Hollis. Easy commute to Portland. Soil tested and ready to build. Some financing available. Call 727-3659.

FOR SALE: 35 mm, SLR camera, Practica, Match Needle, F 1.7 lens. \$105. Call 865-6071 eves.

FOR SALE: Magnavox stereo, like new, \$75 or best offer; new Minolta pocket camera w/flash and case, \$40. Call 799-8649.

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.

Contributors to this issue:

Wayne L. Clark, Public Information
Sheila Roy, Public Information
Mary Corey, A/V Resources
Larry Gorton, A/V Resources
Charlotte Hurd, A/V Resources
Judy MacKenzie, A/V Resources
Leigh Whittemore, A/V Resources
George A. Drew, Print Shop
Henry J. Guiod, Jr., Print Shop
Jim Stewart, Print Shop
Elaine Citrine, USM

FOR SALE: 1981 Honda CM400T, 10,000 miles, \$1,100. Call 772-4258 after 4 PM.

FOR SALE: 1980 Jeep CJ7, 4-cylinder, Am/FM, hardtop, radials, white spoke wheels. \$5,500 or best offer. Call 829-5451 after 5 PM.

FOR SALE: Trumpet and clarinet, both used. Call 773-4935 after 7 PM.

WANTED: Housemate, female, non-smoker. Cheverus High School area. \$215/mo. plus ½ utils. Call 775-2869.

WANTED: Furnished or unfurnished house or apt. from 5/83 through 10/83 or from 7/83 through 12/83, within 15 mins. drive of Portland. Refs. gladly provided. Call 799-0547 after 7 PM.

WANTED: Resident with family looking for house-sitting in Portland vicinity. Call 767-3438.

BABYSITTER: Will care for one pre-school child in my home. North Deering area, fenced-in yard. \$45 per week. Call 797-2044.

BABYSITTER: Mature, responsible and friendly person to care for our 3 children in our home 3 to 5 days weekly beginning May 2. Hours may occasionally vary, transportation a must, ref. please. Inquire at 727-5766 after 6 PM.

RIDE NEEDED: N. Windham to MMC, 7:30-4 PM, up to five days a week. Call Mary Ann at x2331 days or 892-6872 eves.

EXTERIOR PAINTING, free estimates, refs. available. Call 797-5427 after 6 PM.

INTERIOR PAINTING & PAPERING, reasonable rates. Call Joe at 773-0934.

what's happening Maine Medical Center
Portland, Maine 04102

NON-PROFIT ORG.
U. S. POSTAGE
PAID
Portland, Maine
PERMIT NO. 35