

what's happening

Maine Medical Center
Portland, Maine 04102

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February 9, 1983

Energy at MMC: lots used, lots saved

Maine Medical Center is a big energy user. In 1982, the main complex alone used over 13 million kilowatt hours of electricity, more than 225,000 gallons of oil, and almost 871,000 therms of natural gas. This energy cost MMC over \$1.3 million, but that cost would have been much higher without the effects of several energy management programs.

Responsibility for energy management falls primarily on Engineering Services. The efforts of this department are part of a multi-faceted effort, many portions of which would be difficult to quantify. The effects of weather-stripping, the maintenance of equipment to perform at top efficiency, and the use of "air lock" exterior doors are hard to detail, but other portions stand out.

The most expensive component of MMC's energy costs is electricity, used for diagnostic and life support systems as well as for such things as lighting, machinery, and air conditioning. Summer is the time of heaviest energy usage for a hospital, due to the load of air conditioning in particular. We now have about 700 tons of central air conditioning, with each ton representing about 12,000 BTUs per hour. In addition, there are dozens of room-size units throughout the hospital.

Operational Maintenance Supervisor Gary Sacco --- whose department has overall responsibility for energy management --- explains that air conditioning in a hospital is not simply for comfort. Operating rooms must be kept cool, he says, and sensitive diagnostic equipment and computers must also be maintained at cool temperatures in order to function properly. The new wing now under construction calls for an additional 1,300 tons of central air conditioning, primarily for the new operating rooms and special care units.

A substantial amount of the electricity used here turns ventilation fans. Code requirements, most related to patient care guidelines, require frequent "changes" of air. In the operating rooms, for instance, codes call for a minimum of 25 air changes each hour, and similar requirements are placed on patient rooms and other areas. Of course, changing the air in the winter means pumping some amount of heat outdoors, and in the summer pumping some cooled air out, so ventilation requirements affect both our heating and cooling costs.

Most of MMC's heat is generated by four boilers, one of which has been converted to a dual fuel capability. This boiler, and one to be converted soon, can use whichever fuel -- natural gas or oil -- is cheaper at the time.

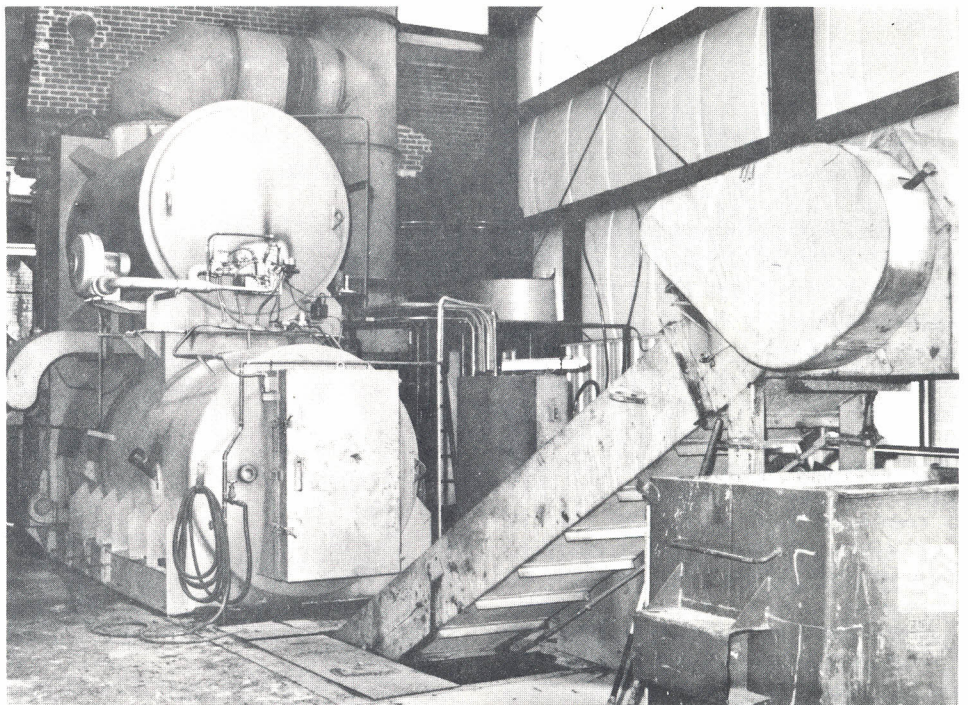
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Three UNH Juniors here for Internships

On January 17, three University of New Hampshire students began Administrative internships at Maine Medical Center. For the next four months, they will be undertaking different assignments which will give them first-hand, on-the-job experience in how administrative aspects of a health care institution work. All three students are in their third year of study in the UNH Health Administration and Planning program, and all are eager to begin learning about Maine Medical Center and what it has to offer.

Suzanne Csonger, Janet Dimillo, and Daniel Vincent have already begun their orientation program to help familiarize themselves on how different

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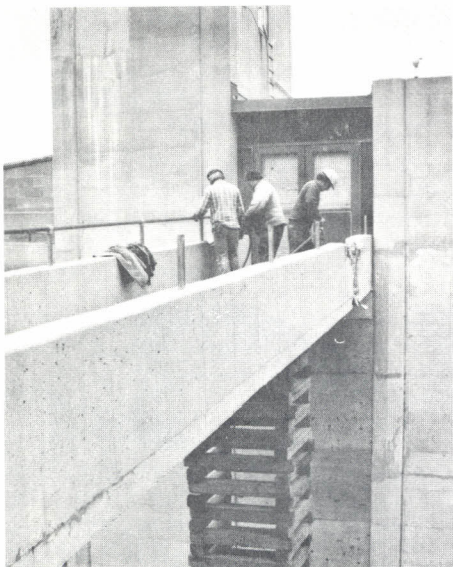


THE WASTE DISPOSAL INCINERATOR may look like something only its mother could love, but it produces up to 4,000 pounds of "free" steam for MMC ten hours each day. The incinerator's steam ties in with that produced by MMC's four conventional boilers. (A/V Photo)

Book Sale in great need of donations

The 1983 Downeast Used Book Sale, scheduled for the end of April, is looking for more donations of books. Proceeds from the annual event, now in its eleventh year, benefit the medical libraries and health education at Maine Medical Center and Mercy Hospital.

Volunteers from the Auxiliary to the Cumberland County Medical Society organize and run the three-day sale, as well as sort and price the books. Donations, which are tax deductible, can be dropped off at these locations: MMC Volunteer Office; Shaw's Supermarkets in Falmouth, Mill Creek, Northgate and North Windham; Martin's Shop 'n Save in North Windham and Gorham; Pond Cove IGA in Cape Elizabeth; Brighton Avenue Pharmacy in Portland; and the Coastal Health Services Clinic in Portland. Pickup for large numbers of books may be arranged by calling 799-6912, 781-2800, or 892-6836.



THE FOOTBRIDGE we've come to love so well is a thing of the past now. It was sealed off February 2 with the opening of the new sheltered walkway from the parking garage to the hospital. Eventually, a new footbridge will connect with the new building. (A/V Photo)

Please Note

The Imposition of Ashes will be given in the Maine Medical Center Chapel on Ash Wednesday, February 16. One of the Catholic Chaplains will be in the Chapel 7:30 - 7:45 AM, 1:00 - 1:30 PM, and 7:30 - 8:00 PM. All employees, patients, and visitors are welcome.

InstaCard banking coming February 22

Now that the new temporary walkway and Richards entrance to the hospital are in use and the old Orthopedic entrance has been retired, work can begin on installation of the Automatic Teller Machine. It will be located on the spot where the inner sliding doors once led to the Ortho entrance.

The machine uses InstaCard, and InstaCard is available through 31 financial institutions in Maine: American Savings & Loan, Androscoggin Savings Bank, Bangor Savings Bank, Bar Harbor Banking & Trust, Brewer Savings Bank, Canal National Bank, Coastal Savings Bank, Depositors Banks, Federal Trust Company, Firstbank, N.A., Franklin Savings Bank, Gardiner Savings Institution, Gorham Savings Bank, Heritage Savings Bank, Houlton Trust Company, Kennebec Savings Bank, Livermore Falls Trust Company, Government Employees Credit Union.

Maine National Bank, Maine Savings Bank, Mechanics Savings Bank, Merrill Trust Company, Mid-Maine Mutual Savings Bank, Norway Savings Bank, Ocean National Bank, Saco & Biddeford Savings Institution, Skowhegan Savings Bank, Sun Savings & Loan Association, Telephone Workers Credit Union, Union Trust Company of Ellsworth, and Washburn Trust Company. The Medical Services Federal Credit Union has announced plans to join the system.

More details will be coming, including application information accompanying payroll checks on Thursday.

Estate Planning series set to begin in March

Once again, the MMC Deferred Giving Committee is pleased to announce its sponsorship of a new series of Estate Planning Seminars by Terry D. Mayo, on three successive Wednesday nights, March 9, 16, and 23. Mr. Mayo will also present a special seminar for single people on the evening of Wednesday, April 27.

These programs are offered as a public service, without charge. Seating is limited, however, so tickets are issued on a first-come, first-served basis.

Anyone wishing more information or to make a reservation should write or call the Development Office, which is located in the Thomas House, at 120 West Street. Telephone 871-2669.

Look out, folks, here it comes again

Employee Appreciation Week just keeps getting better, year after year. This year it's set for February 22 through 25. All the delicious details will be revealed next week. Here's a hint: The Food Services crew doesn't often clown around. . .

ENERGY, from page 1

Natural gas was the dominant fuel throughout 1982, but now oil is cheaper so gas usage is down. Heat must be generated summer as well as winter here, mainly because of steam requirements for sterilizing equipment.

Oxygen limiting devices have been installed on MMC's boilers, to restrict the flow of air to the chambers. This, combined with scrupulous maintenance and careful adjustment, has given the boilers an efficiency of 81%-82%. The best that would ever be possible, says Sacco, would be 86%. Half the cost of those devices was paid by a federal energy grant, the other half by MMC.

Federal money helped buy 40% of another major portion of MMC's energy management program -- a waste disposal incinerator. The incinerator was installed in December 1980, and under the management of Outside Services burns the average 7,000 pounds of waste generated by the hospital each day. The heat from burning this waste, composed of paper, sterile supplies, pathological wastes, and other materials, generates about 3,500-4,000 pounds of steam per hour. Sacco, whose responsibility is to harness the power, says it would take about \$24.50 to \$28 worth of oil to generate an equivalent amount of steam.

Making the most of the heat produced by the boilers and the incinerator, and preventing waste of both heated and cooled air, is the function of the Delta 1000 computer located in Operational Maintenance.

Next week, we'll look at the many uses of the Delta 1000, as well as the cost of another of MMC's utilities -- water.

**REMEMBER YOUR
VALENTINE**
order early from the
FLOWER BOX

Day is decided for EAC's Good Old Days

The stage has been set for the Employee Activity Committee's talent show, *The Good Old Days*. On Tuesday, April 12, from 7-9 PM, the MMC Cafeteria will be transformed into a theatre. Performing will be acts the likes of which have not been seen before, including *your* act. All you have to do is call Michael Kotch, x2343, to schedule a meeting.

Following is a list of the types of acts Kotch is interested in: drama, melodrama, oral interpretation, stand-up comedy, blackouts, ballet, music with instruments, music with voice, voice without music, mime, juggling, comic sketches, jazz dance, tap dance, any dance, magic, and virtually anything else within the bounds of good taste and legality. Please, no trained seals, horses, dogs, or other animals. Flame-swallowing and knife-throwing are also prohibited.

So far a dozen or more employees have contacted Kotch with ideas for acts and offers to help out. Acts are the most important thing of all, but help will be needed to move furniture, clean up, and make the show work as well. So call Master of Ceremonies Michael Kotch today at x2343 to sign up your act or volunteer your services.

The first group meeting of participants will be announced in next week's *What's Happening*. Until then, "That's All, Folks!"

New Employees

CARDIOGRAPHY: Cynthia C. Faulk
HOUSEKEEPING: Lisa M. Pelletier
MEDICAL REHAB: Agnes H. Tyson
MENTAL HEALTH: Pamela L. Searles
PSYCHIATRY: Anne E. McKusick

About People

Respiratory therapy students from the Southern Maine Vocational Technical Institute have voted two MMC employees "Outstanding Affiliate Faculty Members." SMVTI student Joseph Guay recently presented the awards to Respiratory Therapy Evening Supervisor John Rojecki, RRT, and Steve McGrath, CRTT, Chargeperson in the Blood Gas Lab. MMC's Pulmonary Medicine Department is a major clinical affiliate of the SMVTI Respiratory Therapy program.



UNH ADMINISTRATIVE INTERNS with us this year are Janet Dimillo (seated), Suzanne Csonger and Daniel Vincent. (A/V Photo)

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departments of the hospital are run. They will be participating in an ongoing orientation throughout their stay.

Ms. Csonger's main point of interest is Personnel. She will be working on a range of projects including investigating a new approach to paid time off, and calculating for pension plans. Her Preceptor is Employee Manager Lynn Breckinridge, and she will be working with Vice President for Employee Relations Ronald Baril, and Employee Benefit Manager Jill Johnson.

Under the Preceptorship of Vice President for Planning and Public Affairs Donald E. Nicoll, Ms. Dimillo will be working in the Planning Office

with Sponsored Programs Officer Nancy Hancock. She will be assisting in a project dealing with the Department of Obstetrics and Gynecology.

Finance is the focus of intern Daniel Vincent. He will be working on a cost reimbursement project with Director of Budget and Reimbursement Gene Joyner, and be under the Preceptorship of Associate Vice President for Finance Michael M. Kilmartin.

All three are pleased that they will be able to work in the Maine Medical Center and feel that their internships will be a valuable learning experience, one which they wouldn't be able to gain just from everyday classroom participation.



SPEAKING OF INTERNS: Elaine Citrine, a Communications Major at the University of Southern Maine, is here on a 14-week internship. The USM Senior is working under the supervision of Director of Public Information Barbara Burns. She will be dividing her time between the Department of Audio/Visual Resources where, under the direction of A/V Librarian Jan Glover, she will observe and gain some real hands-on experience with audio/visual materials, and the Public Information Department where she will be researching material for specific publications and reporting occasionally for *What's Happening*. USM intern Elaine wrote this week's story on UNH interns Janet, Suzanne and Dan. (A/V Photo)

Marketplace

FOR RENT: Sunny, 4 rooms and bath. Across from MMC parking. \$340 includes all heat and utils. Dep., refs. Call 773-9052.

FOR RENT: Unfurnished first floor apt. near MMC. 4 rooms and bath, stove/refrigerator. No pets. \$245/mo. plus heat. Call 772-8530.

FOR RENT: Near Mercy Hospital. Exceptional 2 BR apt., panoramic harbor view. Sunshine, privacy, charm, and antiques. \$450/mo. Heated. Call 773-5314.

FOR SALE: Nice 2-acre country lot, easy commute to Portland. Soil tested and ready to build. Some financing available. Call 727-3659.

FOR SALE: 3-4 BR, two-story house in So. Portland. LR, DR, KT and bath. Full basement and large garage. Energy efficient. Accessible to buses, schools and shopping. \$46,900. Call 767-4031 eves.

FOR SALE: 2-family house on Congress St. close to MMC. 3 BR, 2 bath, large fenced-in backyard. Asking \$37,900. Call anytime, 775-4026, ask for Sue or Roger.

FOR SALE: 1972 12' x 60' mobile home with 6' x 15' attached shed. Includes new carpeting, drapes, washer/dryer, stove and refrigerator, dishwasher. Fully skirted. Will consider rent with option to buy. Call 829-3693 after 5 PM.

FOR SALE: One week of time sharing in Waikiki for next 25 years. This week is exchangeable anytime of the year with other resorts around the world. An efficiency w/kitchenette. Accommodates 4 people. Asking \$4,250. Call after 5:30 PM, 284-5338.

FOR SALE: 1980 Pinto Runabout. 3 dr., grey, good condition, 38,000 miles, automatic, power steering and brakes. \$3,700. Call 657-4302.

FOR SALE: 1981 Datsun, 310GX, 18,500 miles, ex. cond., 5 sp. Asking \$4,800. Call after 5 PM at 799-1240.

FOR SALE: 1981 Toyota Tercel SR5 liftback. FWD, AM/FM stereo, tack and gauges, sunroof, rear wiper. Asking \$5,600. Call 846-5629 after 5:30 PM.

FOR SALE: Nordica size 10 upper recreational ski boots. Never worn. Sold for \$400, will sell for \$100. Call 774-6596 eves.

FOR SALE: Get a head start on Spring. Concord Selecta-12 men's 23" 12-speed bicycle. Ex. cond. Metallic blue with extras. \$150. Call Marc at 772-8742 after 5 PM.

FOR SALE: Harvey Custom Wetsuit, 3/8 Nylon-2, neon blue. Farmer John jacket with hood, zippers at wrist and ankle plus booties, size 6. Will fit female 5'5", 112 lbs. or less. Like new. Call 799-4274 after 5 PM or weekends anytime.

FOR SALE: Vitamaster exercycle, \$75; Ross Cobras Downhill skis, size 150 with LOOK-GT bindings, \$100 or best offer. Call 775-2132 eves.

WANTED: Female roommate to share 2 BR apt. near MMC. \$150/mo. plus half utils. Call 761-0162 after 5 PM.

WANTED: 2 non-smoking seeking same to share 3 BR apt. within walking distance of MMC. \$100/mo. plus 1/3 utils. Call 772-3595 after 4 PM.

WANTED: 37-yr.-old woman would like to share cape cod w/female, non-smoker. Nice Gorham neighborhood, comfortable. \$175/mo., \$175 deposit plus utils. Call Peggy at 839-6141.

WANTED: Prof. person wanted to share large apt. on Western Prom. Call 774-3695 eves.

WANTED: One double snowmobile trailer. Call 854-1589 between 5 and 9 PM.

WANTED: Baby's items such as crib, playpen, swing, carrier at reasonable prices.

HOUSE CLEANER: First-rate, looking for work 3-6 hours weekly. Ex. refs. Call Patty at 766-3389.

INTERIOR PAINTING AND PAPERING: Reasonable rates. Call Joe at 773-0934.

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 RENT: Completely renovated, fully insulated 2 and 3 rm. apts. All new bath, carpeting, electric stove and refrigerator. Parking. Sec. dep. \$275 and \$285/mo. Call 799-1668 weekends.

FOR RENT: 1 BR apt. near Eastern Prom. Quiet, new renovation, parking, nice neighborhood. \$300 plus utils. Call 772-4789.

FOR RENT: Room for rent, \$45 weekly with kitchen privileges. One week sec. dept. Call 772-4781 after 6 PM, ask for Laurel.

Nursing Continuing Education Programs

- *Percutaneous Transluminal Coronary Angioplasty*, Pat Camire, R.N. (1 CEARP requested)
February 15, 1983
3 PM, R9 Conf. Rm.
February 16, 1983
8 AM, R9 Conf. Rm.
- *Management of the Patient on a Stryker Frame*, Rebecca Blanchard, R.N. (1 CEARP requested)
February 15, 1983
7:45 AM, Dr's. Dining Rm.
2:15 PM, Cafe. Conf. Rm. C

For further information, please contact Staff Development at Extension 2397.

TERMAN'S LAW OF INNOVATION

If you want a track team to win the high jump, you find one person who can jump seven feet, not seven people who can jump one foot.

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