

what's happening

Maine Medical Center
Portland, Maine 04102

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January 19, 1983

Campaign goal set at record \$11.2 million

Maine Medical Center's Capital Campaign goal has been set at \$11.2 million -- the largest philanthropic effort of its kind in the State of Maine. Campaign Chairman Vincent B. Welch announced the goal last week. Following is his statement:

As Chairman of the Maine Medical Center's Capital Campaign, "To Meet the Need", I am happy to announce that our overall public campaign goal will be a minimum of \$11.2 million. This is the largest philanthropic endeavor in the history of the State of Maine, but one which we feel is both challenging and reasonable, based upon our early Leadership and MMC "Family" commitments to date.

I want to emphasize that this is a *minimum* objective. For every \$1 million raised, we can save \$3.6 million in

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Health Promotion is topic of survey

An interest survey is making the rounds at Maine Medical Center, in an attempt to determine the level of interest in an employee health promotion program. The Personnel Department, with the help of a committee of interested employees, has been examining the possibility of such a program since October, and now the ball is in our court. Responses to the surveys will help determine what activities will happen, as well as what form they will take.

Health promotion is literally the promotion of health, and can take many forms: educational sessions, exercise programs, involvement in community-based programs in aerobics, physical fitness, and similar activities, and self-help programs in weight control, smok-

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THE SUN HAS BEEN SHINING on Maine Medical Center's construction project so far. All work is reported to be on schedule, including the laying of storm drains near the Emergency entrance as shown above. This is part of the site preparation work that must precede excavation for the new building. (A/V Photo)

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ing cessation, and stress management. The key, of course, is "self-help," and that is the reason for the survey.

The Health Promotion Committee was formed to provide information about employee needs and interests, and with the assistance of other interested employees its members are distributing the surveys. Members of the Committee are: Christine Hanscome, RN, Clinical Nurse Specialist, Nursing; Tim Blanchette, RRT, Pulmonary Technician, Pulmonary Medicine; Pat Plummer, OTR, Occupational Therapist, Medical Rehabilitation; Debbie Callaghan, RD, Dietician, Food Service; Alfred Runge, Associate Vice President for Administrative Services; Joyce Coburn, RN, Nurse Practitioner, Employee Health; Wayne Clark, Public Information Assistant, Public Information Office; Susan Gallant, RN, R4; Julie Gillies, Laboratory Technician, Pathology; Joe Vokey, Painter, Engineering; Diane Brandt, M.D., Chief Resident (4th year), Internal Medicine; Mary Eileen Kiniry, RN, Nurse Recruiter, Personnel; and Susan Williams, Director of Training and Development, Personnel.

The survey being used was developed by Blue Cross and Blue Shield of Maine, and has been used successfully at several businesses including Blue Cross itself. Our collective responses to the survey -- covering such areas as present exercise habits, interest in fitness programs, weight control, smoking cessation, stress management, and self-care lectures, and preferred times for exercise -- will be tabulated by Blue Cross and returned to MMC with a suggested program. From there, what occurs will depend on survey results and available resources.

The Committee hopes the benefits of a successful health promotion program will be substantial. For employees, better health is an obvious benefit, and for MMC, as a health care institution and as an employer, healthy employees are a definite asset.

Surveys should be completely distributed this week, and the Committee hopes to have them back to Blue Cross by February 1. Results should be available within two months.

New Employees

CENTRAL SERVICE: James Evans, Jr.

COMPUTER MAINTENANCE: Christopher J. Fasulo

FOOD SERVICE: Dwayne R. Williams

Many discounts are added to EAC program

The Employee Activity Committee announces the following additions to the Employee Discount Program:

Howard's Distributors A variable discount (5-50%) throughout the warehouse. 797-2497.

The Diet Workshop Discounts ranging from \$8.00 to \$20.00 on their various programs. 775-3186.

YOU-DO-IT Ceramics and Gifts 15% off greenware if ceramics is done in their shop. 883-5235.

Midas Muffler Shop 10% discount at the Westbrook shop. Covers rear coil springs, MacPherson struts, exhaust systems, shocks, brakes, front-end service, and custom dual exhaust systems. 854-1222.

Ram Quality Upholstering A 10% discount on all materials. Free estimates, and pick-up and delivery. 775-0954.

Saddleback Mountain \$5.00 discount on all tickets for employees and dependents. Good for the 1982-83 season. 864-3380.

Bethel Inn and Country Club Discount on weekday accommodations (Sunday through Thursday). \$29.95

per person DO (usually \$49.00). \$39.95 SO (usually \$67.00). Includes breakfast and dinner off the menu. February vacation week excluded. 824-2175.
Sheila's Beautician Service 10% discount on all services, except weekly specials. 767-3961 or 799-1077.

Nursing Continuing Education Programs

• *Continuous Drug Therapy for the ICU Patient*, Pam Birmingham, RN, CCRN.

(1 CEARP Requested)

January 25, 1983

8:00-9:00 AM, R9 Conf. Rm.

3:30-4:30 PM, R9 Conf. Rm.

• *Medical Nursing Grand Rounds: "Nursing Management of the Patient with Myasthenia Gravis,"* R4 Nursing Staff.

January 26, 1983

12:30-1:30 PM, Classroom #4

• *Burn Sepsis*, Joel Johnson, M.D.

January 27, 1983

2:00-3:00 PM, Burn Unit Conf. Rm.

For further information, please contact Staff Development at x2397.



OFFICERS ELECTED to serve the Visiting Board of Children's Hospital for the year ahead are, seated left to right: Mrs. Waldo Strahan, president; Mrs. Bradley Smith, treasurer; Mrs. Bruce Myers, recording secretary. Standing: Mrs. Lawrence Carey, corresponding secretary; and Mrs. Burton Warren, assistant treasurer. Mrs. Clifton Foss, not pictured, was elected vice president. (A/V Photo)

GOAL, from page 1

bond-debt service payments. A successful \$11.2 million campaign will not only provide the necessary equity for MMC's \$50 million expansion and renovation project; it will also mean a savings of over \$40 million in future

To Meet the Need

Maine Medical Center
Capital Campaign

health-care costs for area residents. I know I speak for MMC's Trustees, and those associated with the Campaign, in expressing our strong commitment to *exceed* this *minimum goal*, so that we can realize maximum savings for those who may need health-care at MMC in the years to come.

Early gifts and pledges to the Campaign have been truly outstanding by national standards. Including the \$1

million pacesetting gift from L. L. Bean, over \$3.5 million has been committed to date.

The MMC employees, under the leadership of Michael M. Kilmartin, MMC Associate Vice President for Finance, pledged over \$585,000 to the Capital Campaign. This was 46 percent over their \$400,000 goal, and it was the largest total and the largest per capita amount ever raised by any comparable hospital in the country!

The MMC Medical Staff, under the Chairmanship of Dr. John F. Gibbons, MMC Chief of Radiology, established a \$2 million goal only weeks ago. The Medical Staff is well over halfway to their objective! I predict that another, over-the-goal, national record will be set by the MMC physicians this month. Commitments from the three MMC Auxiliaries and the MMC Trustees will be announced in the near future.

The overwhelming response from the hundreds of men and women who have volunteered to help with the Campaign has been heartwarming. Because of their help and cooperation, along with the excellent planning and leadership provided by MMC President Edward C. Andrews, Jr., M.D., the hospital administration, employees, Trustees, Corporators, and Medical Staff, I



VINCENT B. WELCH

am confident that we will be able to surpass our \$11.2 million objective.

On behalf of the entire MMC "Family", I want to urge all businesses, individuals, and organizations to support this project. MMC is *our* hospital. If we want to preserve and strengthen superior MMC health care at the lowest possible cost in the years to come, we must act *now* "To Meet the Need"!

Some room left on EAC bus to Quebec

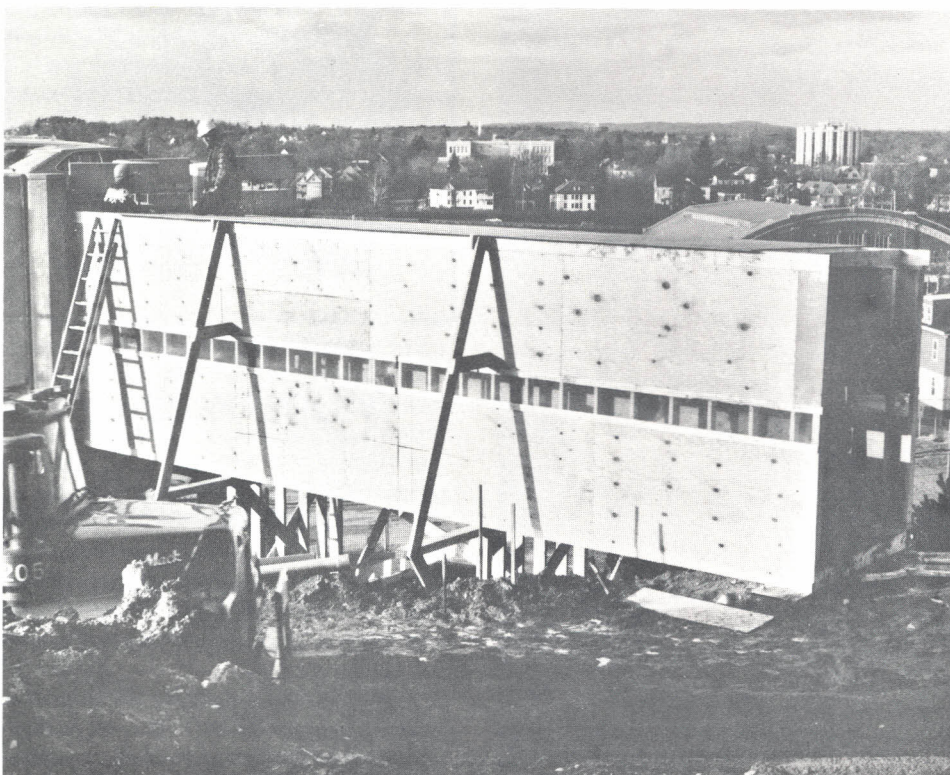
There are at least three seats left on the EAC bus to Quebec City February 4. The trip is scheduled for the Quebec Winter Carnival, and includes bus transportation to and from, two nights lodging, two breakfasts, and one dinner. The cost is \$180 per person double, \$155 per person triple, and \$130 per person quadruple. Call Sally Nason at 2295 before January 24th.

Credit Union sets annual meeting date

The Medical Services Federal Credit Union has scheduled its Annual Meeting for February 12, 1983, at the Italian Heritage Center in Portland. A social hour at 6:30 will be followed by dinner (banquet-style) at 7:30, a business meeting at 8:30, and dancing to Horizon until 12:20 AM.

Door prizes this year include one day's dividends on \$1 million at 10%, a color TV, and a wide selection of gift certificates to area restaurants.

Tickets are \$8.50 per person, and are available from any credit union director or at the MSFCU office.



WORK HAS BEGUN on the temporary pedestrian walkway from the parking ramp to the hospital. The covered walkway will leave the ramp at Level LM, break at the service road, then run from there to the new, temporary entranceway through the Orthopedic area. (A/V Photo)

Marketplace

FOR RENT: 52 Bramhall St., very large heated 3 BR apt. Hardwood floors, modern bath, appliances. One minute from MMC. \$480 heated. Avail. in Feb. Call 774-8652.

FOR RENT: 52 Bramhall St., large 1st floor office or apt. Excellent condition. Terms negotiable. Avail. in March. Call 774-8652.

FOR RENT: Windham Center, energy efficient 1 BR apt. across from high school. Refrig., range, dishwasher, disposal, coin-operated w/d in bldg. No pets. Security deposit. \$290 + utils. Call 839-6711.

FOR RENT: New condo at Sugarloaf, on the mountain. Sleeps six, Sunday-Friday, \$400. Call 799-4255 after 7 PM.

FOR SALE: Immaculate, new 2 BR split foyer near Little Sebago Lake, Gray. One half acre wooded, landscaped lot minute's walk from beaches, tennis courts. Sundeck, full daylight basement, w/w carpeting. Quiet, secluded area. Great for children and animals. \$47,500. Call 655-4243 or 846-4059 for more details.

FOR SALE: Seasoned hardwood firewood, \$120/cord; seasoned softwood firewood \$80/cord, cut, split and delivered. Call 799-8308.

FOR SALE: 1972 Yamaha 340 snowmobile. Excellent condition. \$400 or best offer. Call 773-5413 afternoons or eves.

FOR SALE: 1978 Toyota Corolla Deluxe hatchback. 5-speed, 48,000 miles, well-maintained, Ziebarted. \$3,500. Call 883-9279 after 5 PM.

FOR SALE: Unwanted Christmas Gift - used only once; excellent condition Pollenex Deep Heat Massaging Foot Bath (F150H), original price \$32.92, asking \$20. Call 839-6404.

WANTED: Female roommate to share furnished house on Higgins Beach till June. \$150/mo. plus 1/2 utils. Call 883-3376.

WANTED: Woman seeks same to share cozy Cape in Gorham. \$175/mo. plus 1/2 utils. Nice location, fireplace. Call 839-6141.

WANTED: 3rd roommate for large 3 BR apt., female preferred. Located on Pine St., walking distance to MMC. Heat and hot water included. \$184/mo. Parking available. Call 772-4390.

WANTED: Sailboat, 16-22" day sailer. Call 767-5872 or 767-4541.

ROOMMATE WANTED: Large 2 BR apt. within walking distance of MMC. \$150/month plus 1/3 of utilities. Call 772-7440.

WANTED: Reasonably priced CC ski equipment for 10-yr.-old boy, 5' tall, size 5 shoe. Call 797-2745 afternoons or evenings.

WANTED: U. of V. med. student and wife need a place to stay during rotation at MMC (Mar. 26-June 17, 1983). Prefer within 15 min. of Portland and low rent. A room in a private Christian home would be ideal. Call Barbara at 767-5585.

WANTED: Anyone know where I can get a picture of Union Station? Please call 797-6008.

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

PIANO LESSONS: Children and adults. Adult beginners welcome. Free trial lesson. Call 839-6141.

CARPENTRY services. Free estimates. 774-4899.

CLOTHING ALTERATIONS: 10 yrs. exp., men's & women's. Call Henry at 883-2672.

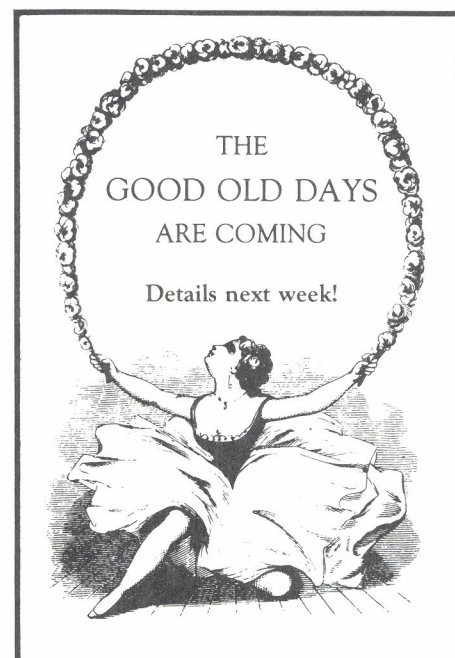
HOUSECLEANING: Enjoy your leisure time while I clean your home. Refs. Call 854-5241 after 1 PM.

what's happening

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Details next week!

Murphology

CLARK'S LAWS OF WINTER RECREATION

- 1) If you ski, it won't snow.
- 2) If you buy a pair of skates, it will rain.
- 3) If you go mountain climbing, it will rain harder.
- 4) Now that you have a cold, it will snow... a lot.

FEMO'S LAW OF AUTOMOBILE ENGINE REPAIRING

If you drop something, it will never reach the ground.

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