

what's happening

Maine Medical Center
Portland, Maine 04102

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MMC expansion nears end of review stage

The lengthy planning and approval process for Maine Medical Center's proposed expansion plans is nearing what should be the home stretch. The \$54.5 million project passed an important milestone July 27 when it received approval from the Maine Health Systems Agency. Final action by the Maine Commissioner of Human Services is hoped for by the end of September, and approval would signal the end of a process that has taken over five years -- as well as the beginning of a three-year period of construction and renovation.

The Certificate of Need application, which must be approved by the state

before construction can begin, is a large document -- about 2½ inches thick. With supporting documents the stack of paper approaches nine inches in height, but even at that size it belies the enormous effort that has gone into it. At every step of the way, that effort has involved physicians, nurses, support staff, administrators, trustees, and outside consultants.

MMC began investigating expansion prospects in 1976, and in 1979 began the long and complex task of developing a long-range master development plan for the hospital. It began with uncounted hours of meetings with individual departments, collecting information on present size, activities, and space needs, and estimating future

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Education helps keep diabetics healthy

The Diabetic Patient Education program at Maine Medical Center is in its eleventh year, and is approaching a milestone. According to Diabetes Nurse Specialist Georgette Carpenter, RN, BSN, the total attendance at the self-care classes will reach 20,000 before the end of this year. This number includes nearly 7,000 inpatients, over 6,000 private outpatients, and some 6,000 family members and clinic patients.

The classes, held daily during the week and open to all diabetics without charge, teach patients and family members how to cope with the disease. Each five-day session of two-hour classes covers basic knowledge of diabetes, urine testing, diet considerations, insulin and oral drugs, prevention of reactions and coma, and special areas such as dental care and pregnancy.

The MMC program was the first of its kind in Maine, and remains one of only two with ongoing, year-round sessions (the other is at Eastern Maine Medical Center in Bangor). Class members come from the inpatient units at MMC, private patients from the Greater Portland community, and from the MMC outpatient clinics. Mrs. Carpenter says that this kind of direct patient education is of paramount importance in managing diabetes, and most physicians recommend the classes to all their new diabetic patients.

Mrs. Carpenter says experience in Maine and elsewhere has shown that education keeps diabetics out of hospitals. "A complete understanding of the disease and what must be done to keep it under control," according to her, "is the best anti-hospitalization insurance there is." While it is hard to document a conclusive relationship, she points to a significant drop in

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MMC VOLUNTEER Barbara Kriger, who's usually staffing the Admitting Desk, was one of three volunteers who worked a Saturday shift at Greater Portland's 350th Celebration Host Information Center on the waterfront. She's pictured here dispensing directions to visitors to the City. **MMC Volunteers** who worked other shifts at the waterfront were Mary Henriques, Alan Algie, and Mr. Algie's granddaughter Lonni Thomson.

Here at a glance are the highlights of the construction and renovation proposed at Maine Medical Center:

NEW CONSTRUCTION

- a four-story building adjacent to the rear of the Richards wing and connected to Richards by a nine-story elevator tower.

First Level central sterile supply area, blood bank, and mechanical services.

Second Level nineteen operating rooms (five more than present), an ambulatory surgical unit, and a recovery room.

Third Level special care and burn unit, operating room support services, and dialysis unit.

Fourth Level labor and delivery rooms and neonatal intensive care unit.

- three more levels on the parking ramp, adding 420 spaces.

RENOVATION

- a number of areas in the existing buildings will be renovated, such as those vacated by SCU, OR, and CSD. This will provide expanded and improved space for many departments.

At completion of the project, MMC will have an increase in licensed bed capacity from 533 to 598. Specifically, we would add:

40 medical/surgical beds

a new total of 422

10 obstetrical beds

a new total of 42

13 neonatal intensive beds

a new total of 25

10 newborn bassinets

*a new total of 40**

2 intensive care beds

a new total of 46

(inc. SCU, CICU, and Burn)

*not included in licensed bed count

More details about the new construction and renovation will be made available as decisions are made and approvals obtained.

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needs. With that data and other information and input from trustees and government officials, MMC administrators and consultants compiled a Facilities Master Plan that projected the hospital's needs through 1990.

The long-range plan was accepted by the MMC Board of Trustees in mid-1981, and the Board gave the go-ahead for the detailed planning and drafting of Phase One of the plan later that year. The first phase addresses the most pressing needs as projected through 1985.

Employee input for the detailed planning was sought at the departmental level and in a series of over thirty special meetings called by Associate Vice President for Facilities Planning Reynold Welch. As he said at the time, "it is important to make sure that the people who spend so much of their time here understand the magnitude of the planning, and that they realize how seriously the institution is seeking their reactions and input."

That concern was taken to the community as well, with two neighborhood meetings held to discuss the proposed expansion. Concerns were allayed, questions answered, and suggestions obtained at those meetings, and the residents of the area surrounding MMC have been steady in their support of the expansion.

The Certificate of Need application was filed in March of this year, and over the past four months approvals have been obtained from the City of Portland's Zoning and Planning Boards, and from the Maine Department of Environmental Protection. Still to come is final action by Maine Human Services Commissioner Michael Petit, and next week *What's Happening* will examine the proposed timetable for final reviews, approvals, fundraising, and construction assuming a positive decision.

New Employees

EEG: Maureen Whalen

CENTRAL SERVICE: Martin T. Dubendris

DEVELOPMENT: Deborah J. Theriault

ENGINEERING: Michael J. Hodge

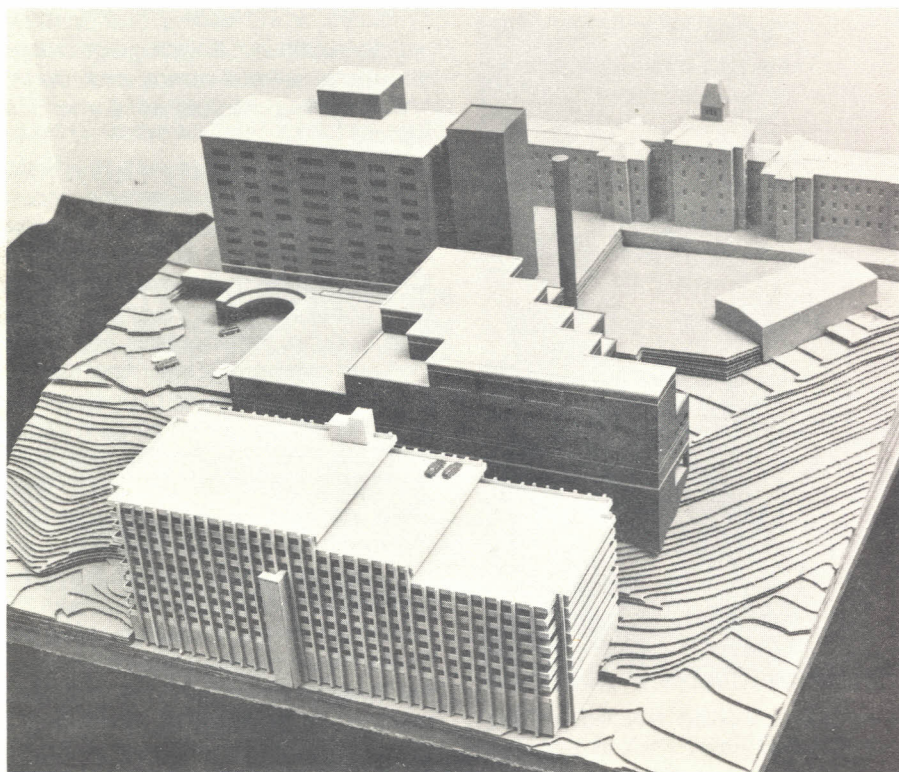
FOOD SERVICE: Susan T. Aikins, Debra S. Burd, Jonathan J. Ross

HOUSEKEEPING: Pamela S. Angell, Kimberly A. Murohy, Deborah A. Sargent

LINEN PROCESSING: Yann El

POISON CONTROL: Paul M. Neal

ULTRASOUND: Lynn M. Marvel



ARCHITECT'S MODEL
OF THE PROPOSED NEW BUILDING AT MMC

Lacombe named new Credit Union manager

The Board of Directors of the Medical Services Federal Credit Union has named Robert P. Lacombe as the new Manager of the organization. Mr. Lacombe was selected from a number of applicants at a special Board meeting July 8. He fills the position left open by the retirement of Edward F. DeLorme, and began his duties August 9.

Mr. Lacombe comes to MSFCU with outstanding credentials. He has been General Manager of St. Pierre's Credit Union in Lewiston since 1973, and holds a degree in accounting. Mr. Lacombe has worked as a credit union auditor and consultant, and his professional memberships include the Certified Credit Union Executive Society and the Legislative Committee of the Maine Credit Union League. He is a native of Lewiston and a member of the Disabled American Veterans, and serves as a director of the Central Maine Youth Center.

Mr. Lacombe will be supervising a staff of four at MSFCU. Assistant Manager Ramona Titus, who served as interim Manager, will continue as Assistant Manager, Robert Audet as Loan Officer, Michael McIver as Book-

keeper, and Beverly York as Teller/Receptionist.

The Medical Services Federal Credit Union operates under federal charter, and is owned and operated by its members. The Board of Directors is the governing authority, and is elected annually from the membership. All employees of Maine Medical Center are eligible for membership in MSFCU, as are other health care workers in Portland.

New Employees

MED. TECH. SCHOOL: Jane M.

Constant, Kathleen M. Foley

NURSING: Denise E. Audibert, Debra A.

Barclay, Edward Beaudry, Jr., Laurel A.

Brooks, Janna M. Brown, Elaine M.

Caron, Joanne L. Crist, Michael J.

Czado, Barbara J. Davis, Kathleen F.

Dennison, Diane M.A. Ducharme,

Diane C. Dupont, Diane D. Gagnon,

Judith E. Howes, Dianne M. Huff,

Kimberly A. Kern, Nina K. Kidwell, Tia A.

LaMarre, Judy W. Lessard, Susan E.

McDermott, Teresa A. Morgan, Solange

M. Morin, Judith L. Parsons, Brenda J.

Peaslee, Susan J. Robbins, Christine

E. Shanahan, Patricia A. Small, Mary

L. Spencer, Lisa J. Ste. Marie, Valerie

J. Stearns, Lori S. Tratell, Ann Marie

Thomson, Cynthia A. Tillson, Betty C.

Whalen



PETER SULIDES left MMC August 2, after a stay of over 13 months. A crowd of well-wishers, including the nurses, physicians, and therapists involved in his care, said a formal goodbye at an R4 gathering July 27. Mr. Sulides, a Rockland lawyer, was shot by a distraught client in June 1981, and has had extensive treatment and therapy for paralysis and other injuries. Unofficially, it appears his stay at MMC is a record, and he and his wife Nancy say they will miss the "second family" they have acquired here. (A/V Photo)

FBR hosts symposium on cancer research

The senior visiting research scientist at the Foundation for Blood Research in Scarborough will be the keynote speaker at a symposium entitled "Clinical Cancer Research in Maine" on Thursday, August 12, at the Foundation from 1:00 to 5:30 PM.

Nicholas J. Wald, M.R.C.P., an internationally known epidemiologist, is a member of the Imperial Cancer Research Unit at Oxford University with major interests in cancer research and birth defects. Symposium speakers also include Peter W. Rand, M.D., Delvyn C. Case, Jr., M.D., Donna K. Thompson, M.D., Richard J. Mahoney, Ph.D., and Christina C. Goldfine, Ph.D.

The course has been approved for 4 Category I CME credits, and the registration fee is \$5.00. Call Paula K. Haddow at 883-4131 for more information.

Dr. Wald, who has participated in international collaborative studies and has been a member of World Health Organization workshops, will be at the FBR for a month of lectures and consultations.

New EAC offer might take you for a ride

The Employee Activity Committee has a new discount ticket offer for MMC employees. Discount "Unlimited Use" passes for *Palace Playland* at Old Orchard Beach are available in the MMC Security Office.

Day Passes allow unlimited use of all amusements in the park between 1:00-5:00 PM, and Evening Passes allow the same from 7:00-11:00 PM. Either pass costs \$5.50.

Ticket booklets are also available, allowing selectivity in choosing rides and usable on any date at any time, at \$7.50 a book.

The EAC also has discount tickets for the *Maine Mall Cinemas*, at \$2.75 each.

Both *Palace Playland* passes and *Maine Mall Cinema* tickets are available 24 hours a day in the Security Office.

Morphology

TWO-RULE PROTOCOL OF JOB SECURITY

- 1) *The boss is always right.*
- 2) *When the boss is wrong, refer to rule 1.*

Marketplace

FOR RENT: 4 BR, 2½ bath house at Kennebunk Beach. \$500/mo. plus utils. No young children or pets. Prefer mature couple. Avail. Sept. 11 through June 15, 1983. Please call 967-4450.

FOR RENT: Country house with lots of privacy in Gorham area. Avail. Sept. to July. 3 BR, wood stove & wood supply. \$475/mo. plus utils. Call 839-4358.

FOR RENT: A guest house in the country, 11 miles from MMC. 1 BR, LR, KT, dinette and bath. Franklin stove and elec. heat. Swimming pool privileges. Call 892-6085.

FOR RENT: Room in private home in Cape Elizabeth. Full bath, KT privileges, laundry, swimming pool and parking. Nice area - 5 mins. from Portland. Prefer female. Refs. required. Call 799-4539.

FOR RENT: Log cabin on the ocean in South Thomaston. Rent during weeks in Fall. Call 775-2714 eves.

FOR RENT: Sept. to June in Old Orchard Beach. Furnished 3 BR apt. \$225/mo. plus utils. Call 934-4564.

FOR RENT: Large, sunny, heated 5 RM apt. on 2nd floor. MMC area. Appliances, w/w carpeting, disposal, laundry facilities available. Adults. \$350/mo. Call 772-5352 after 5 PM and on weekends.

FOR RENT: Basement apt. avail. Sept. 1. \$250/mo. plus utils. Western Prom area. Refs. required. Call 773-4486 eves.

FOR SALE: Utility trailer. Converted pickup box with plywood sides, tarp top, 12-ply tires, heavy duty frame. Excellent for moving. Make an offer. Call 774-2876.

FOR SALE: 1974 Starcraft tent trailer. Sleeps six. Stove, sink, icebox and furnace. In good cond. Asking \$1,500 firm. Call 773-1981.

FOR SALE: 1979 Volvo Penta outboard motor; 3.9 HP, long shaft including gas tank. \$325. Also an electric trolling motor, \$40. Call 799-7979.

FOR SALE: Goldtone GE refrigerator and goldtone gas range. Both for \$300. Call 773-4216.

FOR SALE: Queen size woven wicker headboard. Originally \$125; asking \$75. Call 829-3693.

FOR SALE: By owner. South Portland raised ranch with 2nd wooded lot. 7 rooms, 3 BR, full bath with 2 half-baths, panelled den, 2 stoves in fireplaces; well insulated, neighborhood school. Private -- last house on deadend street abutting nature park. Immaculate, ready to move in October 1 or sooner. \$79,900. By appointment only. Call 767-3521.

FOR SALE: 1981 Ford Escort -- GL series. Black with red pin stripes, red interior. 28,000 miles, Z-Bart rust proofing, AM-FM stereo, radial tires. 4-speed and overdrive. Asking \$5,000. Call 892-4310.

FOR SALE: Remington model 511, 22 cal. rifle. New -- never used. Asking \$75. Call 797-9299.

FOR SALE: Girl's bicycle, 26", 5 speed. About 6 years old, in good cond. Best offer. Call 773-4935.

FOR SALE: 4 piece Oak bedroom set; antique walnut dining room set; 2 custom made loveseats. Call 767-3421 after 7 PM.

BABYSITTING: Will babysit in my home. Have refs. Call 775-0477.

BABYSITTING: I have an opening in my Day Care home. Close to MMC, refs. avail. For children ages 6 weeks and older. Call 772-7957.

CLEANING: Willing to clean offices and homes in evenings. Experienced. Call 773-5916.

FREE: To good home. Adorable Dutch miniature rabbit. Call 774-6338.

FREE: To good homes. Kittens -- 4 females, 2 males. Ready to leave in 5 weeks. Call Diane at 892-5726 after 5 PM.

KNITTING: For men, women and children. Call 773-5413 between 6 and 9 PM.

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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ODD JOBS: Two college students will do any painting, moving, mowing, landscaping or cleaning. Professional work at less than professional rates. Call Scott at 797-8031 or Sal at 772-7302.

REPAIRS: For porches, decks, stairs and homes. Call 774-4899 or 772-4637.

WANTED: Woman who works nights to share home in Cape Elizabeth with single mother. Call 799-6672 after 5:30 PM.

WANTED: Individual who works 7-3 shift with excellent driving record to transport 3 children from Breakwater School, 858 Brighton Ave., to Standish/Buxton/Hollis area, 4 or 5 afternoons a week. Call 642-3795.

DIABETES, from page 1

diabetes admissions at MMC that corresponded with an increase in outpatient attendance at self-care classes.

The MMC classes are taught by Mrs. Carpenter, who has been educating diabetics most of her nursing career, and by Diabetes Nurse Specialist Debra Perkins, RN, BSN. Mrs. Carpenter and Mrs. Perkins are themselves diabetic, which they say allows them to serve as "living proof" for frightened new patients that diabetics can live normal lives. Dietary instruction is provided by MMC outpatient Dietician Jackie Merrill, RD. Medical advisor to the program is Norman Saunders, M.D.

Diabetics and their families are welcome to attend classes at any time. Staff and students at MMC are also welcome, and two hundred or so sit in on the classes each year. Mrs. Carpenter or Mrs. Perkins may be reached by radio page for more information.

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