

what's happening

Maine Medical Center
Portland, Maine 04102

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July 14, 1982



DEPARTMENT OF NURSING SCHOLARSHIP recipients for Fall 1982 include (top photo, from left): Sarah Rockwell, RN, SCU; Pat Camire, RN, CICU; Jayne Osolin, RN, Recovery; Mary Blanco, RN, Burn Unit; and Sheryl Rhodes, CST, OR. (Below, seated): Eileen Cross, NUC, NICC; Patrick Caporino, CST, OR; Diane Vasile, LPN, SCU. (Standing): Joanne Sayward, LPN, NICC, and Barbara Marzolo, RN, R-3. Other recipients are: Anita Marston, RN, P4D; Kim Beaulieu, RN, SCU; Roxanne Taylor, RN, R-2; Barbara Bell, RN, Float Pool; Joyce Thompson, LPN, R-2; Lucy Fasulo, SNA; and Martha Riehle, CST, OR. (A/V Photo)



Cigarette packs no help for dialysis

Unfortunately, the answer is "no." The question, one asked more and more frequently by the public, is "Won't the empty cigarette packs I've saved help keep someone on dialysis?" It seems the rumor is rampant in southern Maine that empty cigarette packs may be turned in and somehow redeemed for time on hemodialysis treatment. Many good-hearted people have therefore saved bagful after bagful of the packs, only to find that nobody wants them and in fact nobody knows of any such program.

The best guess of hospital officials, who have spent much time investigating the false story and trying to trace its source, is that the current rumor has its basis in programs occasionally -- but no longer -- run by various firms and individuals. Some national companies have sponsored similar promotion/public service programs in the past, and it appears that at one time a loose chain of private individuals in southern Maine were somehow redeeming empty cigarette packs for charitable purposes.

The truth of the matter is, there is no program right now for hemodialysis or any other service, so far as anyone at MMC or any other hospital has been able to find out. So prevalent are rumors to the contrary, however, that recently MMC called a local TV news operation for help in squelching the story. Their own investigation turned up nothing either, and in an interview the president of the Kidney Foundation of Maine, Kenneth Cadigan, called the rumors a "hoax," and tragic because they cause well-meaning people to waste time and effort.

Dialysis is a likely target for such rumors, because it is very expensive, running into several hundred dollars a week for chronic patients. Also, it is

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THE EMPLOYEE ACTIVITY COMMITTEE drew ten winners in its 1982 Lobster Raffle. Shown above drawing the names is EAC member Mike Bridges, Patient Accounts, with assistance from EAC President Joyce DeCesere, Payroll, and member Ed Meehan, Paint Shop. The winners -- of five lobsters each -- are Sue Langlois, Nursing; David Macisso, Laboratory; Rita Johnson, Housekeeping; Michael Kilmartin, Accounting; Jean Huntress, Laboratory; Joyce DeCesere, Accounting; Joy Katz, Portland; Linda Jordan, Engineering; L. M. Campbell, Cape Elizabeth; and Joy Titterington, Engineering. The EAC had a net profit from the raffle of \$407, which will be used in the committee's various activities for the benefit of MMC and its employees. (A/V Photo)

TSA representatives come back for more

Another round of meetings has been scheduled to allow interested employees to talk with representatives of the three Tax Sheltered Annuity programs available to them as MMC employees. The hospital has made the arrangements with the three companies as the result of work by an employee committee that researched and selected the best products.

The representatives will be available in the Personnel Department on the following dates, and interested employees should call the Employee Benefits Office at x2973 to set up an appointment.

Mutual Benefit Life

represented by Frank Hogarty
July 14 August 12

Kemper Investor's Life

represented by Abigail Winston
and Byron Wiswell
July 20 August 17

Capital Guardian Life

represented by Stephen Anderson
July 29 August 26

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literally a matter of life or death, because without either hemodialysis or a successful transplant, patients with chronic kidney failure have no chance of survival.

Southern Maine Dialysis, located across the street from Maine Medical Center, treats eighty-eight patients three times a week. Seventeen MMC outpatients are involved in home dialysis treatments, and MMC also has acute dialysis services.

Anyone wishing to make donations of money or volunteer their time or services on behalf of dialysis patients may contact either of the following organizations:

Kidney Foundation of Maine
P.O. Box 1134
Portland, Maine 04104
American Kidney Fund
7315 Wisconsin Ave.
Bethesda, Maryland 20014
1-800-638-8299

Or, to make a truly meaningful gesture, sign the organ donor form that is part of your Maine driver's license. This may allow you to make the ultimate contribution -- a kidney -- in the event of your death.

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.

New Employees

ACCOUNTING: Bruce LaMarche

CENTRAL SERVICE: Bruce R. Butterworth

FOOD SERVICE: Marianne Bradley, Lawrence Dyer, Suzanne V. Gagne, Paul L. McDowell

HOUSEKEEPING: Janice Bento

MEDICAL RECORDS: Brenda L. Howe

OUTPATIENT: Noel J. Genova

Safe sunning tips for summertime activities

The summer season has arrived, and with it the need to be aware of the potentially harmful effects of the sun. Here are a few standard tips for avoiding unpleasant aftereffects of a day outdoors:

*A simple suntan lotion offers virtually no protection from the sun. A sunscreen allows gradual tanning, filtering out harmful rays. A sunblock screens out all rays, allowing neither tanning nor burning.

*The sun's rays are at their most powerful between the hours of 10 AM and 3 PM, and are capable of burning even on a hazy day.

*Some drugs and cosmetics can react unfavorably with sunlight, leading to itching, nausea, and abnormally fast burning. These include: antibiotics (such as tetracycline), sulfa drugs, medication for high blood pressure, antihistamines, tranquilizers, and oral diabetes medication. Topical creams and ointments for acne, as well as oral medication for the condition, may also cause irritation. Other products to watch are some deodorant soaps, hair products with coal tar derivatives, and lipsticks with fluorescein derivatives.

*Tanning must be a gradual process. Too much sun can cause skin cancer, which may not appear for many years. Over-tanning also has the effect of aging the skin prematurely.

*Sunglasses, in order to do their job and not cause discomfort or harm to the wearer, should meet the following criteria: lenses should be free of distortion and optical defects, shatterproof, and not distort color. Gray distorts color the least, and brown and green are preferable to rose, yellow, and blue, which tend to alter colors.

Please Note

Effective immediately, Alan Beal, M.D. and Lewis Golden, M.D. will be exchanging pagers. Dr. Beal will be carrying the 646. Dr. Golden will be carrying the 355.

The MMC Health Sciences Library now stores all journals prior to 1975 in the sub-basement of the Engineering Building. The staff makes one trip a day to pick up requests, or will arrange for customers to help themselves.

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. A Photo ID is required.

**Maine Medical Center
Health Sciences Library
Summer Hours
7:30 AM - 6:00 PM**

Inn extends discount offer through summer

The Bethel Inn has extended its discount offer through Labor Day weekend. MMC employees with Photo IDs may have a room for two for \$19.95 plus tax per night, or \$35.00 plus tax for two nights. The normal rate is \$44.00 per night for two people.

The offer is good any day of the week, applies to guests accompanying employees, and includes free use of the golf course, tennis courts, swimming pool, and lake house. Breakfast, lunch, and dinner are available at the Inn or in Bethel Village.

The offer is subject to availability, and early reservations are suggested. A Photo ID must be shown at registration. Call the Inn directly at 824-2175.

Nursing Continuing Education Programs

• *Treatment of Burn Wounds*, Kathy Berry, RN

July 27, 1982 8:00 AM & 3:30 PM
R9 Conf. Rm. (SCU IV)

For further information, please contact Staff Development at x2397.



THE GOLDEN EAGLES Motorcycle Club staged its second annual benefit for MMC's Burn Unit in June. The event, a ride from Standish to the top of Mount Washington, got under way in spite of last month's rainy weather, with cyclists' entry fees being donated to the Burn Unit. Pictured presenting a generous check are Eagles, from left: Jeri Miller, president; Dick Theriault, charter member; and Wells Potter, road captain. (A/V Photo)

Marketplace

FOR RENT: Professional office space in Oak Hill, Scarborough. 900 sq. ft. Will alter to suit tenant. Call 883-5172.

FOR RENT: 2 BR apt. overlooking Casco Bay. Available to sublet Aug. 1 to Labor Day or longer. Call 774-5127 after 5 PM.

FOR RENT: Gracious Portland Colonial. Furn., 4 BR, 2½ baths. Washer, dryer, dishwasher, garage. Near hospitals and university. Avail. Sept.-May. \$700/mo. Call 773-7928 after 6 PM.

FOR RENT: 2 BR apt. on Walker St. Stove, refrig., hot water supplied, all rooms carpeted. \$225/mo. plus utils. Call Mrs. White for apt. at 772-9816.

FOR RENT: Executive style contemporary home in Olde Millbrook section of Scarborough. 3 BR, 2½ baths, 2-car garage. On private, dead-end road. Area has pools, tennis courts, riding stables. Lease, sec. dep. \$600/mo. Call 883-4310.

FOR RENT: 1 private BR, unfurn. for non-smoking lady. Landlord is female in her 50's. Call 772-5960 after 3:30 PM.

FOR RENT: 2 BR cottage on Highland Lake in Bridgton. On waterfront. Avail. anytime in Aug. \$225/wk. Call 799-4710.

FOR SALE: 12 ft. Widgeon fiberglass sailboat and trailer. \$1,200. Call 781-2426.

FOR SALE: 16 ft Old Town boat. 18 HP motor and trailer. \$400. Call 883-2093 after 5 PM.

FOR SALE: 20-in. All-Pro 12-speed bicycle. \$75. Call 772-4946 between 8 and 11 AM.

FOR SALE: 1971 VW Camper. Ex. cond. \$1,495 or best offer. Call Rich at 688-4123.

FOR SALE: Chrome rails for 8-ft. pickup truck. Cost \$150 new; will sell for \$75. Call 797-4420.

FOR SALE: Magnovox console stereo. Provincial cabinet, ex. cond. Also Minolta pocket camera with flash and case, like new. Call 799-8649.

FOR SALE: 5 HP Scott Atwater outboard motor. Hi-fi plus speakers. Electric heater. Various tables. Call 797-2490 after 4:30 PM.

FOR SALE: 1981 Yamaha 650 Special II. Maroon color, 3,000 miles, runs excellent. \$2,000 or best offer. Call 775-2179 after 5 PM.

FOR SALE: Hearthmate woodstove/fireplace insert. Ex. cond. \$400. Call 799-2560.

FOR SALE: Advent 300 receiver, Technics model SL-20 turntable, 19-in. Advent speakers, \$200. Call 926-3389 after 5 PM.

FOR SALE: 1976 Honda Wagon CVCC. Good gas mileage, new fender work, \$1,750. Call 926-3389 after 5 PM.

FOR SALE: Baby crib and playpen. 26-in. woman's bicycle. All used -- in good condition. Call 774-2148.

BABYSITTING: In my South Portland home. 5 mins. from MMC. Have refs., flexible hours. Call 799-8649.

ROOMMATE WANTED: Female, age 23, seeks non-smoking person to share new 2 BR apt. Avail. Aug. 1. Located in Buxton, ½ hour from Portland. Laundry avail., pets allowed. \$147.50/mo. plus ½ utils. Call 727-3546.

ROOMMATE WANTED: To share responsibilities for clean, bright apt. near MMC. \$175/mo. plus sec. dep. No smokers, no pets. Call 774-1318.

ROOMMATE WANTED: For clean, sunny apt. in Western Prom area. Non-smoker preferred, no pets, please. \$175/mo. plus sec. dep. includes heat and hot water. Call 774-1318.

ROOMMATE WANTED: Professional M/F to share 4 BR house with 2 men in Cape Elizabeth. Your share of rent, \$225/mo. including utilities. Call 767-4014 after 5 PM.

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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: Female, non-smoker to share 3 BR apt. Near MMC. Call 774-5891, x428 after 5 PM.

ROOMMATE WANTED: To share 2 BR apt. with young mother and 1½-year-old son. Prides Corner area - 7 miles from MMC. Apt. in duplex with sundeck and privacy. \$145/mo. plus ½ utils. Call 797-2715.

HOUSEMATE WANTED: Female to share 3 BR Cape Elizabeth home. Laundry, frpl., \$200/mo. plus ½ utils. Call 799-2560 eves.

WANTED: Washing machine in useable condition, any make. Also need manual, electric or gas lawnmower in useable condition, any make. Call 767-3438 eves.

WANTED: I am looking for an RN to do private duty work for 3 or 4 days in the first week of August (dates negotiable). Involves living at a summer house 1½ hours west of Portland. Light duty with swimming, canoeing, and sailing available. Call Martha Israel at 799-3892.

REPAIRS: On decks, porches, stairs, and general house repairs. Call 774-4899 or 772-4637.

FOR RENT: 4 BR home in desirable, quiet residential area of Yarmouth. 2½ baths, all modern appliances. No pets. Refs., deposit. \$650/mo. Call 871-2724 days, or 846-3653 eves.

New Employees

HOUSEKEEPING: Anne M. Conroy, Diana C Gokey, Eva A. Horr, Boyd Kimball, Robert S. Waddell

LINEN PROCESSING: Todd V. Sanders

MEDICAL RECORDS: Christine M. Breault

RESEARCH: Karen M. Chasse

what's happening

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Portland, Maine 04102

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