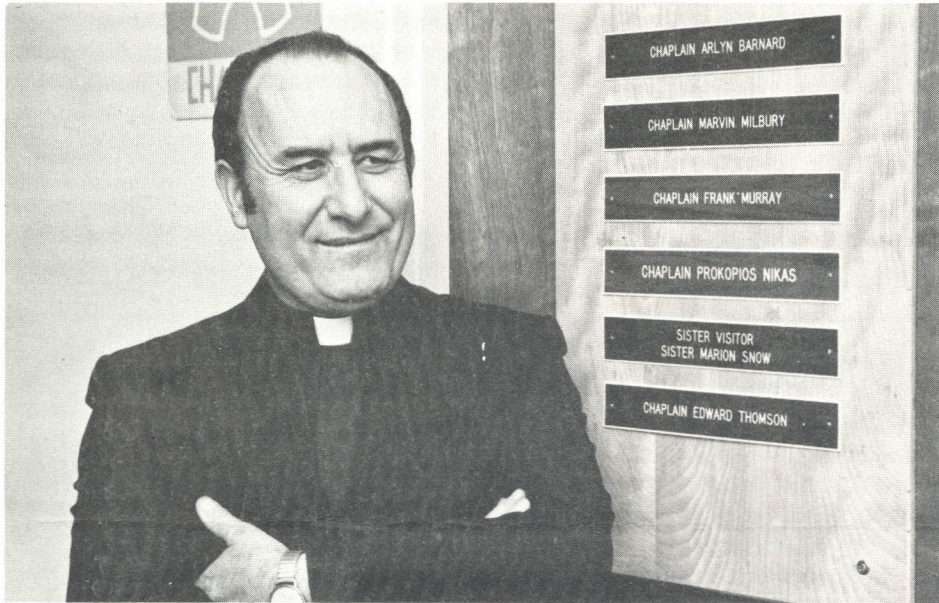


what's happening

Maine Medical Center
Portland, Maine 04102

Vol. 13, No. 28

February 10, 1982



THE REVEREND PROKOPIOS NIKAS (A/V Photo)

Father Nikas joins hospital chaplaincy

Prokopios Nikas, a Greek Orthodox priest with 20 years in the ministry, has joined Maine Medical Center's Department of Pastoral Services. Father Nikas will serve as chaplain to all Eastern Orthodox patients, according to department director Chaplain John Simpson.

Father Nikas sums up his chaplaincy quite simply: "I'm here for the people. When they get sick and send for you, you must be available. If a priest failed to visit, he would remember it all his life.

"People want you to pray with them, or just provide companionship and comfort. It's important to them, and they remember that their priest or minister or rabbi cared and came to see them," he says.

Pastor of the Holy Trinity Greek Orthodox Church in Portland for the past two and a half years, Father Nikas has 310 families in his parish, and is covering for a Lewiston parish which

is presently without a pastor. He answers calls to visit patients at Mercy Hospital and the Osteopathic Hospital of Maine and at hospitals in the Lewiston and Bath-Brunswick areas.

Father Nikas' scheduled days at MMC are Monday and Friday, but he is on call and is here almost every day at various hours, responding to calls from patients, either directly or through the chaplain's office.

"It's a good system here," Father Nikas says. "The hospital chaplaincy is established and visible; there's a main office where chaplains can be reached and there's no confusion."

Born in Athens, Father Nikas came to the United States in 1962. He is a graduate of Hartford Seminary Foundation and Niagara University. He has been pastor to Greek Orthodox parishes in Weirton, West Virginia and Schenectady, New York. He did a one-year internship in the psychiatric clinic of St. John's Catholic Hospital in Steubenville, Ohio and, while there, volunteered as advisor and chaplain to clinic patients.

Eight MMC quitters still on the wagon

Over seventy Maine Medical Center employees and staff took the Great American Smokeout Pledge last November 19, and nearly three months later eight can still say "I quit!" The intrepid group of eight includes former heavy smokers -- up to 2½ packs a day -- and long-time smokers -- nearly 33 years.

Those who took this major step toward better health are: Kathy Sullivan and Mark Farrington, both of Security; Faith Winch, Patient Accounts; Carole Duncan, A/V Resources; Anna Pierce, Surgery; Joanne Rocha, Medical Rehabilitation; Deborah Clark, Laboratory; Roxanne Genovese, ICU; and Susan Darling, Food Services.

This information comes from a re-check of the pledge sheets signed by aspiring ex-smokers in November. Anyone signing a MMC pledge was entitled to a free bag of oral substitutes, courtesy of Food Services. This review of the Smokeout quitters also revealed a number of others who had quit before or since, and some who quit for Smokeout Day without taking the pledge, and they are to be congratulated as well.

Most of those who quit credit the Smokeout for giving them the incentive to stop. Joanne Rocha says the Smokeout "gave me a reason to try. After I got through the first day, I thought I would give it a second day, and so on." For Carole Duncan, the Smokeout had an even more direct effect: she had volunteered to take part in a videotaped smoking cessation class which was shown as Health Education Channel 23's contribution to the Smokeout. Faith Winch says she had been wanting to quit for some time, and the Smokeout "was a good time to start."

The Great American Smokeout is an annual event sponsored by the American Cancer Society. ACS figures from **SMOKEOUT**, page 3

MMC Storm Policy revised for clarity

The MMC Personnel Department has issued a revised Storm Policy governing pay practices during periods of weather severe enough to create unsafe conditions going to or from work:

- *The Executive Vice President will be responsible for declaring use of the Storm Policy.*
- *Employees are expected to make every reasonable effort to report to work as usual since patient care requirements continue despite weather conditions.*
- *Employees who are unable to get to work due to the storm should notify their supervisor as far in advance as possible. When such absences occur, employees may take an excused absence without pay or use accrued vacation or holiday time with approval from their supervisor.*
- *Employees who arrive late, due to the storm conditions, will be paid for their full regularly-scheduled shift.*
- *Employees who are sent home, due to storm conditions, by the department head will be paid for their full regularly-scheduled shift.*

Normal MMC pay practices apply to those employees asked to work beyond their scheduled shift to cover for late employees, just as for any other reason.

Mayo seminars to start ninth series

Maine Medical Center's Deferred Giving Committee will sponsor its ninth series of the popular Estate Planning Seminars by Terry D. Mayo. The series, scheduled for three successive Tuesday evenings, March 16, 23 and 30, will be held in Classrooms 3 and 4 at MMC. Coffee and registration is at 6:30 and the presentation is from 7 to 9:30 PM.

The Committee presents these seminars as a public service, and there is no charge. Seating is limited to 125, so advance reservations are necessary; tickets of admission will be issued on a first-come, first-served basis.

The impact of the Tax Reform Act of 1976, the Revenue Act of 1978, and the Economic Recovery Tax Act of 1981 on all previously made estate plans will be discussed at various points through the series, as will be

Donations needed for book sale

The 1982 Downeast Used Book Sale, scheduled for April 29-May 1, is looking for more donations of books. Proceeds from the annual event, now in its tenth 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, Millcreek, Northgate and North Windham; Martin's Shop'n Save in North Windham; Pond Cove IGA in Cape Elizabeth; and Brighton Avenue Pharmacy in Portland. Pickup for large numbers of books may be arranged by calling 799-6912 or 781-2800.

MUSICIANS! February is National Music Month, and the Pediatric Playroom is asking your help to celebrate. The staff would like people to share their voices, instruments, songs, and general musical knowledge with children of all ages during the month of February. If you'd like to help out, call Helen Goodrich at x2477.

the applicable -- and often drastic -- changes caused by the new Maine Probate Code, effective since January 1, 1981, and the changes in legislation pertaining to the Maine Inheritance Tax, effective since July 1, 1981.

Participants should plan to attend all three sessions:

- THE BASICS OF ESTATE PLANNING, March 16, is an introductory session covering the subject of wills in general.
- THE USE OF TRUSTS IN ESTATE AND OTHER PLANNING, March 23, covers trusts, and their many types and purposes.
- ADVANCED CONCEPTS IN ESTATE PLANNING, March 30, continues the study of trusts in combination with other estate planning considerations.

Further information and reservations are available through the MMC Development Office by writing to 22 Bramhall St., Portland, ME 04102, or telephone 871-2669.

Photo display shows warm weather to come

If you're sick and tired of winter weather, a look at the bulletin boards opposite the Richards Wing elevators might cheer you up. There you will find six lovely, full-color, warm weather photographs, courtesy of three members of the Audio/Visual Resources Department staff who have declared visual war on winter.

Production Manager Douglas MacKenzie, Graphic Designer Christine MacKenzie, and Assistant Instructional Designer Ella Hudson dipped into their personal photo files to find the six photos. They chose a coastline theme, and say the display will remain until the weather it depicts is at hand.

Nursing Continuing Education Programs

● *Indications for Hysterectomy through the Life Cycle*, Buell Miller, M.D.

February 17, 1982

4:00-5:30 PM

Classroom #2

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

Philbrick heads FBR development

Margaret D. Philbrick of Falmouth, a former Trustee of Maine Medical Center and a past president of the Friends of MMC, has been appointed Director of Development for the Foundation for Blood Research in Scarborough.

Mrs. Philbrick is a Corporator of MMC and serves on the hospital's Patient Survey Committee. She was vice chairman of the 1978 Annual Fund, chairman of the 1979 Appreciation Days, and has been editor of the BEAT.

She is a director and member of the executive committee of the Maine Hospital Association's Research and Education Trust, and is a director of the Foundation for Blood Research, a private, nonprofit research and educational institution.

New Employees

BLOOD BANK: Christine Smith

FOOD SERVICE: Robert Atripali, Nancy Carroll-Hardy, Karen M. Plourde, Eugene Schleh

SMOKEOUT, from page 1

the 1980 Smokeout indicated a "quit rate" of 7% one year later. MMC's three-month rate for 1981 is over 11%, so far substantially above the average.

Asked how they were faring without tobacco, the quitters responded in a variety of ways. Some are finding it quite difficult, although less so now than when they first quit, while others are "feeling fine" and remarking how easy it is. What they all have in common is a distinctive feeling of pride in doing what they weren't sure they could.

Among those who signed the pledge, only one failed to go the day. Others quit for a day, two days, and even two months. Others have cut down substantially, from a pack to half a pack each

day or even down to just a few cigarettes each day. Others indicated they had come closer to succeeding during the Smokeout than at any time before, and a few are already planning to make it next year.

Of course, the effort to quit needn't wait until a special day, and hopefully follow-up support doesn't end after people quit. A few who hadn't made it wished for such follow-up, and even expressed interest in an on-going support group.

To those who quit for the day...there'll be another day. Those who plan to try again will need and will get support during Smokeout 1982. And those who succeeded get an enthusiastic round of applause from everyone.



QUITTERS!

Four of those at Maine Medical Center who kicked the cigarette habit during the Great American Smokeout last November 19 and are still going strong are shown here. Above, Carole Duncan, A/V Resources. Left, Kathy Sullivan, Security. Below left, Joanne Rocha, Medical Rehabilitation. Below right, Faith Winch, Patient Accounts. All four were pack-a-day smokers, and all had smoked for at least six years before taking the pledge three months ago. Smoking is on the decline in America, according to the National Cancer Institute, and the MMC people who have quit -- during the Smokeout and at other times -- are proud to join a "growing minority" of the population. (A/V Photos)



Marketplace

BABYSITTER WANTED: To live in from March 23 to April 3. Single person, or couple with infant acceptable. Must drive. Refs. Please call 799-7670. Keep trying.

FOR RENT: Unfurn. 2 BR townhouse in Scarborough. Moving with 6-month lease left. Avail. March 1 or before if needed. Call 774-1660.

FOR RENT: 3 BR house in South Portland - Cape Elizabeth area. Fully insulated, completely renovated. \$450/mo. Call for info. or showing. 675-3341.

FOR RENT: Crescent St. apt. 1 BR, newly renovated, on third floor. \$290/mo. Near MMC. 773-0023.

FOR RENT: From Feb. 20 to Feb. 26. Fully furn. luxury condo near Laconia, NH. Near skiing, full KT, indoor pool and day care avail. \$250. Call 767-4177.

FOR RENT: Pleasant, quiet 3-RM apt. near the hospital. Heated, hot water, parking, furn. or not, suitable for 1 or 2 persons. For appt. call 773-0123, days or 998-2373, eves.

FOR RENT: 2 BR condo at 129 Pine St. Very quiet building, off-street parking. Near MMC. \$435/mo. plus utils. Call 773-0262, days or 865-3268, eves.

FOR SALE: 1979 Chevrolet 1/2-ton pickup. Short bed, step-side body, 6 cyl., 3-speed manual transmission, ex. cond. Asking \$4,200. Call 766-2292.

FOR SALE: Glass fireplace doors with screen. Antique brass, 41" x 27", like new. Orig. cost \$300 (Hearth & Cricket), asking \$175 or best offer. Call after 6 PM. 781-4867.

FOR SALE: 1978 Fiat X 1/9 sports car. Ex. cond., only 48,600 miles. Many extras. White convertible. Asking \$3,995 or best offer. Call 892-3598.

FOR SALE: White lab coat and slacks, both size 12. Also white moccasin-tie oxford shoes. All items like new. \$20 for everything. 773-1941.

FOR SALE: Juliette 8-track stereo player. Bought for \$50, will take best offer. Includes 5 free 8-track tapes. 797-9312.

FOR SALE: Minolta XL225 super8 sound movie camera w/earphone and mike. \$140 or best offer. 797-9312.

FOR SALE: AKC Alaskan Malamute pups. Whelped late October. Parents on premises in Jefferson, ME. Call 549-7815.

FOR SALE: Fuji Grand Tour 12-speed bicycle, \$160. Backpacking stoves: Optimus 8R, \$30, and a Svea 123, \$30. Also, Velocipac bicycle packs: handlebar bag and 2 rear panniers. Set only \$125, regularly sold for \$140. Call 774-5533, mornings.

FOR SALE: Hoffman upright piano, \$500. For more information, call 772-3933. Ask for Cindy.

FOR SALE: Boulevard area. Energy-efficient 2 BR ranch. New KT w/microwave, dishwasher and disposal. New bath, hardwood floors. Wood stove, daylight basement w/one-car garage. Window quilts. Coal and oil furnace. Heats for less than \$400/yr. Asking \$45,000. 772-6927. No brokers, please.

FOR SALE: Modern orange & chrome double light fixture for bathroom wall. Like new, \$20. 799-7979.

FOR SALE: Professional floor model scales. \$40 or best offer. 799-7979.

FOR SALE: 25-in. Panasonic TV - console. Remote control. Five months old. \$525. 781-4667.

FOR SALE: 1978 Dodge Omni, automatic, 30,000 miles, front wheel drive. \$4,000 firm. Call Rick at 772-4320.

ROOMMATE WANTED: Mature, professional, nonsmoking female wanted to share large 2 BR apt. with same. 2 blocks from MMC, on Brackett St. Call 773-2668. Keep trying.

ROOMMATE WANTED: Man, 30, looking for mature roommate to share large 3 BR apt. in Portland. Frpl., washer, parking, 1 block from ocean. \$140/mo. plus 1/2 utils. Call David at 775-4361, eves.

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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ROOMMATE WANTED: Nonsmoking woman is looking for same to share 1st floor, sunny, 2 BR apt. on York St. Rent share is \$112/mo. plus 1/2 utils. Gas heat and water, no lease involved. I have to be up at 5 AM, so no party girls, please. Call 774-8655 after 5 PM.

ROOMMATE WANTED: Mature, responsible roommate to share large 6 RM apt. in Deering High area. 2nd floor, yard, parking. \$175/mo. plus utils. Call Wendy at 775-2721.

WANTED: Good second-hand croquet set, canister style vacuum, automatic motor mower, and exercycle. Call 781-2940.

WANTED: Wooden bookshelves, all sizes, with or without glass. Call 892-6611 anytime. Keep trying.

WANTED: Lady tennis player in early 50s-- intermediate-- would like partners with similar ability for double games. Call 781-4867.

VOLUNTEERS WANTED: Low-dose oral contraceptive study needs 40 women volunteers ages 18 to 38. Study (FDA approved) offered through MMC Ob/Gyn Department for one year. Yearly physical exam and the study contraceptive pills free. Call Caroline Ski, x2749, for information.

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Portland, Maine 04102

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MEDICAL SERVICES FEDERAL CREDIT UNION

26th Annual Meeting
February 26
Italian Heritage Center